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**NATIONAL STANDARD OF THE
PEOPLE'S REPUBLIC OF CHINA**

GB/T 44106-2024

**Evaluation specification for student's athletic ability of
trampoline course**

蹦床课程学生运动能力测评规范

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Foreword

This document is in accordance with the provisions of GB/T 1.1-2020 "Guidelines for standardization work Part

1. Structure and drafting rules for standardization documents" Drafting. Please note that some of the contents of this document may involve patents. The issuing organization of this document does not assume the responsibility for identifying patents. This document is proposed and coordinated by the Ministry of Education of the People's Republic of China. This document was drafted by: China Academy of Educational Sciences, Beijing Sport University, Gymnastics Management Center of the State Sports General Administration, Changsha Yue Tanzhou Experimental Primary School, Hunan University of Technology, Changsha Yuelu District Amateur Sports School, Xiamen University, Curriculum and Textbook Research Institute, Wuhan Institute of Physical Education, Beijing Normal University, Ningbo Zhenhai District Elite Primary School, Educational Science Press Co., Ltd., Jiangsu New Jinling Sports Industry Group Co., Ltd., Sichuan Tianfu New Area Educational Science Research Institute, Sichuan Tianfu New Area Hejiang Primary School. The main drafters of this document are. Yu Sumei, Zhang Shibin, Jia Wuhua, Hu Zichao,

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1 Scope

GB/T 44106-2024 is the Chinese national standard for evaluating a student's athletic ability in a trampoline course, part of the Ministry of Education's family of school sport assessment standards. Trampoline is the one among them where the grading has a direct safety function as well as an educational one: the skills form a strict progression in which attempting an element before the preceding ones are secure is how injuries happen, so a graded scale that fixes what must be demonstrated before a student moves on is a protective measure. The standard sets a six-grade classification with the attainment requirements for each level, and then the assessment for each grade in turn, giving the test elements, the apparatus and safety arrangements required, the procedure and the scoring, running from the basic bounce, shape jumps and controlled stop of the first grades through the seat, front and back landings and the somersaults of the higher ones. It took effect on 28 May 2024.

This document specifies the classification and achievement requirements of students' athletic ability in trampoline courses, and describes the evaluation methods for each level. This document is applicable to the assessment of trampoline sports ability of students in primary school, junior high school, high school and university.

2 Normative references

This document has no normative references.

3 Terms and definitions

The following terms and definitions apply to this document.

3.1 The comprehensive skills developed by students in trampoline course learning and competition activities enable them to complete specific tasks such as jumping, somersaults, and turns in performances or competitions. Combined performance.

3.2 Straddlejump Jump to the highest point on the trampoline net, lean forward slightly in the air, straighten your knees and do a split-leg forward bend. When your legs are at the highest point in the air, touch your fingers. The technical movement of putting the legs together, stretching the hands on both sides of the thighs, and landing the body on the net before the feet touch the net when falling from the air.

3.3 sit There is no limit to the height you can jump on the trampoline net. In the air, keep

your torso perpendicular to the net, straighten your knees and bend forward, with your legs and upper body at an angle of Greater than 90°, maintain a nearly right-angled sitting position and land on the net, then bounce up to complete the technical action of straightening the body and landing the legs on the net.

3.4 abdominalbounce There is no limit to the height you can jump on the trampoline net. Keep your body straight and lean forward in the air, and land on the net with your arms bent flat in front of your chest. When you bounce up again, your upper body will recover. A technical movement in which the body is in a straight position perpendicular to the net and the legs fall onto the net.

3.5 Back Jump up to any height on the trampoline net, lean back straight in the air, then pull your legs up about 45 degrees, keep your torso straight, and raise your arms in front of you. A technical movement in which the back falls on the net, and when bouncing back up, the upper body returns to a straight position perpendicular to the net, and the legs fall on the net.

3.6 The starting point of each action on the trampoline net is the starting point, and the point where the user lands on the net in the air is the end point. The position changes from the starting point to the end point.

4 Classification and compliance requirements

4.1 Level classification The students' athletic ability in the trampoline course is divided into 6 levels, namely level 1, level 2, level 3, level 4, level 5 and level 6.