

ALBERTA TRAMPOLINE & TUMBLING DEVELOPMENTAL PROGRAM



ATDP



2018 Alberta Trampoline and Tumbling Developmental Program

Event Hosting Protocol

Events will test routines on all 3 events (TRA, TUM, DMT)

It is strongly encouraged that each athlete shows routines on all 3 events.

Clubs have the options to add in timed tests or other fun stations if they wish:

Suggestions:

Timed Trampoline Bounces

Timed DMT Bounces

Timed Sprint

Equipment Requirements

- 1 or 2 Trampolines with end decks (in ground or above ground is fine)
- 1 DMT with runway (minimum 15m) and proper landing surface (landing zone colours not required)
- Rod Floor (25m) or sprung floor space (20m minimum)
- Appropriate throw mats
- Porta Pit for Tumbling Jump Back
- Cheese mat (declined hard surface)

Judging Requirements

- 1 or 2 Provincial level judge or higher per event
 - If large numbers attending, having two judges on each event means that athletes can compete back to back while the other judge is adding up scores

General Schedule

- 20 min general warm up
- Athletes March in and O'Canada
- Trampoline Warm up – min. 2 turns (30 sec/athlete)
- DMT – min. 3 turns (30 sec/athlete)
- TUM – 2 turns down the floor (30 sec/athlete)
- Awards Ceremony at the end

Awards

- Certificates and evaluation sheets inside labeled envelopes
- Every athlete receives a **medal for their overall / all around score** (athletes are not ranked against each other – set scores for Gold, Silver, Bronze)
- Gold, Silver, and Bronze medals needed for potentially the same amount of athletes attending (all around total)
- Gold, Silver, and Bronze place **ribbons for each athlete on each event** (athletes are not ranked against each other – set scores for Gold, Silver, and Bronze)
- Suggested pre-printed labels for the back of ribbons to say which event
- Gold, Silver, and Bronze medals for potentially the same amount of athletes attending (all around total)

Judging Instructions

- All routines are judged the same way as at provincial competitions. Any special instructions are listed on the evaluation sheets.
- Routines are taken out of 10 points and then added together for a total out of 20.
- Gold, Silver, and Bronze each have specific values for each level and event
- After each athlete is finished their routines and has a total, the judge will label the appropriate ribbon and place it in their envelope with their evaluation sheet
- At the end of the event, the last judge will add the values from all 3 events to find out the total score for the medals at the end.

- Trampoline – No Time of Flight, No deductions for travel

- DMT – No landing zone deductions – steps/falls are still counted

- Tumbling – Additional Judging instructions (for skills not in FIG code) are listed on the evaluation sheets

Instructions for Judges/Testers

Trampoline

Routines

(Please keep things moving quickly so we can get through all athletes efficiently)

- Athletes will meet the Judge to review the order
- Athlete will warm up their 1st routine on Trampoline #1
- Athlete will then move to show their 1st routine on the Trampoline #2
- Athlete will wait in line to warm up their 2nd routine on the Trampoline #1
- Athlete will show their 2nd routine on Trampoline #2

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 5th contact with the trampoline after starting bouncing.
 - Timer ends at the 15th 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 2nd timed sprint tested.

20 M Sprint

- The Start:
 - Athlete starts from feet together and toes behind 0m mark. (Stand in Marked 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 will only take 7 turns total (please do not allow more than this)
- Athletes will take 3 Warm up turns
- Athletes show 1st routine in order, then 2nd 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

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 1st contact with the mini after the hurdle.
 - Timer ends at the 3rd contact.
 - If the athlete accidentally bounces more than 3 times only the first 3 are timed.
 - Any 1 foot contact results in no time.

Additional Information

Physical Ability Testing will not be tracked at events but is encouraged to be evaluated within clubs.

Physical Ability Tests

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

- 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 2nd (or 3rd) 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:
 - $\frac{1}{4}$ points are given for the first metre climbed but only whole points for 1 point or more. (WHEN THEIR SEAT PASSES THE LINE)
 - 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 writing this document, 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.

Handstand Hold

- The Start: Athlete will prepare themselves in front of the hoop
 - Athlete will place hands in hoop and kick up to handstand
 - 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 will get max of 3 tries with the 2 best times recorded.
 - Athletes may walk on their hands inside the hoop

Pike Flexibility

- Warm-up:
 - The athletes have around 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 bench as possible for at least 5 seconds.
- Scoring:
 - Measure (in cm) from top of bench 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

- 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.
- 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. *(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.

Long Jump

- The Start:
 - Athlete will lay on the floor with feet flexed on line and arms extended above head.
 - Tester will mark this distance to their finger tips.
 - 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.
 - 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.

LEVEL 1

ALBERTA TRAMPOLINE AND TUMBLING DEVELOPMENTAL PROGRAM

Name: _____ **Club:** _____ **Host:** _____ **Date:** _____

A.T.D.P. Level 1	Trampoline			Tumbling			DMT		
	Routine 1	Judging	Scoring	Routine 1	Judging	Scoring	Routine 1	Judging	Scoring
	4 Bounces Arm Press Bounce Pike Jump Seat Drop 1/2 to Seat To Feet Pike Jump	Judge each skill plus landing - Take total score from 10	Routine 1 /10	Backward Roll Jump 1/2 Turn Safety Land and Stand FWD Roll	Still judge position/shape/rhythm/deviation Judge Each skill plus landing (stand up)	Routine 1 /10	Straight Jump Straight Jump Pike Jump	Judged the pike jump and the landing - take total score out of 10	Routine 1 /10
Routine 2	Judging	Scoring	Routine 2	Judging	Scoring	Routine 2	Judging	Scoring	
4 Bounces Arm Press Bounce Front Drop To Feet Tuck Jump Straddle Jump	Judge each skill plus landing - Take total score from 10	Routine 2 /10 <hr/> Total score out of 20 for both routines /20 18.9-20 = GOLD 16.8-18.8 = SILVER 0-16.7 = BRONZE	Cartwheel Step Back (feet together) Jump 1/2 turn Safety Land and Stand Step Handstand (Step Down or Roll Out)	Still judge position/shape/rhythm/deviation Judge Each skill plus landing (Step down - ok can still get deductions for instability Roll Down - Can still get deductions for instability Fall Down (not a roll or step down - .5 deduction))	Routine 2 /10 <hr/> Total Score out of 20 for both routines /20 19.1-20 = GOLD 17.8-19 = SILVER 0-17.7 = BRONZE	Straight Jump Tuck Jump Straddle Jump	Judged the same as DMT- take total out of 10	Routine 2 /10 <hr/> Total Score out of 20 for both routines /20 19.1-20 = GOLD 18.1-19 = SILVER 0-18 = BRONZE	
All Around Score:		/60	57.1-60 = GOLD		52.7-57.0 = SILVER		0-52.6 = BRONZE		

LEVEL 2

ALBERTA TRAMPOLINE AND TUMBLING DEVELOPMENTAL PROGRAM

Name:

Club:

Host:

Date:

A.T.D.P. Level 2	Trampoline			Tumbling			DMT		
	Routine 1	Judging	Scoring	Routine 1	Judging	Scoring	Routine 1	Judging	Scoring
	4 Bounces Arm press Bounce Back drop To Feet Tuck Jump Straddle Jump Pike Jump	Judge each skill and landing, take total from 10	Routine 1 /10	Handstand Forward Roll (Step out or 2 foot) Handstand Forward Roll (2 Foot Finish) Jump 1/2 Turn Safety Land and Stand BWD Roll to Feet (Tuck or Pike) (Straight or Bent Arms)	Still judge position/shape/rhythm/deviation for each skill and landing (stand up) Take total out of 10	Routine 1 /10	Straight Jump Pike Jump Pike Jump	Judged the same as DMT- take total out of 10	Routine 1 /10
Routine 2	Judging	Scoring	Routine 2	Judging	Scoring	Routine 2	Judging	Scoring	
4 Bounces Arm press Bounce Seat Drop Tuck to Front Drop To Feet Safety Landing 4 Bounces Arm press Bounce Front drop Push to Seat Drop To Feet Safety Landing	Judge each skill and landings for both routines, take total out of 10	Routines 2 and 3 /10 Total score out of 20 for all routines /20 18.6-20 = GOLD 16.1-18.5 = SILVER 0-16.0 = BRONZE	Cartwheel Step Back (feet together) Jump 1/2 Turn Safety Land and Stand Powerhurdle Roundoff Rebound	Still judge position/shape/rhythm/deviation for each skill and landing Take total out of 10	Routine 2 /10 Total Score out of 20 for both routines /20 19.1-20 = GOLD 17.7-19.0 = SILVER 0-17.6 = BRONZE	Straight Jump Tuck Jump 1/1 turn	Judged the same as DMT- take total out of 10	Routine 2 /10 Total Score out of 20 for both routines /20 19.1-20 = GOLD 18.1-19 = SILVER 0-18 = BRONZE	
All Around Score:		/60	56.8-60 = GOLD		51.9-56.7 = SILVER		0-51.8 = BRONZE		

LEVEL 4

ALBERTA TRAMPOLINE AND TUMBLING DEVELOPMENTAL PROGRAM

Name: _____ Club: _____ Host: _____ Date: _____

A.T.D.P. Level 4	Trampoline			Tumbling			DMT		
	Routine 1	Judging	Scoring	Routine 1	Judging	Scoring	Routine 1	Judging	Scoring
	4 Bounces Arm Press Bounce Pike Jump Seat Drop 1/2 to Seat 1/2 to Feet Tuck Jump Front Drop to Feet Pike Jump Back Drop To Feet	Judge each skill plus landing - Take total score from 10	Routine 1 /10	Powerhurdle Roundoff Backhandspring Rebound to Back On Porta Pit	(Normal) 0-.5 deduction per skill (rebound included) 0-.5 deduction for roundoff 0-.5 deduction for bhs 0-.5 deduction for rebound/landing	Routine 1 /10	Straight Jump Pike Jump Front Tuck	Judged the same as DMT - take total out of 10	Routine 1 /10
Routine 2	Judging	Scoring	Routine 2	Judging	Scoring	Routine 2	Judging	Scoring	
4 Bounces Arm Press Bounce Back Tuck or Back Straight 4 Bounces Arm Press Bounce Front Tuck or Tuck Barani	1st skill 1 for shape 1 for kickout 1 for landing 2nd skill 1 for shape 1 for kickout 1 for landing Take total out of 10	Routines 2 and 3 /10 Total score out of 20 for both routines /20 18.4-20 = GOLD 15.4-18.3 = SILVER 0-15.3 = BRONZE	Run Roundoff 2 or 3 Backhandsprings	Judge the same out of 10 - each skill out of 5 plus landing R/O 2 BHS with landing R/O 3 BHS with landing	Routine 2 /10 Total Score out of 20 for both routines /20 Total for 2 BHS 19.4-20 = GOLD 18-19.3 = SILVER 0-17.9 = BRONZE Total for 3 BHS 19.3-20 = GOLD 17.9-19.2 = SILVER 0-17.8 = BRONZE	Straight Jump Tuck Jump Front pike or Tuck Barani	Judged the same as DMT - take total out of 10	Routine 2 /10 Total Score out of 20 for both routines /20 19.1-20 = GOLD 18.1-19 = SILVER 0-18 = BRONZE	
All Around Score:		/60	56.9-60 = GOLD		51.5-56.8 = SILVER		0-51.4 = BRONZE		

ATDP ROUTINE SUMMARY SHEET

Level 1	Trampoline	Tumbling	DMT
	<i>Routine 1</i>	<i>Routine 1</i>	<i>Routine 1</i>
	4 Bounces Arm Press Bounce Pike Jump Seat Drop 1/2 to Seat To Feet Pike Jump	Backward Roll Jump 1/2 Turn Safety Land and Stand FWD Roll	Straight Jump Straight Jump Pike Jump
<i>Routine 2</i>	<i>Routine 2</i>	<i>Routine 2</i>	
4 Bounces Arm Press Bounce Front Drop To Feet Tuck Jump Straddle Jump	Cartwheel Step Back (feet together) Jump 1/2 turn Safety Land and Stand Step Handstand (Step Down or Roll Out)	Straight Jump Tuck Jump Straddle Jump	

Level 2	Trampoline	Tumbling	DMT
	<i>Routine 1</i>	<i>Routine 1</i>	<i>Routine 1</i>
	4 Bounces Arm press Bounce Back drop To Feet Tuck Jump Straddle Jump Pike Jump	Handstand Forward Roll (Step out or 2 foot) Handstand Forward Roll (2 Foot Finish) Jump 1/2 Turn Safety Land and Stand BWD Roll to Feet (Tuck or Pike) (Straight or Bent Arms)	Straight Jump Pike Jump Pike Jump
<i>Routine 2</i>	<i>Routine 2</i>	<i>Routine 2</i>	
4 Bounces Arm press Bounce Seat Drop Tuck to Front Drop To Feet 4 Bounces Arm press Bounce Front drop Push to Seat Drop To Feet	Cartwheel Step Back (feet together) Jump 1/2 Turn Safety Land and Stand Powerhurdle Roundoff Rebound	Straight Jump Tuck Jump 1/1 turn	

Level 3	Trampoline	Tumbling	DMT
	<i>Routine 1</i>	<i>Routine 1</i>	<i>Routine 1</i>
	4 Bounces Arm press Bounce Airplane to Feet Straddle Jump Front Drop to Feet Tuck Jump Seat Drop 1/2 to Feet Pike Jump 1/1 turn	Backhandspring Down Cheese or On Floor	Straight Jump 1/1 turn Tuck Jump
<i>Routine 2</i>	<i>Routine 2</i>	<i>Routine 2</i>	
4 Bounces Arm press Bounce Back drop To Front Drop to Feet (Optional Cradle) 4 Bounces Arm Press Bounce Front Drop to Back Drop To Feet (Optional Cruise)	Run or Powerhurdle Roundoff Rebound to Back on Porta Pit	Straight Jump Tuck Jump Front Tuck	

Level 4	Trampoline	Tumbling	DMT
	<i>Routine 1</i>	<i>Routine 1</i>	<i>Routine 1</i>
	4 Bounces Arm Press Bounce Pike Jump Seat Drop 1/2 to Seat 1/2 to Feet Tuck Jump Front Drop to Feet Pike Jump Back Drop To Feet	Powerhurdle Roundoff Backhandspring Rebound to Back On Porta Pit	Straight Jump Pike Jump Front Tuck
<i>Routine 2</i>	<i>Routine 2</i>	<i>Routine 2</i>	
4 Bounces Arm Press Bounce Back Tuck or Back Straight 4 Bounces Arm Press Bounce Front Tuck or Tuck Barani	Run Roundoff 2 or 3 Backhandsprings	Straight Jump Tuck Jump Front pike or Tuck Barani	