

Trampolining

Trampoline gymnastics or trampoline gymnastics is an Olympic event in which athletes perform acrobatics by bouncing on the trampoline. In a competition, you can do a forward somersault, a backward somersault, or a more complex combination of twists to include a simple jump in a straddle position, a pike position, a jaw position, or a straddle position.

Trampoline is a breathtaking sport where you can see athletes jumping more than 8 meters in the air. Trampoline athletes are highly technical sports and therefore require a good sense of balance and absolute accuracy.

Trampoline became an Olympic event at the 2000 Sydney Olympics, where the men's and women's individual trampoline events were added to other events in gymnastics.

History

Modern sports were born in 1936 when the current trampoline was developed by American gymnast George Nissen. The first informal U.S. trampoline event was held in 1947, followed by the first official U.S. championship in 1954. [토토사이트](#)

How to play

All competitors can jump straight up, one out bounce to adjust their height balance before they get on the ground. The trampoline must stop completely, which means the competitor must hold for 3 seconds until the trampoline stops moving.

How do I win the trampoline?

In the case of trampoline, athletes must bounce off the trampoline, fly smoothly, and perform 10 acrobatic movements in a row. Judges give points according to the player's skill, execution style, and timing. The top three competitors with the highest score will be declared winners.

Scoring

Judges' execution scores are calculated by removing the highest and lowest scores before adding up the remaining scores. This value is measured electronically and generates a record of the actual time spent in the air, except for the time of contact with the trampoline bed.

Trampoline Exercise Benefits

Build your strength. Unlike target training, jumping requires the use of multiple muscles. Increases bone density. It's more balanced. It's good for the heart. It relieves stress.

Trivia

Catherine "Cat" Driscoll is a British trampoline gymnast who has reached number one in the world rankings. She became a full-time athlete in 2010, and has since won team events and synchronized medals at the World and European Championships