

BEGINNER
(4 warm up passes)

PASS Reqs & Restrictions
2 passes w/ 2 skills each; max 3 contacts
• No somies allowed

Superior / Major Deductions
• Repeats = -1.0 & loss of DD
• Any somi = terminate, -2.0 illegal skill and -3.0 exceeding skill level

NOVICE *
(6 warm up passes)

PASS Reqs & Restrictions*
3 passes w/ 2 skills each; max 3 contacts
• No twisting somies allowed
• Max one somi per pass

LEVEL Reqs & Restrictions*
• 2 passes **MUST** have DD
• 3 passes **MAY** have DD
• 1 pass **MUST** have 1 non-twisting somi
• 2 passes **MAY** have 1 non-twisting somi

Superior / Major Deductions
• Repeats = -1.0 & loss of DD
• > 1 somi per pass = -2.0 exceeding pass reqs, -3.0 exceeding skill level & no DD on second somi performed
• 3 passes w/ somi = -2.0 exceeding pass reqs, -3.0 exceeding skill level and no DD on somi in 3rd pass
• Performing a twisting somi = termination, -2.0 illegal skill, -3.0 exceeding skill level and no DD for the skill

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

INTERMEDIATE
(6 warm up passes)

PASS Reqs & Restrictions
3 passes w/ 2 skills each; max 3 contacts
• Min one & max one somi per pass
• Max 180° twist per somi (i.e. barani, no fulls)
• No gainer/inward somies allowed

Superior / Major Deductions
• Repeats = -1.0 & loss of DD
• > 1 somi per pass = -2.0 exceeding pass, -3.0 exceeding skill level & no DD on the second somi performed

SUB-ADVANCED *
(6 warm up passes)

PASS Reqs & 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 Reqs & Restrictions*
• 1 pass **MUST** have two somies
• 1 pass **MUST** have a spotter somi
• 2 passes **MAY** have two somi

Superior / Major Deductions
• 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*

ADVANCED
(Prelims: 7 warm ups / Finals: 5 warm ups)

PASS Reqs & Restrictions
PRELIMS - 3 passes w/ 2 somies; max 3 contacts
• MAX Total DD = 7.2
FINALS - 2 passes w/ 2 somies; max 3 contacts
• MAX Total DD = 4.8
• May NOT repeat prelim skills in 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
• >7.2 DD (Prelims) | >4.8 DD (Finals) = -2.0 for exceeding pass reqs, -3.0 exceeding skill level and get DD of all legal skills performed

ELITE
(Prelims: 7 warm ups / Finals: 5 warm ups)

PASS Reqs & Restrictions
PRELIMS - 3 passes w/ 2 somies; max 3 contacts
• MIN Total DD = 7.3
FINALS - 2 passes w/ 2 somies; max 3 contacts
• May NOT repeat prelim skills in 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
• < 7.3 Total DD = -2.0***, No Finals

**** The rules for Elite Open competition are different!
- See Rulebook ****

SUP DEDUCTIONS	
Mounting Mat (Ages 7+) (Mat short end against DM)	.5
Ta-Dump (1 st foot hits mounter bed before 2 nd)	.1-.5
"Run-Across" (Only one foot hits mounter bed)	Term (0)
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 <u>DURING</u> 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), Toes Off Mat Under DM and/or Landing on a "Sting Mat"	.9
Landing Zone Deduction	See Diagram
Touch DM <u>AFTER</u> Landing	.5
Spotted <u>AFTER</u> Dismount	.8
½ or full turn under/over by ≤20°	.5
Coaching/Bra/Hair/Undies/Tattoo	.3 / pass
Jewelry (No Tape) Socks / Wrong Color	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
Tumble Across OR Height	.0-.3 / pass
Kick Outs (Somis) Slide Outs (Jumps)	.0-.2 / skill
BONUS DD: +.2 for double/double combo	

DIFFICULTY	
Turn: ½, 1, 1½, 2	.2, .4, .6, .8
Tuck	.5
Pike / Straight	.6
Gainer/Inward/Rev. Tuck	.6
Gainer/Inward/Rev. P/S	.7
Barani (<u>All</u> Positions)	.7
Full	.9
Double Full	1.5
Triple Full	2.3
Rudy (1½ front) / 1½ back	1.2
Randy (2½ front) / 2½ back	1.9
Adolph (¾ front)	2.8
Double (Tuck Pike Str)	2.0 2.4 2.8
½ In OR Out (Fliffis) (T P S)	2.4 2.8 3.2
Half-Half (T P S)	2.8 3.2 3.6
Full In OR Out (T P S)	2.8 3.2 3.6
Rudi Out (T P S)	3.2 3.6 4.0
Full-Barani (T P S)	3.2 3.6 4.0
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

Zone A = .0 | Zone B = .3 | Zone C = .5

An additional .1 is deducted (max) if the athlete moves from one zone to another of higher deduction (A-B, B-C or A-C only). Zone deductions are taken in addition to the landing instability deduction (.0-.9)