

BEGINNER (NO DD)

(One 45-second warm up)

Required Compulsory Skills

- Straight Jump w/ ½ Turn (Must beg/end on feet)
- Pike Jump OR Tuck Jump
- Front OR Back Contact

Pass Reqs & 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

- 1. Front Somersault (any position) or a Back Somersault (any position) - non-twisting, 360° rotational,
- single somersault - MUST originate from and return to the feet
- 2. 1/2 Turn - MUST originate from and return to the feet
- 3. Pike Jump - MUST originate from and return to the feet
- 4. Back drop that originates from the feet

Pass Reqs & 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 originate and return to the feet
- Front somi (any position)- non twisting- must originate and return to the feet
- Back Tuck
- Barani (any position)

Pass Reqs & Restrictions

- Min 3 somies
- Max 5 somies
- Max difficulty 0.6 per skill

Superior / Major Deductions

- Repeats = -.5
- > 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 <u>DURING</u> 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
Athletic tape/K-Tape WITH design	.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
½ or Full Turns under/over by ≤20°	.3

AESTHETIC RANGES

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

DIFFICULTY

Turn: ½, 1, 1½, 2	.1, .2, .3, .4
Tuck	.5
Pike / Straight	.6
¼ Somi	.3
¼ Somi – Return to Feet	.3 + .1 = .4
¼ Front – Ballout Tuck	.3 + .6 = .9
¼ Front – Ballout Pike/Lay	.3 + .7 = 1.0
¼ Front – Ballout Barani	.3 + 7 = 1.0
¼ Back – Cody Tuck	.3 + 6 = .9
¼ Back – Cody Pike/Lay	.3 + 7 = 1.0
Barani (<u>all</u> positions)	.6

*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
 -Shorts must be above the knee or shorter

SUB-ADVANCED(DD) (Two 30-second warm ups)
Required Compulsory Skills
<ul style="list-style-type: none"> • Back Pike • ¾ Front OR ¾ Back • Barani Tuck • Two (2) Optional 360° Somies
Pass Reqs & Restrictions
<ul style="list-style-type: none"> • Routines must include all three compulsory skills, plus two (2) optional 360° somies • Max DD = 4.8
Superior / Major Deductions
<ul style="list-style-type: none"> • No Comp Card Turned In Before Warm Up = -.5 • Repeats = No DD given, but skill counts • No Optional Somi = -1.0 PER somi • > 4.8 DD = -2.0 & -3.0 • Illegal Skills = Terminate, -2.0 & -3.0 <ul style="list-style-type: none"> • Somies with >540° Twist (> Rudi) • Somies with >450° Rotation (> Cody or Ballout) • Skills >.8 DD

ADVANCED (DD) (45-second warm ups: 3 for prelims 2 for finals)
Pass Reqs & Restrictions
<ul style="list-style-type: none"> • Min of seven (7) somies • Min of 4.9 DD • Max of 7.1 DD
Superior / Major Deductions
<ul style="list-style-type: none"> • No Comp Card Turned In Before Warm Up = -.5 • Repeats = No DD given, but skill counts • < 7 somies = -2.0 pass req • < 4.9 DD = -2.0 pass req • > 7.1 DD = -2.0 for exceeding pass reqs, -3.0 exceeding skill level and DD capped at 7.1 if legal skills performed

AGE ELITE (DD) (45-second warm ups: 3 for prelims 2 for finals)
Pass Reqs & Restrictions
<ul style="list-style-type: none"> • All skills must have a min. 270° rotation • Min of 7.2 DD
Superior / Major Deductions
<ul style="list-style-type: none"> • No Comp Card Turned In Before Warm Up = -.5 • Repeats = No DD given, but skill counts • Skill with < 270° Rotation = Termination • < 7.2 DD = -2.0 pass req & no finals

OPEN ELITE (Three 45-second warm ups – Prelims & Finals)
QUALIFYING DD = 7.2
Pass Reqs & Restrictions
<ul style="list-style-type: none"> • 2 passes (1 Compulsory, 1 Optional); all skills must have min. 270° rotation <ul style="list-style-type: none"> • Compulsory Pass must contain: a back full, a pike barani, a pike back and any double somi; No DD given for pass. <ul style="list-style-type: none"> • Repeats = .5 deduction • Optional Pass must have ≥ 7.2 DD <ul style="list-style-type: none"> • Repeats = No DD given, but skill counts

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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
Athletic tape/K-Tape WITH design	.3/ 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
½ or Full Turns under/over by ≤20°	.3
AESTHETIC RANGES	
Aesthetics Per Skill	.0-.8
Kick Outs (Somis) & Press to Side	.0-.2 / skill
<small>*To be considered an out-bounce, the bounce must be an automatic repulsion and go straight up and down (arms must be straight up) or the motion will be counted as instability. • Adv & Elite Only – An out bounce that travels forward or backward and stays inside the box OR travels back into the box will not lose the 0.2 deduction for two steps (instability).After 10 completed skills, the 11th jump will be considered an out bounce UNLESS it has rotation.</small>	

DIFFICULTY	
Turn: ½, 1, 1½, 2	.1, .2, .3, .4
Tuck	.5
Pike / Straight	.6
¾ Somi	.3
¾ Somi – Return to Feet	.3 + .1 = .4
¾ Front – Ballout Tuck	.3 + .6 = .9
¾ Front – Ballout Pike/Lay	.3 + .7 = 1.0
¾ Front – Ballout Barani	.3 + 7 = 1.0
¾ Back – Cody Tuck	.3 + 6 = .9
¾ Back – Cody Pike/Lay	.3 + 7 = 1.0
Barani (all positions)	.6
Full	.7
Double Full	.9
Triple Full	1.1
Rudi (1½ front) / 1½ back	.8
Randi (2½ front) / 2½ back	1.0
Adolph (3½ front)	1.2
Double Tuck	1.0
Double Pike / Straight	1.2
½ in or out (Fliffis) Tuck	1.1
½ in or out (Fliffis) Pk/Lay	1.3
½ - ½ Tuck	1.2
½ - ½ Pike/Straight	1.4
Rudi Out Tuck	1.3
Rudi Out Pike/Straight	1.5
Full In or Out Tuck	1.2
Full In or Out Pike/Straight	1.4
Full In – Half Out Tuck	1.3
Full In – Half Out Pk/Lay	1.5
Full In – Full Out Tuck	1.4
Full In – Full Out Pk/Lay	1.6
1 ¾ Front / Back Tuck	.8
1 ¾ Front / Back Pike/Lay	.9