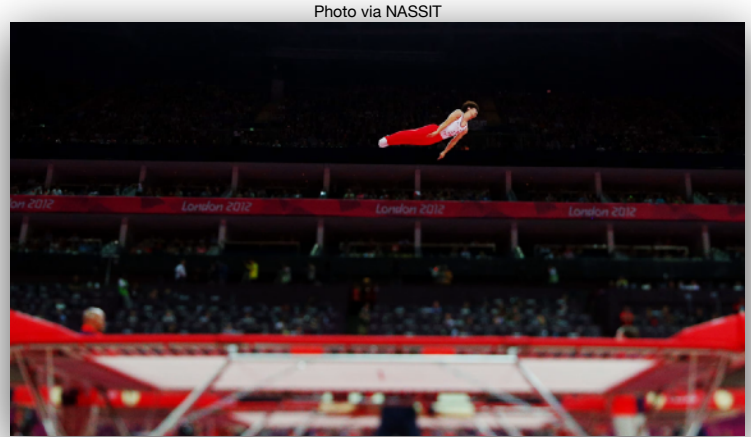


Trampoline Gymnastics Events (2)

Men's

Women's



How Olympic Trampoline Gymnastics Works

The goal of Trampoline Gymnastics is to score as many points as possible in a routine that features 10 jumps or *skills*.

There are two routines that make up the competition: a compulsory and a voluntary routine.

In the **compulsory routine**, athletes perform eight skills that are judged purely on execution and two skills that are judged on both execution and difficulty.

Before they perform their routine, gymnasts can actually select which two skills that they want to be judged on execution and difficulty. The execution score is based on factors such as the legs being kept together and the correct number of flips or rotations being performed.

In the **voluntary routine**, all 10 skills are judged on both execution and difficulty. There are also two other factors that play a role in the final score: time of flight and horizontal distance. The more time a gymnast spends in the air, the higher their time of flight score. Gymnasts can also be penalized for landing away from the center of the trampoline on each skill. Once the 10 skills have been performed, gymnasts are expected to demonstrate a controlled stop.

In the qualification round, the scores from the compulsory and voluntary routines are added together to give a final score. The top 8 gymnasts advance to the final. That final round uses just the voluntary routine to determine the gold medal.

Trampoline Gymnastics Schedule

Events in ET, medal events in **bold**

Date	Time	Event
Fri, Aug 2	6:00 AM	Women's Qualification
Fri, Aug 2	7:50 AM	Women's Final
Fri, Aug 2	12:00 PM	Men's Qualification
Fri, Aug 2	1:50 PM	Men's Final



Participating Nations

Men



Women

