



United States Trampoline and Tumbling Association Competition:

Athletes can compete on a straight tumbling surface, a trampoline, and/or a double-mini trampoline (a small trampoline connected to a flat trampoline about two feet high). Each discipline is scored separately (an athlete can compete in one, two, or all three disciplines).

Power tumbling is broken down into nine levels which range from the very basic forward rolls to the most advanced tumbling skills, such as double backs and multiple twists. The developmental levels of competition are separated by sex, age, and skill level. Elite competition is separated by sex only. U.S.T.A. competitors range in age from 2 years to 20+ years.

TUMBLING

The nine levels of tumbling are listed from lowest to highest.

Sub-Beginner	3 & Under, 4, 5, 6
Beginner	Girls: 4 & Under, 5, 6, 7, 8, 9, 10, 11 & Over Boys: 4 & Under, 5 & 6, 7 & 8, 9 & 10, 11 & Over
Advanced Beginner	Girls: 5 & Under, 6, 7, 8, 9, 10, 11, 12, 13 & Over Boys: 6 & Under, 7 & 8, 9 & 10, 11 & 12, 13 & Over
Sub-Novice	Girls: 6 & Under, 7, 8, 9, 10, 11, 12, 13 & 14, 15 & Over Boys: 6 & Under, 7 & 8, 9 & 10, 11 & 12, 13 & Over
Novice	Girls: 6 & Under, 7, 8, 9, 10, 11, 12, 13 & 14, 15 & Over Boys: 6 & U; 7 & 8, 9 & 10, 11 & 12, 13 & Over
Intermediate	Girls: 8 & Under, 9, 10, 11, 12, 13 & 14, 15 & Over Boys: 8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 & Over
Sub-Advanced	8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 - 16, 17 & Over
Advanced	8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 - 16, 17 & Over
Elite	Open Age Group

TRAMPOLINE & DOUBLE-MINI TRAMPOLINE

The five levels of trampoline & double-mini are listed from lowest to highest.

Beginner	Girls: 4 & Under, 5, 6, 7, 8, 9, 10, 11 & Over Boys: 4 & Under, 5 & 6, 7 & 8, 9 & 10, 11 & Over
Novice	Girls: 6 & Under, 7, 8, 9, 10, 11, 12, 13 & 14, 15 & Over Boys: 6 & Under, 7 & 8, 9 & 10, 11 & 12, 13 & Over
Intermediate	Girls: 8 & Under, 9, 10, 11, 12, 13 & 14, 15 & Over Boys: 8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 & Over
Sub-Advanced	8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 - 16, 17 & Over
Advanced	8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 - 16, 17 & Over
Elite	Open Age Group

SYNCHRONIZED TRAMPOLINE

There are only two levels of synchronized trampoline. Age is determined by the oldest member of the pair. Two trampolines are placed side-by-side with one competitor on each trampoline. The competitors perform the same routine at the same time trying to stay in perfect synchronization from beginning to end.

Sub-Advanced	8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 - 16, 17 & Over
Advanced	8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 - 16, 17 & Over

TUMBLING - IN 9 EASY STEPS

Tumbling in Sub-Beginner, Beginner, and Advanced-Beginner levels should be characterized by continuous, rotational movement without hesitation or taking intermediate steps on a single layer mat 60' long and at least 6' wide.

SUB-BEGINNER

1 Five Skill Pass Required -

This level consists of forward rolls. Pass must start from a stand.

The one pass is scored out of 10.0 pts. Each skill is worth 1.0. The two aesthetic judge's scores are added together for the total pass score. Skills that go through vertical are not allowed at this level.

Sample Passes

1. 5 F Rolls
2. 4 F Straddle Rolls, F Roll
3. F Roll, F Roll to Straddle, F Straddle, F Roll, F Roll

BEGINNER

2 Five Skill Passes Required -

The Beginner level consists of forward, and backward skills including rolls, cartwheels, and handstands. Passes must start from a stand. Passes run consecutively.

1st Pass consists of all backward moving skills

2nd Pass consists of all forward moving skills

Each pass is scored out of 10.0 pts. Each skill is worth 1.0. The two aesthetic judge's scores are added together for each pass, the *difficulty is added, and the two passes are added together for the total score. *A bonus (difficulty) of 0.1 pts. is awarded for every cartwheel, handstand front roll, or back extension roll.

Sample Passes

Pass 1

1. B Straddle, B Straddle, B Pike Roll, B Tuck Roll, B Tuck Roll
2. B Roll, B Roll, B Straddle, B Straddle, B Roll
3. B Extension, B Pike, B Roll, B Roll Straddle, B Tuck Roll
4. 5 B Rolls

Pass 2

1. Handstand Roll Step-out, Cartwheel, Cartwheel, Handstand Roll, F Roll
2. Handstand Roll, F Straddle, F Straddle, F Roll, F Roll
3. F Roll, F Roll Step-out, Cartwheel, 1 Arm Cartwheel, Handstand Roll
4. Any Sub-Beginner Pass

ADVANCED BEGINNER

2 Five Skill Passes Required -

The Advanced-Beginner level consists of forward, backward, and neutral skills including rolls, cartwheels, round-offs, handstands, and all limbering skills. A round-off is a neutral skill. Round-offs may only be used as the last skill of the pass and must rebound. Passes must start from a stand. Passes run consecutively.

1st Pass consists of all backward moving skills

2nd Pass consists of forward moving skills

Each pass is scored out of 10.0 pts. Each skill is worth 1.0. The two aesthetic judge's scores are added together for each pass, the *difficulty is added, and the two passes are added together for the total score. *A bonus (difficulty) of 0.1 pts. is awarded for every cartwheel, or handstand front or back roll and a bonus (difficulty) of 0.2 pts. is awarded for every round-off or limbering skill performed.

Sample Passes

Pass 1

1. B Walkover, B Limber, B Roll, B Straddle, B Roll
2. B Walkover, B Walkover, B Limber, B Straddle, B Roll
3. B Walkover, B Walkover, B Limber, B Walk-over, B Limber
4. B Walkover, B Limber, B Pike Roll, B Roll Step-out, Round-off

Pass 2

1. F Roll, F Straddle, F Straddle, F Roll Step-out, F Limber
2. F Walkover, F Limber, F Straddle, F Straddle, F Roll
3. F Walkover, F Walkover, Cartwheel, Cartwheel, Round-off
4. Handstand Roll, F Roll, F Roll Step-out, F Walkover, F Limber
5. Cartwheel, 1 Arm Cartwheel, F Walkover, F Walkover, F Limber

TUMBLING - IN 9 EASY STEPS

Tumbling in Sub-Novice, Novice, & Intermediate Levels should be characterized by continuous, rotational movement without hesitation or taking intermediate steps on a double set of tumbling mats or ethafoam at least 6' wide and 72' long (Sub-Novice & Intermediate) or 100' long (Novice & Sub-Advanced) which must be used on top of a spring floor

SUB-NOVICE

2 Passes Required -

This level requires at least one handspring per pass. Passes must begin with a run. A round-off is a neutral skill. No rolls, limbers, or aerials (somis) are allowed at this level. All completed passes ending in a round-off or handspring must end with a rebound.

Each pass is scored out of 10.0 pts. Each skill is worth 1.0. The two aesthetic judge's scores are added together for each pass, the *difficulty is added, and the two passes are added together for the total score. *A bonus (difficulty) of 0.2 pts. is awarded for every handspring or round-off performed.

Sample Passes

1st Pass consists of 3 skills

1. Round-off, Handspring, Handspring
2. Cartwheel, Round-off, Handspring
3. Round-off, Handspring Step-out, Round-off

2nd Pass consists of 4 skills

1. Round-off, 3 Handsprings
2. Cartwheel, Cartwheel, Round-off, Handspring
3. Round-off, Handspring, Handspring Step-out, Round-off

NOVICE

2 Passes Required -

This level requires at least two continuous handsprings per pass. Passes must begin with a run. A round-off is a neutral skill. No rolls, limbers, or aerials (somis) are allowed at this level. All completed passes ending in a round-off or handspring must end with a rebound.

Each pass is scored out of 10 pts. Each skill is worth 1.0. The two aesthetic judge's scores are added together for each pass, the *difficulty is added, and the two passes are added together for the total score. *A bonus (difficulty) of 0.2 pts. is awarded for every handspring (Handspring) or round-off performed.

Sample Passes

1st Pass consists of five (5) skills

1. Round-off, 4 Handsprings
2. Cartwheel, Cartwheel, Round-off, 2 Handsprings
3. Round-off, Handspring Step-out, R-off, 2 Handsprings

2nd Pass consists of eight (8) skills

1. Round-off, 7 Handsprings
2. Cartwheel, Cartwheel, Round-off, 5 Handsprings
3. Round-off, Handspring, Handspring Step-out, R-off, 4

Handsprings

INTERMEDIATE

2 Passes Required -

This level requires at least one somi per pass, but no more than two somis per pass. Passes must begin with a run. A round-off is a neutral skill. No rolls, limbers, skills with more than 180° twist, or reversal skills are allowed at this level. All completed passes ending in a round-off or handspring must end with a rebound.

Each pass is scored out of 10.0 pts. Each skill is worth 1.0. The two aesthetic judge's scores are added together for each pass, the *difficulty is added, and the two passes are added together for the total score. *Bonus (difficulty) is awarded for as follows:

Back Somi	0.4 pts. (pike or layout 0.5 pts.)
Front Somi	0.5 pts. (pike or layout 0.6 pts.)
Barani	0.7 pts.
Back ½ Somi	0.6 pts.

Sample Passes

1st Pass consists of five (5) skills

1. Round-off, 3 Handsprings, Back Tuck = 1.2 DD
2. Round-off, Whip, Handspring, Handspring, Back Tuck = 1.4 DD
3. Cartwheel, Round-off, Handspring, Handspring, Back Tuck = 1.0 DD

2nd Pass consists of eight (8) skills

1. Front Tuck, Round-off, Handspring Step-out, Round-off, Handspring, Handspring, Handspring, Back Tuck = 2.1 DD
2. Barani, 6 Handsprings, Back Layout = 2.4 DD
3. Round-Off, Whip, 5 Handsprings, Back ½ twist = 2.2 DD

TUMBLING - IN 9 EASY STEPS

Tumbling in Sub-Advanced through Elite levels should be characterized by continuous, rotational movement without hesitation or taking intermediate steps on on a double set of tumbling mats or ethafoam at least 6' wide and 100' long which must be used on top of a spring floor.

SUB-ADVANCED

2 Passes Required -

This level requires at least two, but not more than four, somis per pass. Passes must begin with a run and end in a somi. A round-off is a neutral skill. No rolls, limbers, or multiple somersaults are allowed at this level. Only one 360° twist allowed per pass. Maximum 5.0 difficulty - combined passes. One difficulty skill may be repeated in each pass.

Each pass is scored out of 10.0 pts. Each skill is worth 1.0. The two middle aesthetic scores are added together for the total score.

*Bonus (difficulty) is awarded for as follows:

Back Somi	0.4 pts. (pike or layout 0.5 pts.)
Front Somi	0.5 pts. (pike or layout 0.6 pts.)
Barani	0.7 pts.
Back ½ Somi	0.6 pts.
360° Twist	0.8 pts.
Bounding credit	0.1 pts.

Sample Passes

1st Pass consists of five (5) skills

1. Round-off, Whip, Whip, Back Tuck, F Tuck = 2.3 Difficulty
2. Round-off, Whip, Handspring, Handspring, Full = 1.8 Diff
3. Round-off, Whip, Whip, Full, F Tuck = 2.7 Diff

2nd Pass consists of eight (8) skills

1. Round-off, Whip, Whip, Handspring, Handspring, Handspring, Handspring, Back Layout = 2.4 Diff
2. Round-off, Whip, Whip, Handspring, Handspring, Handspring, Whip, Full = 3.0 Diff
3. Barani, Handspring, Handspring, Handspring, Handspring, Handspring, Flip, flop, Back Tuck = 2.3 Diff

ADVANCED

2 Passes Required -

This level requires at least two somis per pass and at least three somis in one pass. Passes must begin with a run and end with a somi. A round-off is a neutral skill. No rolls, or limbers are allowed at this level. No repeats are allowed except continuous whips - continuous whips may be repeated without penalty in the 5 skill pass or if the completed 8 skill pass ends with a minimum 720 degree twist or rotation.

1st Pass consist of five (5) skills

2nd Pass consists of eight (8) skills

Each pass is scored out of 10.0 pts. Each skill is worth 1.0. The two middle aesthetic scores are added together, the *difficulty is added, and the two passes are added together for the total score. *Bonus (difficulty) is awarded.

The top ten athletes in each age group advance to Finals. Finals consist of one eight skill pass with a minimum of 3 somis.

Nationals ONLY - Prelims: 7.5 combined dd cap. Finals: 6.0 dd cap.

ELITE

3 Passes Required -

To compete at this level, an athlete must have received a minimum of 8.0 pts. combined difficulty score at a sanctioned competition prior to Nationals. Passes must begin with a run and end with a somi. A round-off is a neutral skill. No rolls, or limbers are allowed at this level. The Elite level requires a compulsory pass and two optional eight (8) skill passes. Only one of the two optional passes may end in a reversal skill. No rolls, or limbers are allowed at this level. No repeats are allowed. Whips may be repeated without penalty as long as the pass ends in a multiple somi.

Compulsory Pass consists of Round-off, Whip, Whip, Full, Whip, Handspring, Handspring, Back Straight

2nd (Optional) Pass consists of eight (8) skills

3rd (Optional) Pass consists of eight (8) skills

Each pass is scored out of 10.0 pts. Each skill is worth 1.0. The two aesthetic scores are added together, the *difficulty is added, and the two passes are added together for the total score. *Bonus (difficulty) is awarded on the two optional passes.

The top ten athletes (must also have a 9.0 DD in prelims) to advance to Finals. Finals consist of one eight (8) skill pass.

TUMBLING - IN 9 EASY STEPS

Tumbling Difficulty Ratings

BACK SKILLS

Handspring (Handspring)	0.2
Whipback	0.4
Back Somersault Tuck Position	0.4
Back Somersault Pike or Layout Position	0.5
Back Somersault with a ½ Twist	0.6
Arabian Somersault Tuck Position	0.6
Arabian Somersault Pike Position	0.7
Back Somersault with a 1/1 Twist	0.8
Back Somersault with a 1½ Twist	1.0
Back Somersault with a 2/1 Twist	1.2
Back Somersault with a 2½ Twist	1.6
Back Somersault with a 3/1 Twist	2.0
Double Arabian Somersault Tuck Position	2.0
Double Arabian Somersault Pike Position	2.4
Double Back Somersault Tuck Position	2.0
Double Back Somersault Pike Position	2.5
Double Back Somersault Layout Position	3.0
Double Back Somersault with 1/1 Twist Tuck Position	3.0
Double Back Somersault with 1/1 Twist Puck Position	3.0
Double Back Somersault with 1/1 Twist Pike Position	3.5
Double Back Somersault with 1/1 Twist Straight Position	4.0
Double Back Somersault with 1/1 Twist in and 1/1 Twist Out Tuck	4.0
Double Back Somersault with 1/1 Twist in and 1/1 Twist Out Pike	4.5
Double Back Somersault with 1/1 Twist in and 1/1 Twist Out Straight	5.0
Triple Back Somersault Tuck Position	4.5
Triple Back Somersault Pike Position	5.6
Triple Back Somersault Layout Position	6.3

FRONT SKILLS

Round-Off(Neutral)	0.2
Front Handspring	0.2
Aerial Walkover	0.3
Aerial Brandi (No handed round-off)	0.3
Front Somersault Tuck Position	0.5
Front Somersault Pike or Layout Position	0.6
Front Somersault with a ½ Twist (Barani)	0.7
Front Somersault with a 1/1 Twist	0.9
Front Somersault with a 1½ Twist (Rudolph)	1.1
Front Somersault with a 2/1 Twist	1.3
Double Front Somersault Tuck Position	2.0
Double Front Somersault Pike Position	2.4
Double Front Somersault with ½ Twist	2.4

SIDE SKILLS

Aerial Cartwheel	0.3
Side Somersault Tuck Position	0.5
Side Somersault Pike or Layout Position	0.6
Side Somersault with ½ Twist	0.5
Side Somersault with 1/1 Twist	0.9
Side Somersault with 2/1 Twist	1.3
Double Side Somersault Tuck Position	2.0
Double Side Somersault Pike Position	2.4
Double Side Somersault with 1/1 Twist Puck Position	2.8

DOUBLE-MINI TRAMPOLINE

Each pass consists of a minimum of two contacts with the bed and no more than three. A maximum of two skills per pass. No repeats are allowed (no skill may be repeated in the same location on the double-mini). The pass is evaluated on the form (execution and control). Difficulty is awarded in tenths of a point. Each pass is scored out of 10.0 pts. The aesthetic scores are added together, the difficulty is added, and the two passes are added together for a total score. A straight jump may be used as a mount, but is not a skill.

BEGINNER

2 Passes Required -

This level consists of no somies. *A bonus (difficulty) of 0.1 pts. is awarded for every ½ turn performed.

Sample Passes

1. Spotter Tuck Jump, Tuck Jump dismount
2. Mounter Tuck Jump, Straddle Jump dismount
3. Spotter Tuck Jump, Full Turn dismount; 0.4 DD
4. Spotter Full Turn, Full Turn dismount; 0.8 DD
5. Spotter Straddle Jump, Double Full Turn dismount; 0.8

Beginner athletes ages 6 & under and athletes with a physical handicap (who must submit a letter of appeal to the U.S.T.A. National Office) may use a mat to mount the double-mini without deduction. All other athletes using a mat to mount the double-mini will receive a 0.5 pt deduction from each aesthetic judge. *Only one folded 6'x 12'x 1¼" panel mat placed length wise (lower than the lowest part of the Double-Mini) may be used for mounting the Double Mini trampoline. Mats used for mounting on Double Mini must be lower than the lowest part of the bed of the Double Mini.*

NOVICE

3 Passes Required -

Two (2) passes must have difficulty,
three (3) passes may have difficulty.

One pass must include one somi,
only two passes may include a somi.

No twisting somis, inward, or gainer skills are allowed. *A bonus (difficulty) is awarded for twists and somies. May not have three passes with one somi.

Sample Passes

1. Spotter Tuck Jump, Front Tuck dismount; 0.5 DD
2. Spotter Straddle Jump, Front Pike dismount; 0.6 DD
3. Spotter Front Tuck, Tuck Jump dismount; 0.5 DD
4. Spotter ½ turn, Straight Back Somi dismount; 0.8 DD
5. Spotter full turn, Front Pike dismount; 1.0 DD

INTERMEDIATE

3 Passes Required -

Each pass must contain one somersault. Twists beyond 180° are not allowed. *A bonus (difficulty) is awarded for twists and somies. Must have three passes with one somi per pass.

Sample Passes

1. Straddle Jump, Front Pike dismount; 0.6 DD
2. Tuck Jump, Barani dismount; 0.7 DD
3. ½ turn, Straight Back dismount; 0.8 DD
4. Spotter Back Straight, Full Turn dismount; 1.0 DD
5. Any Novice pass with a somi.

SUB-ADVANCED

3 Passes Required -

Each pass must contain one somersault. At least one pass must contain two somersaults. No more than two passes may contain two somersaults.

At least one pass must have a spotter somersault.

No somersaults with more than 540° twist are allowed. No multiples somersaults are allowed. *A bonus (difficulty) is awarded for twists and somies. No pass can have over 1.6 pt. difficulty with the 2 somis combined.

Sample Passes

1. Spotter Back Tuck, Front Tuck dismount; 1.0 DD
2. Mounter Barani Tuck, Bk Full Twisting somi dismount = 1.6 DD
3. Spotter Tuck Jump, Rudi dismount; 1.2 DD
4. Mounter Front Tuck, Fr Tuck dismount; 1.0 DD
5. Spotter ½ Turn, Full Twisting Somi dismount; 1.1 DD
6. Any Intermediate pass with a somi.

DOUBLE-MINI TRAMPOLINE

Each pass consists of a minimum of two contacts with the bed and no more than three. A maximum of two skills per pass. No repeats are allowed (no skill may be repeated in the same location on the double-mini). The pass is evaluated on the form (execution and control). Difficulty is awarded in tenths of a point. Each pass is scored out of 2.0 pts. The aesthetic scores are added together, the difficulty is added, and the two passes are added together for a total score. A straight jump may be used as a mount, but is not a skill.

ADVANCED

3 Passes Required in Prelims, 2 Passes in Finals -

Each pass must contain two somersaults. No somersault may be repeated in the same location on the Double-Mini. *A bonus (difficulty) is awarded for twists and somies.

The top ten athletes in each age group advance to Finals. Finals consist of two passes. No repeats are allowed in all five passes - no somersault may be repeated in the same location on the Double-Mini.

Sample Passes

1. Spotter Back Tuck, Rudi dismount; 1.7 DD
2. Mounter Barani Straight, Double Full dismount; 2.2 DD
3. Spotter Full, Barani Tuck dismount; 1.6 DD
4. Mounter Barani Tuck, Back Tuck dismount; 1.2 DD
5. Mounter Barani Pike, Back Pike dismount; 1.3 DD
6. Spotter Front Pike, Front Tuck dismount; 1.1 DD
7. Spotter Barani Pike, Back Double Tuck dismount; 2.7 DD
8. Spotter Back Double Tuck, Flifis Tuck dismount; 4.6 DD
9. Mounter Flifis Tuck, Double Back Straight dismount; 5.4 DD
10. Any Sub-Advanced pass with 2 somis

Nationals ONLY - Prelims, combined pass difficulty is 7.3; Finals, combined pass difficulty is 4.8.

ELITE

3 Passes Required in Prelims, 2 Passes in Finals -

To compete at this level, an athlete must have received a minimum of 7.3 pts.difficulty score at a sanctioned competition prior to Nationals. At this level, each pass must consist of two skills. Each pass must contain two somersaults. No somersault may be repeated in the same location on the Double-Mini. *A bonus (difficulty) is awarded for twists and somies.

To advance to finals, athletes must place in the top ten athletes and have a 7.3 combined difficulty. No repeats are allowed in all 5 passes - no somersault may be repeated in the same location on the Double-Mini.

Sample Passes

1. Any Advanced Pass

DOUBLE-MINI DIFFICULTY

NON-SOMI TWISTS

Each ½ twist of 180 degrees - bonus of 0.2 pts.

SINGLE SOMIS

Front Skills	DD	A 0.1 pt. bonus will be awarded for performing a gainer.	Back Skills	DD
Front Tuck	0.5			Back Tuck
Front Pike	0.6		Back Pike	0.6
Front Straight	0.6		Back Straight	0.6
Barani Tuck	0.7			
Barani Pike	0.7			
Barani Straight	0.7		Back Half	0.7
Front Full	0.9		Back Full	0.9
Rudi	1.2		Double Full	1.5
Randi	1.9		Triple Full	2.3
Adolf	2.8		Quad Full	3.3

DOUBLE SOMIS

Front Skills	DD	Double-double passes will receive a bonus of 0.2.	Back Skills	DD
Double Front Tuck	2.0			Double Back Tuck
Double Front Pike	2.4		Double Back Pike	2.4
Double Front Straight	2.8		Double Back Straight	2.8
Half In or Half Out Tuck	2.4		Half-Half Tuck	2.8
Half In or Half Out Pike	2.8		Half-Half Pike	3.2
Half In or Out Straight	3.2		Half-Half Straight	3.6
Rudi Out Tuck	3.2		Full In or Full Out Tuck	2.8
Rudi Out Pike	3.6		Full In or Full Out Pike	3.2
Rudi Out Straight	4.0		Full In or Full Out Straight	3.6
Full-Barani Tuck	3.2		Full-Full Tuck	3.6
Full-Barani Pike	3.6		Full-Full Pike	4.0
Full-Barani Straight	4.0		Full-Full Straight	4.4
Full-Rudi Tuck	4.0		Half-Rudi Tuck	3.6
Full-Rudi Pike	4.4		Half-Rudi Pike	4.0
Full-Rudi Straight	4.8		Half-Rudi Straight	4.4
			Miller Tuck	4.4
			Miller Pike	4.8
			Miller Straight	5.2

TRIPLE SOMIS

Front Skills	DD		Back Skills	DD
Half Out Triffis Tuck	5.1			Triple Back Tuck
Half Out Triffis Pike	5.9		Triple Back Pike	5.3
			Triple Back Straight	6.1
Rudi Out Triffis Tuck	6.3		Half-half Triffis Tuck	5.7
Rudi Out Triffis Pike	7.1		Half-Half Triffis Pike	6.5

QUAD SOMIS

Front Skills	DD		Back Skills	DD
				Quad Back Tuck

TRAMPOLINE

The object of a trampoline routine is to execute the routine with control, consistent height, and perfection of skills. Each competitor will start the routine after the Superior Judge signals the competitor to begin. A competitor may take as many preliminary straight bounces as desired before beginning the routine. Scoring begins upon the initiation of the first skill.

BEGINNER

1 Pass Required -

This level consists of ten contacts with the bed. The three compulsory skills to be included in the ten contacts are a pike or tuck jump, $\frac{1}{2}$ turn, and a front or a back contact. The $\frac{1}{2}$ turn must start from and end on the feet. No somersaults are allowed. Each pass is scored out of 10.0 pts. Each skill is worth 1.0. The two aesthetic judge's scores are added together for each pass. No skill can be repeated. No difficulty awarded at this level.

Sample Passes

1. Tuck Jump, Straddle Jump, Seat Drop, $\frac{1}{2}$ Turn to Seat, Return to Feet, $\frac{1}{2}$ Turn, Seat Drop, To Feet, Front Drop, To Feet.
2. Tuck Jump, Straddle Jump, Seat Drop, to Feet, $\frac{1}{2}$ Turn, Seat Drop, To Front Drop, To Feet, Back Drop, To Feet
3. Tuck Jump, Straddle Jump, Pike Jump, Seat Drop, To Feet, $\frac{1}{2}$ Turn, Front Drop, To Feet, Seat Drop, $\frac{1}{2}$ Turn To Feet
4. Tuck Jump, Straddle Jump, Seat Drop, $\frac{1}{2}$ Turn to Seat, To Feet, $\frac{1}{2}$ Turn, Pike Jump, Back Drop, Front Drop, To Feet

NOVICE

1 Pass Required -

This level consists of ten contacts with the bed, a minimum of one somi, and no more than two somis. The four compulsory skills to be included in the ten contacts are a front or a back contact, a $\frac{1}{2}$ turn, a pike jump, and a back somersault (pike, straight, or tuck), or a front somersault (pike, straight, or tuck). The $\frac{1}{2}$ turn must start from and end on the feet. No $\frac{3}{4}$ somersaults or twisting somersaults are allowed. Each pass is scored out of 10.0 pts. Each skill is worth 1.0. The two aesthetic judge's scores are added together for each pass. No skill can be repeated. No difficulty awarded at this level.

Sample Passes

1. Back Straight, Pike Jump, Seat Drop, $\frac{1}{2}$ Turn to Seat, Return To Feet, $\frac{1}{2}$ Turn, Front Drop, Return To Feet, Seat Drop, Return to Feet
2. Straddle Jump, Pike Jump, Seat Drop, $\frac{1}{2}$ Turn to Seat, Return to Feet, $\frac{1}{2}$ Turn, Front Drop, Return to Feet, Tuck Jump, Front Tuck
3. Back Tuck, Straddle Jump, Pike Jump, Seat Drop, to Feet, $\frac{1}{2}$ Turn, Seat Drop, $\frac{1}{2}$ Turn to Feet, Front (or Back) Drop, Return to Feet

INTERMEDIATE

1 Pass Required -

This level consists of ten contacts with the bed, a minimum of three somis, and no more than five somis. The four compulsory skills to be included in the ten contacts are a front or a back contact, a back somersault tuck, a front somersault (pike, lay, or tuck), and a straight jump with a full $1\frac{1}{1}$ twist (360°). The full turn must start from and end on the feet. No somersaults over 180° twist are allowed. You can do Baranis at this level; however, they DO NOT count as your front somi compulsory skill. Each pass is scored out of 10.0 pts. Each skill is worth 1.0. The two aesthetic judge's scores are added together for each pass. No skill can be repeated. No difficulty awarded at this level.

Sample Passes

1. Back Straight, Seat Drop, $\frac{1}{2}$ Turn to Seat, Return to Feet, Front Drop, Return to Feet, Full Turn, Tuck Jump, Back Tuck, Front Tuck
2. Back Straight, Seat Drop, Return to Feet, Tuck Jump, Back Tuck, Front Drop, Return to Feet, Full Turn, Straddle Jump, Front Pike

TRAMPOLINE

SUB-ADVANCED

1 Pass Required -

This level consists of ten contacts with the bed and include a minimum of five different somersaults (which include the three compulsory somersaults listed) with no maximum number of somis as long as you do not go over 4.6 DD (¾ skills are counted as somersaults at this level). The three compulsory skills to be included in the ten contacts are a ¾ somersault (front or a back), a back straight somersault, and a barani tuck. No somersaults over 450° are allowed. No twists over 540° are allowed. Difficulty is awarded for twists and somis at this level. Maximum difficulty is 4.6 pts. Each pass is scored out of 10.0 pts. Each skill is worth 1.0. The two aesthetic judge's scores are added to the difficulty for each pass. Repeated difficulty skills will result in loss of difficulty. All compulsory skills must start from and end on the feet.

Sample Passes

1. Back Straight, Straddle Jump, Back Pike, Tuck Jump, Back Tuck, Barani Tuck, Seat Drop, To Feet, 3/4 Front (or 3/4 Back), Return to Feet; 2.7 DD
2. Back ¾, To Feet, Straddle Jump, Back Straight, Barani Straight, Back Pike, Barani Pike, Back Tuck, Barani Tuck, Front Tuck; 4.4 DD
3. Full Twisting Back Somersault, Tuck Jump, Back Tuck, Barani Tuck, Straddle Jump, Back Straight, Barani Straight, Pike Jump, ¾ Front Somi, ½ Turn to Feet; 3.5 DD
4. Back Straight, Barani Straight, Back Tuck, Barani Tuck, Back Pike, Barani Pike, Back Full, Tuck Jump, ¾ Front, Return to Feet; 4.6 DD

ADVANCED

1 Pass Required -

This level consists of ten contacts with the bed and must contain a minimum of seven somis and a minimum of 4.7 pts. difficulty. Difficulty skills repeated will not receive difficulty. Non-difficulty skills can be repeated. Each pass is scored out of 10.0 pts. Each skill is worth 1.0. The two middle aesthetic scores are added and then the *difficulty is added for the total score. Difficulty is awarded for twists and somis at this level.

The top ten athletes in each age group advance to Finals. Finals consist of one ten bounce routine.

Nationals ONLY - Difficulty cap is 7.5

Sample Passes

1. Back with Full Twist, Straddle Jump, Barani Tuck, Back with Double Twist, Barani Pike, Back Pike, Front Tuck, Tuck Jump, ¾ Front, Rudi Ball-out; 5.1 DD
2. Back Double Tuck, Tuck Jump, Back with a Full Twist, ¾ Back Cody, Back Tuck, ¾ Front, Rudi Ball-out, Tuck Jump, Back with a Double Twist; 5.2 DD
3. Back Tuck, Barani Tuck, Back Pike, Barani Pike, Back Straight, Barani Straight, Tuck Jump, Back Full, Rudi, Front Pike; 5.6 DD

ELITE

2 Passes Required -

To compete at this level, an athlete must have received a minimum of 7.5 pts. difficulty score at a sanctioned competition prior to Nationals.

At this level, a routine must consist of ten contacts with the bed and must contain a minimum 7.5 pts. difficulty. All skills must have a minimum of 270° rotation. Repeated difficulty skills will result in loss of difficulty. Each pass is scored out of 10.0 pts. Each skill is worth 1.0. The two middle aesthetic scores are added and then the *difficulty is added for the total score. *A bonus (difficulty) is awarded at this level.

Pass 1 is a compulsory pass which must contain at least one double somersault, barani pike, back pike, full twisting back somersault, and meet all other pass requirements listed above.

Pass 2 is an optional pass which must meet all pass requirements listed above.

The top ten athletes group advance to Finals. Finals consist of one ten bounce routine.

Sample Passes

1. Refer to Advanced Passes with all somis (minimum of 270° rotation)

SYNCHRONIZED

1 Pass Required - Synchronized trampoline competition is at the Sub-Advanced and Advanced levels of trampoline and follow the rules of those levels. A Panel of judges are assigned to each trampoline to score aesthetics and difficulty. A synchronization judge scores both tramps.

During synchronized competition, the trampolines must be parallel and not staggered. The distance between them, measured from the outer edges of the frame, must be seven feet.

Synchronized pairs must wear identical competition attire (includes design, style, cut, color, arm sleeve length of attire, sports bras (if can be seen and worn by one, must be worn by both) must be identical, and hair scrunchies must be the same. If not matching, a 1.0 deduction will be taken from the judges' aesthetic scores for each athlete.

Sample Passes

1. Refer to sample passes for specific levels.

TRAMPOLINE

Trampoline Difficulty Ratings

TRAMPOLINE DIFFICULTY	TUCK	PIKE	LAYOUT	PUCK
Tuck Jump	-	-	-	-
Pike Jump	-	-	-	-
Straddle Pike Jump	-	-	-	-
Straight Jump ½ Twist	-	-	.1	-
Straight Jump 1 Twist	-	-	.2	-
Straight Jump 1½ Twist	-	-	.3	-
Straight Jump 2 Twist	-	-	.4	-
3/4 Front	.3	.3	.3	-
Front Somersault	.5	.6	.6	-
Ball Out	.6	.7	.7	-
Front Double Somersault	1.0	1.2	1.2	-
Front Somersault ½ Twist (Barani)	.6	.6	.6	-
Barani Ball Out	.7	.7	-	-
Front Somersault 1 Twist	-	.7	.7	-
Front Somersault 1½ Twist (Rudy)	-	.8	.8	-
Rudi Ball Out	-	.9	.9	-
Front Somersault 2 Twist	-	.9	.9	-
Front Somersault 2½ Twist (Randy)	-	-	1.0	-
Front Somersault 3 Twist	-	1.1	1.1	-
Front Somersault 3½ Twist (Adolph)	-	1.2	1.2	-
Front Double Somersault ½ Twist (Barani Out/Barani In - Flifis)	1.1	1.3	1.3	-
Front Double Somersault 1 Twist	1.2	1.4	-	-
Front Double Somersault 1½ Twist (Rudy Out)	1.3	1.5	-	-
(Full In Barani Out)	-	1.5	1.5	1.3
(Barani In Full Out)	-	1.5	1.5	1.3
Front Triple Somersault ½ Twist (Trifis/Barani Out)	1.6	1.8	-	-
3/4 Back	.3	.3	.3	-
Back Somersault	.5	.6	.6	-
Cody	.6	.7	.7	-
Back Double Somersault	1.0	1.2	1.2	-
Back Double Somersault 1 Twist				
(½ In/½ Out)	1.2	1.4	1.4	1.2
(Full In Back Out)	1.2	1.4	1.4	1.2
(Back In Full Out)	1.2	1.4	1.4	1.2
Back Double Somersault 2 Twist				
(Full In Full Out)	-	1.6	1.6	1.4
(½ In Rudy Out)	-	1.6	1.6	1.4
Back Somersault 1 Twist	-	-	.7	-
Back Somersault 2 Twist	-	-	.9	-
Back Somersault 3 Twist	-	-	1.1	-

*NOTE: The piked and lay-out positions in double somersaults - both somies must be performed in the same position to receive the difficulty listed above.