



Concept:

Jumping Fitness is a complex, coordination-based team sport performed on mini-trampolines, where athletes demonstrate their physical conditioning, synchronized teamwork, and choreography based on specific basic jumping techniques of jumping fitness.

Judges evaluate the pre-prepared, choreographed competition routine by several criteria:

1. Technique of jump execution
2. Synchronization
3. Difficulty
4. Variety
5. Artistry – hand technique, costume elements

Elements:

- Jumps of various difficulty levels
- Strength
- Endurance
- Flexibility

Jumping Fitness competitions are held in the following categories:

- **Jumping SOLO "solo"** (individual performances)
- **Jumping MINI "mini"** (3-5 participants)
- **Jumping MEGA "mega"** (6-12 participants)
- **Jumping FEST:** Basic jumping strictly for 18+ "coach + clients," for beginner jumpers and amateur clients who dream of performing and shining on stage with their instructor!
- **Jumping SHOW:** A trampoline performance embodying any ideas for the most creative groups – any elements, pauses, mixed group compositions, and the use of various objects are allowed.

Age groups:

- 14-18 years
- 18-21 years
- 21-40 years
- 40+ years
- 50+ years
- 60+ years

COMPETITION ROUTINE



Music Requirements:

1. Good quality (minimum 5 MB)
2. Clear beat (rhythm)
3. No obscene or vulgar language in the lyrics
4. Clear start of the track, a sound signal is encouraged
5. Clear ending of the track with the last movement
6. Tempo matching your category
7. Duration matching your category

Age Group	Tempo (beats per minute)	Duration (minutes)
14-16 years	130-135	1:30 - 1:40
16-21 years	130-135	1:40 - 1:50
18 years and older	130-135	2:00 - 2:10

Evaluation Criteria:

- Continuous choreography of jumping elements from all components under the music, maximally diverse and enriched, in all planes, perspectives, and levels
- Execution of 3 elements of any difficulty from each group: flexibility and balance, complex elements, high jumps
- Movement of trampolines into different "patterns"
- Movement of athletes into different formations
- Interaction with the trampoline – "playing" with it
- Interaction between athletes (supports/touches)
- Freestyle choreography and jumping elements