

TRAMPOLINE QUICK REFERENCE GUIDE

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BEGINNER (NO DD)

(One 45-second warm up)

Required Compulsory Skills

(Must beg/end on feet)

- Straight Jump w/ 1/2 Turn (Must beg/end on feet)
- Pike Jump OR Tuck Jump
- Front OR Back Contact

Pass Regs & Restrictions

- No somies allowed
- Max difficulty 0.2 per skill

Superior / Major Deductions

- Repeats = -.5
- Doggie Drop = Illegal Skill = Term & -2.0
- Illegal Skills (All Somies) = Term, -2.0 & -3.0

NOVICE (NO DD)

(Two 30-second warm ups)

Required Compulsory Skills

(Must beg/end on feet)

- Straight Jump w/ 1/2 Turn (Must beg/end on feet)
- Pike Jump
- Front OR Back Contact
- Front OR Back Somi

Pass Regs & Restrictions

- No more than two (2) somies allowed

Superior / Major Deductions

- Repeats = -.5
- > 2 somies = -2.0 & -3.0
- Illegal Skills = Terminate, -2.0 & -3.0
 - All twisting somies

INTERMEDIATE (NO DD)

(Two 30-second warm ups)

Required Compulsory Skills

- Straight Jump w/ Full (1/1) Turn (Must beg/end on feet)
- Front OR Back Contact
- Back Tuck
- Front 360° Somi without Twist (i.e. front tuck, front pike or front layout - baranis or 3/4 fronts do NOT count)
- One (1) Optional 360° Somi

Pass Regs & Restrictions

- Min 3 somies
- Max 5 somies
- Max difficulty 0.6 per skill
- 3/4 fronts and 3/4 backs must originate from feet and MAY fulfill the front & back contact requirement;

3/4 somies DO NOT meet the requirement of the optional somi.

Superior / Major Deductions

- Repeats = -.5
- No Optional Somi = -1.0
- > 5 somies = -2.0 & -3.0
- Illegal Skills = Terminate, -2.0 & -3.0
 - Somies with >360° Rotation
 - Somies with >180° Twist

SUP DEDUCTIONS

*Not Taking 3 Jumps Before 1st Skill	.5
Does not initiate 1st skill within 1 min. of judge calling name	.5
Overall Lack of Height of Pass (complete and incomplete)	.3
Intermediate Straight Jump	1.0 / Jump
Facing Side of TR (Except Last Skill)	Term
One Foot Landing	Term & .3
Spotted DURING Pass	Term & 2.0
Spotter on Trampoline	Term
Loss of Elasticity / Kill Bed	Term
Landing Stick or Instability	.0-.3
Landing 1 Hand	.4
Landing 2 Hands	.5
Landing Knee or Elbow	.6
Landing Seat or Hands Behind	.7
Landing Front / Back / Head	.8
Landing Blue Pad or End Deck	.9
Landing Off the Trampoline	1.0
Coaching / Hair / Underwear / Bra	.3 / pass
Jewelry (No Tape)	1.0 / pass
Inappropriate Attire	2.0 / pass
Socks / Wrong Color Shoes	1.0 / pass
Missing Comp. Skill or Pass Req	2.0 / pass
Illegal Skill from Higher Level	Term, 2.0, 3.0 & no DD
Exceeding Pass Req & Skill Level	2.0 & 3.0
1/2 or Full Turns under/over by 520°	.3

AESTHETIC RANGES

Aesthetics Per Skill	.0-.8
Kick Outs (Somis)	.0-.2 / skill
Press to slide (jumps)	.0-.2/skill

*Both feet must make contact with the trampoline bed on all 3 straight jumps. A "pushoff" bounce, regardless of height, is still considered a straight jump as long as both feet come off the trampoline.

Boys Attire:

Boys may wear trampoline pants or shorts. If pants are worn, socks and shoes may match the color of the pants (otherwise they must be solid white/tan). Take 3 if pants/shorts are rolled for length or a string hangs out

SUB-ADVANCED*

(6 warm up passes)

- PASS Regs & Restrictions***
- 3 passes w/ 2 skills each; max 3 contacts
 - Min one somi per pass
 - Max 1.6 DD per pass
 - Max 540° twist per somi (i.e. rudi)
 - Max 360° rotation per somi (no doubles)

LEVEL Regs & Restrictions*

- 1 pass **MUST** have two somies
- 1 pass **MUST** have a spotter somi
- 2 passes **MAY** have two somi
- Repeats = -1.0 & loss of DD
- 3 passes w/ 2 somies = -2.0 exceeding pass req, -3.0 exceeding skill level, no DD on second somi in 3rd pass
- > 540° twist or 360° rotation per somi = termination, -2.0 illegal skill, -3.0 exceeding skill level and no DD for skill
- > 1.6 DD in a pass = -2.0 exceeding pass reqs, -3.0 exceeding skill level (athlete received >1.6 DD if all skills are legal)

* May "Double Dip" (-4.0) if athlete fails to meet both PASS & LEVEL req. on 3rd pass

AGE ELITE

(Prelims: 8 warm ups / Finals: 6 warm ups)

- PASS Regs & Restrictions**
- PRELIMS - 3 passes w/ 2 somies; max 3 contacts
 - MIN Total DD = 8.6

Superior / Major Deductions

- No Comp Card Turned In Before Warm Up = -5
- Repeats = -1.0 & loss of DD
- No or only 1 somi per pass = -2.0
- < 8.6 Total DD = -2.0***, No Finals

- FINALS** - 2 passes w/ 2 somies; max 3 contacts
- May NOT repeat prelim skills in finals

ADVANCED

(Prelims: 6 warm ups / Finals: 4 warm ups)

PASS Regs & Restrictions

- PRELIMS - 3 passes w/ 2 somies; max 3 contacts
- Max difficulty 2.8 per skill
- MAX Total DD = 8.5

Superior / Major Deductions

- No Comp Card turned In Before Warm Up = -5
- Repeats = -1.0 & loss of DD
- No or only 1 somi per pass = -2.0
- > 8.5 DD (Prelims) | 4.8 DD (Finals) = -2.0 for exceeding pass reqs, -3.0 exceeding skill level and DD capped at 8.5/4.8 if all legal skills

- FINALS** - 2 passes w/ 2 somies; max 3 contacts
- MAX Total DD = 4.8
 - May NOT repeat prelim skills in finals

OPEN ELITE

(Prelims: 8 warm ups / Finals: 6 warm ups)

PASS Regs & Restrictions

- PRELIMS - 3 passes w/ 2 somies; max 3 contacts
- MIN Total DD = 8.7 to advance to finals

Superior / Major Deductions

- No Comp Card Turned In Before Warm Up = -5
- Repeats = -1.0 & loss of DD
- No or only 1 somi per pass = -2.0
- < 8.7 Total DD = -2.0***, No Finals

- FINALS** - 2 passes w/ 2 somies; max 3 contacts
- May NOT repeat prelim skills in finals

SUP DEDUCTIONS

Does not initiate 1st skill within 1 min. of judging calling name	.5
Mounting Mat (Ages 7+) (Mat may be parallel or perpendicular)	.5
Ta-Dump (1st foot hits mounter bed before 2nd)	.1-.5
"Run-Across" (Only one foot hits mounter bed)	Term (0)
Tumble Across OR Lack of Height	.3
Penalty Zone Middle Red Zone	.2 / Touch
Land First Skill on Mounter Bed	Term (0)
Facing Side of DM	Term & 2.0
Failure to Dismount	Term & 2.0
Straight Jump or >2 Contacts	Term & 2.0
Spotted DURING Pass	Term & 2.0
Landing on Top of Blue Side Pad	Term & .9
Brush Side or Bottom of Blue Side Pad	.9 ONLY
Landing Stick or Instability	.0-.3
Landing Hands	1=-4 2=-5
Landing Knee or Elbow	.6
Landing Seat or Hands Behind	.7
Landing Front / Back / Head	.8
Leaving the Landing Area (Outside Zone C), Feet Off Mat Under DM and/or Landing on a "Slip Mat"	.9
Landing Zone Deduction	See Diagram
Touch DM AFTER Landing	.5
Spotted AFTER Dismount	.8
½ or full turn under/over by 520°	.3
Coaching / Hair / Underwear / Bra	.3 / pass
Jewelry (No Tape) Socks	1.0 / pass
Inappropriate Attire	2.0 / pass
Illegal Skills From a Higher Level	Term, 2.0 & 3.0

AESTHETIC RANGES

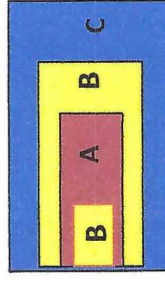
Aesthetics Per Skill	.0-.8
Instability on Mounting St. Jump	.0-.3 / pass
Kick Outs (Somis)	.0-.2 / skill
Press to slide (jumps)	.0-.2/skill

DIFFICULTY

Turn: ½, 1, 1½, 2	.2, .4, .6, .8
Tuck	.5
Pike / Straight	.6
Barani (ALL Positions)	.7
Full	.9
Double Full	1.5
Triple Full	2.3
Rudi (1½ front) / 1½ back	1.2
Randi (2½ front) / 2½ back	1.9
Adolph (3½ front)	2.8
Double (Tuck Pike Str)	2.0 2.4 2.8
½ In OR Out (Fliffs) (TIP S)	2.4 2.8 3.2
Rudi Out (T P S)	3.2 3.6 4.0
Full-Barani (T P S)	3.2 3.6 4.0
Full-Rudi (T P S)	4.0 4.4 4.8
Randi Out (T P S)	4.0 4.4 4.8
Half-Half (T P S)	2.8 3.2 3.6
Full In OR Out (T P S)	2.8 3.2 3.6
Full-Full (T P S)	3.6 4.0 4.4
Miller (T P S)	4.4 4.8 5.2
Triple (T P S)	4.5 5.3 6.1
Half Out Triff (T P S)	5.1 5.9 6.7
Half-Half Triff (T P S)	5.7 6.5 7.3
Quad (T P S)	8.0 9.6 11.2

Landing Zone Deductions

Sub Adv./ Adv./ Age Elite./ Open Elite



- Zone A = 0 | Zone B = .3 | Zone C = .5
- Zone Change (A-B, B-C or A-C only).
- Zone deductions are taken in addition to the landing instability deduction (-0.9)
- Note: Inner yellow is an extension of B and will receive the 0.3 deduction.

SUB-BEGINNER
(2 warm up passes)

PASS Regs & Restrictions

- 1 pass with five FORWARD rolls
- No CWs, ROs, handstands or dive rolls
- Superior / Major Deductions
 - Terminate after the 2nd consecutive step (3rd step terminates & -.5 per step = -1.5)
 - Dive roll or skill w/ DD = Term, -2.0 illegal skill, -3.0 exceeding skill level & no DD

BEGINNER

(4 warm up passes)

PASS Regs & Restrictions

- 2 passes with five skills
- 1st pass = BACKWARDS
- 2nd pass = FORWARDS
- Round-offs are NOT allowed
- Cartwheels = FRONT skills
- Superior / Major Deductions
 - Terminate after the 2nd consecutive step (3rd step terminates & -.5 per step = -1.5)
 - Performing a pass/skill in the wrong direction = score pass as normal & -2.0
 - Performing a cartwheel in the 1st pass = score as normal (GIVE DD) & -2.0
 - Performing a Round-Off or Limber = terminate, -2.0 ill. skill, -3.0 exceeding skill level & no DD

ADVANCED BEGINNER

(4 warm up passes)

PASS Regs & Restrictions

- 2 passes with five skills
- 1st pass = BACKWARDS
- 2nd pass = FORWARDS
- Each pass MUST contain a limbering skill
- Round-offs = NEUTRAL skill that must be performed as the last skill of the pass and must rebound if performed
- Cartwheels = FRONT skills
- Superior / Major Deductions
 - Pass with no limber = -2.0
 - Terminate after the 1st consecutive step (2nd step terminates & -.5 per step = -1.0)
 - Performing a pass or skill (cartwheel in 1st pass) in the wrong direction = score pass as normal (GIVE DD) & -2.0
 - Performing a RO in middle of pass = score as normal (GIVE DD) & -2.0
 - Performing a RO at the end of the pass and failing to rebound = -.5

SUP DEDUCTIONS BEGINNER LEVELS

Does not initiate 1st skill within 1 min. of judge calling name	.5
Hand/Foot Slides	.3 / slide
Step with Hand/Foot	.5 / step
Push Off Hands Before 1 st Back Roll	.5
Toe/Foot/Heel Over Mat on Straddle <small>(Do NOT take off athlete is in the center of the mat)</small>	Toe/Foot = -.3 Heel = .9 + Term
Not Starting from a Stand	Terminate

SUP DEDUCTIONS GENERAL

One Foot Ending on Last Skill (Completed Pass Only)	.5
Repeating a Skill 3 x's in a Row	.1
Repeating a Skill 4 x's in a Row	.3
Repeating a Skill 5 x's in a Row	.6
Extra Skills	1.0 / pass
Spotting During Pass	Terminate
Landing Stick or instability	.0-.3
Landing 1 Hand 2 Hands	.4 .5
Landing Knee or Elbow	.6
Landing Seat or Hands Behind	.7
Landing Front / Back / Head	.8
Landing Going Off the Mat	.9
Coaching / Hair / Underwear / Bra	.3 / pass
Jewelry (No Tape)	1.0 / pass
Inappropriate Attire	2.0 / pass

SUP DEDUCTIONS SUB-NOVICE LEVEL

Not Starting From a Run or Hurdle	Terminate
No Rebound (Completed Pass Only)	.5 + landing
Hand Slide on Round Off <small>(ONLY IF NO REPULSION IN RO)</small>	.1-.5
AESTHETIC RANGES	
Aesthetics Per Skill	.0-.8
Control / Travel of Rebound <small>(Adv. Beg & Sub-Novice Only)</small>	.0-.3

MAXIMUM PASS START VALUES BEGINNER LEVELS

# of Skills Completed	Max Start Value
0	0
1	2.0*
2	4.0*
3	6.0*
4	8.0*
5	10.0*
6+	10.0 - 1.0 Xtra Skills = 9.0*

* Subtract any additional major deductions and landing deductions.

DIFFICULTY BEGINNER LEVELS

Tuck / Pike / Straddle Roll <small>(Position defined by how the skill ENDS)</small>	0
Dive Roll (Illegal at Sub-Beginner)	0
Front Handstand Roll (Must hit vertical)	.1
Back Extension Roll (Must hit vertical)	.1
Cartwheel (1 or 2 handed)	.1
Round Off	.2
Limber (Front / Back)	.2
Walkover (Front / Back / Scissor)	.2
Arabian (Front / Back)	.2

Note: Boys MUST wear shorts. .3 only if rolled up

SUB-NOVICE

(4 warm up passes)

PASS Regs & Restrictions

- 2 passes: 1st with 3 skills, 2nd with 4 skills
- Each must have at least one handspring
- Step-outs allowed in middle of pass only
- Superior / Major Deductions
 - No rebound on completed pass = -.5 & landing
 - Not starting the pass from a run or hurdle = termination (smiley faces)
 - Pass with no handspring = -2.0 for pass requirements
 - Performing any somi (or aerial) = Term, -2.0 ill. skill, -3.0 exceeding & no DD
 - Hand slide deductions can NOT be taken on RO/handsprings with repulsion
 - Intermediate steps with feet or hands = Terminate & -.5

DIFFICULTY SUB-NOVICE

Cartwheel	0
Round Off	.2
Front / Back Handspring	.2

MAXIMUM START VALUES SUB-NOVICE PASSES ONLY

# of Skills Completed	Max Start Value First Pass	Max Start Value Second Pass
0	0	0
1	8.0 - 1.0 n/e skills = 7.0*	7.0 - 1.0 n/e skills = 6.0*
2	9.0 - 1.0 n/e skills = 8.0*	8.0 - 1.0 n/e skills = 7.0*
3	10*	9.0 - 1.0 n/e skills = 8.0*
4	10.0 - 1.0 Xtra Skills = 9.0*	10*
5+	10.0 - 1.0 Xtra Skills = 9.0*	10.0 - 1.0 Xtra Skills = 9.0*

* Subtract any additional major deductions and landing deductions.