



Trampoline WORLD CUP

7-8 JULY 2023

COIMBRA | PORTUGAL
PAVILHÃO M. M. MÁRIO MEXIA



Programme



CÂMARA MUNICIPAL
COIMBRA





José Manuel Silva

President of the
Municipality of Coimbra

WELCOME TO COIMBRA, THE RIGHT PLACE TO BE!

It is with great joy that I welcome all athletes, coaches, volunteers, and other sports enthusiasts who have arrived in Coimbra to be part of the Trampoline World Cup on the 7th and 8th of July. Welcome to Coimbra, the right place to be. This important sports event, held at P Mário Mexia Sports Hall, organized by the Portuguese Gymnastics Federation and the Gymnastics Department of Associação Académica de Coimbra, under the auspices of the International Gymnastics Federation, naturally has the support of the Municipality of Coimbra.

For the past few months, Coimbra has demonstrated its ability to host large and excellent sports events with great efficiency and enthusiasm. National and international competitions in motor sports, gymnastics, triathlon, athletics, among others. Coimbra is thus showing a strong increase in the diversity of sports events it hosts, and this is undoubtedly a path to continue.

And now, it is time to welcome with great enthusiasm a major gymnastics competition: the Trampoline World Cup! With the presence of another international competition, we also bring Coimbra to all corners of the world and showcase the various sports facilities that the municipality is equipped with. Promoting great mobilizing sports initiatives is becoming one of the distinctive positions of the current political management of the Municipality of Coimbra.

In addition to the sports competition, where I wish you the greatest success, I hope you can enjoy the cultural and artistic offerings of the municipality, discover our gastronomy, visit the vast and beautiful heritage we have, explore the excellent green spaces and gardens. In essence, I hope you leave with a strong desire to return to Coimbra!



Luís Arrais

President of the
Gymnastics Federation of Portugal

The city of Coimbra represents the excellence of education and scientific development and will also represent, in the coming days, the excellence of trampolines from all over the globe, in the World Cup that will be held in this city.

To all gymnasts, we wish you to have the best performances of your lives, as well as to reach your personal goals.

WELCOME EVERYONE TO COIMBRA!

On behalf of the Gymnastics Federation of Portugal, we would like to thank the Coimbra City Council, the Gymnastics Association of the Center, the Gymnastics Department of the Associação Académica de Coimbra and all the volunteers who have been working for several months to make this event have the same great level as the gymnasts in competition.

EVENT

The Gymnastics Federation of Portugal and the Associação Académica de Coimbra, under the auspices of the Fédération Internationale de Gymnastique (FIG) and with the Coimbra Municipality support, will organize the FIG Trampoline World Cup.

TRAMPOLINE WORLD CUP

FIG World Cup Series in Trampoline Gymnastics in 2023 consists of five events in Baku (AZE), Santarém (POR), Coimbra (POR), Palm Beach (USA) and Varna (BUL), being the last three Olympic qualifying.

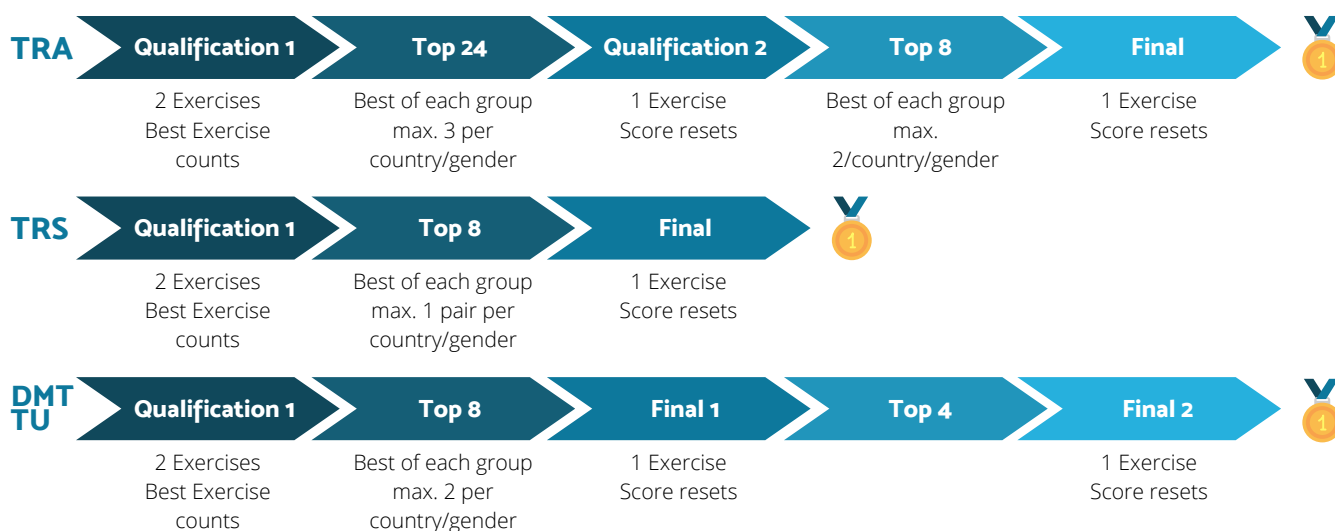
These are great events, staged in attractive and well known cities and venues, with guaranteed TV coverage.

Their aim is to showcase the world's very best gymnasts in media and public friendly surroundings.

This competition is reserved to national federations and senior gymnasts in Individual Trampoline, Synchronized Trampoline, Double Mini-Trampoline and Tumbling.

At each event, the gymnasts will have the opportunity to earn World Cup Points, which will result in the FIG World Cup Series Ranking List.

The top 8 gymnasts or pairs from the Qualifications will qualify for the Finals (max. 2 individuals or 1 pair per national federation per discipline).



"Trampolining is an art form. It requires grace, precision, and skill to execute a perfect routine."

Dan Millman

TRAMPOLINE WORLD CUP SCHEDULE

Friday - 7th July

Trampoline Warm Up Hall		Trampoline Competition Hall		Time	Start	Finish	Tumbling	Comp. Hall	
Warm Up Male	Warm Up Female	Competition Male	Competition Female				Warm Up + Competition	Warm Up + Competition	
				1:00	8:10	9:10			Hall Opening
Q1 - Group 1				0:50	9:10	10:00			
Q1 - Group 2	Q1 - Group 1	Q1 - Group 1		0:50	10:00	10:50			
Q1 - Group 3	Q1 - Group 2	Q1 - Group 2	Q1 - Group 1	0:50	10:50	11:40			
Q1 - Group 4	Q1 - Group 3	Q1 - Group 3	Q1 - Group 2	0:50	11:40	12:30			
		Q1 - Group 4	Q1 - Group 3	0:50	12:30	13:20			
Q1 - Group 5	Q1 - Group 4			1:00	13:20	14:20			Break
Q1 - Group 6	Q1 - Group 5	Q1 - Group 5	Q1 - Group 4	0:50	14:20	15:10			
Q1 - Group 7	Q1 - Group 6	Q1 - Group 6	Q1 - Group 5	0:50	15:10	16:00			
		Q1 - Group 7	Q1 - Group 6	0:50	16:00	16:50			
				0:30	16:50	17:20			Opening Ceremony
TRS - Group 1	TRS - Group 1			0:45	17:20	18:05	Male - Group 1	Female - Group 1	
TRS - Group 2	TRS - Group 2	TRS - Group 1	TRS - Group 1	0:45	18:05	18:50	Male - Group 2	Female - Group 2	
TRS - Group 3	TRS - Group 3	TRS - Group 2	TRS - Group 2	0:45	18:50	19:35	Female - Group 1	Male - Group 1	
		TRS - Group 3	TRS - Group 3	0:45	19:35	20:20	Female - Group 2	Male - Group 2	
						20:20			End of the day

Saturday - 8th July

Trampoline Warm Up Hall		Trampoline Competition Hall		Time	Start	Finish	Tumbling	Comp. Hall	
Warm Up Male	Warm Up Female	Competition Male	Competition Female				Warm Up + Competition	Warm Up + Competition	
				1:00	9:30	10:30			Hall Opening
Q2 - Group 1	Q2 - Group 1			0:30	10:30	11:00			
Q2 - Group 2	Q2 - Group 2	Q2 - Group 1	Q2 - Group 1	0:30	11:00	11:30			
		Q2 - Group 2	Q2 - Group 2	0:30	11:30	12:00			
				0:30	12:00	12:30			Break
				1:00	12:30	13:30	Finalists Training	Finalists Training	
				0:30	13:30	14:00			Break
				0:40	14:00	14:40	Final - Female		
	Final			0:40	14:40	15:20		Final - Male	
Final			Final	0:30	15:20	15:50			
		Final		0:30	15:50	16:20			
				0:40	16:20	17:00	Final - Male		
	Final - SYN			0:40	17:00	17:40		Final - Female	
Final - SYN			Final - SYN	0:30	17:40	18:10			
		Final - SYN		0:30	18:10	18:40			
				0:45	18:40	19:25			Awards Ceremony



TRAMPOLINE WORLD CUP GROUPS

INDIVIDUAL TRAMPOLINE

INDIVIDUAL MEN

GROUP 1				
	FIG	NAME	First Name	NF
1	34535	HUSSEIN	Khaled	EGY
2	24735	SANCHEZ	Raul	ESP
3	31259	DUTRA	Rayan	BRA
4	24533	STAMP	Andrew	GBR
5	55193	KHASANBOEV	Mirshokhid	UZB
6	57063	LI	Yuming	CHN
7	36379	ZAYED	Omar	EGY
8	51463	KHAKIMOV	Abdulaziz	UZB
9	14077	MUSSABAYEV	Danil	KAZ
10	32646	PATISSO COLONNA	Samuele	ITA
11	13815	PFLEIDERER	Matthias	GER
12	11345	ZAKRZEWSKI	Artur	POL

INDIVIDUAL WOMEN

GROUP 1				
	FIG	NAME	First Name	NF
1	30331	WEBSTER	Cheyenne Sarah	USA
2	19762	SATAKE	Reina	JPN
3	41730	MARKELOVA	Anjelika	UZB
4	24204	RODRIGUEZ	Melania	ESP
5	44129	WANSCH	Amelie	AUT
6	14023	PAGE	Bryony	GBR
7	55365	DE LEON	Aixa	MEX
8	30362	VAN NATTA	Trinity	USA
9	18098	SONGHURST	Isabelle	GBR
10	23988	TAM	Rachel	CAN
11	24955	CARVALHO	Mariana	POR
12	9327	PENEVA	Hristina	BUL

GROUP 2

	FIG	NAME	First Name	NF
1	13813	VOGEL	Fabian	GER
2	44742	MIYANO	Hayato	JPN
3	47059	TASMAGAMBETOV	Yerlan	KAZ
4	41108	DIMITROV	Martin	BUL
5	18060	MORANTE	Allan	FRA
6	24543	ROWLEY	Isaac	USA
7	30417	PETERSEN	Teis	DEN
8	48647	HE	Longyu	CHN
9	13527	GESUELLI	Cody	USA
10	51462	KHOLMIRZAEV	Ziloliddin	UZB
11	10290	DAVYDENKO	Anton	UKR
12	17931	MARTIN	Jorge	ESP

GROUP 2

	FIG	NAME	First Name	NF
1	48874	ESEN	Ecem Nisa	TUR
2	20015	ROMERO ROSARIO	Noemi	ESP
3	42383	HAMZA	Malak	EGY
4	41110	STAMOVA	Kristina	BUL
5	40814	APAKIDZE	Anano	GEO
6	13518	AHSINGER	Nicole	USA
7	33017	MALKOVA	Svitlana	UKR
8	8687	SJOEBERG	Lina	SWE
9	6996	DOIHATA	Chisato	JPN
10	36354	JENSEN	Smilla	DEN
11	34277	KARAKUS	Sila	TUR
12	23984	METHOT	Sophiane	CAN

GROUP 3

	FIG	NAME	First Name	NF
1	24996	RIOU	Florestan	FRA
2	58978	SPES	Lev	SLO
3	46031	GUEVARA	Donovan	MEX
4	42272	LAUXTERMANN	Caio	GER
5	14263	FERREIRA	Pedro	POR
6	24381	ABRAHAMS	Michael	NED
7	49223	SIERRA	Manuel	COL
8	31288	CHARTIER	Julian	FRA
9	10796	SMITH	Oscar	SWE
10	33763	SHUH	Nathan	CAN
11	24484	WALKES	Corey	GBR
12	12117	HERNANDEZ	Angel	COL

GROUP 3

	FIG	NAME	First Name	NF
1	19699	ROESLER	Aileen	GER
2	13059	SCHURING	Romana	NED
3	36228	OVCARUKA	Darja	LAT
4	29539	ZHU	Xueying	CHN
5	7401	GOLOVINA	Luba	GEO
6	35654	KULESHOVA	Kateryna	UKR
7	31110	MARIANITO NUNES	Catarina	POR
8	19756	MORI	Hikaru	JPN
9	42920	ALAROVA	Sofiia	UKR
10	37878	MAHSUDOVA	Seljan	AZE
11	16236	GOMES	Alice	BRA
12	10956	JANJGAVA	Teona	GEO

GROUP 4				
	FIG	NAME	First Name	NF
1	41149	ANGELOV	Maksim	BUL
2	42597	VON HEIDEMAN	Linus	SWE
3	57112	WANG	Zisai	CHN
4	13931	SCHMIDT	Dylan	NZL
5	31000	UNNO	Hiroto	JPN
6	44578	RUPAR	Jure	SLO
7	36681	LAIDLAW	Reegan	NZL
8	49922	MCLEOD	Leuca	AUS
9	32806	MASHARIPOV	Jurabek	UZB
10	49427	HVALA	Aleks	SLO
11	9998	SPATT	Martin	AUT
12	24205	FRANCO	David	ESP

GROUP 4				
	FIG	NAME	First Name	NF
1	24572	PICKERING	Jessica	AUS
2	11909	LABROUSSE	Lea	FRA
3	10820	RYDEN	Hanna	SWE
4	23710	LEMOINE	Alva	SWE
5	45017	FAN	Xinyi	CHN
6	13579	KASAPOGLOU	Lila	GRE
7	24576	FLORIAN	Imogen	AUS
8	25106	CORREIA	Sofia	POR
9	41548	BROUSSE	Clea	FRA
10	14153	NAVARRO LOZA	Dafne	MEX
11	30039	STEVENS	Jessica	USA
12	29066	MILETTE	Sarah	CAN

GROUP 5				
	FIG	NAME	First Name	NF
1	42672	ALBUQUERQUE	Gabriel	POR
2	30397	PADILLA	Ruben	USA
3	35653	IVANSKYI	Mykyta	UKR
4	29267	CHARTIER	Jeremy	CAN
5	41367	DANIS	Emirhan	TUR
6	33749	AUBIN	Remi	CAN
7	31393	PERZAMANOS	Zak	GBR
8	32650	LAVINO	Marco	ITA
9	24670	DEVINE	Ryan	IRL
10	7085	RUTHERFORD	Blake	AUS
11	9308	MIHALEV	Mariyan	BUL
12	34375	GRAPSAS	Marios	GRE

GROUP 5				
	FIG	NAME	First Name	NF
1	6506	SMITH	Samantha	CAN
2	49999	CAO	Yunzhu	CHN
3	13928	SCHMIDT	Rachel	NZL
4	7220	GOMES	Camilla	BRA
5	36223	SARAFOVA	Diana	BUL
6	40815	RAGIMOV	Mariam	GEO
7	5680	ADAM	Leonie	GER
8	44292	PIATAKOVA	Veronika	UKR
9	41368	YALCIN	Livanur	TUR
10	24903	AUBREE	Perle	FRA
11	24523	DAVIDSON	Madaline	NZL
12	32645	MURGO	Isabella	ITA

GROUP 6				
	FIG	NAME	First Name	NF
1	31144	SANTOS	Lucas	POR
2	23380	FROESCHL	Niklas	AUT
3	6618	SWADLING	Shaun	AUS
4	10295	PROSTOROV	Mykola	UKR
5	7045	ABREU	Diogo	POR
6	24918	SCHULDT	Matthias	GER
7	49281	JOHANSEN	Valdemar	DEN
8	45338	BILLVEN EDHAMMER	Vilhelm	SWE
9	44627	HOPFGARTNER	Georg	AUT
10	23269	SHOSTAK	Aliaksei	USA
11	22085	GOUZOU	Pierre	FRA
12	13947	ALIYEV	Pirmammad	KAZ

GROUP 6				
	FIG	NAME	First Name	NF
1	41295	COLAK	Elif	TUR
2	24559	HAGARTY	Carina	AUS
3	36734	HRUDOVA	Aneta	CZE
4	32829	BUTOLINA	Viktoriya	KAZ
5	47880	STJAERNBORG	Tuva	SWE
6	13682	MAIOR	Ingrid	POR
7	46097	JURICKOVA	Michaela	CZE
8	6988	UYAMA	Megu	JPN
9	14084	WATTS	Abbie	AUS
10	25063	HU	Yicheng	CHN
11	6739	JURBERT	Marine	FRA

GROUP 7				
	FIG	NAME	First Name	NF
1	6632	NORDFORS	Jonas	SWE
2	11902	SAKAI	Ryosuke	JPN
3	6507	SOEHN	Keegan	CAN
4	36811	NISHIOKA	Ryusei	JPN
5	23366	WIZANI	Benny	AUT
6	22300	LOZANO	Amado	MEX
	47030	ROZHKO	Dmytro	UKR
7	15860	MUTLU	Gurkan	TUR
8	48646	YAN	Langyu	CHN
9	24201	VEGA	David	ESP
10	32827	BARKOV	Roman	KAZ
11	6632	NORDFORS	Jonas	SWE

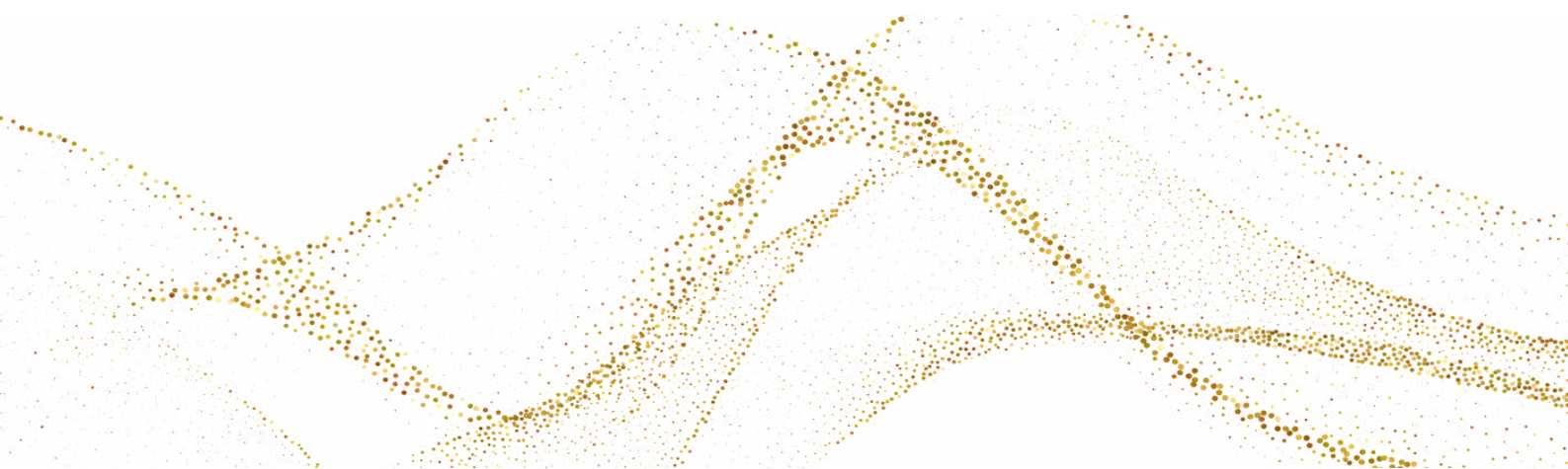
SYNCHRONIZED TRAMPOLINE

SYNCHRO MEN

GROUP 1				
	FIG	NAME	First Name	NF
1	9998	SPATT	Martin	AUT
	44627	HOPFGARTNER	Georg	
2	18060	MORANTE	Allan	FRA
	31288	CHARTIER	Julian	
3	33749	AUBIN	Remi	CAN
	29267	CHARTIER	Jeremy	
4	13947	ALIYEV	Pirmammad	KAZ
	14077	MUSSABAYEV	Danil	
5	36810	ISEKI	Shunta	JPN
	19885	YAMADA	Hiroto	
6	30397	PADILLA	Ruben	USA
	23269	SHOSTAK	Aliaksei	
7	22085	GOUZOU	Pierre	FRA
	24996	RIOU	Florestan	
8	47030	ROZHKO	Dmytro	UKR
	35653	IVANSKYI	Mykyta	
9	7045	ABREU	Diogo	POR
	14263	FERREIRA	Pedro	

SYNCHRO WOMEN

GROUP 1				
	FIG	NAME	First Name	NF
1	41110	STAMOVA	Kristina	BUL
	36223	SARAFOVA	Diana	
2	11909	LABROUSSE	Lea	FRA
	6739	JURBERT	Marine	
3	25106	CORREIA	Sofia	POR
	13682	MAIOR	Ingrid	
4	30039	STEVENS	Jessica	USA
	30362	VAN NATTA	Trinity	
5	7220	GOMES	Camilla	BRA
	16236	GOMES	Alice	
6	46097	JURICKOVA	Michaela	CZE
	36734	HRUDOVA	Aneta	
7	34277	KARAKUS	Sila	TUR
	41295	COLAK	Elif	
8	29539	ZHU	Xueying	CHN
	25063	HU	Yicheng	
9	42920	ALAROVA	Sofiia	UKR
	44292	PIATAKOVA	Veronika	



GROUP 2				
	FIG	NAME	First Name	NF
1	32827	BARKOV	Roman	KAZ
	47059	TASMAGAMBETOV	Yerlan	
2	33763	SHUH	Nathan	CAN
	6507	SOEHN	Keegan	
3	32646	PATISSO COLONNA	Samuele	ITA
	32650	LAVINO	Marco	
4	10290	DAVYDENKO	Anton	UKR
	10295	PROSTOROV	Mykola	
5	15860	MUTLU	Gurkan	TUR
	41367	DANIS	Emirhan	
6	12117	HERNANDEZ	Angel	COL
	49223	SIERRA	Manuel	
7	41108	DIMITROV	Martin	BUL
	9308	MIHALEV	Mariyan	
8	31144	SANTOS	Lucas	POR
	42672	ALBUQUERQUE	Gabriel	
9	10796	SMITH	Oscar	SWE
	6632	NORDFORS	Jonas	

GROUP 2				
	FIG	NAME	First Name	NF
1	14084	WATTS	Abbie	AUS
	24572	PICKERING	Jessica	
2	24903	AUBREE	Perle	FRA
	41548	BROUSSE	Clea	
3	6996	DOIHATA	Chisato	JPN
	19762	SATAKE	Reina	
4	10820	RYDEN	Hanna	SWE
	34713	REDMAN	Sofia	
5	24955	CARVALHO	Mariana	POR
	31110	MARIANITO NUNES	Catarina	
6	40815	RAGIMOVI	Mariam	GEO
	40814	APAKIDZE	Anano	
7	36828	SAKURAI	Ena	JPN
	42872	TANAKA	Kiko	
8	8687	SJOEBERG	Lina	SWE
	23710	LEMOINE	Alva	

GROUP 3				
	FIG	NAME	First Name	NF
1	6618	SWADLING	Shaun	AUS
	49922	MCLEOD	Leuca	
2	13931	SCHMIDT	Dylan	NZL
	36681	LAIDLAW	Reegan	
3	13813	VOGEL	Fabian	GER
	42272	LAUXTERMANN	Caio	
4	51463	KHAKIMOV	Abdulaziz	UZB
	32806	MASHARIPOV	Jurabek	
5	31000	UNNO	Hiroto	JPN
	11902	SAKAI	Ryosuke	
6	13527	GESUELLI	Cody	USA
	24543	ROWLEY	Isaac	
7	23366	WIZANI	Benny	AUT
	23380	FROESCHL	Niklas	
8	49281	JOHANSEN	Valdemar	DEN
	30417	PETERSEN	Teis	

GROUP 3				
	FIG	NAME	First Name	NF
1	14023	PAGE	Bryony	GBR
	18098	SONGHURST	Isabelle	
2	23988	TAM	Rachel	CAN
	6506	SMITH	Samantha	
3	24576	FLORIAN	Imogen	AUS
	24559	HAGARTY	Carina	
4	7401	GOLOVINA	Luba	GEO
	10956	JANJGAVA	Teona	
5	33017	MALKOVA	Svitlana	UKR
	35654	KULESHOVA	Kateryna	
6	41368	YALCIN	Livanur	TUR
	48874	ESEN	Ecem Nisa	
7	13518	AHSINGER	Nicole	USA
	30331	WEBSTER	Cheyenne Sarah	
8	23984	METHOT	Sophiane	CAN
	29066	MILETTE	Sarah	

TUMBLING

MEN

GROUP 1

	FIG	NAME	First Name	NF
1	56882	PETERS	Lars	BEL
2	56932	CAVE	Kaleb	USA
3	42867	HAJIZADA	Adil	AZE
4	24560	HEMMINGS	Jack	AUS
5	53614	MENSAH	Bailey	USA
6	46154	DUMAS	Dominic	USA
7	45438	HAYES	Cian	IRL
8	45992	HERGUE	Hippolyte	FRA
9	47789	TEAGUE	Fred	GBR
10	46311	NUNES	Goncalo	POR
11	45985	GOEDERTIER	Manten	BEL
12	7116	ROMAKHOV	Alexandr	KAZ

WOMEN

GROUP 1

	FIG	NAME	First Name	NF
1	41741	NEYRINCK	Sara	BEL
2	34371	EFRAIMOGLOU	Alexandra	GRE
3	42557	PINTO	Francisca	POR
4	24664	KEALY	Megan	GBR
5	34642	LAFFERTY	Kaitlin	GBR
6	45993	PREVOT	Maiwenn	FRA
7	46156	THONGPHAY	Rosalie	USA
8	42930	SANTOS	Matilde	POR
9	34356	MORANCAIS	Manon	FRA
10	49795	KATCHALOVA	Anastasia	USA

GROUP 2

	FIG	NAME	First Name	NF
1	32844	ALIYEV	Tofig	AZE
2	25088	PESO	Vasco	POR
3	30249	BROWN	Kaden	USA
4	29732	SARAIVA	Joao	POR
5	24482	PADDOCK	Jaydon	GBR
6	7283	WILLERTON	Kristof	GBR
7	42718	PALMA	Andre	POR
8	45489	MCGUINNESS	Ethan	AUS
9	30941	KINAHAN	Hugo	IRL
10	53514	LEVENA	Ramarni	GBR
11	8038	MALKIN	Mikhail	AZE
12	55505	ZERMENO	Ian	MEX

GROUP 2

	FIG	NAME	First Name	NF
1	36854	YEATES	Comfort	GBR
2	19455	WAMBOTE	Emilie	FRA
3	42733	AGOSTINHO	Margarida	POR
4	49343	CHOMILIER	Yanna	FRA
5	42736	CASCALHEIRA	Mariana	POR
6	46150	PAPENHAUSE	Jill	USA
7	41072	OPPON	Naana	GBR
8	41746	VAN REGENMORTEL	Louise	BEL
9	30468	BRUNS	Miah	USA



DOUBLE-MINI TRAMPOLINE

MEN

GROUP 1				
	FIG	NAME	First Name	NF
1	55567	DOBLER	Simon	GER
2	51979	KOENIG	Hannes	GER
3	42706	MACCAGNAN	Ryan	USA
4	41821	FROST	Marshall	GBR
5	41126	LUPISH	Kieran	CAN
6	33798	CABRAL	Diogo	POR
7	41071	AIKEREMIOKHA	Omo	GBR
8	28980	DODD	Gavin	CAN
9	41128	ZUREK	Nolan	CAN
10	23972	BLAKELY	Zachary	CAN
11	46017	BROWN	Benjamin	AUS

WOMEN

GROUP 1				
	FIG	NAME	First Name	NF
1	21812	SOEHN	Kalena	CAN
2	45491	ROBINSON	Cheyanna	AUS
3	53415	KENT	Jacqueline	USA
4	51981	SAPRAUTZKI	Imani	GER
5	17524	THOMAS	Braida	AUS
6	53673	THOMPSON	Sarah	USA
7	36608	NEL	Kayla	AUS
8	36199	ANAKA	Ashley	CAN
9	41728	BEATTIE	Kim	GBR
10	18172	MARTINS	Ines	POR
11	36756	ROMERIL	Melissa	NZL
12	42556	NOBUHARA	Shelby	USA

GROUP 2				
	FIG	NAME	First Name	NF
1	35826	FERNANDES	Diogo	POR
2	42529	TROYAN	Artur	UKR
3	31140	DIAS	Andre	POR
4	55505	ZERMENO	Ian	MEX
5	45338	BILLVEN EDHAMMER	Vilhelm	SWE
6	53703	BUCK	Reece	GBR
7	42731	MINC	Tomas	USA
8	30397	PADILLA	Ruben	USA
9	55947	KLINE	Dylan	USA
10	18168	SAMPAIO ROMAO	Tiago	POR

GROUP 2				
	FIG	NAME	First Name	NF
1	44588	SHEVELAN	Ruth	GBR
2	45835	TARRANT	Madeleine	GBR
3	52842	GARCIA	Alexandra	POR
4	47880	STJAERNBORG	Tuva	SWE
5	29188	WAY	Kirsty	GBR
6	36603	FRENCH	Amber	AUS
7	56773	SCHWARTZ	Kira	USA
8	51980	HEINRICH	Anastasia	GER
9	42720	GAGO	Diana	POR
10	37220	ABRANTES	Rita	POR
11	42908	LANGNER	Sabrina	GER



TECHNICAL DATA

TRAMPOLINE

A Trampoline exercise is characterized by height, continuous rhythm, rotational elements, without hesitation or pause, in a performance demonstrating a variety of front and back elements, with or without twist, body control, good form, good execution and regularity of height.

Competition consists of two exercises in the Qualifying round and only one in the Finals, and each exercise is made up of 10 elements.

The first Trampoline exercise in the Qualifying event contains free and compulsory elements, and the execution of this exercise alone is taken into account.

The second exercise in the Qualifying event and in the exercise of the Final are free exercises, in which Execution is added to Difficulty, Time of Flight and Horizontal displacement, rendering the total score of the exercise.

SYNCHRONIZED

In the Pairs competition, the simultaneous Executions of the two gymnasts have special value, which added to the Difficulty and Execution result in the final score.

DOUBLE MINI-TRAMPOLINE

A pass on the DMT is characterized by high, continuous rhythmic, rotational jumping elements, without hesitation or intermediate straight bounces.

A DMT pass should demonstrate a variety of forward and backward twisting or non twisting elements. The pass should show good control, form, execution, height and maintenance of height.

In a pass, a maximum of 3 contacts with the apparatus are allowed with no intermediate bounce between the elements. Each pass must end with a dismount element performed from the spotter/dismount zone to the landing area.

A DMT exercise consists of two sets in the Qualifying competitions, and another two in the Final. Each DMT serie consists of 2 elements. The final score results of the sum of Difficulty and Execution.

TUMBLING

Tumbling is characterized by continuous speedy, rhythmic, rotational jumping elements without hesitation or intermediate steps. A tumbling pass should demonstrate a variety of forward, backward and sideward elements. The pass should show good control, form, execution and maintenance of tempo.

A Tumbling exercise consists of two series in the Qualifying competitions, and another two in the Final. Each Tumbling serie consists of 8 elements. The final score results of the sum of Difficulty and Execution.

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