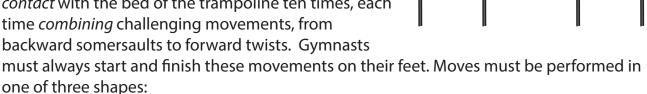
What is **Olympic Trampoline?!**

Everyone knows that those big bouncy nets in the backyard are called trampolines, but Olympic trampoline is very different! In Olympic trampoline, gymnasts compete by performing a wide range of acrobatic movements in a set routine perfected months before the competition.

The rules *state* that the gymnast must make contact with the bed of the trampoline ten times, each time *combining* challenging movements, from backward somersaults to forward twists. Gymnasts



Tucked - Knees close to the chest. Piked - Hands touching the feet and arms and legs straight.

Straight - Body in a straight position with legs together and arms by the side.

Trampolines in the Olympic games are heavily padded to protect gymnasts, and are also surrounded by thick mats in case gymnasts fall off the side.

Vocabulary

Compete: To perform for a prize Contact: Touch

Routine: A performance **Combining:** Bringing together

State: To say officially **Protect:** Keep safe

What sets Olympic trampolining apart from the trampolining you and your friends may do, and why is it so different? Use the text and your own opinion to support your answer.