

An Introduction to DMT



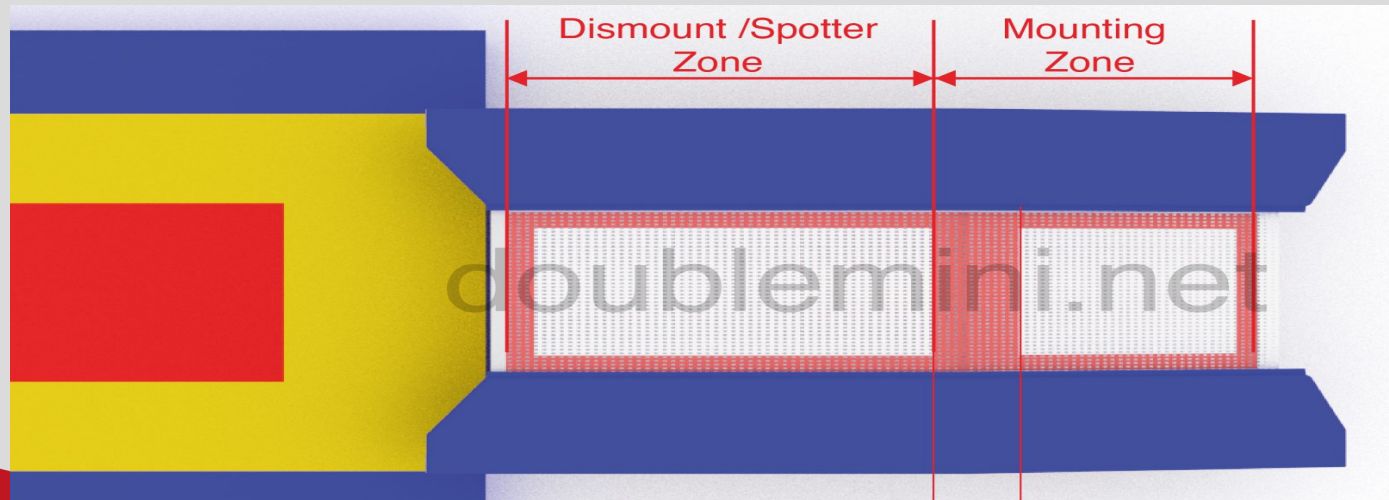
What is DMT ?

- DMT stands for Double Mini Tramp.
- It is 2 small trampolines attached to each others.
- Gymnasts will perform 2 skills linked together.



What is DMT

The gymnast will run up then take off one foot landing with 2 feet on the slope. (This is called a hurdle step) They will then land in the middle section on two feet, before landing two feet on the landing area.



What is DMT ?

- The gymnasts have the choice to perform either a **mount or spotter** and then link it to a dismount.
- A mount is where you do a bounce on the slanted completing a skill to land in the middle part and the spotter is where you do a jump on the slant to the middle and a skill on top.



Competitions

- At a competition you do 4 passes.
- General warm up
- 2 passes
- One touch of each pass
- 2 passes.



Competitions

- Depending on the competition sometimes the passes are set and sometimes there are set requirements.
- You cannot repeat a pass but it is not counted as a repeat if its on a different area. E.g. you can do straight back spotter, straight barani dismount and then straight barani mount and a straight back dismount.



Judging

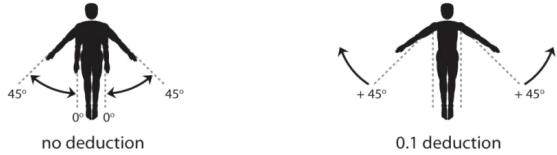
You will get marked on :

- The execution of the skills
- Stability of the landing.
- Where you land in the landing zone

There is no HD judge or time of flight in DMT.
There are execution judges and the chair who deducts for landing zone

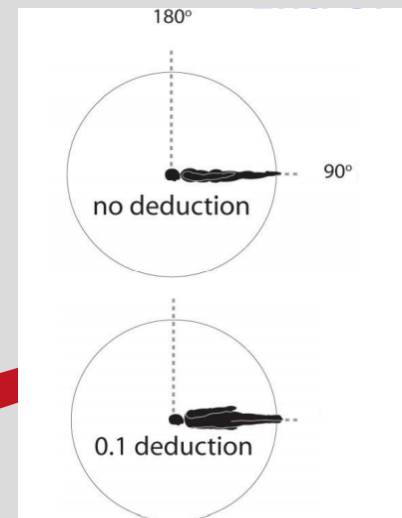
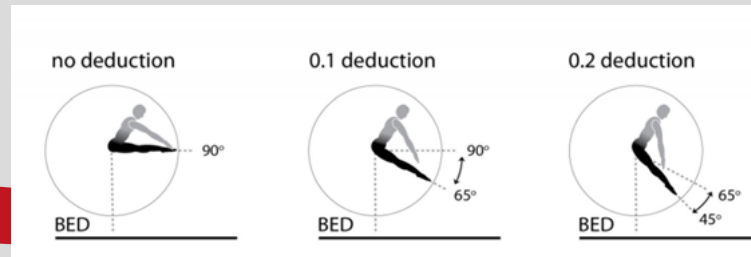
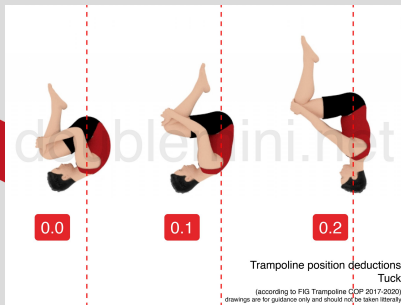
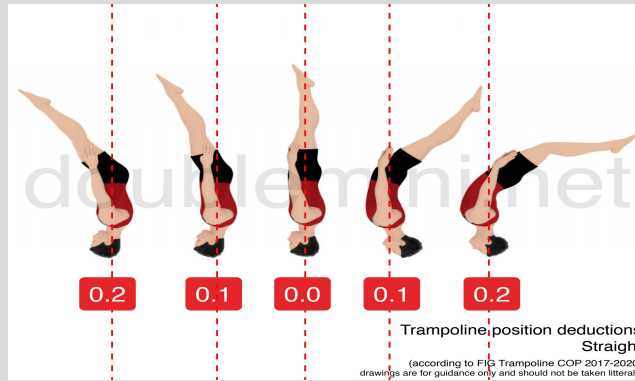
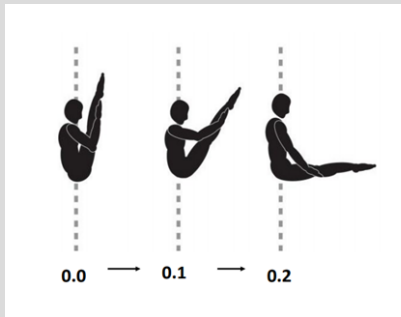
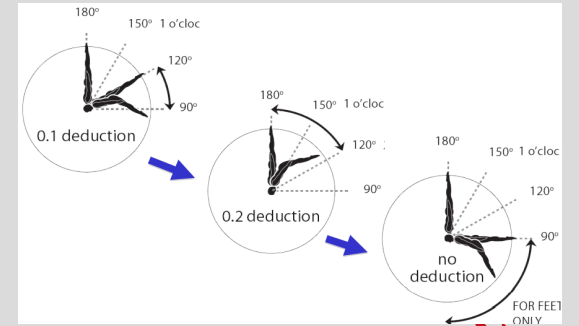
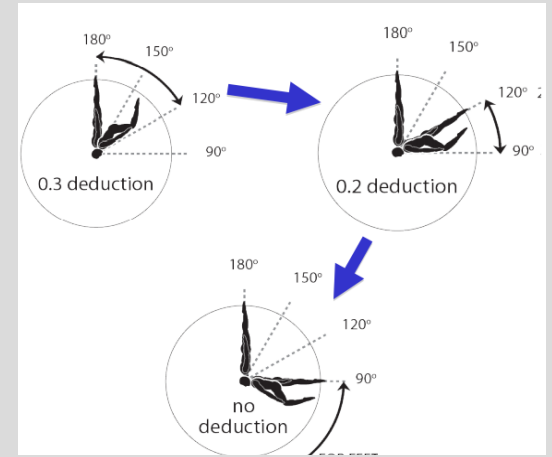
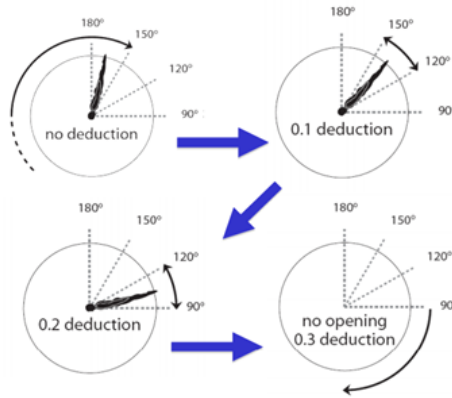
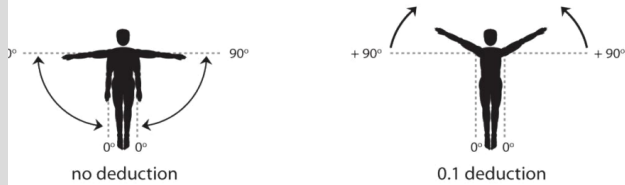


Barani, Full & multiple somersaults with 1/2 twist out



Execution

Single somersault with more than full twist & all other multiple twisting somersaults



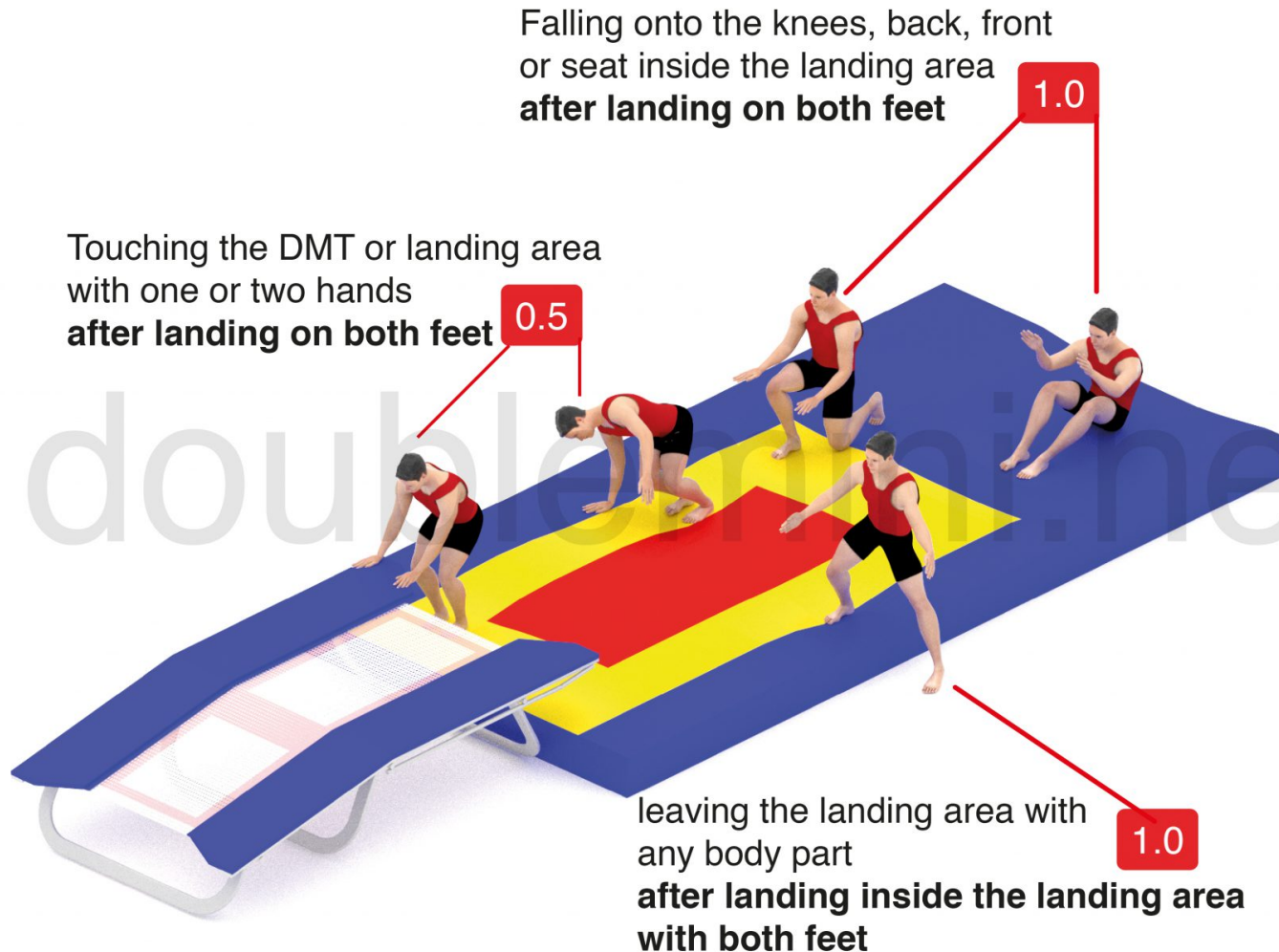
Stability deductions

- Movement of arms - 0.1
- Each step or bounce -0.1
- Not standing with legs together -0.1
- Turning to judges without holding -0.1

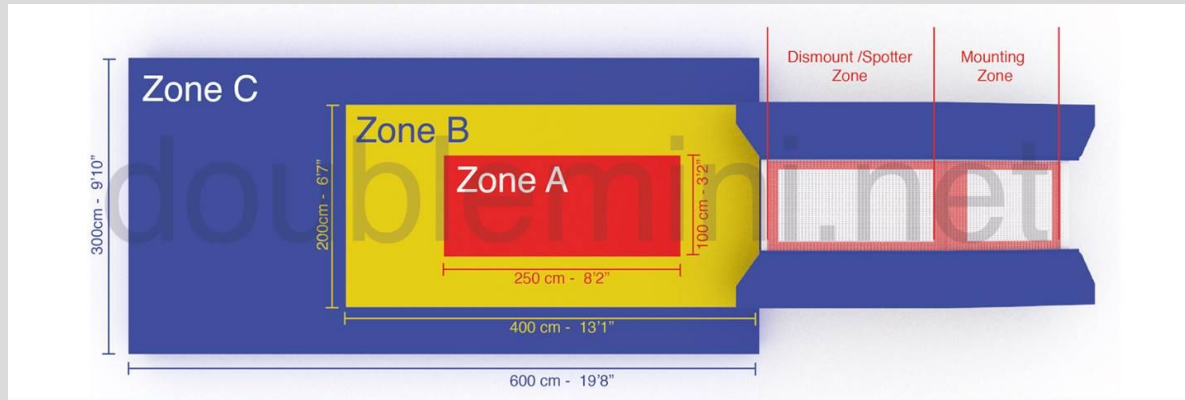
- Max deduction of 0.3



Landing/stability deductions

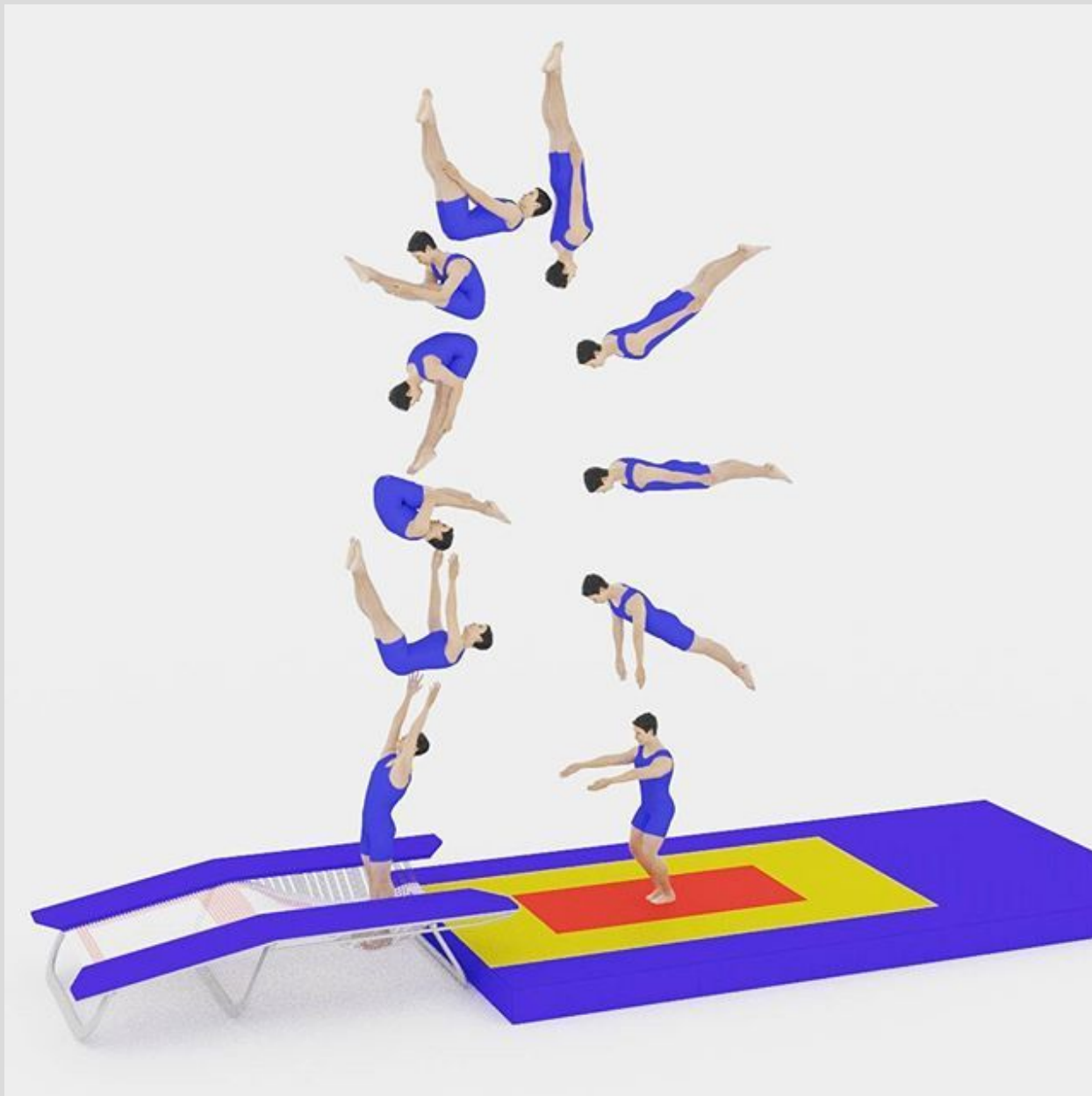


Landing Deductions



- Land in Zone A (RED) 0.0
- Land in Zone B (YELLOW) - 0.9
- Land in Zone C (BLUE) -1.5
- Stepping from one zone to another -0.3





BOLTON
Trampoline Club

Tariff

- Tariff for moves on DMT are not the same as trampoline
- Isn't really a system for working out tariff, need to just know them (or use a cheat sheet !!)



Examples of tariff for DMT

- Front somersault (T) 0.5
- Somersault (P) or (S) 0.6
- Barani 0.7
- Full 0.9
- Rudi 1.5
- Double back (T) 2.0
- Double back (P) (S) 2.4
- Half out (T) 3.2
- Half out (P) 3.6



FIG SHORTHAND



FIG SHORTHAND

- At all competitions with a voluntary routine you (your coach) must submit a tariff sheet with your routine on.
- You do not have to stick to this routine but it gives the tariff judge a heads up what they can expect.
- The tariff sheet is written in in 'FIG'



FIG SHORTHAND

- In 'FIG' you first write how many quarter rotations, then, how many half twists, then the same.
- Tuck is O , pike < , straight is /
- Examples:
 - Back somersault piked 4 - <
 - Barani straight 4 1 /
 - Rudi 4 3 /
 - Double back tucked 8 - O
 - Half out Pike 8 1 <

