




# Trampoline Glossary

**Note – There is no such skill as a Flip in Trampolining!!!!!!!!!!!!**

## Trampoline Terms

Bed	The springy landing surface of a trampoline
Blind	Move where the bed is not seen until very late before landing or take off
Cast	Sideways travel during a move
Dorso-Ventral Axis	Axis going from front to back around which side somersaults are done. (This type of rotation is only used for turntables!)
	
Double bouncing	Two people jumping on the same trampoline, usually asynchronously
End deck	End deck of a trampoline, attached to the frame
Free bounce	A straight bounce when done in the middle of a routine
Gain	Travel in the opposite direction to the rotation, e.g. travelling forwards in a back somersault
Hand Support	When a coach helps teach moves by providing rotation/twist etc to a learning gymnast. Most common use is to support when learning somersaults.
Hula Twist	Counter Rotation – twist that is produced by using a hula-hoop circling movement of the hips during the aerial phase.
Kaboom	The legs hit the trampoline bed momentarily after the body, reversing the rotation generated from the body (also makes a loud kaboom noise). Hence a Somersault from front (or back) landing, where a double contact is made.
Kick out	Extension of the legs to straight body position after the shape phase of a somersault is shown
Kip	Coaching technique to augment the power of the trampoline bed by it being depressed momentarily before the performer's landing
Lateral Axis	Axis going from side-side around which somersaults are done.
	
Line-out	Good technique where performer neatly places arms beside body on kick-out of a shaped somersault, or whilst twisting
Longitudinal Axis	Axis from head through the body around which twisting is done
	

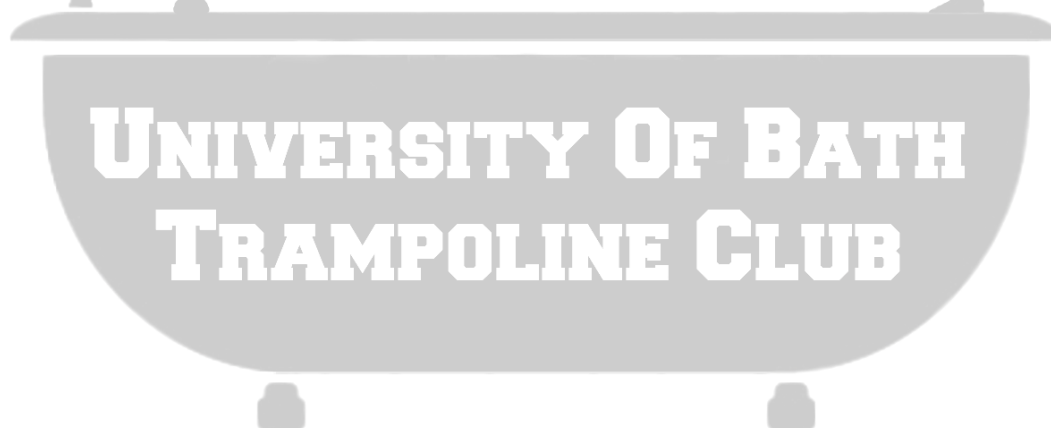
Out bounce	Controlled straight bounce after a routine or move.
Ping, pinging	When a move is done but takes off is not under control, usually travelling and losing height
Prerequisites	Moves which are a requirement to be mastered before learning another move, for sound coaching reasons
Progressions	Stages in learning a move, usually but not always moves in themselves. Some progressions are necessary but would never really be considered moves in their own right.
Push in mat	Push-in mat used by the coach to provide a softer landing while learning moves; also sometimes seen in competition for use if the competitor needs it
Rig	Overhead rig apparatus with a belt, ropes, pulleys and fittings allowing the coach to provide remote support for a move whilst learning.
Routine	Sequence of (usually) 10 moves linked together with no straight jumps between.
Set	Compulsory routine in competition
Skill	Alternative term for a move
Spotter	Those who do 'spotting', i.e. stand by the side (end) of the trampoline guarding against falling off
Spotting	1. Landing in the same place as taking off; keeping in the middle of the trampoline
	2. Standing by the side (end) of the trampoline and guarding against falling off
Straight	Body position where legs are in line with body. For competition, thighs must be greater than 135° angle to body
Synchro	Two people jumping on separate trampolines in time with each other
Tariff	Numerical score given to a move/routine based on the amount of rotation, twist, shape, etc.
Tilt Twist	A method of mid-air twist where the body's symmetry is changed during somersault (lateral) rotation, causing a difference in moments between the left and right sides, which results in a twist around the longitudinal (twisting) axis.
Top	The moment when at the very top of the bounce, and hang in the air. Every move should reach this!
Travel	Movement along the trampoline bed
Trick	Alternative, slang, name for 'move'
Vol	Voluntary routine in competition (the performer's choice of moves, and is awarded tariff score).
Wrap	Drawing the arms in near the body to speed up the twist

## Basic Skills

Back Landing	Move starting on feet, rotating backwards $\frac{1}{4}$ of a somersault to land on back. (Note this is no longer called a 'Back Drop')
Back pullover	$\frac{3}{4}$ back somersault from back landing, usually to feet
Barani	Front somersault with $\frac{1}{2}$ twist
Cat twist	Full twist from back landing to back landing (no somersault rotation)
Cradle	From back landing, $\frac{1}{2}$ twist to back landing (with $180^\circ$ forward rotation)
Flat Back	Move starting on feet, rotating backwards $\frac{1}{4}$ of a somersault to land on flat back. Used as a progression to learning Back Landings and other backwards rotating skills.
Forward turnover	Front somersault from feet or hands & knees; usually from hands & knees to back or seat. But also, from feet, free body position to back
Front Landing	Move starting on feet, rotating forwards $\frac{1}{4}$ of a somersault to land on front. (Note this is no longer called a 'Front Drop')
Log roll	Full twist from front landing to front landing, i.e. similar to cat twist but from the front
Pike	Body position where legs are straight, together and the body is bent at the hips. For competition, minimum angle is $135^\circ$ but $90^\circ$ or less is considered good form.
Pike jump	Move showing the pike shape alone, i.e. no rotation or twist
Roller	Full twist from seat landing to seat landing. No rotation involved.
Seat Landing	Landing in a seated position with the legs straight. The hands support the body and very slightly behind the posterior, palms down with fingers pointed towards the pointed toes. (Note this is no longer called a 'Seat Drop')
Somersault	Where the body rotates heels over head in the air, and lands on feet. A $360^\circ$ rotation about the Lateral Axis.
Somi	Short for somersault
Straddle jump	As pike jump, but with legs apart. For competition, minimum is $90^\circ$ , and max is $135^\circ$
Swivel-hips	From seat landing, $\frac{1}{2}$ twist to seat landing
Tuck	Body position with legs bent at the knees and hips. For competition, both angles must be $135^\circ$ or less. For good form, legs must be bent $90^\circ$ or less and hands must grasp the legs below the knees.
Turntable	From front landing, full twist around the dorso-ventral axis to land on front. Also half-turntable, where rotation is $180^\circ$ around dorso-ventral axis.

## Advanced Skills

Arabian	½ twist into front somersault, ie. backwards take off
Ball out	1 1/4 front somersault from back landing to feet
Bomb	Back pullover from tucked seat landing position
Bounce roll	Front somersault from back landing to back landing
Cody	Any somersault from front landing. Usually 1 1/4 back somersault from front, to feet; but (3/4) front cody is also possible
Corkscrew	From back landing, 1½ twists to back landing (with 180° forward rotation); ie. cradle + 1 twist.
Crash dive	3/4 front somersault straight (Note this is the old terminology!)
Cruise	Front landing half twist to front landing (vertical axis rotation - NOT a turntable!)
Full	Single back somersault with 1 twist
Lazy Back	A 3/4 straight back somersault
Porpoise	A move starting on the back, with a front somersault, landing again on the back; more commonly known as a "bounce-roll".
Rudolph, rudi (rudy)	(Single) front somersault with 1½ twists



## Elite Skills

Adolph or Adi	3½ twisting front somersault
Dolphin	Front somersault from seat landing position. Also a less common used term to describe a bounce-roll.
Double bounce roll	Double front somersault (720°) from back landing to back landing
Double full	Single back somersault with 2 twists
Fliff or fliffus	Any double somersault with twist.
Full-in	Double back somersault with 1 twist in 1st somersault
Full-out	Double back somersault with 1 twist in 2nd somersault
Half-in	Double back somersault with 1/2 twist in 1st somersault
Half-out	Double back somersault with 1/2 twist in 2nd somersault
Miller	Triple-twisting double back somersault.
Quadriffis	Any somersault with twist and 4x 360°=1440° of somersault rotation
Randolph, randy	(Single) front somersault with 2½ twists
Triffus, triff	Any triple somersault with twist

