

TRAMPETTE HELP SHEET



VERSION 1 – July 10th 2021



VIRTUAL GYMNASTICS COMPETITION EXPERIENCE

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www.v-tramp.org

MINI is a new discipline to **V-TRAMP** and is offered as both an individual and streaming team event for members of Team Gym and gymnastics clubs including schools and recreational gymnastics classes. Clubs, schools and recreational classes are advised to enter gymnasts into a level best suited to their gymnast's ability level.

REQUIREMENTS FOR EACH LEVEL

V-BASE

AGE GROUPS - 9-12 is mixed gender, 13-16 and 17+ has male and female competition categories

- Gymnasts will compete with 3 passes. No passes may contain any somersaulting rotation.
- Examples – tuck, pike and straddle jumps, half twist, full twist

V-CLUB

AGE GROUPS - 9-12 is mixed gender, 13-16 and 17+ has male and female competition categories

- Gymnasts will compete with 3 passes, one of which must be a single somersaulting element.
- The subsequent two passes may or may not include somersaulting, but any pass containing somersault may not exceed a single somersault in rotation.
- Examples - Salto 180 T (barani tuck), Salto 540 (rudi).

V-ELITE

AGE GROUPS - 9-12 is mixed gender, 13-16 and 17+ has male and female competition categories

- Gymnasts will compete with three passes, two of which must contain a double somersault or more.
- The third pass may be any single somersault element (see examples above) or more.
- Examples - DBL 180 out T (half out tuck), DBL 180 in P (half out pike), TPL 180 out t (triffus tuck)

In order to enter the **free MINI STREAMING TEAM EVENT** below a competitor must have entered one of the individual categories above.

MINI STREAMING TEAM EVENT

AGE GROUPS - 9-12 is mixed gender, 13+ has male and female competition categories. There are two ability levels for the streaming event - **V-MINI 1** and **V-MINI 2**.

The requirements for **V-MINI 1** are those for **V-CLUB** (see above).

The requirements for **V-MINI 2** are those for **V-ELITE** (see above).

There are **three** members in a **MINI** streaming team event

All **three** team members will compete in each round of competition

In the first round of competition each team member must compete with the same pass

The team members will compete in a stream. See the **European Gymnastics** code.