



Trampoline Gymnastics

Rio Olympic Arena



Trampolining skills

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

Intermediate: Basic positions combined with front or back somersault



Pike



Tuck



Straight



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) added for final total



Athlete can reach height of up to 10m

London Olympics men's trampoline gold medallist **Dong Dong (CHN)**

