

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

Superior / Major Deductions

- Repeats = -.5
- Doggie Drop = illegal skill = term & -2.0
- Illegal skills = term, -2.0 exceed pass reqs & -3.0 exceed skill level
 - All somies (including ¼ somies)

NOVICE (NO DD)
(Two 30-second warm ups)

Required Compulsory Skills

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

Pass Reqs & Restrictions

- No more than two (2) somies allowed

Superior / Major Deductions

- Repeats = -.5
- >2 somies = -2.0 ex. pass, -3.0 ex. skill level
- Illegal Skills = terminate, -2.0 exceed pass reqs & -3.0 exceed skill level
 - ¼ somies
 - All twisting somies

SUB-ADVANCED
(Two 30-second warm ups)

Required Compulsory Skills

- Back Straight / Layout
- ¼ Front OR ¼ Back
- Barani Tuck
- Two (2) Optional 360° Somies

Pass Reqs & Restrictions

- Routines must include all three compulsory skills, plus two (2) optional 360° somies
- Max DD = 4.6

Superior / Major Deductions

- Repeats = No DD given, but skill counts
- No Optional Somi = -1.0 PER somi
- >4.6 DD = 2.0 pass req & -3.0 exceed skill lvl
- Illegal Skills = term, -2.0 pass & -3.0 exceed
 - Somies with >540° Twist (> Rudi)
 - Somies with >450° Rotation (>Cody or Ballout)
 - Skills >.8 DD

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
- Front 360° Somi without Twist (i.e. front tuck, front pike or front layout - baranis or ¼ fronts do NOT count)
- Back Tuck
- One (1) Optional 360°Somi

Pass Reqs & Restrictions

- Min 3 somies
- Max 5 somies
- ¼ fronts and ¼ backs must originate from feet and MAY fulfill the front & back contact requirement; ¼ somies DO NOT meet the requirement of the optional somi.

Superior / Major Deductions

- Repeats = -.5
- No Optional Somi = -1.0
- >5 somies = -2.0 exceed pass reqs & -3.0 exceed skill level
- Illegal Skills = term, -2.0 pass & -3.0 exceed
 - Somies with >360° Rotation
 - Somies with >180° Twist

ADVANCED
(Three 45-second warm ups – Prelims & Finals)

Pass Reqs & Restrictions

- Min of seven (7) somies
- Min of 4.7 DD

Superior / Major Deductions

- Repeats = No DD given, but skill counts
- < 7 somies = -2.0 pass req
- < 4.7 DD = -2.0 pass req

Max DD At USTA Nationals Only

- Max Difficulty at USTA Nationals = 7.5 DD

ELITE
(Three 45-second warm ups – Prelims & Finals)

QUALIFYING DD = 7.5

Pass Reqs & Restrictions

- 2 passes (1 Compulsory, 1 Optional); all skills must have min. 270° rotation
 - Compulsory Pass must contain: a back full, a pike barani, a pike back and any double somi; No DD given for pass.
 - Repeats = .5 deduction
 - Optional Pass must have ≥ 7.5 DD
 - Repeats = No DD given, but skill counts

SUP DEDUCTIONS	
Intermittent Straight Jump	1.0
Facing Side of TR (except last skill)	Term
One Foot Landing	Term & .3
Spotted <u>DURING</u> Pass	Term
Loss of Elasticity / Kill Bed	Term
Landing Stick Stability	.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 Index	.9
Landing Off the Trampoline	1.0
Coaching/Hair/Undies/Bra/Tattoo	.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
AESTHETIC RANGES	
Aesthetics Per Skill	.0-.8
Overall Lack of Height	.1-.3 / pass
Kick Outs and Slide Outs	.0-.2 / somi

Misc. Superior Deductions:

- ½ or full turn under/over by ≤20° = .5
- Boys must wear trampoline pants or a 2.0 deduction will be taken. Their socks and shoes may match the color of the pants (otherwise they must be white/tan).

Out-Bounces:

“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 TR only – After 10 completed skills, the 11th jump will be considered an out bounce UNLESS it has rotation.”

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 (all positions)	.6
Full	.7
Double Full	.9
Triple Full	1.1
Rudy (1½ front) / 1½ back	.8
Randy (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 ¼ Front / Back Tuck	.8
1 ¼ Front / Back Pike/Lay	.9