

## Hosting Protocol

Clubs will send out invitations prior to the event indicating the date and approximate time of the event with the club address and registration form. The invite must indicate what equipment is being used and what tests (if any) they are planning to do.

A \$25 registration fee will be in place for each athlete.

Events will include trampoline, tumbling and dmt for athletes to show routines to judges. We encourage athletes to show routines on all 3 events. Athletes must show the same level on each event. It is recommended that if time allows to include the following tests:

Timed Trampoline Bounces  
Timed DMT Bounces  
Timed Sprint

### Equipment Requirements for Routines

- 1 or 2 Trampolines with end decks (in ground or above ground is fine)
- 1 DMT with runway (min. 15m) and proper landing surface (landing zones colours not required)
- Rod Floor (25m) or sprung floor space (20m min.)
- Appropriate throw mats
- Porta pit or multiple 8” mats, Cheese mat or incline (with a hard surface)

Clubs have the discretion to add the other physical tests or any fun station they wish. Clubs must indicate on the invitation which tests they will be doing at the event. The other tests in the program are:

Long Jump  
Rope Climb  
Pike Flexibility  
Active Shoulder Flexibility  
Handstand Hold

*(see below for instructions and equipment requirements for all tests)*

Clubs must record both times or attempts for tests and compile results into a excel spreadsheet that can be sent to the attending clubs after. They can also be recorded on their testing sheets.

### General Schedule

- 20 min general warm up
- Athletes March in and O’Canada
- Rotations (15-30min/event depending on group size/tasks)
- Quick Awards Ceremony at the end (clubs hand out individual certificates)

## Awards

- Each athlete will receive a certificate with their name, the host club's name, and the date of the event. Certificates will be placed in an envelope and given to coaches at the end of the event. (Clubs have discretion to make these – as long as the info listed above is on them). Coaches will also receive the testing sheets and physical test sheets to distribute to their athletes at their discretion.
- FAST Star awards will be given out for the following achievements. Awards can be medals, certificates, ribbons, stickers, dollar store trinkets, etc. Each host club can choose. Make sure testers/judges know to mark these during the event.
  - Top 3 standout trampoline routines
  - Top 3 standout tumbling routines
  - Top 3 standout double mini routines
  - Highest trampoline timed bounce (per level or rotation)
  - Highest double mini timed bounce (per level or rotation)
  - Fastest sprint (per level or rotation)
- Optional FASTiest awards will be chosen by clubs. Some ideas include:
  - Best effort on rope climb
  - Loudest cheer
  - Best salute
  - Best smile
  - Leadership awards/MVP
  - Crash award
  - Club enthusiasm
  - Most improved (clubs can submit based on prior events)
  - Etc.
- FAST Star and FASTiest awards can be presented on a podium or just called up to receive acknowledgment. Awards should be kept short and celebrate excellence, hard work, fun, and enthusiasm.

## Judging Requirements

- 1 or 2 judges per event (depending on number of athletes attending)
- Should be provincial level judges or higher
  - If large numbers attending, having two judges on each event means that athletes could compete back to back

## Judging Instructions

- Judges will follow warm up instructions as per each event. Each level and routine has skill requirements to circle. Judges will circle what they see and add any comments if necessary.
- For outstanding awards, Judges need to keep track of the best routine(s) for each group and pick one at the end of the event for awards.

## Tester Requirements

- Testers can be older competitive athletes or coaches that are extra at the event. Anyone testing needs to be briefed on how to properly perform the test and accurately score tests/record at the event. (Including picking extra award recipients if necessary)

## Event and Test Instructions

### **Trampoline**

#### *Routines and Timed Bounces*

(Need Stop Watch)

If 2 trampolines:

- Athletes will meet the Judge to review the order
- Athlete will warm up their first routine on trampoline 1
- Athlete will then move to show their first routine on trampoline 2
- Athlete will wait in line to warm up their 2<sup>nd</sup> / 3<sup>rd</sup> routine on trampoline 1
- Athlete will show their 2<sup>nd</sup> / 3<sup>rd</sup> routine on trampoline 2
  
- If doing timed bounces, they can be done before routine warm up and show or after and use one or both trampolines.

If only 1 trampoline:

- Athletes will meet the Judge to review the order
- Athletes will get 2 turns to warm up all routines.
- Athletes will then show their first routine in turn, then their 2<sup>nd</sup> / 3<sup>rd</sup> routine
  
- If doing timed bounces, they can be done before routine warm up and show or after and use one or both trampolines.

OR

- Give athletes 1 min to warm up both routines.
- Athletes will then show their first routine in turn, then 2<sup>nd</sup> / 3<sup>rd</sup> routine.
- Athletes will then do timed bounces.

### **Trampoline Timed Bounces**

- The Start:
  - Standing start (no bed movement).
- The Test:
  - Athlete jumps up and rebounds 15 times as high as possible.
  - The last 10 bounces are timed.
  - Athlete has two tries with the best counting. Both tries are recorded.
- Scoring:
  - Timer starts at the 5<sup>th</sup> contact with the trampoline after starting bouncing.
  - Timer ends at the 15<sup>th</sup> contact.
  - Typically, the tester calls out "Ready, and, 1, 2, 3!" (here starts the timer). Then "1, 2, 3, 4, 5, 6, 7, 8, 9, 10!" (here stops the timer).

## **Tumbling**

### *Routines and Timed Sprints*

(Need Stop Watch, big cheese mat, short porta pit)

- Athletes will meet the Judge to review the order
- Give athletes 2 passes to warm up their routines
- Athletes will do routine 1 in order.
- Athletes will then do routine 2 in one turn, but need to be called and present in between them
- Then athletes will line up in order, have their 1st timed run tested, then line up again to have their 2<sup>nd</sup> timed sprint tested.

## **20 M Sprint**

- The Start:
  - Athlete starts from feet together and toes behind 0m mark. (White Box)
  - First step must be forward for the test to be valid
- The Test:
  - Athlete sprints through 20m.
  - Athlete has two tries with the best (lowest time) counting.
- Scoring:
  - Timer starts when athlete's first step touches the ground past the 0m line.
  - Timer ends when athlete crosses the 20m mark. Note that it is when the athlete crosses (like in track) not when their foot hits the ground past the 20m mark.

## **Double Mini Trampoline**

### *Routines and Timed DMT Bounces*

(Need Stop Watch)

- Athletes will meet the Judge to review the order
- Athletes can take one roller coaster first to double check their run
  
- The judge can either have them do their timed bounces first (before warming up routines) or after routines.
  
- Athletes will only take 7 turns (please do not let anymore than this for efficiency)
- Athletes will take 3 warm up turns
- Athletes show 1<sup>st</sup> routine in order, then 2<sup>nd</sup> routine in order
  
- Athletes will then do 2 Roller Coasters that will be timed in their order
- Judge will time the passes and recorder will record the times on the master sheet and on the athlete's sheet

OR

- Timed Roller Coasters can be done before or after warm up/show routines

## **DMT Timed Bounces**

- The Start:
  - Athlete runs, and hurdles to the bed in their usual way.
- The Test:
  - Athlete performs a Straight Jump mount, Straight Jump Spotter, and Straight Jump dismount as high as possible.
  - Athlete has two tries with the best counting.
- Scoring:
  - Timer starts at the 1<sup>st</sup> contact with the mini after the hurdle.
  - Timer ends at the 3<sup>rd</sup> contact.
  - If the athlete accidentally bounces more than 3 times only the first 3 are timed.
  - Any 1 foot contact results in no time.

## **Physical Ability Tests**

*(Clubs are encouraged to do these in house to practice, but they are optional)*

### **Rope Climb** – *Rope must be measured and taped at .25m - .50m - .75m – 1m – 2m – 3m*

- *Required Equipment/Set up:*
  - *Rope (min. 4 m long?, appropriate mats (min. 1-8"))*
- *The Start:*
  - Athlete with seat at 0m and legs straddled. FEET MUST BE OFF THE GROUND BEFORE SEAT LIFTS
  - The seat must be the last thing to leave the ground. If heels linger then the climb does not count.
- *The Test:*
  - Athlete must use arms alone. The legs can never close on the rope. Legs do not have to remain straight. (NO PINCHING!!!)
  - When starting a 2<sup>nd</sup> (or 3<sup>rd</sup>) climb the seat must touch the mat briefly and without anything else touching. (IF THE ATHLETE GETS ABOVE THE 3 POINT LINE AND RETURNS TO THE BOTTOM, TO GET 6 POINTS, THEIR SEAT MUST TOUCH, BUT NO FEET BEFORE TRYING TO CLIMB UP AGAIN)
- *Scoring:*
  - ¼ points are given for the first metre climbed but only whole points for 1 point or more. (WHEN THEIR SEAT PASSES THE LINE) **(DO WE WANT TO DO 1.5, 2.5?)**
  - A point is given for each meter that the athlete travels up the rope to the 3m mark and then down to the 0m start point. Therefore, a single climb up and down is 6 points.
  - Athletes can continue to gain points by climbing up to the 3m mark and so on. At the time of this writing the record is 26 points or 4x up and down plus two more meters up.
  - Only the very bottom of the athlete's seat is considered when giving points. The seat starts at 0m and a point is given for the seat's travel.

### **Long Jump**

- *Required Equipment/Set up:*
  - *Measuring Tape, Chalk or Velcro strips, hard surface/clipboard to line up feet (can be done on sprung floor or non-sprung floor)*
- *The Start:*
  - Athlete will lay on the floor with feet flexed on line and arms extended above head. (Stomach or back?)
  - Tester will mark this distance to their finger tips.
- *The Test:*
  - Athlete will then start with toes behind the tape, and jump with both feet as far as they can. Athletes must land on both feet at the same time.
  - Tester will measure the distance between their original mark and where they landed. Tester will measure from the heel of the foot closest to the beginning of the jump.
- *Scoring:*
  - Athletes will have a maximum of 3 jumps. Only 2 will count, only do a third jump if an athlete falls down or messes up their jump.

### **Handstand Hold**

- *Required Equipment/Set up*
  - *Hoop or chalk drawn circle (should be 60-80cm in diameter. Hoop should be taped or velcro'd to the floor), Stop Watch*

- The Start:
  - Athlete will prepare themselves in front of the hoop
  - Athlete will place hands in hoop and kick up to handstand when ready
- The Test:
  - Timer will begin timing when both feet have left the ground
  - Timer will stop timing when any body part touches the ground outside of the hoop (foot or hand or anything else)
  - Athletes may walk on their hands inside the hoop
- Scoring:
  - Athletes will get max of 3 tries with the 2 best times recorded.

### **Pike Flexibility**

- *Required Equipment/Set up:*
  - *Box or bench that is a hard solid surface, measuring tape, stop watch*
- Warm-up:
  - The athletes have a minute to warm-up as they wish.
- The Start:
  - The athlete stands on a block with feet together, legs straight, and toes at the edge.
- The Test:
  - Athlete reaches as far past the block as possible for at least 5 seconds.
- Scoring:
  - Measure (in cm) from top of block to tips of fingers.
  - Record the measurement that they stayed below for 5 seconds (not how far they were able to bounce down to.)
  - Legs must remain straight.

### **Active Shoulder Flexibility**

- *Required Equipment/Set up:*
  - *Box or bench that is a hard solid surface (no dips?), measuring tape or meter stick, stop watch, ruler or dowel*
- Warm-up:
  - The athletes have around a minute to warm-up as they wish.
- The Start:
  - Athlete lies on their stomach on the floor. Forehead touching the floor.
  - Athlete holds arms out straight, palms facing each other, thumbs up with ruler in hands with arms shoulder width apart
- The Test:
  - Athlete lifts hands up off the ground. Forehead must remain on the ground. Elbows must remain straight.
  - Athlete holds position for 5 seconds
- Scoring:
  - Measurement is taken from the floor up to the ruler/dowel. *(You can have a tape measure taped to a box/wall or a ruler)*
  - Measurement is the highest point that was held for 5 seconds.
  - A second tester/coach will watch for elbows being straight.