

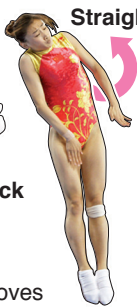
# Gymnastics – Trampoline

North Greenwich Arena ● men ● women

## TRAMPOLINING SKILLS

**Basic:** Body held in defined positions such as straight, tuck and pike

**Intermediate:** Basic positions combined with front or back somersault



**Advanced:** Moves include **Fliffus** and **Quadriffus** – quadruple somersault with half-twist

## SCORING

Seven judges award or deduct points for difficulty and execution. "Time of flight" score – measured by machine – is then added for final total

Athletes can reach heights of up to 10m

Socks prevent toes from getting caught in trampoline

Olympic champion  
**He Wenna**  
(CHN)

