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## EDITORIAL

Martin Laws

Dear Reader,

Welcome to this June edition of TRAMPOLINE NEWS 2006. My thanks to **John Beeton** the editor, for all his efforts to keep you all informed, and all those who have contributed to this important Newsletter. Please circulate this latest edition as widely as possible.

We welcome back from France the GB teams for the European Championships - well done to everyone. It was particularly great to see lots of British faces out there cheering our teams on.

The challenge now is to recognise the changes that need to be made and the strengths we can capitalise on. This is imperative we get it right as we prepare for the all important World Championships in Canada now less than 10 months away.

I have in the last 2 editorials mentioned communication and work has, as stated, begun on building a team of people across the UK (if you want to volunteer, contact Jo Shackleton ASAP).

Communication is one of our target work areas and is nice to hear from people who feel they can volunteer some help in this field, I am very sure we can use almost everyone somewhere in this problem area, so don't be shy volunteer!

Yet again I hear members saying "I didn't know" about changes as they happen. There is of course an onus on those receiving communications such as this newsletter and Gymnast etc to actually read it and pass the information around within their own club and clubs they work with. This still isn't happening and many are missing out on vital pieces of information and then are unprepared for change. Change is inevitable and as we have tried to express here gathering pace....

The pressure at the very top of our sport (now it is Olympic) is getting more intense every year as more countries start to invest huge time, commitment and money into our sport. This will undoubtedly flow through the whole sport in time and expectations, process and systems are always being updated. I am seeing now, more than ever before, people coaching and organising Trampolining for a living. Job adverts appear along

side those for other sports far more established. If we are to carve out a future for our youngsters so they can enjoy careers in the sport beyond their own competitive performance, standards and behaviour will be the key.

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## Synchronised British Championships 2006

Craig Bellis

All age groups will use the Grade 2 routines and the Grade 1 tariff caps. For the senior event, standard Grade 1 rules including a minimum set tariff of 1.9 (See Competition Structure handbook pages **19** and **20** for routines)

Age groups will be as per Grade 2; plus Senior Men's and Ladies.

Any competitor must be at least 9 years old in the year of the competition to be eligible to compete

A pair will be eligible to compete provided that:-  
**The pair contains either a current<sup>#</sup> Grade 1 performer or a Grade 2 performer who is qualified for the 2006 Grade 2 national finals. No competitors from Grade 3 or below.**

Where competitors are from different age groups they must compete in the age group of the older partner and each partner must be either a grade 1 competitor or qualified for Grade 2 national finals 2006.

For **Men's/Ladies events**, both competitors must be Grade 1 performers with at least one of them qualified to compete in the Mens / Ladies event. Both competitors must be at least 14 years of age in the year of competition.

N. B. They do not have to have competed in the Senior event or have qualified for Senior national finals.

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**FIG World Records** – see latest world record listing on Page 6.

**FIG World Cups 2007** – it has been confirmed that world cups events in the new 2007-2009 series will be held as follows during 2007:

23-25 Mar: Quebec City CAN

21-24 Jun: Sofia BUL

29 Aug – 02 Sep: Zielona Gora POL

## GOLD FOR JAMIE AND CLAIRE

Great Britain's newest synchronised pairing of **Jamie Moore** and **Claire Wright** are making the trampoline world sit up and pay attention. In this, only their third international outing together the ladies took the Ghent World Cup event by storm, winning their event in grand style, in a high-class field. Britain's second pairing of **Stacey Dann / Lauren Allen** finished the compulsories in 6<sup>th</sup> place but was ineligible for the finals, a fine performance from both ladies.

**Mark Alexander / Brian Camp**, not to be outdone by Claire and Jamie, qualified for the finals and finished in 6<sup>th</sup> place overall.

To prove that she is on her way back to the top of the ladies world ranking, Jamie then went on to qualify for the ladies individual trampoline final finishing a very credible 6<sup>th</sup> place.

### Great Britain Results:

Ladies Individual – 44 entries

06<sup>th</sup> **Jamie Moore 35.7 (102.1) points**

12<sup>th</sup> **Katherine Driscoll (62.7) points**

20<sup>th</sup> **Stacey Dann (60.5) points**

39<sup>th</sup> **Claire Wright (39.0) points**

Men's Individual – 66 entries

17<sup>th</sup> **Gary Smith (65.4) points**

31<sup>st</sup> **Mark Alexander (62.1) points**

39<sup>th</sup> **Nick Joyce (60.6) points**

44<sup>th</sup> **Brian Camp (58.4) points**

Ladies Synchronised – 14 entries

01<sup>st</sup> **Claire Wright / Jamie Moore 46.7 (131.0) points**

06<sup>th</sup> **Stacey Dann / Lauren Allen (81.6) points (Compulsory)**

Men's Synchronised – 24 entries

06<sup>th</sup> **Mark Alexander / Brian Camp 46.5 (131.4) points**

20<sup>th</sup> **Gary Smith / Gary Short (46.9) points**

World Ranking points gained for their victory in Ghent has put Claire and Jamie in an excellent position to qualify for the World Cup Final to be held in Birmingham GBR this coming November. With only two events in the present world cup series, both ladies have 102.5 points and are lying in 8<sup>th</sup> and final place.

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## 4 x Nations International

The recently held annual match between **GBR CZE DEN** and **POR** resulted in a fine victory for the British Team of **Cara Jamieson, Danielle Pietruszke, Luke Rendell, Mathew Wright, Philip Dodson** and **Steven Walsh**.

The match was held in the Crowtree Leisure Centre, Sunderland, with a small but enthusiastic crowd enjoying the closely contested events. Thanks to **Lynda Kouache** and her small team for making the event such a success with their local arrangements, which were appreciated by all four teams.

### Results:

1<sup>st</sup> **Great Britain 385.2 points**

2<sup>nd</sup> **Denmark 372.6 points**

3<sup>rd</sup> **Portugal 369.4 points**

4<sup>th</sup> **Czech Republic 353.7 points**

### Individual Results:

Ladies

1<sup>st</sup> **Cara Jamieson GBR – 93.4 points**

2<sup>nd</sup> **Danielle Pietruszka GBR – 92.9 points**

3<sup>rd</sup> **Zita Frydrychova CZE – 90.0 points**

Men

1<sup>st</sup> **Amadeu Neves POR – 101.5 points**

2<sup>nd</sup> **Jacob Hansen DEN – 98.8 points**

3<sup>rd</sup> **Steven Walsh GBR – 95.6 points**

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## FIG World Ranking List

With only two events remaining in 2006 (world cups in Savognin SUI and Salzgitter GER) to obtain additional points for the forthcoming World Cup Final in November, the top eight in each of the TRA categories eligible for the Final stand as follows:

### Men's Individual Trampoline

01 A Rusakov RUS – 248.1 points

02 Y Nikitin UKR – 224.9 points

03 Y Ueyama JPN – 223.9 points

04 H Stehlik GER – 209.3 points

05 D Martin FRA – 132.0 points

06 G Knychev RUS – 100.4 points

07 Z Que CHN – 87.4 points

08 T Sotomura JPN – 86.5 points

### Ladies Individual Trampoline

01 I Karavaeva RUS – 461.4 points

02 K Cockburn CAN – 332.6 points

03 A Dogonadze GER – 327.8

04 N Chernova RUS – 247.0 points

05 O Movchan UKR – 241.7 points

06 S Huang CHN – 115.0 points

07 C Wright GBR – 90.6 points

08 H Ross-McManus CAN – 67.5 points

### Men's Synchronised Trampoline

01 Kazak / Kakorko BLR – 278.0 points

02 Serth / Stehlik GER – 242.6 points

03 Boillet / Martin SUI – 151.7 points

04 Jala / Laifa FRA – 149.6 points  
05 Sotomura / Ueyama JPN – 144.5 points  
06 Leven / Rusakov RUS – 144.3 points  
07 Kawanishi / Nakata JPN – 109.0 points  
08 Alexander / Milnes GBR – 92.6 points

### Ladies Synchronised Trampoline

01 Dogonadze / Simon GER – 280.4 points  
02 Chernova / Karavaeva RUS – 211.5 points  
03 Domchevska / Movchan UKR – 206.6 points  
04 Karavaeva / Kolesnikova RUS – 171.1 points  
05 Hammoto / Seto JPN – 161.0 points  
06 Cockburn / McLennan CAN – 135.5 points  
07 Lebedeva / Petrinia BLR – 132.8 points  
08 Moore / Wright GBR – 102.5 points

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## GB DMT team take Cup of Flanders by storm

Nick Earle

The British Men won the prestigious **Cup of Flanders** Team competition against senior teams from Canada, Spain and the USA. **Mike Scott-Beaulieu** and **Philip Dodson** took Gold and Silver in the individual competition, with **Dominic Swaffer (4<sup>th</sup>)**, **Matthew Swaffer (8<sup>th</sup>)** and **Jason Plowman (10<sup>th</sup>)** in a field of 25 men.

The British Ladies finished 4<sup>th</sup> in the team competition against senior teams from Canada, Spain, Sweden and the USA. Their individual results are **Asha Bayliss (4<sup>th</sup>)**, **Nikki Pugh (6<sup>th</sup>)** and **Nicki Pettitt (7<sup>th</sup>)** in a field of 16.

These are fantastic results for British Gymnastics and a great prelude to European Championships.

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## REMINDER

All members are reminded to check with British Gymnastics regarding Insurance Coverage when competing in an **un-sanctioned** event. **Ed.**

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## Trampoline Coaching Education

Cathy Page

**UK Coaching Certificate** – plans are going ahead for introducing the new coaching structure in January 2007 – this will include an Assistant coach. Resources are being developed.

Add on modules are planned. Suggestions from coaches for add

on modules which they would like to see are welcomed. A preschool module is being developed which will become compulsory for anyone taking classes for the under 5's.

**Use of Judo belts** – now that judo belts are recommended for somersault supports Gymnastic Enterprises are looking into the possibility of including judo belts – very reasonably priced in their catalogue.

**New tutors – Natalie Travers (N. Region) ; Janice Kissane (Isle of Man)**

Club Coach is the minimum qualification to become a course tutor for Assistant and Coach Awards.

**IPC/HPC exam** – there will be an HPC/IPC assessment on 22<sup>nd</sup> July in Gillingham – those interested should consult Cathy Page

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**Tutors/Examiners Seminar – 2/3 September – Loughborough.** All tutors are expected to attend for revalidation of their tutor status and induction into the new UKCC awards. This year the accommodation will be at the Ramada Hotel. Tutor trainees are also invited. The programme will probably include – Induction into the new UKCC awards; twisting techniques (mechanics); Forward/backward rolls and handstands; 'Technical Priorities'; Jumping exercises; Educational taxonomy; empowering pupils; log books; 5 minute hobby horse session;

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## Medals a Plenty in Metz

The British team returned to the UK at the weekend with the largest haul of European Medals achieved by the British Gymnastics team, thanks in the main to the Tumblers who achieved a record number of medals, with each of their 16 gymnasts gaining a medal of sorts – i.e. 3 x team gold, 1 x team bronze and an individual gold medal in the ladies event – some achievement.

Our Double Mini-trampoline team managed to make a number of finals also, picking up individual medals as well as a ladies team bronze medal, whilst our ladies senior trampoline team took a very well earned team bronze medal in their event.

Results were as follows:

### Trampoline Youth

Boys Team – 4<sup>th</sup>

Girls Team – 4<sup>th</sup>

Boys Individual – 4<sup>th</sup> Tom LEWIS

Girls Individual – 6<sup>th</sup> Yasmin GUMBS 7<sup>th</sup> Cara JAMIESON

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# Spotting

Richard Ollerenshaw

Using performers on the floor around the trampoline to assist people who fall off has been a requirement since the early days of the sport. Since then, there have been many changes:

- many more people of all ages are participating
- trampolines have become larger, higher and more powerful;
- end decks have been introduced at the ends of the trampolines;
- frame pads have been introduced;
- floor mats had become more widely available.

Experience of injuries to spotters and the above improvements have prompted a review of spotting.

It is very important to place spotting in context.

By far the most important priorities are :

- gradual progressive practices to teach skills
- moving performers onto new skills only when they have adequate experience
- a wide range of basic skills for movement experience
- developing the performers awareness of their body and position

Most injuries happen on the bed of the trampoline, due (for whatever reason) to poor landing and the following rebound. Nonetheless, accidents and incidents do occur due to people falling from the trampoline. It is apparent that the above guidelines reduce falls to be very infrequent.

## **Experience of typical falls allows us to reduce them further where possible.**

Where there are no end decks, people may run off the end. Therefore, the first priority is to protect the ends, by placing trampolines end-on and using end decks. Where this is not possible in the short term, safety mats should be used as best possible to protect the end of trampolines, and a balanced judgment made as to the spotting, according to the considerations below.

Thereafter, the frequency of falls is much lower. The risks of injury to spotters and to performers (due to spotters impeding their controlled exit), with the benefits where a spotter may assist a performer to land more safely.

Firstly, the number of falls may be reduced where there are many trampolines by placing trampolines side-by-side. Where necessary, wooden block blocks may be used to bring trampolines to the same height and avoid exposed metalwork. A mat may be used to fill the gap between four trampolines.

Having reduced the number of falls to the minimum, mitigation may be employed to reduce the consequence of falls.

Floor mats reduce impact of falls to the floor; for beginners, the most likely location to fall is the side, (and corner of trampolines in twisting skills). There is therefore benefit to having floor mats alongside the trampoline, and alongside the end decks.

For advanced trampolinists, falls from the end deck are far more likely and the priority is to mat around, and well behind the end decks.

Thick mats are ideal if available, but care should be taken to ensure they are likely not to slip. If necessary, place floor mats under thick mats to make them less prone to slip. Should thick mats be unavailable, floor mats may be used.

Once maximum effort has been made to reduce the frequency of falls through good coaching and equipment layout, and to reduce the consequence of falls, the use of spotters to provide a last line of defense should be considered.

Factors making spotting *less* effective are: the height of the trampoline, the height of jumping, and the advanced nature of skills, together with the trampolinists' weight.

Factors allowing *more* effective spotting include the height and weight of the spotter, and their trampolining experience. It is not possible to train spotters to be more effective.

## **Generally advice to spotters should include:**

1. Instruction to watch the trampolinist at all times when spotting; this is essential for their own safety whether the will be assisting a faller or not.
2. Instruction to move out of the way of a falling trampolinist if they feel unsure or unable to assist.
3. If the coach feels the performer is capable of assisting a falling performer, a simple explanation and demonstration of assistance to include:
  - advice to reach as high as possible, to chest or shoulders if possible
  - advice only to attempt to slow the performer (experienced, large coaches may occasionally be able to provide more effective assistance but for performers, this advice minimises risk to spotter and performer)

## **Groups of beginners**

Where spotters are incapable of assisting, it is ideal that they be occupied and kept warm between turns by another coach, doing alternative activities. Should there be no spotters, thick mats should be provided completely alongside the trampoline, or alternatively adults employed to assist.

## **Groups of advanced trampolinists**

Where trampolinists jump at a height at which the coach assesses the spotters to be at more risk than their ability to assist justifies,

they may be advised to move out of the way of a falling trampolinist, or most usefully keep warm by alternative exercises away from the trampoline.

In the situation where effective spotting is not provided, floor mats must run alongside the trampoline and end decks. It is also highly beneficial to provide mats well beyond the end decks. Where there are sufficient mats, a second thickness alongside provides further protection.

### Summary

Priorities in safety are effective coaching practices.

Opportunities to fall should be minimised, and mats used to reduce the consequences where possible. Coaches should assess the risk to spotters and performers and train spotters appropriately.

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### UEG Results cont

#### Trampoline Youth

Girls Synchro – 2<sup>nd</sup> Yasmin GUMBS / Danielle PIETRUSZKA

#### Tumbling Youth

Boys Team – 3<sup>rd</sup>

Girls Team – 1<sup>st</sup>

Boys Individual – 4<sup>th</sup> Gary ASPINALL 6<sup>th</sup> Greg BOOSEY

Girls Individual – 2<sup>nd</sup> Sarah TURNER 4<sup>th</sup> Zara MCLEAN

#### Double Mini-Trampoline Youth

Boys Team – 5<sup>th</sup>

Girls Team – 2<sup>nd</sup>

Girls Individual – 2<sup>nd</sup> Hannah MOSSES 4<sup>th</sup> Asha PHILIP

#### Trampoline Senior

Ladies Team – 3<sup>rd</sup>

Ladies Individual – 7<sup>th</sup> Jamie MOORE

Ladies Synchro – 5<sup>th</sup> Jamie MOORE / Claire WRIGHT

#### Tumbling Senior

Men's Team – 1<sup>st</sup>

Men's Individual – 3<sup>rd</sup> Michael BARNES 4<sup>th</sup> Charlie BURROWS

Ladies Team – 1<sup>st</sup>

Ladies Individual – 1<sup>st</sup> Sam PALMER 8<sup>th</sup> Laura HOUSON

#### Double Mini-Trampoline

Men's Team – 5<sup>th</sup>

Men's Individual – 6<sup>th</sup> Michael SCOTT-BEAULIEU

Ladies Team – 3<sup>rd</sup>

Ladies Individual – 4<sup>th</sup> Nicola PAUGH 5<sup>th</sup> Asha BAYLISS

Unfortunately, the Freeman brothers had to withdraw from the Final of the Youth Synchro event (after having qualified in 1<sup>st</sup> place) due to an injury suffered by Andrew in the individual event! However, I am pleased to report that the injury was not as serious as first thought, and he was soon back with the team.

A very successful championships for Great Britain all round.

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### British Synchronised Championships cont.

Note: - A competitor may only compete in one age group event and, if qualified, the Men's/Ladies event (it does not need to be with the same partner)

N.B. CURRENT means that you must have competed at that grade in 2006. You are still deemed to be a current Grade 1 competitor even if you did not achieve the Grade 1 retaining score in 2006. If in any doubt please contact the Scores Coordinator before submitting your entry.

These rules replace the Synchronised British Championships rules on page 28 of the handbook.

### Foreign Nationals At British Championship Events

One 'Foreign' competitor may compete as a team member at either Grade '1' National Championships or Grade '2' Finals providing they have qualified for the event through the competition scheme.

### Structure booklet.

The complete qualifying score table will also be in the Competition Handbook update to be issued in June 2006. Other rules which (above) have been altered for the remainder of 2006 and it is strongly recommended that you download a copy from [www.bg-coaches.org](http://www.bg-coaches.org).

If you wish to have a copy of this sent to you please send a stamped addressed envelope (return postage to the value of £1.00 to

### Competition Structure Booklet

24 Ash Grove

Stapleford

Nottingham

NG9 7GL

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### DOMESTIC COMPETITION WORKING PARTY

Philip O'Reilly, Chair Working Group

As mentioned in a previous Trampoline News, the NTTC Competition Committee has set up a working party to look at the current competition scheme and recommend what long term changes may be required. The working party have met several times already and are looking at a variety of models to improve national and regional competitions. It is due to report back to the Competitions Committee for NTTC approval later this year and it is hoped that a new scheme will be launched at the Technical Conference in January 2007 and implemented nationally in January 2008.

The impetus for change is being led by many factors including the size of current national competitions, the number of national events each year, the recent change in the assessment criteria for judging, perceived differences between regions, the requirements of the Long Term Athlete Development programme currently being formalised by BG and the technical principles being put forward at Squad and Cluster Training, as stated (for the World Class Performance programme) in the National Technical Priorities document (available for download from [british-gymnastics.org](http://british-gymnastics.org)).

It is envisaged that these factors will be incorporated into a new progressive competition scheme that will improve competition across all ability levels while retaining and increasing the current level of participation throughout the sport.

If you would like to have an input into how we could improve competition, please feel free to send your ideas to me at the following email address [comps2007@bg-coaches.org](mailto:comps2007@bg-coaches.org)

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## **2012 Olympic Rising Stars Head for Birmingham in July**

Britain's London 2012 stars will be out in force at their most important domestic event in 2006. Spectators hoping for a first glimpse of the next international superstars would well be advised to check out the under 17s, under 19s and over 19s who are already showing off their fantastic skills as they train steadily for the coming of the Olympics to Britain in 2012.

It takes bravery, strength, power and experience to claim a gold medal in trampolining – Olympic champions tend to be in their twenties and have at least a decade's experience under their belt. Thousands of younger trampolinists will be at the National Indoor Arena to catch a glimpse of their heroes, and see their 2016 and 2020 dreams played out for real as top-class gymnasts do battle for the 2006 space on the British Champions' Shields.

As well as the almost theatrical, gravity defying combinations of ever-different somersaults, twists and shapes often seen on Olympic grandstand as they broadcast the finals, spectators on Saturday 16<sup>th</sup> July will be able to watch the qualifying rounds, including the set routines.

In these prescribed sequence of skills, often made up of single somersaults landing on front or back, as well as the feet, trampolinists appear to defy Newton as they stretch for perfection, fighting for the perfect, almost stationary appearance as they make shape after shape in the air, dazzling the crowds.

From the youngest age group through to senior men in their 40s, national squad gymnasts and a galaxy of stars (watch out for Jamie Moore, 1996 Sydney Olympian, and Claire Wright, World Cup medalist), there will be action throughout the weekend, thrills throughout as the seniors try out the most technically demanding skills.

Tickets are available from the NIA box office for both the Saturday qualifications and the Sunday finals. For those unable to enjoy the event in person, there will be another opportunity to see it on the Sportnation program to be broadcast on Sky Sports in the Autumn.

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## **WANTED**

A host to organize the 2007 4 Nations annual match between GBR DEN CZE and POR during the month of June. There is a substantial financial package available to the successful club / organiser.

Please contact the Editor in the first instance, where further information can be obtained.

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## **Under 15s International Match**

***GBR SWE POR***

**Saturday 21<sup>st</sup> October 2006**

**Gillingham Jumpers Rebound Centre**

**Competition begins at 1400 hrs**

**Contact Liz Laws for further information**

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**44<sup>th</sup> Nissen Cup 2006**

**Junior Competition**

**24<sup>th</sup> to 26<sup>th</sup> August**

**Savognin, Switzerland**

**Further information can be obtained at:**

[www.swiss-trampoline.org](http://www.swiss-trampoline.org) and [www.savognin.ch](http://www.savognin.ch)

**British Gymnastics Annual Technical  
Conference will be held at the National**

**Sports Centre, Lilleshall**

**26<sup>th</sup> – 28<sup>th</sup> January 2007**

### Trampoline – Men's Individual

<b>Highest Total Score</b>	Alexander Moskalenko	RUS	114.80	28.07.01	World Championships
<b>Highest Difficulty</b>	Igor Gelimbatovski	URS	17.00 <sup>1</sup>	18.10.86	World Championships
	Daniel Neale	GBR	17.00 <sup>1</sup>	17.03.99	World Cup Final
<b>Highest Scoring Routine</b>	Alexander Moskalenko	RUS	43.50	28.07.01	World Championships
<b>Highest Scoring 1<sup>st</sup> Routine</b>	German Knychev	RUS	31,10/3,5	05.05.06	World Cup

### Trampoline – Women's Individual

<b>Highest Total Score</b>	Irina Karavaeva	RUS	109.50	06.08.05	World Cup
<b>Highest Difficulty</b>	Irina Karavaeva	RUS	15.30	23.04.04	World Cup
<b>Highest Scoring Routine</b>	Irina Karavaeva	RUS	41.30	17.10.03	World Championships
<b>Highest Scoring 1<sup>st</sup> Routine</b>	Anna Dogonadze	GER	30.50/2.7	16.09.05	World Championships

### Synchro – Men

<b>Highest Total Score</b>	Alexander Moskalenko/German Knychev	RUS	141.40	22.08.01	World Games
<b>Highest Difficulty</b>	Alexander Rusakov/Alexander Leven	RUS	15.80	18.10.03	World Championships
<b>Highest Scoring Routine</b>	Alexander Moskalenko/German Knychev	RUS	51.90	22.08.01	World Games
<b>Highest Scoring 1<sup>st</sup> Routine</b>	Tetsuya Sotomura/Yasuhiro Ueyama	JPN	40.00/2,7	03.06.05	World Cup
	Masaki Hitomi/Syunsuke Nagasaki	JPN	40.00/3,3	03.06.05	World Cup
	Martin Gromowski/Henrik Stehlik	GER	40.00/2,7	10.06.05	World Cup

### Synchro – Women

<b>Highest Total Score</b>	Elena Movchan/Oxana Tsiguleva	UKR	137.50	28.07.01	World Championships
<b>Highest Difficulty</b>	Karen Cockburn/Heather Ross-McManus	CAN	13.80	05.09.03	World Cup
<b>Highest Scoring Routine</b>	Elena Movchan/Oxana Tsiguleva	UKR	50.90	22.08.01	World Games
<b>Highest Scoring 1<sup>st</sup> Routine</b>	Anna Dogonadze/Jessica Simon	GER	39.90/2,5	16.09.05	World Championships