

Fédération Internationale de Trampoline  
International Trampoline Federation  
Internationaler Trampolin-Verband

**FIT**

# FIT NEWS



PHOTO: MASANORI OBAYASHI



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April 1995

## ISSUE NO 25

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### INTERNATIONAL TRAMPOLINE FEDERATION FIT NEWS NO 4 APRIL 1995

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# EDITORIAL

By  
**John D Beeton**

It hardly seems 12 months since I was writing the editorial for the April '94 issue and here we are already well into 1995, planning the **2nd World Cup Final in Copenhagen** and the **European Championships in Antibes**, as well as the **1st Pan American Championships in the USA** and the **Indo-Pacific Championships in Japan**. Time really does fly!

In this edition of FIT NEWS will find an article on the legendary '**lost skill syndrome**'. The article was written by **Jeff Hennessy**, a regular contributor, and past President of the FIT TC. I hope that coaches, as well as athletes, will find the article of interest. I would however, like to publish any other information on this interesting subject in future editions. If you have ideas/solutions which you would care to share with others, then please let me have these as soon as possible. I would also welcome other items of a **technical nature**.

As well as being in membership of both the **IWGA** and **GAISF**, the FIT is also a member of the **Association of Recognised Sports Federations (ARISF)** and I have included information on this body which I hope members' will find interesting.

'**Trampoline goes Internet**' is the subject of a further article. I think that this will be of particular interest to our European members.

After the success of the **1994 TC Forum in Rennes**, plans are now being made to hold a further Forum this year, probably in **Frankfurt** during the month of **September**. Once further details are known these will be circulated to all in both the FIT Bulletin and FIT NEWS.

I hope that the new format of our NEWS pleases everyone. The front cover of each of the 1994 editions has certainly raised a few complimentary comments, and hopefully the cover of this edition will also be well received. I have to thank **Masanori Obayashi**, an Honorary Member of the FIT, for allowing me the use of his excellent photographs. I look forward to publishing more of his work in the future. I would also welcome good quality colour/black&white photographs from others!

I would also welcome articles of interest on the sport, especially on **Double-Mini trampoline** and **Tumbling**.

Editor



photo: Bo Tureby

L-R **Dmitri Poliarush [BLR]** 2nd, **Alexandr Moskalenko [RUS]** 1st, and **Nikolai Kazak [BLR]** 3rd. 1994 World Championships.

\*\*\*\*

## FRONT COVER

**Dmitri Poliarush (BLR)** member of the men's winning team in Oporto, and silver medalist in the individual event

# THE LOST SKILL SYNDROME

[The following article was submitted by JEFF HENNESSY, who is an Honorary Member of the FIT, and a former President of the FIT Technical Committee].

When a failure occurs, in the execution of a skill, usually a correction, can be made, and the skill successfully performed again. However, as the number of complicated skills in aerial sports increased, there has come a curiosity that, to date, has not been explored to its fullest. This curiosity deals with the loss of a skill, and in some cases, a group of skills. For example, the loss of a simple skill such as a barani will cause the loss of any skill in which a barani is part. Through the years, this problem has become more prevalent and is the source of a great deal of controversy as to the cause and effect, as well as the cure. There are more treatments, and less cures, than one can imagine.

It would appear that a short-circuit develops in the memory retention capabilities of those individuals unfortunate enough to experience this problem. The athlete has no idea how to perform a skill that has been done many times. There is no recall as to the direction of the twist, the number of somersaults, or any aspect of the execution of the skill or skills in question. In essence, they must be relearned. The sequence of learning has been disrupted to the point that a new approach must be taken to re-establish the thinking process needed to provide an opportunity for success.

To arrive at a cause is perplexing because the onset of this condition is not announced. The problem only becomes apparent when an attempt is made to perform a skill that has been performed many times and a failure occurs. When the skill is attempted again there is absolutely no recall. The feeling is one of confusion and distress. As a former diver/trampolinist, I have had brief personal encounters with this condition and can, therefore, relate to the frustration experienced with

this affliction. Try, if you can, to completely divorce yourself from something you have known for years and now you have no recollection whatsoever. When this occurs, it is as though you have developed some type of amnesia that prevents you from mentally evaluating what it is that you want to do. At this point there is no guarantee you will ever do the skill or skills again.

As this 'disease' progresses, and it sometimes does, fear becomes an issue. When fear raises its ugly head, the possibility of learning these skills again comes to a halt, and injury becomes the issue. **Fear is intimidating!** During this period of apprehension, there are several avenues of treatment that may be explored to help the athlete continue to participate.

The following guidance is offered to assist in the unravelling of this dilemma. No guarantee of recovery, complete or otherwise, can be made as to the outcome of these suggestions.

1. Introduce a new approach to learning with little to no similarity to the original learning process.
2. When there are repeated failures, the passage of time has a way of healing.
3. Use appropriate spotting to protect the athlete.
4. When the skill in question can be rearranged, as in multiple somersaults with twists, make an effort to do so.
5. Eliminate the skill altogether.
6. Seek the origin of the problem through consultation with a qualified sports psychologist.
7. If nothing is successful, and fear dominates the effectiveness of the athlete, the time to consider retirement has arrived to prevent potential injury.

REFERENCE - Hennessy, Jeff T. A Successful Philosophy of Coaching, The

Physical Educator, University of Illinois, Champaign, IL, Vol 46, No 2, Spring 1989, p. 58. (Guest Editorial). Note: I would be interested to hear other views on this extremely important subject [Ed]

## FIT ARTICLES FOR SALE

The FIT has a number of articles for sale at cost price to Member Federations. Please order direct from the Secretary General.

Article	Cost
White Watch	30.00
Black Watch	38.00
Silver Watch	42.00
Stickers	00.60
Small Pocket Knife	15.00
Tie	18.00
Lapel Pin	04.00
Keyring	05.00
Small Pennant (flag)	06.00
Large Pennant (flag)	20.00
Letter Opener	20.00
T-shirt (violet)	15.00
T-shirt (black)	15.00
Polo Shirt (white)	25.00
Video-clip Promotion	25.00
Video-clip Schwertz	30.00

All prices are in German Marks

\*\*\*\*

## NEGATIVE TESTS

All samples given at the drug control centre on the occasion of the recent world championships, held in **Oporto**, have proved **negative**. All federations and athletes have been notified accordingly.

\*\*\*\*

## FIT Secretary General

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The Beach Volleyball competition for the Games has now been moved from **Tybee Island**, to a site nearer to Atlanta, on the insistence of the FIVB. Competitions will now be held at **Atlanta Beach**, in Clayton County, some 15 miles from downtown Atlanta.

The site for the **Main Press Centre** has now been designated as the International Sports Plaza. The MPC will serve as the main headquarters for approximately 5.000 reporters and photographers from around the world, and will house up to-date state-of-the-art facilities for the press during the Games.

**Ticket** sales for the Atlanta Games are expected to reach an all time record, with some **11.039.699** tickets being offered. The average cost of a ticket will be **US \$37.76**, inclusive of tax, and, uniquely, public transport to the venues, with competitions costing from **US \$6** to **US \$250**. All sports will have tickets priced at or below **US \$25**, half of them at or below **US \$20**. **US \$60** will be the ceiling for 90% of the total. Tickets for the Opening and Closing Ceremonies will cost **US \$200**, **US \$400** and **US \$600**. Approximately 900.000 tickets are reserved for sale outwith the USA. Mail order for the American public will begin in May, and a telephone line will be set up in September or October 1995. Some tickets for sell-out events will only be available by lottery. During the Games, there will also be the opportunity to purchase tickets for other sports at every site, a new feature.

Ticketing and transportation are linked with ticket prices including the journey to the event by mass transit. Some 2.000 new buses will be loaned to Atlanta for the duration of the Games.

The superstructure for the 80.000-seat Olympic stadium is beginning to take shape, and although this will be built as a permanent building, it will be partly dismantled at the conclusion of the Games to 48.000-seats to replace the Fulton County Stadium where the local baseball team, the Braves, now play.

The Games will run through **16 days** from the **20th July** until the **4th August 1996**, featuring **271 events** in **26 sports**.

NOTE: For comparison, **3.9 million** tickets went on sale for the **Barcelona** Games, whilst **6.9 million** tickets were on sale for the **Los Angeles** Games.

\*\*\*\*

## INTERNATIONAL EVENTS TO BE SANCTIONED BY THE FIT!

Sanctioning (recognition) of all FIT International events is no longer voluntary, but **compulsory**.

This change has been made to protect the interests of the member federations and the FIT, upon the request of several of our members, in view of problems experienced in the past. These new Regulations respect the independence and autonomy of our members and also leave a great amount of freedom to organise any kind of event and competition respecting the national needs and characteristics. However, the new Regulations do impose minimum requirements which are required for the FIT as a whole, as well as for the Sport to present itself and develop in the spirit of the International and Olympic family.

The new Regulations protect all of

our Member Federations from unauthorised events and strengthen the position of our members in their own country, because only Member Federations are authorised to apply for, and run international events.

\*\*\*\*

## HANDBOOK 1995

There are many important changes contained in the new edition of the Handbook, not only to the Rules, but also to the many Regulations. In particular there are major changes in the **Championship Regulations** concerning deadlines and minimum participation. New regulations regarding the running of courses in the **Judging Regulations**. New and better regulations for the assignment of championships in both the **Championship Regulations** and in the **Assignment Regulations**. Obligatory sanctioning of international events is new and contained in the **Regulations for the Sanctioning of Events**. There is a new Drug Control Policy, changes to the Norms etc. etc.

Do not be caught out - read the text carefully!

\*\*\*\*

## 1994 WORLD CHAMPIONSHIPS and WAG RESULTS

The Organising Committee of the 1994 World Championships, held in **Oporto**, apologise for an error made in the official results list circulated to all at the end of the championships. This concerns the **Team Results** in the **Ladies Tumbling** event. The correct ranking is as follows:

- 1st France
- 2nd Belgium
- 3rd Canada

Results of the **WAG** can be obtained by contacting the Portuguese Federation direct.

**WORLD CUP SERIES 1994/1995  
BEST OF THREE (3) RESULTS**

**(TOP TEN PLACING AFTER FOUR EVENTS)**

NAME	GER	SUI	CZE	DEN	TOT
<b>TR(L)IND</b>					
LUDWIG Tina [GER]	08		09	08	25
LEBEDEVA Galina [BLR]	05	09		10	24
TROUCHE Magali [FRA]	06	07	07		20
LUSHINA Tatiana [RUS]	10		10		20
HOLMES Andrea [GBR]	09	10			19
KARPENKOVA Natalia [BLR]		08		07	15
BESSEIGE Alice [FRA]	04	03	06		13
ROEWE Hiltrud [GER]				09	09
BECK Sandra [GER]	03	06			09
SANS Jennifer [USA]	02			06	08
CERNOVA Natasha [RUS]			08		08

**TR(M)IND**

STEDINGK Martin v [SWE]	09	07		05	21
SCHWERTZ Fabrice [FRA]	02	10	07		19
KUBICKA Martin [GER]	04	06		08	18
POLIARUSH Dmitri [BLR]			08	10	18
KAZAK Nikolaj [BLR]			06	09	15
HENNIQUE Fabrice [FRA]	10		05		15
MOSKALENKO Alexandr [RUS]			10		10
VILLAFUERTE Lennard [NED]		04	01	04	09
SHISHOV Denis [BLR]		09			09
DANILCHENKO Alexandr [RUS]			09		09

**TR(L)SYN**

LEBEDEVA/KARPENKOVA		09		10	19
LUDWIG/BECK [GER]	08	10			18
HAIKOPA/VACHNIKOVA [CZE]	10		07		17
TROUCHE/BESSEIGE [FRA]	03	06	08		17
LANGER/KUBIACK [POL]		07		09	16
ROEWE/LUDWIG [GER]			09	06	15
SANS/LARSON [USA]	04			08	12
LUSHINA/SLONOVA [RUS]			10		10
CHALLIS/HOLMES [GBR]	09				09
van BRAAK/HARTHOG [NED]		08			08

**TR(M)SYN**

KUBICKA/KEMMER [GER]	07	09		10	26
LEDSTRUP/DALSTEN [DEN]	09	08	08		25
VILLAFUERTE/VILLAFUERTE		05	07	08	20
SAWICKI/ZAIM [POL]		07		09	16
DOSTAL/HRUDA [CZE]	08		06		14
DANILCHENKO/MOSKALENKO			10		10
KYPRI/SMYTH [GBR]	10				10
MOROZOV/SHICHOV [BLR]		10			10
POLIARUSH/BELJAJEV [BLR]			09		09
YVIND/DALSTEN [DEN]				07	07

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**WORLD CUP FINAL**  
COPENHAGEN  
12. NOVEMBER 1995

The 2nd World Cup Final will be held in the National Circus Building in Copenhagen, on Sunday 12th November 1995, from 3pm-5pm.

It is hoped that as many supporters as possible will attend this event. To assist, the Danish Federation have arranged low cost accommodation in the city, and rooms can be booked direct by contacting the following:

**Hotel Astoria - B/B**

Banegårdspladsen 4  
1570 Copenhagen  
Tel 45 3314 1419 Fax 45 3314 0802  
Rooms: for 4 DDK 600 for 2 DDK 710  
Rooms: for 1 DDK 530

**Hotel Cosmopole - B/B**

Colbjørnsensgade 5-9  
1652 Copenhagen V  
Tel 45 3121 3333 Fax 45 3131 3399  
Rooms: for 2 DDK 790 FOR 1 DDK 510

**Accommodation in a Gym B/B**

Danish Trampoline Federation  
Idraettens Hus  
Brøndby Stadium 20  
2605 Brøndby  
Tel 45 4245 5555 Fax 45 4245 5551  
Price: DDK 70 (Sat-Sun only) Bring your own sleeping bag/air mat etc.

The Circus building is situated only 200m or so from the central railway station, and opposite the famous Tivoli Gardens.

The hotels are situated adjacent to the railway station.

**THE 1995 FIT HANDBOOK IS NOW AVAILABLE -  
DO YOU HAVE YOUR COPY?**



## NEWS FROM THE FEDERATIONS

### AUSTRALIA

We are pleased to hear that Adrian Wareham managed to make it home to Australia in time for the birth of his son, **Bryce**, after the World Championships in Oporto. It was touch and go for a while! Our congratulations to both Adrian and Natalie.

The national championships at the end of 1994 were held in **Sydney**, where there was a very large entry. The main results were as follows:

[It should be noted that all preliminary scores were carried forward to the finals].

### TU(L)IND

1. Elizabeth Heslop, NSW 66.16
2. Katrina Collins, NSW 63.97
3. Shioban Stephens, VIC 63.11

### TU(M)IND

1. Aaron Richards, NSW 70.00
2. Steve Bland, QLD 64.40
3. Paul Saynor, NSW 63.07

### DMT(L)IND

1. Donna White, NSW 24.3
2. Jackie Cully, NSW 24.1
3. Kate McDougall, QLD 23.3

### DMT(M)IND

1. Adrian Wareham, VIC 28.7
2. Michael Johnston, VIC 28.6
3. Ji Wallace, QLD 26.3

### TR(L)IND

1. Donna White, NSW 90.5
2. Robyn Forbes, QLD 90.2
3. Jackie Cully, NSW 89.7

### TR(M)IND

1. Adrian Wareham, VIC 99.1
2. Paul Saynor, NSW 93.3
3. Michael Johnston, VIC 89.6

### TR(L)SYN

1. J Cully/D White, NSW 123.9
2. S Schneider/S Tillack, SA 119.1
3. K Hutchinson/E Cox, QLD 116.8

### TR(M)SYN

1. A Wareham/M Johnston, VIC 122.6
2. P Hadfield/S Davey, NSW 112.3
3. J Wallace/M Abreu, QLD 90.3

New South Wales took five of the major titles, with Victoria winning the other three.

It is with deep regret that we report the death of **Benita Drummond (nee Spicer)** aged 32. Benita was an Australian Champion during the years 1974-1981, and represented her country in four FIT World Championships during 1976-1982.

Benita, who died of cancer, will be remembered by the inauguration of a new Australian **Open Team Trophy**, donated by her long time friend and team mate, Adrian Wareham.

### BELGIUM

The Belgian Member Federation were host to the **12th European Youth Championships** held in the town of **Houthalen-Helchteren**, last November.

The Belgian Federation are to be congratulated on their organisation of the championships. A record number of entries had been received for the various events and the standard of competition throughout was of the highest standard.

There was also a bonus for the Belgium's when their star tumbler, **Zigy van Renterghem**, won the girls individual tumbling event, as well as assisting her team to take the bronze medal in the team competition in the same discipline.

### DENMARK

**22 males** and **17 females** took part in the most recent event in the '94/'95 World Cup series, in the town of **Haslev**, Denmark, last December.

Points were awarded as follows:

### TR(M)IND

- 01 POLIARUSH Dmitri [BLR] 40.4 - 10 points
- 02 KAZAZ Nikolai [BLR] 38.6 - 9 points
- 03 KUBICKA Martin [GER] 37.9 - 8 points
- 04 BROCK Jeremy [CAN] 37.0 - 7 points
- 05 AUCOIN Jean-Paul [CAN] 36.9 - 6 points
- 06 STEDINGK v Martin [SWE] 36.7 - 5 points
- 07 VILLAFUERTE Lennard [NED] 36.7 - 4 points
- 08 SAWICKI Krystian [POL] 36.1 - 3 points
- 09 REITHOFER Stefan [GER] 35.0 - 2 points
- 10 ETHLERS Uffe [DEN] 31.0 - 1 point

## TR(L)IND

- 01 LEBEDEVA Galina [BLR] 36.8 - 10 points
- 02 ROEWE Hiltrud [GER] 36.3 - 9 points
- 03 LUDWIG Tina [GER] 35.6 - 8 points
- 04 KARPENKOVA Natalia [BLR] 35.2 - 7 points
- 05 SANS Jennifer [USA] 34.7 - 6 points
- 06 JEWETT Franny [CAN] 34.3 - 5 points
- 07 WALKER Kylie [NZL] 34.2 - 4 points
- 08 DALSTEN Anette [DEN] 32.8 - 3 points
- 09 NILSSON Ulrica [SWE] 32.0 - 2 points
- 10 KUBIAK Marta [POL] 31.5 - 1 point

## TR(M)SYN

- 01 KEMMER/KUBICKA [GER] 47.5 - 10 points
- 02 SAWICKI/ZAIM [POL] 46.2 - 9 points
- 03 VILLAFUERTE/VILLAFUERTE [NED] 45.4 - 8 points
- 04 YVIND/DALSTEN [DEN] 44.7 - 7 points
- 05 BROCK/AUCOIN [CAN] 43.8 - 6 points

## TR(L)SYN

- 01 LEBEDEVA/KARPENKOVA [BLR] 45.0 - 10 points
- 02 LANGNER/KUBIAK [POL] 43.6 - 9 points
- 03 SANS/LARSON [USA] 43.0 - 8 points
- 04 DALSTEN/PETERSEN [DEN] 41.0 - 7 points
- 05 ROEWE/LUDWIG [GER] 40.3 - 6 points

The Danish Federation are beginning to put together their package for the forthcoming **2nd World Cup Final** which will be held in **Copenhagen** on **Sunday 12 Nov 95** from **3pm-5pm** - see separate article for accommodation - with live TV coverage already guaranteed from both Danish [**DR1**] and German [**Sport TV**] television.

In an effort to encourage member federations to support the finals, the Danes are introducing a special prize, which will be award to the federation sending the largest number of supporters to the event. They must be registered through the Danish Federation Office however, in order to participate in the '**supporters competition**'. **Note:** of course, the Danish Federation are excluded from this particular competition!

All who attend the World Cup final in November are most certainly in for a wonderful time. The Danes are renowned for their organisational skills and hospitality.

## FRANCE

The 4 nations match between **FRA/GER/GBR/DEN** will be held in **Fontaines/Saône**, près de **LYON** on **Saturday 15th April**.

**16 countries** have entered for the **fifth** event in the current **World Cup** series. This will be held in the town of **Sens**, during the period **5-7 May**.

The competition for points is beginning to hot up in the present series, and with only two more competitions to go

before the Finals this coming November, those athletes in contention for a place in **Copenhagen** are almost certain to be in **Sens**.

Entries have been received from: **BLR, CAN, CZE, DEN, FRA, GBR, GER, NZL, POL, RUS, SCO, SUI, SWE, UKR, USA** and **UZB**.

## JAPAN

The 1995 **Indo-Pacific Championships and Age-Group Competitions** have attracted entries from seven nations. The host city is **Kitami-City**, and the competitions will run from 28-30 July.

We wish them every success.

## PHILIPPINES

Owing to an administrative error, the Philippine Federation were not accorded full membership of the FIT on the occasion of the 1994 Congress. We are pleased to report that this error has now been rectified, and wish to welcome the latest member to our family.

## SCOTLAND

Scotland are hoping to stage an international youth match in the city of **Aberdeen** during the later part of the year, with the Dutch federation providing the opposition.

This will be the first international meeting between both countries in our sport.

## SWEDEN

The **Frivolten Cup** will not be held in 1995, instead the organisers are planning on staging this event (Sweden's largest competition) bi-annually. FIT sanction will also be applied for in 1996.

## SWITZERLAND

The **37th Nissen Cup** will be held in the town of **Vevey**, on the 26th August 1995, and, at the same time, the last in the present World Cup series being held in **Vancouver**, Canada.

The organisers of this prestigious event hope that as many of our member federations as possible will continue to support these competitions in Vevey, despite the date clash with Vancouver.

After an eighteen months absence from the international scene, in which members of the national team missed out on the World Championships and European Youth Championships, not to mention a number of World Cup events, the Swiss are now back, with their entry in the World Cup event in **Sens**. This is indeed good news.





International  
World Games  
Association

The Finnish city of **LAHTI** will host the **1997 World Games**, most likely during the period end of July - mid August. This is indeed excellent news for affiliated members of the IWGA.

IWGA President, **Ron Froehlich**, commenting on the news that Lahti City Council had voted to stage the event by a three-quarter majority, said, "especially for all our athletes, I am more than pleased to learn of the voting in Lahti. I am convinced that this city will take every opportunity to make the next World Games a real sporting highlight. The Lahti community had shown their enormous capability of organising sports events previously. Of course, I am very happy that within three months, it became possible to change the venue for the 1997 World Games from South Africa to Finland".

\*\*\*\*



Photo: Bo Tureby

*Alexandr Moskalenko (RUS) shows the form that won him the men's individual championship for the third successive time in Oporto, Portugal last October. Previous titles were won in Essen 1990 and Auckland 1992.*

## EVENTS LIST

Member Federations are reminded of the need to forward their list of National and International dates for the FIT Events List which is circulated with both the FIT Bulletin and FIT NEWS.

Listings of major events are also requested from time to time by the media and if you want others to know what is happening in your country, then please let us have the relevant information so that we can pass this on.

# ARISF

ASSOCIATION  
OF THE IOC RECOGNIZED  
INTERNATIONAL SPORTS FEDERATIONS



**ARISF** the Association of Recognised International Sports Federations, is an Association recognised by the International Olympic Committee, and operates under the law of the country where the Headquarters of the Association is located. Its domicile coincides with the residence of its President.

### Aims and Tasks of ARISF

To discuss matters raised by its members and to determine the consensus of the member federations on questions of common interest in relation to the Olympic Movement and the role of the Recognised Federations as part of the Olympic Movement.

To co-ordinate and defend the common interests of its members in the above context.

To act as spokesman on behalf of its members in matters related to the Olympic Charter, the Olympic Congress and the Olympic Games.

To actively support inclusion of its members in the Olympic programme.

### Membership

Only International Sports Federations recognised by the International Olympic Committee can be affiliated as members.

The Federations affiliated to ARISF maintain full independence and autonomy in the management of their own sports.

The **International Trampoline Federation** is a member of ARISF.

## TRAMPOLINE GOES INTERNET

As a consequence of the multimedia-age, trampoline information is now available from computer networks all over the world (WWW, Internet, Compuserve etc). A world-wide unmoderated *trampoline mailing list* has been started, and if you wish to participate all you require is to have an **e-mail address**. Practically all students/other high school students can have one for *free*. Any private person with a computer, and a modem, can obtain a compuserve account (with e-mail address) for \$US 8.95 a month basis fare. With compuserve you also have millions of other sources of information, on all types of topics. The following information may be of interest to you.

### MAILING LIST

#### What is the aim of this list?

Up-to-date trampoline information can be distributed via the mailing list throughout the entire world.

#### Who can take part?

Anyone who has an e-mail address and can get into the Internet on a computer.

#### How do you subscribe?

If you want to subscribe to the trampoline mailing list with your e-mail address, all you do is send the following message (no subject) via e-mail to the following address:

*sub trampoline  
to  
infomail@wiwi.uni-frankfurt.de*

(finish off by using the Return key)  
That is all.

#### Where does the information come from?

Any information that could be of interest, can be distributed via the mailing list (e.g. regional, national or international results lists, invitations to competitions, dates, new suggestions etc).

#### How does the mailing list system work?

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The distribution is free of charge.

#### How about language?

You can write in your own mother tongue, but if possible, English should be used (or both) so that the information can be understood by as many people as possible.

It is hoped that the information contained in this article will be of assistance to those who wish to subscribe to the mailing list

My thanks to **Martin Kubicka** for supplying the information **Ed**.

## **THE COURT OF ARBITRATION FOR SPORT'S PRACTICAL GUIDE IN 10 QUESTIONS**

*The December 1994 issue of FIT NEWS contained information on the formation of the CAS. This is followed up by an article which recently appeared in the OLYMPIC Magazine, written by Jean-Philippe Rochat, Secretary General, Court of Arbitration for Sport, and reproduced as follows:*

### ***What types of litigation's can be laid before the CAS?***

All types of litigation's in the sports field, such as questions relating to sport, questions of a patrimony or other nature, arising during the practice or the development of sport or generally speaking all other activities relating to sport.

### ***When is the CAS qualified?***

The jurisdiction of the CAS is based on an agreement between the parties, which have decided to submit their litigation to the CAS, either before or after the beginning of the dispute. A statutory provision or the rules and regulations of a federation or sport association can determine the jurisdiction of the CAS. These statutes contain an arbitral provision which recognises the CAS as a qualified jurisdiction for all disputes between the members of the federation or association and it is the last resort of recourse against any decisions taken by the federation or association. In this case, the members of the federation or the association must adhere to a statutory clause recognising the jurisdiction of the CAS.

### ***Who can present a case to the CAS?***

Any party belonging to a valid arbitral convention obliging them to submit their differences for arbitration, in conformation with the regulations of the Court of Arbitration, or any member of an association or a federation upholding a statutory provision regarding the jurisdiction of the CAS, when the member in question decides to contest a decision of that federation or association. It is important to underline that when an appeal is applied against a decision is taken by a sport entity, the statutes of the Court of Arbitration for Sport require that all the means of internal recourse of the association or of the federation must first be exhausted.

### ***How can a case be submitted to the CAS and arbitration be put into effect?***

The parties wishing to submit a case to the Court of Arbitration for Sport must consign to the CAS a request for arbitration or an appeal, the content of which is described by the code of arbitration in the field of sport. It is important that the declaration for appeal or the request for arbitration notably indicates the number and the choice of one or more arbitrators and gives all the necessary references concerning the arbitration convention or the statutory rules describing the jurisdiction of the CAS.

### ***How are the arbitrators chosen?***

Generally, arbitration is composed of three arbitrators. If the parties agree, a single arbitrator can however be designated according to the nature of the case and its importance. Only one arbitrator on the CAS list may be selected by the parties. The arbitrator must be neutral, he must not have any particular connection with one or other of the parties nor play any role with the case in question.

### ***Can urgent provisional measures be obtained, even the suspension of a decision during the procedure?***

Provisional measures of the suspension of a decision may be required when depositing a request for arbitration or the declaration of an appeal. Before the three arbitrators are nominated, the president of the concerned chamber may hand down a request for suspension or a request for provisional measures.

### ***How does the procedure evolve?***

The request for arbitration as well as the appeal submitted must include a description of the facts and rights of the law as a whole with jurisdiction documents. The documents of the procedure must also offer evidence of proof, request for audition of testimonies, and other expert appraisals. The entire probative procedure is contradictory and the two parties are aware of the probative measures and have access to the whole dossier. The Court of Arbitration for Sport reviews the facts and the rights with the full power to examination.

### ***On which rules and regulations will the arbitration base their decisions to arbitrate?***

In the case of ordinary arbitration, the parties are free to decide which law can be enforced. In the absence of agreement, it is however the Swiss legislation which will be brought into operation. In the case of the appeal procedure, according to the Arbitration Code, the arbitrators are obliged to follow enforced regulations. That means that the rules of the federations or the associations concerned by the appeal cases will apply. Generally, the arbitrators must take into consideration jurisdictions and practices on sport matters.

### ***How much does arbitration cost?***

Just the same as in commercial matters, ordinary arbitration is subject to a fixed fee according to an established price list. As far as an appeal is concerned the procedure is free of charge, subject to a remuneration fee of **Fr 500** at the time when the declaration of the appeal is presented.

### ***How much time does a procedure take in the CAS?***

In the ordinary procedure, on the basis of present experiences a procedure can last from a year to a year and a half. For what concerns the appeal procedure, everything has been done so that the sentence can be delivered approximately four months after the declaration of appeal.

# WANTED

The FIT Board are looking for Federations to act as host for the following major events in 1996 and 1997:-

**1996**

**European Youth Championships**

**1997**

**European Championships  
3rd World Cup Final**

Member Federations interested are requested to contact the Secretary General as soon as possible, and by the **30th June 1995** at the very latest.

\*\*\*\*

## NEWS FROM THE PROMOTION COMMISSION

The Commission members met during the weekend 17-19 February last in the town of **Albufeira**, Portugal.

This was the first meeting of the year and also the first meeting since the appointment of the new commission members last October in Oporto. Unfortunately, not all of the members could be present at this time due to previous commitments etc.

There was a full Agenda for the two days of meetings, and as a result, a number of important proposals will be put to the FIT Executive at their next meeting for consideration.

The next meeting of the Commission is scheduled for Sens, France on the 5 May 95.

This will be an ad hoc meeting to put the final touches to the new promotional video the FIT has been working on since last June.

Hopefully, this 7-8 minutes video will be ready soon afterwards.



Photo: Ralf Gherke

*George Nissen (centre of picture) FIT Honorary Member, and a pioneer of the sport of trampolining, joins a very appreciative audience on the occasion of the 1st World Cup Final which was held in Frankfurt in 1994. The event attracted many former officials and athletes of the FIT. The Secretary General can also be seen at rear (R).*

### FIT NEWS SUBSCRIPTIONS

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## FIT CALENDAR 1995

<b>April</b>		
13-16	<b>FIT Judges Course</b>	Sao Paolo <b>BRAZIL</b>
29	National Championships	Hillerod <b>DENMARK</b>
<b>May</b>		
05	<b>FIT World Cup</b>	Sens <b>FRANCE</b>
06-07	National Championships	Limbourg <b>BELGIUM</b>
13-14	National Championships	Möriken-Wildegg <b>SWITZERLAND</b>
25-28	<b>FIT TC Meeting</b>	Frankfurt <b>GERMANY</b>
26-28	National Championships	Herrljunga <b>SWEDEN</b>
27	National Championships	Almere <b>HOLLAND</b>
<b>June</b>		
01-03	National Championships	Rennes <b>FRANCE</b>
01-04	<b>FIT World Cup and Dobrovolski Cup</b>	St Petersburg <b>RUSSIA</b>
24-25	National Synchronised Championships	Sunderland <b>ENGLAND</b>
29-05 Jul	National Championships	) Denver, Colorado
06 Jul	<b>FIT Pan-American Championships</b>	) <b>USA</b>
<b>July</b>		
08-09	National Championships	Bletchley <b>ENGLAND</b>
09-15	<b>FIG 10th World Gymnaestrada</b>	Berlin <b>GERMANY</b>
27-30	<b>FIT Indo-Pacific Championships</b>	Kitami City <b>JAPAN</b>
<b>August</b>		
21-24	<b>FIT Board Meeting</b>	Vancouver <b>CANADA</b>
26-27	<b>FIT World Cup</b>	Vancouver <b>CANADA</b>
26	<b>37th NISSEN-CUP</b>	Vevey <b>SWITZERLAND</b>
<b>September</b>		
25-29	National Championships	Southport <b>AUSTRALIA</b>
28-29	<b>FIT Technical Forum</b>	Frankfurt <b>GERMANY</b>
30	<b>FIT Competition</b>	Frankfurt <b>GERMANY</b>
<b>October</b>		
20-23	National Championships	Gisborne <b>NEW ZEALAND</b>
	National Championships	Cape Town <b>SOUTH AFRICA</b>
29-30	Nnational Championships	Béchar <b>ALGERIA</b>

## FIT AWARDS

The FIT Board has great pleasure in announcing their award of the **Bronze Distinction** to the following for their continuous support to the FIT over the years:

**Mr Kurt Hack**  
**Mr Ulrich Spieth**  
**Mr Rudolf Spieth**

Congratulations to all three, as well as to their companies

\*\*\*\*

## FIT HANDBOOK 1995 CORRECTIONS

### Trampoline - Page 64

Rule 20.2.5.2 **add** the sentence:

"The total of the three remaining marks is the score for Execution".

### DMT - Page 85

Rule 1.3.2 **last** part to read:

- "- The competitor with the highest difficulty in a single pass will go to the Final.
- If there is a tie, the competitor with the highest overall difficulty will go to the Final.
- If there is still a tie, the superior judge will decide by a draw."

\*\*\*\*

## COMPULSORY ROUTINES 1995-1996

Please note that the wording -

*1 somersault of between 360° and 720°.....*

**includes** 360° and 720° somersaults.

\*\*\*\*

## FIT CALENDAR 1995 cont

<b>November</b>		
11-13	<b>FIT 2nd World Cup Final</b>	Copenhagen <b>DENMARK</b>
25	National Championships	<b>SCOTLAND</b>
28-03 Dec	<b>14th European Championships</b>	Antibes <b>FRANCE</b>

## FIT CALENDAR 1996

<b>July</b>		
06-07	National Championships	Kettering <b>ENGLAND</b>
27-04 Aug	<b>Olympic Games</b>	Atlanta <b>USA</b>
<b>August</b>		
20	<b>FIT Congress</b> )	Vancouver
23-25	<b>19th World Championships</b> )	<b>CANADA</b>
29-01 Sep	<b>12th World Age-Group Games</b>	Kamloops <b>CANADA</b>
<b>November</b>		
23	National Championships <b>13th European Youth Championships</b>	<b>SCOTLAND</b>

## FIT CALENDAR 1997

**FIT 15th European Championships**  
**FIT 3rd World Cup Final**

## FIT CALENDAR 1998

<b>October</b>		
05-11	<b>FIT Congress and</b> <b>20th World Championships</b>	Sydney
14-18	<b>FIT 13th World Age-Group Games</b> <b>FIT 14th European Youth Championships</b>	<b>AUSTRALIA</b>



**Lars Christensen DEN**  
**Executive Committee Member**

Lars was elected to the FIT Executive Board on the occasion of the 1994 Congress, held in **Oporto**, Portugal, after having served for a number of years on various committees of his national federation.

A member of the Dansk Trampolin Forbund Executive since 1992 he has also held the chair of the Copenhagen region between 1981-88.

A past member of the national team he had a number of successes on the national and international front and was national champion in 1982.

Lars has a Bachelor of Commerce Degree and his career to-date has been in a number of various banks and at present working as a money broker.

He is very much looking forward to working with the FIT during his term of office.

### LATE DATES

- 1995 -

June  
10-11 - **POL International, Poznan**  
15-17 - **CAN Nationals, Winnipeg**  
September  
14-17 - **RUS Nationals, Krasnodar**

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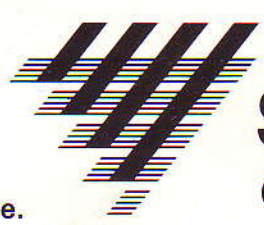
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