



Scottish Gymnastics - Trampoline Difficulty Card

Name :
Club :

Group :	Flight :
No :	Panel :

Compulsory					
	Routine	S	*	Adjustments	Diff
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
				Total	

Voluntary				
	Routine	S	Adjustments	Diff
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
			Total	

FIG A competitors must * the moves they wish to gain difficulty for in their compulsory routine.
 Failure to * the moves will result in no difficulty being awarded.

FIG B and NAT C and Reg. D competitors must * all the required elements in their compulsory routine. Failure to do so will result in a 1.0point deduction from every judge for every incorrect or missing *.

Routines must be completed either in English or FIG terminology.

All skills in the Voluntary and the Final must have the difficulty score for each skill completed including the total score, in accordance with rule 7.1 of the BG and International Code of points.

Please Note
 It is the responsibility of the competitor to ensure that the routines are correct with correctly defined shapes. Failure to do so may result in the routine being terminated early.

FINAL				
	Routine	S	Adjustments	Diff
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
			Total	

Name of Coach Responsible for Competitor : _____

SG Number : _____

Signature : _____

Qualification : _____