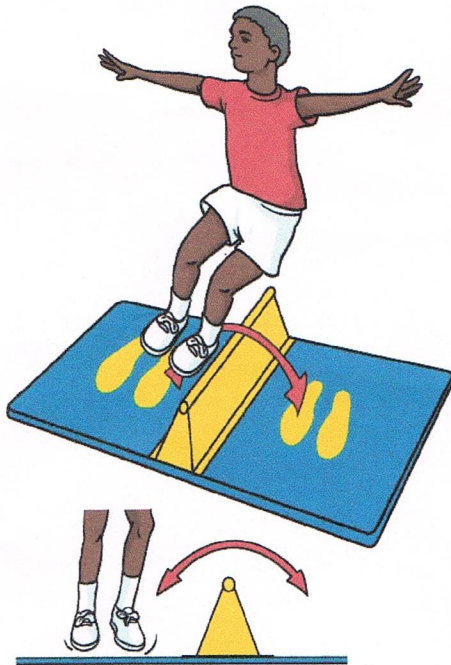


Speed Bounce is an exciting test of speed, rhythm and coordination.



### Guidance Notes

- A practice trial of between 5 and 10 bounces provides ideal opportunity to spot potential problems with technique.
- Judges should remind athletes of the rules prior to their trial starting making specific reference to the importance of retaining a two footed jump as identified in the second rule.
- At least two officials should count the “good” bounces. They should then liaise and agree on the number completed. It is **not** a fault if the wedge is clipped or brushed!
- A third official should monitor the stopwatch/clock and provide a verbal time check with 10 seconds remaining. They are also ideally placed to check technique.
- Judges and or other athletes may place a foot on the corner of the mat to prevent it slipping. The same support should be afforded to all athletes.

### Rules

- Participants must wear suitable footwear. An athlete is not permitted to compete in bare feet.
- Speed Bounce is a two-footed jump in which an athlete must take off and land on both feet – the athlete’s feet should leave the mat simultaneously and land on the mat simultaneously.
- The athlete should cross the wedge as many times as possible within the allocated time period as follows: Under 11’s (years 5 & 6) – 20 seconds, Under 13’s and Under 15’s (years 7, 8, 9 & 10) – 30 seconds.
- Any athlete undertaking a trial and considered to be using an incorrect technique should be stopped. They should be offered an explanation as to the correct technique and permitted a fresh trial after an adequate period of rest.
- The number of “good” bounces should be recorded, i.e. the number of times the athlete completes a two footed jump over the wedge. Whilst any bounce in which the athlete lands on the wedge should not be counted, it is not an offence to clip or brush the wedge.

This sheet should be read in conjunction with the appropriate Competition Rules Overview

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