

TRAMPOLINE ROUTINES 2018 – 2020

Athletes may enter the mobility system at level 7 and below. Athletes who wish to mobilize to the next level, may do so using the mobility scores listed in the current Rules and Policies

LEVEL 1 — COMPULSORY	LEVEL 2 — COMPULSORY	LEVEL 3 — COMPULSORY
<ol style="list-style-type: none"> 1. Straddle Jump 2. Tuck Jump 3. Pike Jump 4. Seat Drop 5. Return to Feet 6. Straddle Jump 7. Tuck Jump 8. Pike Jump 9. Seat Drop 10. Return to Feet 	<ol style="list-style-type: none"> 1. Front Drop Free 2. Return to Feet 3. Pike Jump 4. 1/1 Twist 5. Straddle Jump 6. Seat Drop 7. Return to Feet 8. Tuck Jump 9. Back Drop 10. 1/2 Twist to Feet 	<ol style="list-style-type: none"> 1. Back Drop Free 2. Pullover Pike to Feet 3. Tuck Jump 4. Jump 1/2 Twist 5. Pike Jump 6. Straddle Jump 7. Seat Drop 8. 1/2 Twist to Seat Drop 9. Hands & Knees Drop 10. Front Tuck to Feet
LEVEL 4 — COMPULSORY	LEVEL 5 — COMPULSORY	LEVEL 6 — COMPULSORY
<ol style="list-style-type: none"> 1. Back Somersault Tuck 2. Tuck Jump 3. Jump 1/1 Twist 4. Pike Jump 5. 1/2 Twist to Seat 6. Front Drop 7. Return to Feet 8. Jump 1/2 Twist 9. Straddle Jump 10. Front Somersault Tuck 	<ol style="list-style-type: none"> 1. Back Somersault Pike 2. Tuck Jump 3. Back Somersault Tuck 4. Straddle Jump 5. 1/2 Twist to Stomach (Airplane) 6. Seat Drop 7. Return to Feet 8. Jump 1/2 Twist 9. Pike Jump 10. Barani Pike 	<ol style="list-style-type: none"> 1. Back Somersault Straight 2. Pike Jump 3. Back Somersault Pike 4. Barani Tuck 5. Tuck Jump 6. Back Somersault Tuck 7. Seat Drop 8. 1/2 Twist to Feet 9. Straddle Jump 10. Barani Straight
LEVEL 7 — COMPULSORY	LEVEL 8 — COMPULSORY	LEVEL 9 — 2 VOLUNTARY QUALIFICATION / 1 VOLUNTARY FINAL
<ol style="list-style-type: none"> 1. Back Somersault Straight 2. Barani Straight 3. Pike Jump 4. Back Somersault Pike 5. Barani Pike 6. Straddle Jump 7. Back Somersault Tuck 8. Tuck Jump 9. 3/4 Front Somersault Straight 10. Ball out Tuck 	<p>1st Voluntary Maximum of 3 Non Somersaulting Skills 7 Skills with Minimum of 270° Rotation Must contain: 3/4 Front Somersault Straight & Barani Ball Out Tuck Maximum Skill DD 0.9</p> <p>2nd Voluntary Minimum Pass DD 4.0 Maximum Pass DD 6.0 Maximum Skill DD 0.9</p>	<p>1st Voluntary Maximum of 2 Non Somersaulting Skills 8 Skills with Minimum 270° Rotation Must Contain: 3/4 Back Somersault & Back Cody Maximum Skill DD 1.3</p> <p>2nd Voluntary Minimum Pass DD 5.5 Maximum Pass DD 7.1 Maximum Skill DD 1.3</p> <p>Finals: One Voluntary Routine: Maximum Pass DD 7.1 / Maximum Skill DD 1.3</p>
LEVEL 10 — 2 VOLUNTARY QUALIFICATION / 1 VOLUNTARY FINAL		
<p>1st Voluntary Maximum 1 Non-Somersaulting Skill 9 Skills with Minimum 270° Rotation Must Contain: Back Somersault with 1/1 Twist 1 Somersault to Back or Stomach 1 Somersault from Back or Stomach Maximum Skill DD 1.6</p>	<p>2nd Voluntary Minimum Pass DD 6.5 Maximum Pass DD 11.0 Maximum Skill DD 1.6</p> <p>Finals: One Voluntary Routine Maximum Pass DD 11.0 / Maximum Skill DD 1.6</p>	

DOUBLE-MINI TRAMPOLINE ROUTINES 2018 – 2020

Athletes may enter the mobility system at level 7 and below. Athletes who wish to mobilize to the next level, may do so using the mobility scores listed in the current Rules and Policies

LEVEL 1 — COMPULSORY	LEVEL 2 — COMPULSORY
1) Spotter Tuck Jump Dismount Tuck Jump 2) Spotter Straddle Jump Dismount Straddle Jump	1) Spotter Straddle Jump Dismount Tuck Jump 2) Spotter Pike Jump Dismount Pike Jump
LEVEL 3 — COMPULSORY	LEVEL 4 — COMPULSORY
1) Spotter Straddle Jump Dismount Jump 1/2 Twist 2) Spotter Tuck Jump Dismount Jump 1/1 Twist	1) Spotter Jump 1/2 Twist Dismount Tuck Jump 2) Spotter Tuck Jump Dismount Front Somersault Tuck
LEVEL 5 — COMPULSORY	LEVEL 6 — COMPULSORY
1) Mounter Straddle Jump Dismount Front Somersault Pike 2) Spotter Tuck Jump Dismount Barani Pike	1) Mounter Tuck Jump Dismount Barani Straight 2) Spotter Back Somersault Tuck Dismount Barani Tuck
LEVEL 7 — COMPULSORY	LEVEL 8 — 2 VOLUNTARY PASSES, NO FINALS
1) Mounter Barani Tuck Dismount Back Somersault Tuck 2) Spotter Back Somersault Pike Dismount Barani Pike	Minimum of 1 somersault with minimum of 360° of twist within the 2 passes Minimum DD per pass 1.2 Maximum DD per pass 2.7 Maximum DD per skill 1.5 No repeats over the 2 passes
LEVEL 9 - 2—VOLUNTARY PASSES QUALIFICATION 1 — FREE PASS FINALS	LEVEL 10 — 2 VOLUNTARY PASSES QUALIFICATION/ 2 FREE PASSES FINALS
All skills must contain 360° of rotation Minimum of 1 somersault with minimum of 540° twist Minimum DD per pass 1.7 Maximum DD per pass 3.7 Maximum DD per Skill 2.8 Finals: 1 pass in the final Maximum DD per pass 3.7 Maximum DD per skill 2.8 No repeats over the 3 passes	All skills must contain 360° of rotation Maximum DD per skill 3.6 Minimum of 1 somersault with 720° rotation with or without twist over the 2 passes Minimum DD per pass 2.1 Maximum DD per pass 6.0 Women, 6.8 Men Maximum DD per Skill 3.6 Finals: 2 Free passes Maximum DD per pass 6.0 Women, 6.8 Men Maximum DD per Skill 3.6 No repeats over the 4 passes

TUMBLING ROUTINES 2018 – 2020

Athletes may enter the mobility system at level 7 and below. Athletes who wish to mobilize to the next level, may do so using the mobility scores listed in the current Rules and Policies.

LEVEL 1 — COMPULSORY		LEVEL 2 — COMPULSORY	
Pass 1 1. Forward Roll Tuck 2. Forward Roll Tuck Step Out 3. Cartwheel Step in	Pass 2 1. Back Roll Tuck 2. Back Roll Tuck 3. Back Roll Pike	Pass 1 1. Handstand Forward Roll StepOut 2. Cartwheel 3. Cartwheel Step-in 4. Back Roll Tuck	Pass 2 1. Pwr Hurdle Round Off, Rebound 2. Back Roll Tuck 3. Back Roll Tuck 4. Back Roll Pike
LEVEL 3 — COMPULSORY		LEVEL 4 — COMPULSORY	
Pass 1 1. Pwr hurdle Cartwheel 2. Round Off, Rebound 3. Back Extension Roll Pike Down	Pass 2 1. Run, Round Off 2. Back Handspring 3. Rebound	Pass 1 1. Pwr Hurdle Round Off 2. BackHandspring 3. Back Handspring Rebound	Pass 2 1. Run, Round Off 2. BackHandspring 3. Back Handspring Rebound
LEVEL 5 — COMPULSORY		LEVEL 6 — COMPULSORY	
Pass 1 1. Run, RoundOff 2. Back Handspring 3. Back Handspring 4. Back Handspring 5. Back Handspring, Rebound	Pass 2 1. Run, Round Off 2. BackHandspring 3. BackHandspring 4. BackHandspring 5. Back Somersault Tuck	Pass 1 1. Run, Round Off 2. Back Handspring 3. Back Handspring 4. Back Handspring 5. Back Handspring 6. Back Handspring 7. Back Handspring 8. Back Somersault Tuck	Pass 2 1. Run, Round Off 2. Back Handspring 3. Back Handspring 4. Back Handspring 5. Back Handspring 6. Back Handspring 7. Back Handspring 8. Back Somersault Pike
LEVEL 7 — COMPULSORY		LEVEL 8 — VOLUNTARY ROUTINES	
Pass 1 1. Run, Round Off 2. Whipback 3. Back Handspring 4. Back Handspring 5. Back Handspring 6. Back Handspring 7. Back Handspring 8. Back Somersault Straight	Pass 2 1. Run, Round Off 2. Whipback 3. Whipback 4. Back Handspring 5. Back Handspring 6. Back Handspring 7. Back Handspring 8. Back Somersault Pike	Pass 1 8-Skill Minimum of 4 Somersaults, one of which must be the last skill and be performed in the straight position Minimum Pass DD 1.6 Maximum Pass DD 1.9 Maximum Skill DD 0.6	Pass 2 8-skill Minimum Pass DD 1.8 Maximum Pass DD 3.3 Maximum Skill DD 1.3 Must end in a somersault with at least 360° of twist
LEVEL 9—2 VOLUNTARY QUALIFICATION—1 VOLUNTARY FINALS		LEVEL 10—2 VOLUNTARY QUALIFICATION—2 VOLUNTARY FINALS	
Pass 1 8-Skill Minimum of 5 Somersaults Must perform bounding somersaults, one of which must be a back somersault with 1/1 twist which must be performed in skills 2-7 Minimum Pass DD 2.4 Maximum Pass DD 2.9 Maximum Skill DD 0.9	Pass 2 8-skill Minimum DD 2.5 Maximum DD 3.4 Maximum Skill DD 2.2 Finals: 1 Voluntary Pass Maximum Pass DD 3.4 Maximum Skill DD 2.2	Pass 1 8-skill Minimum Pass DD 3.0 Maximum Pass DD 6.3 Maximum Skill DD 3.2 Must end in a double somersault	Pass 2 8-skill Minimum Pass DD 3.0 Maximum Pss DD 6.3 Maximum Skill DD 3.2 Must contain 1 double somersault placed anywhere in the pass Finals: 2 Voluntary Passes Maximum Pass DD 6.3 Maximum Skill DD 3.2