



15<sup>th</sup> European TeamGym Championships  
Juniors & Seniors, Baku (AZE)  
October 16<sup>th</sup> to 19<sup>th</sup>, 2024



**EQUIPMENT SET UP FOR TRAMPET & TUMBLE**

*Appendix 3*

**This form must be given at the accreditation**

|                     |                                        |                                  |                              |
|---------------------|----------------------------------------|----------------------------------|------------------------------|
| National Federation |                                        |                                  |                              |
| Category            | <input type="checkbox"/> Juniors       | <input type="checkbox"/> Seniors |                              |
| Discipline          | <input type="checkbox"/> Women         | <input type="checkbox"/> Mixed   | <input type="checkbox"/> Men |
| Competition         | <input type="checkbox"/> Qualification | <input type="checkbox"/> Final   |                              |

**Details for equipment set up – Trampet**

|                                         |                                       |                                       |                                |                                |
|-----------------------------------------|---------------------------------------|---------------------------------------|--------------------------------|--------------------------------|
| Trampet selection                       | <input type="checkbox"/> MD Super G36 | <input type="checkbox"/> MD Super G40 |                                |                                |
| Height of back part                     | <input type="checkbox"/> 65 cm        | <input type="checkbox"/> 70 cm        | <input type="checkbox"/> 75 cm | <input type="checkbox"/> 80 cm |
| Vaulting table height from 145 – 165 cm | _____ cm                              |                                       |                                |                                |
| Vault – trampet distance (3-38.5 cm)*   | _____ cm                              | Additional safety mat                 | <input type="checkbox"/> Yes   | <input type="checkbox"/> No    |

**Details for equipment set up – Tumble**

|                       |                              |                             |
|-----------------------|------------------------------|-----------------------------|
| Additional safety mat | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
|-----------------------|------------------------------|-----------------------------|

Full name: \_\_\_\_\_

Place & date: \_\_\_\_\_

Signature: \_\_\_\_\_

\* Distance adjustment between trampet and vaulting table



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It is possible to adjust the trampet with a built-in mechanism (telescopic arms).

The distance is adjusted in increments of 5 cm. Starting point (minimum distance) is 65 cm measured from the part towards the landing mat. The tallest distance is 80 cm.

