

DOUBLE-MINI
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**SAFETY RULES FOR
DOUBLE-MINI TRAMPOLINE**

1. Only the standard accepted USTA regulation double-mini trampoline should be used in this activity.
2. No student or performer should ever attempt to execute a double-mini trampoline skill without first having been taught that skill by a qualified instructor.
3. No double-mini tramping should ever take place unless a qualified instructor in this event is supervising the activity.
4. The double-mini tramp should never be used unless it is used in conjunction with a regulation landing pad, at least 12" thick by 6' (minimum) by 12' - refer to the General Double-Mini Rules.
5. The double-mini tramp should only be set up in a level area where adequate space is available for run, ceiling height, and placement of the landing mat for landing.
6. No one should ever run across the area in which double-mini trampoline students or performers are taking their approach runs.
7. No one in street clothes or shoes should be allowed to practice double-mini trampoline. Proper gym wear and gym slippers are required.
8. The double-mini trampoline should never be employed as a trampoline. Only one mount or spotter skill should ever be allowed at one time.
9. Only two foot take-offs for mounts and dismounts and two foot landings on mounts and dismounts are allowed. No shoulder, stomach, or back landing are allowed on double-mini trampolines.
10. Once a double-mini trampoline pass has been completed students and performers should clear the landing pad area immediately to make room for the next performer.
11. Double-mini trampolines should be folded, locked, and stored when not in use.
12. All double-mini trampoline skills should be first learned successfully on a trampoline before being attempted on the double-mini trampoline.
13. No horseplay ever is allowed on a double-mini trampoline.
14. No one should ever be allowed to jump on a double-mini with anything in their mouth except firmly attached dental appliances (i.e. gum, candy, etc.)
15. No student or performer should ever execute a dismount to any other landing area than the regulation landing pad.
16. During competition, coaches must stand behind the starting point or behind the landing point of competition unless their athlete is on the equipment.
17. During warm-ups and competition, the USTA recommends a spotter stands at the dismount area at all times.
18. No one should be allowed on the double-mini during a power outage or in a dark area.

EQUIPMENT & SAFETY

EQUIPMENT

Height of Hall -The interior height of the hall in which Double Mini tramp competitions are to take place must be at least 20 feet.

Recommended at Invitationals. Required at State, Nationals, and Team Trials.

Double-Mini - Regulation Size with side pads (*Recommended: 6mm bed or Euro-bed*). The profile of the frame must have rounded edges.

1. The mount side of the double-mini should be 17.3" from the floor plus or minus 3.9" which can be as high as 21.2" or as low as 13.4."

Safety padding - Padded Mats covering floor around Double-mini and Landing area

1. Carpet bonded foam or equal thickness matting is required to cover the entire length of the double-mini trampoline sides to the front of the landing area.
2. Carpet bonded foam or equal thickness matting is required to cover the entire length of the double mini trampoline sides to the back of the landing area.
3. Side mats are required to be 6' wide.
4. One mat (minimum 5'x10'x8') is required on the floor behind the back of the landing area.
5. The frame and springs must be entirely covered by shock absorbent padding. The padding must not cover any part of the bed.
6. The padding should be firmly fixed to the frame without hindering the normal action of the bed and springs, nor should it cause noise during the course of the pass.
7. The bars beneath the bed must be padded. The frame ends on the dismount end must be covered with pads firmly joined together with the padding.
8. The bar at the end of the double-mini have a secure, padded covering.

Bed

1. The penalty zone must be marked in red on the bed.

Landing Area

1. 6' x 12' x 12" or 6½"ø x 13' x 12" required; 8' x 16' x 12" or larger recommended; 10' x 20' required for Nationals and Team Trials. On landing mats that are larger than 6' x 12' x 12" - the 6' x 12' landing zone must be marked in white or yellow line, a solid color zone 6' x 12' or a solid line of 1½" minimum width with inside edge dimensions 6' x 12'. Touching the line is *out-of-bounds*. A shock absorbent mat must be used as a landing area and it must allow a stable landing on the feet. If two or more mats are joined together to form the landing area:
 - a. Must be the same height and density.
 - b. Must be held firmly together so as not to separate in use.
2. A landing zone must be marked in the landing area with a contrasting color.
NOTE: The color of the landing zone must be yellow for State, Nationals, and Team Trials.
3. Hurricane or padded ratchet straps must be used to secure the landing mat to the double-mini so as not to separate during use.

Run Up - Minimum 65 feet; Maximum 70 feet. Floor Mats must be used on the run-up. The Run-up Mat must be marked for length at State, National, and Team Trial Competitions - recommended for Invitationals.

EQUIPMENT & SAFETY - p2

Athletes ages 6 & Under and Athletes with a physical handicap (who have submitted a letter of appeal to the USTA National Office and received approval) - May use one 1¼" 6'x12' folded mat placed mat perpendicular or parallel to the DMT in mounting laying flat in front of the double-mini mounting bed with the Run-up Mat without penalty.

All other athletes using a mat to mount the double-mini will receive a 0.5 pt deduction from each aesthetic judge.

If the mounting mat is used, but the athlete jumps over it, it is still a 0.5 pt. deduction.

The Superior Judge will be responsible to be sure that when a run-up mat is used to mount the double-mini, it is not pushed up under the double-mini onto the legs/mat so that it angles up.

THROW-IN MAT

1. **Required** at all competitions.

NOTE: A throw-in östingö mat may be used; however, if an athlete lands on a throw-in mat during a routine, the pass will be terminated and the athlete will lose the skill and receive a 0.9 landing deduction in addition to any other applicable deductions.

SAFETY

1. The competitor may have spotters. Once a spotter touches during the pass, the pass will be terminated with a loss of the skill. If a spotter touches the athlete after landing the dismount skill, a 0.8 pt. deduction will be taken.
2. The Meet Director is responsible for controlling the actions of the spotters.
 - ✗ During warm-ups and competition, the USTA recommends a spotter stands at the dismount area at all times.

DRESS (ATHLETE ATTIRE) - The Superior Judge makes the decision.

The USTA requires appropriate dress to be worn in the competition area, warm-up area, and awards' area.

ATHLETE ATTIRE -During stretch-out, athletes may wear competition warm-ups (which must be stored in a designated area or bag) over their competition attire. Athletes **MUST** be in competition attire from the beginning of their warm-ups through the end of their competition (applicable attire deduction on the 1st pass) and during all Award Ceremonies.

Men: A gymnastics step-in (without sleeves) with uniform gym shorts (cannot be sweat material, cut-offs, bike/compression shorts, boxers, jean shorts, baggy or oversized) finger-tip length or shorter, must be worn. Only one pair of shorts may be worn. No singlets, compression shirts, tank tops or t-shirts are allowed. Deduction 2.0 pt per pass.

Appropriate **undergarments** must be worn. Undergarments that show **MUST** match the color of the shorts. Deduction 0.3 pt. per pass. Appropriate undergarments include briefs or skin tight boxer briefs that do not extend past the length of the competition shorts. Inappropriate undergarments include boxers, loose boxer briefs, any shorts that are loose or baggy, or anything that extends past the length of the competition shorts.

Shorts or pants rolled down at the waist. Deduction 0.3 pt. per pass.

Women: A leotard must be worn. It may be long sleeve, short sleeve, or sleeveless (which means that a leotard must have arm/sleeve holes). No two piece leotards, leotards with zippers, unitards, halter leotards, leotards with very thin (less than 1") straps, skirts, or tights are allowed. No leotards with cut-outs below the arm holes are allowed. Deduction 2.0 pt. per pass.

Upon a GRANTED Religious dress code exemption from the Executive Board (**which would require documentation from an Athletes Church, Mosque or other religious entity stating specific DAILY dress code requirements that would require a deviation from our standard dress policy and the Athletes current membership of said Church, Mosque or other Religion**) a female athlete be able to follow the below guidelines.

Standard Women's dress code rules as currently stated in the rule book along with a provision for female athletes to wear tights (black or the color of the lower half of the leotard) under their leotard.

It will be the Coach's responsibility to present the dress code exemption to the Executive Board and IF approved, then present the approved exemption letter to each Meet Director and Judges (for each applicable event) for the meets that the athlete will be present.

IMPORTANT: The judges (on each applicable event) will have to see the letter at every meet attended or the appropriate attire deduction(s) will be taken.

Appropriate **undergarments** must be worn.

1. Briefs, if worn, **MUST** match the color of the leotard located around the leg opening or be the athlete's flesh color. Deduction 0.3 pt. per pass.
2. Bras, if worn, may not show. Deduction 0.3 pt. per pass.

Footwear: White gymnastic shoes and/or white foot covering must be worn. Although the rules state shoes must be white, we will accept off-white or tan.

1. Shoes may have an un-embellished manufacturer's trademark, but no other markings, designs, or decorations. If socks are worn, they must be all white and not higher than ankle length (up to 1" above the ankle bone). Deduction 1.0 pt. per pass.
2. Not wearing foot covering will result in termination (not allowed on the double-mini).

DRESS (ATHLETE ATTIRE) - p2

NOTE: If trampoline/d-mini athletes come to the competition floor and/or during warm-ups, wearing flip-flops/sliders to keep their trampoline shoes clean before competing - the deduction would be 1.0. Our current rules state: ATHLETE ATTIRE - During stretch-out, athletes may wear competition warm-ups (which must be stored in a designated area or bag) over their competition attire. Athletes **MUST** be in competition attire **from the beginning of their warm-ups through the end of their competition** (applicable attire deduction on the 1st pass) and during all Award Ceremonies.

Distracting Dress: Distracting dress, such as undergarments, thongs, strings on boys pants that fall out (above or under) and show, shorts or pants rolled down at the waist, etc. Deduction 0.3 pt. per pass.

Jewelry: The wearing of jewelry or watches may not be worn in competition. Jewelry must be removed, taping over will result in deduction. Maximum deduction per pass - 1.0 pt.

Hair: All hair should be pulled back out of the eyes, even short hair. Hair that is distracting or falls in the face will result in a 0.3 pt. deduction per pass.

Head covering for athletes due to religious dress is allowed since it is not altering the uniform requirement and offers no safety risk unless it falls off or into the face.

Ribbons or scrunchies that fall off during competition will result in a 0.3 pt. deduction per pass. There will not be a deduction taken for glasses & hearing aids that fall off during competition.

Hard hair beads and/or hard hair balls. 2.0 pt. deduction per pass.

Athletic Wrap: Athletic wrap/K-tape may have a manufacturer's trademark/logo, but no design. Athletic wrap with designs will result in a 0.3 distracting deduction.

Casts: Athletes will not be allowed to warm-up or compete.

Awards: Only competition attire may be worn on the award stand while receiving awards.

→ Attire deductions are taken on a per pass basis ←

COMPETITION AGE DETERMINATION

Ages will be determined by a Universal Birthdate of December 31. Whatever age a competitor will be on December 31 will determine the age he/she will compete the entire competition year (i.e., whatever the age is as of 12/31/19, will compete at from September 2019 through July 31, 2020).

Boys and Girls will not compete against each other. There shall be separate divisions for each.

Age groups with five (5) or fewer competitors may be combined with adjacent age group(s) for Invitational Competitions as long as the Meet Director states policy on entry form. The USTA recommends approval of all coaches with athletes in said age group(s).

RECOMMENDATION: At Invitational competitions, it is strongly recommended if more than 30 competitors are in one age-group, the Meet Director add another division and give duplicate awards.

***EXCEPTIONS to the age groups will be made to include children with developmental disabilities through petitioning procedures.**

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 yrs; 10 yrs; 11 yrs; 12 yrs; 13-14 yrs.; 15 & Over Boys: 8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 & Over
Sub-Advanced	Girls: 8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 - 16, 17 & Over Boys: 8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 - 16, 17 & Over
Advanced	Girls: 8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 - 16, 17 & Over Boys: 8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 - 16, 17 & Over
Elite	Girls: 10 & Under, 11 & 12, 13 & 14, 15 - 16, 17 & Over Boys: 10 & Under, 11 & 12, 13 & 14, 15 - 16, 17 & Over
Elite Open	Open Age Group

STRETCH-OUTS

During stretch-out, athletes may wear competition warm-ups (which must be stored in a designated area or bag) over their competition attire.

Stretch-out Mats at Competition: If a competitor is doing skills at or above their level on the stretch out mats, a 3.0 pt. deduction will be taken on the 1st pass.

WARM-UPS

Warm-ups must start after the scheduled coaches & judges meeting (not during or before).

Athletes **MUST** be in competition attire from the beginning of their warm-ups (deduction 2.0 on their 1st pass) through the end of their competition (and at nationals, until after their flight awards) unless approved by the Superior Judge. and during all Award Ceremonies.

If a competitor is doing skills at or above their level during warm-ups, a 3.0 pt. deduction will be taken on the 1st pass.

- BEGINNER 4 PASSES**

- NOVICE 6 PASSES**

- INTERMEDIATE 6 PASSES**

- SUB-ADVANCED 6 PASSES**

- ADVANCED PRELIMS 6 PASSES**
- ADVANCED FINALS 4 PASSES**

- ELITE PRELIMS 6 PASSES**
- ELITE FINALS 4 PASSES**

- ELITE OPEN PRELIMS 6 PASSES**
- ELITE OPEN FINALS 4 PASSES**

REQUIRED POSITIONS DURING A ROUTINE

1. In all positions, the feet and legs should be kept together (except for straddle jumps) and the feet and toes pointed.
2. Depending on the requirements of the movement, the body should be either tucked, piked, or straight.
3. The arms should be straight and held close to the body whenever possible.
4. The legs should be a minimum of 135° apart during the execution of a **pike straddle jump** with a minimum of 135° bend at the waist and the hands should touch the toes.



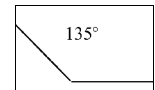
NOTE: Failure to meet this bend at the waist will result in being counted as a straight jump.

NOTE: Failure to meet the 135° split of the legs will result in being counted as a pike jump.

5. For all tuck, pike, and straddle skills, the arms should press down to the sides after the tuck, pike, or straddle position is attained.
6. For spotter passes - Arms should be down upon contacting the double-mini and will circle and press down during the straight jump and before the spotter skill is initiated.
7. The following defines the minimum requirements for a particular body shape:

7.1 **Straight Position:** The angle between the upper body and thighs must be greater than 135° and the angle between the thighs and the lower legs must be greater than 135° .

7.2 **Pike Position:** The angle between the upper body and thighs must be equal to or less than 135° and the angle between the thighs and the lower legs must be greater than 135° .



7.3 **Tuck Position:** The angle between the upper body and thighs must be less than 135° and the angle between the thigh and the lower leg must be less than 135° .

7.4 **Puck Position:** In multiple somersaults (2/1 or more) with twists, the tuck and pike position may be modified during the twisting phase.

NOTE: To meet body position, both legs must meet the minimum requirements.

8. In the **tuck** and **pike** positions, the thighs should be close to the upper body except in the twisting phase of multiple somersaults (2/1 or more).
9. In the **tuck** position, the hands should touch the legs below the knees except in the twisting phase of multiple somersaults (2/1 or more).
10. In the **pike** position, the hands should touch the toes except in the twisting phase of multiple somersaults.
11. The position of somersaulting skills will be determined between 10:00 and 2:00 o'clock (tuck, pike, straight).
12. In multiple somersaults (2/1 or more) with twists, the tuck and pike position may be modified during the twisting phase. If a double somersaulting skill, the position is determined by the somersault with the lesser degree position

INTERRUPTIONS OF THE ROUTINE (SCORING STOPS)

Whatever terminates a pass results in loss of skill and the appropriate deduction.

The Superior Judge make the decision. A routine is to be considered interrupted if:

1. The first skill is not a mounter or spotter skill.
2. Not mounting the Double-Mini trampoline facing forward.
3. During a routine, obviously does not land on and/or take off with both feet simultaneously.
4. A straight jump mount must make contact with the mount bed. Failure for not having some part of the both feet make contact with the mount bed will result in a termination.

A straight jump mount must make contact with the mount bed. Failure for not having both feet make contact with the mount bed will result in a termination. All other occurrences that both feet land totally in the red penalty zone would result in a 0.2 deduction.

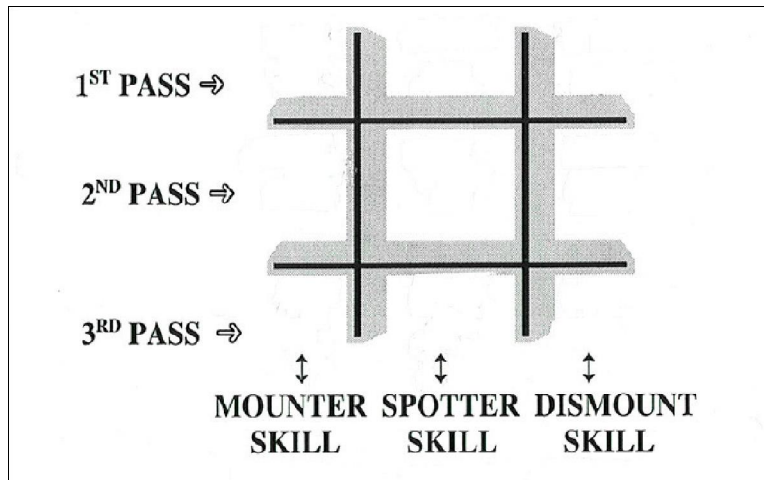
NOTE: An initial contact in which one foot strikes the bed before the other will result in a 0.1-0.5 pt. deduction and the rest of the routine will be scored as long as some portion of both feet are on the mounter bed.

5. Does not use the elasticity of the bed (kills bounce) after landing for the immediate continuation of the next skill, thus causing a break.
6. During the pass, leaves the double mini-tramp due to insecurity.
7. If the competitor lands on any part of his body except his feet on the double mini-tramp bed.
8. The pass is judged only on the skills completed on both feet to the point of interruption.
9. The pass must end on both feet in the landing zone after the dismount off the bed. Landing off the landing mat, will result in a termination, loss of skill, a 0.9 pt. deduction, and any other applicable deductions.
10. For more than three (3) contacts with the bed.
11. The competitors must execute their passes without external help. If a spotter touches the competitor during the routine, the pass is considered interrupted and the spotted skill will not be judged.
12. The second skill (dismount skill) must dismount the double-mini. Penalty: loss of skill, loss of DD, 2.0 deduction, and any other applicable deductions.
13. Performs an illegal skill. Penalty 2.0 (may also result in a 3.0 pt. deduction if a skill from a higher level).
14. Touches any part of the double-mini other than the bed unless elasticity occurs. **NOTE:** Touches the top of the blue side pad would result in termination (even if the athlete is able to continue the pass). Deduction: 0.9 pt. plus and other applicable deductions.
15. Skills that begin or end facing the side on the Double-Mini will result in loss of skill and termination unless a dismount skill.
16. Landing on a ðthrow-inö mat will result in loss of skill, termination, and 0.9 pt. deduction.
17. Performs a straight jump other than as a mounter skill.
18. Mounting the double-mini with the hands (i.e., from a round-off)
19. Refer to each Specific Level for additional deductions under this heading.

MAJOR DEDUCTIONS IN SCORING

1. Each pass must consist of two (2) skills (One mounter or spotter skill and one dismount skill). Penalty: 2.0 Deduction.
2. A straight mounting jump (without twists) is not considered a skill.
3. The first skill must be either a mounter or spotter skill. Penalty: Termination.
4. The second skill or the third contact (whichever comes first) must dismount the double-mini. Penalty: Loss of skill and termination.
5. A straight jump is not a skill, but does count as a contact.
 - 5.1 A straight (stretch) jump may be performed only as a mounter skill.
 - 5.2 A straight jump performed at any other time will terminate the pass at that point.
6. The dismount must land on both feet. Penalty: Loss of skill, loss of DD, a 2.0 deduction and any other appropriate landing deduction.
7. The dismount must originate from the Spotter bed. Penalty: Loss of skill, loss of DD, and a 2.0 deduction.
8. A skill is considered repeated when used during the passes more than once as a mounter, spotter, or dismount. If the competitor disregards this rule, it will result in a Penalty: Loss of DD & 1.0 pt. Deduction
 - 8.1 Any type of jump (i.e., tuck jump, straddle jump, etc.) forward or backward is the same skill and will be considered a repeat if performed more than once as a mounter, spotter, or dismount skill.

DOUBLE-MINI



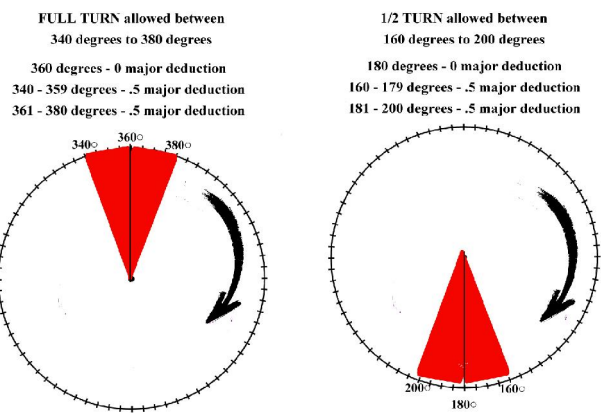
LANDING MAT

DEDUCTIONS TAKEN ON THE INSTRUCTION OF THE SUPERIOR JUDGE - p1
Refer to each Specific Level for deductions under this heading.

1. Use of mat to Mount the Double-Mini 0.5 pt
EXCEPTION: Athletes ages 6 & under and athletes with a physical handicap (Who have submitted a letter of appeal to the USTA National Office and received approval) may one 6'x12' folded mat placed flat in front of the double-mini mounting bed with the narrow end running long wise with the Run-up Mat.
2. Repeating a spotter, mounter, or dismount skill 1.0 pt
3. An initial contact in which one foot strikes the mounter bed before the other as long as both feet contact the mounter bed 0.1-0.5 pt
4. Touching the double-mini **after** landing 0.5 pt
5. Touching anything other the double-mini bed (i.e. side pad) if elasticity occurs 0.9 pt
NOTE: Touches the top of the blue side pad would result in termination (even if the athlete is able to continue the pass).
6. Not meeting pass requirements 2.0 pt
7. For not having two skills per pass 2.0 pt
8. Performing an illegal skill 2.0 pt
NOTE: Will also result in loss of skill, termination, & may result in a 3.0 deduction if from a higher level.
9. Exceeding pass/level requirements 3.0 pt
NOTE: Will also result in a 2.0 pt. deduction.
10. Talking to or giving any form or signal to a competitor by his own spotters or coach during the routine (Maximum deduction per pass - 0.3 pt) 0.3 pt
11. For being spotted after the landing 0.8 pt
12. For each landing or take-off from the penalty zone in the center of the mini-tramp while performing a mount, spotter or dismount skill 0.2 pt

The new penalty zone rule applies to where the athlete lands their first skill. If it is a straight jump mount that lands all in the red ó the pass would be terminated. However, If a mounter skill (other than a straight jump) lands all in the red, the pass would not be terminated, but a 0.2 pt. deduction would be taken. If a spotter skill lands all in the red, the pass would not be terminated, but a 0.2 pt. deduction would be terminated.

13. Each ½ and 1/1 turn (feet to feet) that is short or long by 20° 0.5 pt
 - 13.1 A jump ½ turn will be accepted between 160 and 200 degrees. Anything longer will result in a 0.5 pt major deduction. Anything shorter will be called a straight jump. If the skill begins or ends facing the side pad, the pass will be terminated.
 - 13.2 A jump 1/1 turn will be accepted between 340 and 380 degrees. Anything shorter or longer will result in a 0.5 pt major deduction. Anything shorter will be called a ½ turn. If the skill begins or ends facing the side pad, the pass will be terminated.



DEDUCTIONS TAKEN ON THE INSTRUCTION OF THE SUPERIOR JUDGE - p2

Refer to each Specific Level for deductions under this heading.

14. Dress - Refer to DM - p4

15. Use of profanity or unsportsmanlike conduct during the entire competition will result in disqualification from the competition, for the first offense.

16. Tumbling across or lack of height (overall pass) 0.1-0.3 pt

17. Landing deductions.

NOTE: All the following landing deductions are in addition to the aesthetic deduction of the last skill performed and the dismount zone deductions. *Landing deductions apply for incomplete passes, complete passes, or passes with too many skills.* If a pass has too many skills, LANDING deductions will be taken on the last skill performed, not at the point where the pass was to have stopped. Landing deductions are not accumulative, if more than one landing infraction occurs, the greater deduction will be taken.

After the landing on the landing mat, the competitor must stand upright for at least three seconds; otherwise, the athlete will receive a landing deduction

17.1 Instability Steps 0.1-0.3 pt

NOTE: When judging instability, the competitor should stop and hold the landing for three seconds prior to turning to salute.

Counting to 3 (seconds), regardless of the size of the step(s), taking one step results in a 0.1 deduction; taking two steps results in a 0.2 deduction; and taking three or more steps results in a 0.3 deduction. **THIS STRESSES THE LACK OF STABILITY OR NUMBER OF STEPS TAKEN.**

Although technically, "instability" includes arm waving and/or body movement, the Technical Committee agreed to exclude those from these clarifications. If an aesthetic judge feels there is too much movement, they can increase the deduction on the last skill - the movement is probably a direct result of how they completed that skill anyway.

17.2 Touching the landing mat with one hand 0.4 pt

17.3 Touching the landing mat with both hands 0.5 pt

17.4 For falling to the elbows, knees, or hands and knees 0.6 pt

17.5 For falling to seat or placing hand(s) or elbows behind body 0.7 pt

17.6 For falling to front, back, head 0.8 pt

17.7 For touching anywhere outside the landing zone 0.9 pt

17.8 For landing the dismount outside the landing zone 0.9 pt

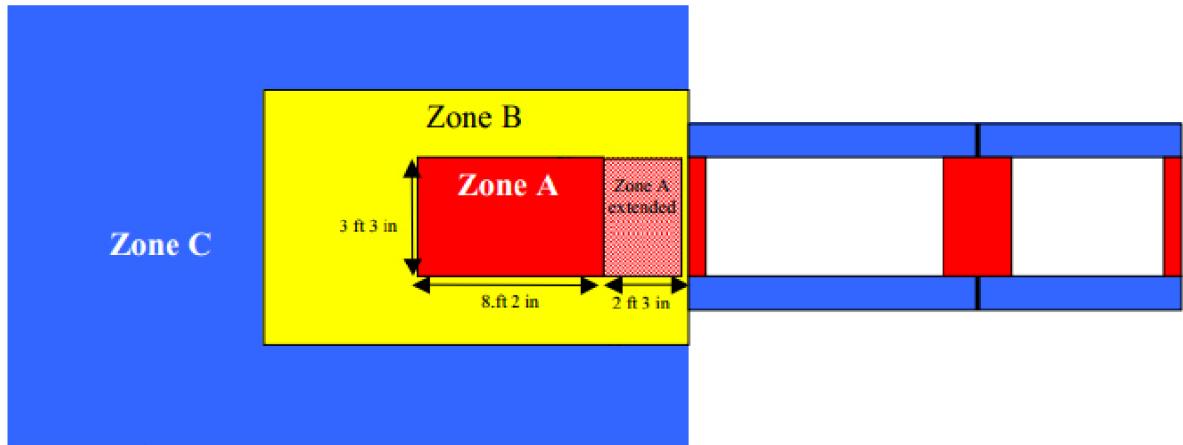
NOTE: 17.2-17.8 will also result in loss of skill and termination of pass if occurs prior to feet landing.

NOTE: If a landing zone is pushed up against a wall and the athlete hits the landing mat, they receive the same deduction(s) as falling off the trampoline - 1.0 pt.

18 Dismount Zone Deductions - Refer to chart on following page:

DEDUCTIONS TAKEN ON THE INSTRUCTION OF THE SUPERIOR JUDGE - p3

DOUBLE MINI DISMOUNT ZONE DEDUCTIONS



1. LANDING INSIDE ZONE A - 0.0 pts. (plus any applicable landing deductions)
2. LANDING INSIDE ZONE B - 0.3 pts. (plus any applicable landing deductions)
3. LANDING INSIDE ZONE C - 0.5 pts. (plus any applicable landing deductions)
4. MOVING FROM ZONE A to B, ZONE B to C, or ZONE A to C - 0.1 pt. maximum

Landing a dismount skill outside the landing mat (on the floor) will result in a termination, loss of skill, 0.9 pt. deduction, and any other applicable landing deductions.

Landing a dismount skill with their toes or part of their feet are hanging over the landing mat under the double-mini with part of their feet in Zone A will result in a 0.9 pt. deduction and a termination, and any other applicable deductions.

DUTIES OF THE SUPERIOR JUDGE

1. Control of facilities and organize the Judges conference and the trial scoring.
2. Place and supervise all Judges and Recorders.
3. Direct the competition.
4. Convene the Competition Jury.
5. Convene and preside over the Arbitration Jury.
6. Inform aesthetic judges of major deductions for the passes.
7. Decide on the competitors' dress.
8. Decide whether the spotter touched the competitor.
9. Decide when the competitors' pass has begun.
10. Declare the maximum mark in the case of an interrupted pass.
11. Inform the aesthetic judges additional deductions.
12. Personally score the Execution in each pass before he verifies the marks of the Aesthetic Judges in case the difference between the scores is too great.
13. Supervise all scores, calculations and the final results.
14. Be responsible that when a run-up mat is used to mount the double-mini, it lays flat and is not pushed up under the double-mini onto the legs/mat so that it angles up.
15. Determine the zone deduction(s) in addition to the landing/instability deduction.
16. Determine penalty zone deductions.

DUTIES OF THE DIFFICULTY JUDGE

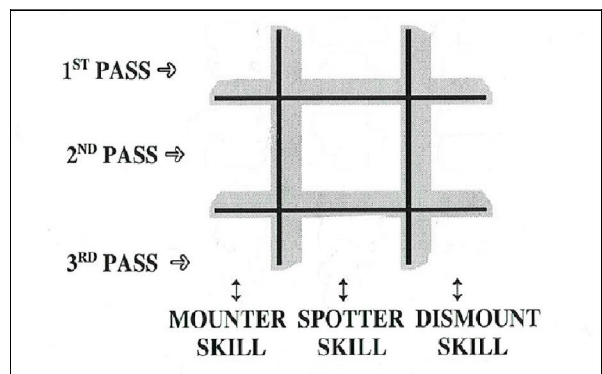
Determining the degree of difficulty.

1. The difficulty of each skill is calculated on the following basis:
 - 1.1 1/1 somersault (360°) 0.5 pt.
 - 1.2 ½ twist (180°) 0.2 pt.
 - 1.3 1/1 twist (360°) 0.4 pt.
2. Side somersaults and skills without rotation have no difficulty value.
3. In skills combining somersault and twist, the difficulty values for somersault and twist are added together.
4. Somersaults executed in the straight or pike position will be awarded an extra 0.1 pt provided that there is at least 1/1 somersault rotation without twist.
5. Only skills which land on the feet will be evaluated.
6. **ADVANCED & ELITE LEVELS ONLY:** Multiple somersaults performed from previous multiple somersaults shall be awarded a bonus of 0.2 pt.
7. **ADVANCED & ELITE LEVELS ONLY:** Multiple somersaults (2 or more) with or without twist, will be awarded an extra 0.1 pt. for each 360° of somersault executed in the pike or straight position.

Determining repetition.

1. Skills may only be repeated when performed in different parts of a pass. For example, as a mount, as a spotter, and as a dismount.
2. A skill is considered repeated when used during any of the five passes more than once as a mount, spotter or dismount. If the competitor disregards this rule, the degree of difficulty of the repeated skill will not be counted.
3. A tuck jump forward or backward is the same skill and will be considered a repeat if performed more than once as a mounter, spotter, or dismount skill, i.e. dismount with a forward moving tuck jump and then dismount with a backward moving tuck jump.
4. Skills having the same amount of rotation, but performed in the tuck, pike, and straight positions, are considered to be different skills and not repetitions.
5. Any repeated skill will receive a 1.0 pt. deduction plus loss of difficulty as stated above.
6. **ADVANCED & ELITE LEVELS ONLY:** Multiple somersaults (of more than 360°) having the same number of twists and somersaults will not be considered a repetition if the twist is located in different phases of the skill.

Display the difficulty mark



DUTIES OF THE AESTHETIC JUDGE - p1

1. Evaluate the Execution (form, consistency of height, control, and rhythm), and write down their deductions.
2. Subtract their deductions from the maximum mark indicated by the Superior Judge.
3. All aesthetic scores must be within 1.0 (not just the middle score).

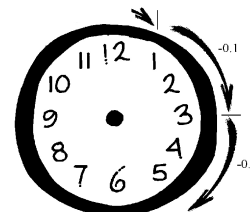
AESTHETIC DEDUCTIONS FOR FAULTY EXECUTION

The scoring of a pass starts once the athlete touches the Double Mini trampoline. The run shall not be considered.

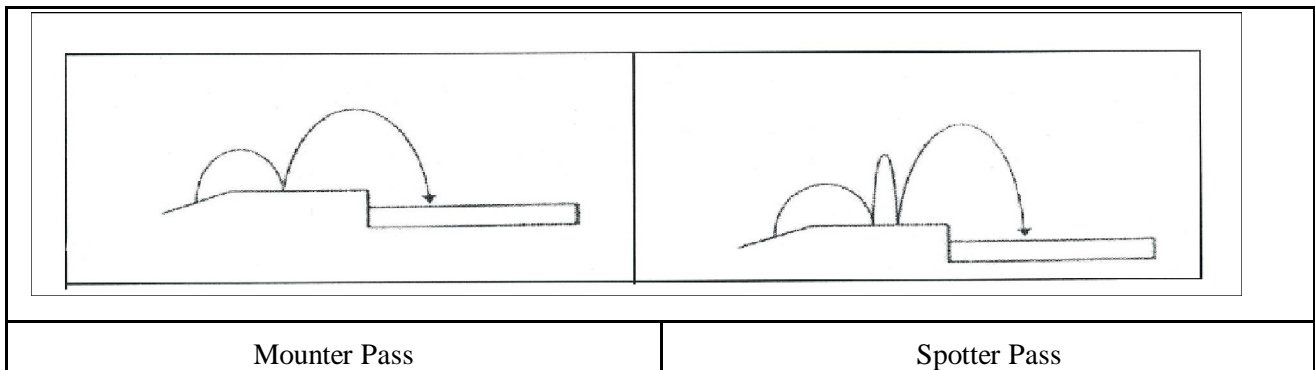
1. Instability when mounting the double-mini and lack for lack of form, control, and lift on the straight jump mount 0.1-0.3 pt
 - 1.1 For spotter passes - Arms should be down upon contacting the double-mini and will circle and pressö during the straight jump and before the spotter skill is initiated.
2. Lack of form, individual constant height, and lack of control in each skill 0.1-0.8 pt
 - 2.1 To be included in the 0.1-0.8 skill deductions, for tuck, pike or straddle position (jumps & single somis). 0.1 - 0.2 pt
 - 2.1.1 A touch with arms pressed down to sides fully 0.0 pt
 - 2.1.2 A touch and slide with arms not fully pressed down to sides 0.1 pt
 - 2.1.3 A touch only 0.2 pt
 - 2.2 If a coach stands between the judges and the athlete without moving blocking a judge's view of a skill or skills - an 0.8 pt. aesthetic deduction will be taken on that skill(s). There will not be any consideration to the score point spread.
4. For not kicking out of a tuck or pike position (somersault) 0.1-0.2 pt
 - 4.1 Kick out before 1:00 o'clock 0.0 pt.
 - 4.2 Kick out between 1:00 and 3:00 o'clock 0.1 pt.
 - 4.3 Kick out after 3:00 o'clock 0.2 pt.

Reference kick-outs to the face of a clock.

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RELATIVE PASS HEIGHT - In a double-mini pass, the dismount skill should be performed with greater height than the preceding mounter or spotter skill.



METHOD OF SCORING

BEGINNERS through SUB-ADVANCED

1. Three judges will be used. Two aesthetic judges and one Superior/Difficulty Judge required for Invitational, State, and National Competitions. Recommend the Superior Judge be positioned between the two aesthetic judges when possible.
2. The evaluation of form (execution and control) and difficulty is done in 10ths of a point.
3. Each pass is scored separately and a total of performance plus difficulty is calculated for each pass.
4. The scores of the judges must be written independently of each other. The score for performance shall not exceed 10.0 pt. per pass. The total of the two aesthetic scores is added together provided that the difference between the two scores is not too great and then the difficulty score is added.
5. If a pass has only one skill, a 2.0 pt deduction will be taken on the advice of the Superior Judge and the score for performance shall not exceed 3.0 pt. plus difficulty.
6. Double-mini scores must be within a 0.5 point range.
7. Difficulty scores must be flashed.

ADVANCED through ELITE OPEN

1. There will be four (4) aesthetic judges, one (1) difficulty judge, and one (1) superior judge, for a total of six (6) judges. This is recommended for Invitational Competitions and required for Team Trials, State and National Championships.
2. The evaluation of execution (form, consistency of height and control) and difficulty is done in 10ths of a point.
 - 2.2 Judges must write their deductions independently of each other. The mark for performance shall not exceed 10.0 pt per pass. When signaled by the Superior Judge, the scores of the Aesthetic judges must be shown simultaneously.
 - 2.2.1 If any of the Execution judges fail to display their marks when signaled by the Superior Judge, then the average of the other marks will be taken for the missing mark. This decision will be made by the Superior Judge.
 - 2.3 Evaluation of the score for Execution:
 - 2.3.1 The deductions for poor execution are subtracted from the maximum mark.
 - 2.3.2 In the individual competition: The highest and lowest marks of the execution judges are deleted. The total of the two remaining marks is the score for execution.
 - 2.4 Evaluation of the Score for Difficulty:
 - 2.4.1 The Difficulty Judge calculates the difficulty value of the routine.
 - 2.5 Evaluation of the Competitor's Score for the round:
 - 2.5.1 In individual competition, the difficulty score is added to the execution score.
3. The two middle scores must be within a 0.5 point range.

The Superior Judge is responsible for determining the validity of the final scores.

COMPETITION PROCEDURES

BEGINNERS

Large age groups will be pyramided into groups of 15 except at Nationals where the groups will be 10 or less. Age groups with five (5) or fewer competitors may be combined with adjacent age group(s) for Invitational Competitions as long as the Meet Director states policy on entry form. The USTA recommends approval of all coaches with athletes in said age group(s). Passes do not run consecutively.

FINALS - No finals.

NOVICE and INTERMEDIATE

Large age groups will be pyramided into groups of 10 or less.

Age groups with five (5) or fewer competitors may be combined with adjacent age group(s) for Invitational Competitions as long as the Meet Director states policy on entry form. The USTA recommends approval of all coaches with athletes in said age group(s). Passes do not run consecutively.

FINALS - No finals.

SUB-ADVANCED

Large age groups will be pyramided into groups of 10 or less.

Age groups with five (5) or fewer competitors may be combined with adjacent age group(s) for Invitational Competitions as long as the Meet Director states policy on entry form. The USTA recommends approval of all coaches with athletes in said age group(s). Passes do not run consecutively.

FINALS - No finals.

ADVANCED through ELITE OPEN

Large age groups will be pyramided into groups of 10 or less.

Age groups with five (5) or fewer competitors may be combined with adjacent age group(s) for Invitational Competitions as long as the Meet Director states policy on entry form. The USTA recommends approval of all coaches with athletes in said age group(s). Passes do not run consecutively.

COMPETITION CARDS - REQUIRED

The competition card must be handed in before the first athlete of the flight begins their warm up (unless on another event). Deduction 0.5 pts.

There is no deduction for deviation from the routine listed on the competition card.

FINALS

The competitors with the top ten (10) scores from the preliminaries will advance to finals. In the event of a tied score with the tenth scoring athlete, all athletes with the same scores will be eligible to compete in finals.

The starting order for the finals will be in the order of merit, the competitor with the lowest preliminary score will be going first. In the event of ties, the starting order will be decided by draw.

PROTESTS

Fees:	\$50	-	Invitational
	\$100	-	State
	\$100	-	Team Trial
	\$100	-	National Championship

A protest can only be made at levels of competition that have difficulty points and/or “*black and white*” situations (i.e., number of skills, positions, etc.). A Protest cannot be filed against another team’s athlete.

“*Complaints*” regarding aesthetics must be presented to the meet director only. The meet director may then discuss the situation with the Superior Judge. Spectators may NOT go directly to judges.

Only a coach, competitor, or representative of a Federation may approach the meet director.

1. If a scoring error results in a change of award placement after awards have been announced to the public or in the award room at any sanctioned competition, no award or placement shall be taken away from any competitor. The correct award and placement shall also be given to the athlete.
2. Coaches and/or competitors will not be allowed to approach the judges at any time during a competition to justify scores.
3. Coaches/athletes may inquire about difficulty or skill positions of their pass with no discussion allowed.
4. All other score inquiries must go through the Meet Director.
5. Infractions will result in a verbal warning for the first offense and disqualification from the meet for the second offense.

A written protest with protest fee must be handed to the meet director within 5 minutes of the end of that flight of competition. The Meet Director will then present the protest to the Superior Judge.

A written protest with protest fee must be handed to the meet director within 5 minutes of the end of that flight of competition. The meet director will inform the respective judging panel that a protest has been filed, gather the appropriate protest committee members and prepare the video for viewing by the committee.

- o During this time, there is to be *no discussion* amongst the committee regarding the pass or rules in questions. This eliminates any pre-determined conceptions of the pass and any bias or persuasion of committee members to vote one way or another. Once the committee is convened and the video is set for review, the meet director will read only the general facts related to the protest and indicate the specific skill (i.e. ó the second skill, the last skill, etc.) or movement in question (i.e. ó landing).
- o At this time, the committee may also ask the meet director and/or superior judge to review any rules related to the protest. (i.e. ó ðA position is determined by ___ degree angle between í ò or ðA pass is initiated when í ò)

A protest concerning the Execution scores can only be made in respect of a numerical error.

At ALL Competitions, a video other than the meet director's designated video can be used if the meet director's designated video does not record the pass. In this situation only, the meet director has the option to review the first video tape available to use by the Arbitration Jury. If no video is available, the judges' decision stands and the protest fee will be returned.

Arbitration juries may view the pass in slow motion. In the event that the video at any competition is not able to provide slow motion replay for decision making in a protest, the athlete’s coach’s video will be allowed to be used, for resolving the protest.

Protests must be dealt with by the Arbitration Jury prior to the start of the next round and their decision announced immediately. A decision must be made within 5 minutes of reviewing the video. The decision of the Arbitration Jury is final and must be abided by.

If the protest is sustained, the fee will be returned. If a protest is won, the scores must be taken back to the judging panel for proper score adjustment. If the protest is overruled, the fee will be given to the Meet Director.

Decision made by the Arbitration Jury cannot be overturned by the USTA Executive Board.

ARBITRATION JURY

1. Composition

- 1.2 For a protest with a panel of 4+ judges, the committee will consist of the superior judge, a member of the Technical Committee (or in his absence a member of the Board of Directors), the meet director, and two judges of the appropriate event appointed by the meet director before the competition begins. Note: One of the two judges must be a difficulty judge.
- 1.3 For a protest with a panel of 3 or less judges, composition will consist of the meet director, a member of the Technical Committee (or in his absence a member of the Board of Directors), the Superior Judge, an Aesthetic judge of the appropriate event and an Aesthetic Judge from another panel. If a member of the Technical Board is also a judge on the panel involved in the protest, that judge may not serve as a member of the Protest Committee as the Technical Board Representative.
- 1.4 If the protest concerns a competitor from the meet director's team, the meet director will be replaced by another member of the Technical Committee or Board of Directors for that protest.
- 1.5 If the protest concerns a competitor from the Technical Committee Member at the competition, the meet director shall designate an unbiased coach.

2. Procedure

A written protest with protest fee must be handed to the meet director within 5 minutes of the end of that flight of competition. The meet director will inform the respective judging panel that a protest has been filed, gather the appropriate protest committee members and prepare the video for viewing by the committee.

- o During this time, there is to be *no discussion* amongst the committee regarding the pass or rules in questions. This eliminates any pre-determined conceptions of the pass and any bias or persuasion of committee members to vote one way or another. Once the committee is convened and the video is set for review, the meet director will read only the general facts related to the protest and indicate the specific skill (i.e. ó the second skill, the last skill, etc.) or movement in question (i.e. ó landing).
- o At this time, the committee may also ask the meet director and/or superior judge to review any rules related to the protest. (i.e. ó ðA position is determined by ___ degree angle betweení ö or ðA pass is initiated whení ö)
- o Each Protest Committee Member must review the protest procedure rules prior to acting on any protest.

TEAM POINTS & NATIONAL COMPETITION PROMOTION

TEAM POINTS

The top three raw preliminary scores used are added together for the girls and the top two raw preliminary scores used are added together for the boys.

RESULTS

A complete copy of the results (along with the Meet Director's Report and Judges' Reports) must be sent to the National Office and the State Chair within two weeks of the competition.

NATIONAL COMPETITION PROMOTION RULE

1. **BEGINNER through SUB-ADVANCED.** A competitor must advance to the next level of double-mini (with the exception of 6 & under age groups) at the upcoming season as follows:
 - 1.1 Top 1 place must move up to the next level if there are 5-9 competitors in the age group.
 - 1.2 Top 3 places must move up to the next level if there are 10-19 competitors in the age group.
 - 1.3 Top 5 places must move up to the next if there are 20 or more competitors in the age group.
 - 1.4 All ties for the final cut-off position will be required to move up a level.
2. **ADVANCED:** No promotion rule.

LEVELS

Beginner

1. Two (2) passes are required. Each pass must consist of a minimum of two contacts with the bed and no more than three. A maximum of two skills per pass.
2. No somersaults are allowed.
3. Repeats are not allowed. A skill is considered repeated when used during the two (2) passes more than once as a mount, spotter, or dismount. A repeated skill will result in 1.0 pt deduction and loss of difficulty of skill.

*Novice

1. Three (3) passes are required. Each pass must consist of a minimum of two contacts with the bed and no more than three. A maximum of two skills per pass.
2. 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.
3. Repeats are not allowed. A skill is considered repeated when used during the three (3) passes more than once as a mount, spotter, or dismount. A repeated skill will result in 1.0 pt deduction and loss of difficulty of skill.

Intermediate

1. Three (3) passes are required. Each pass must consist of a minimum of two contacts with the bed and no more than three. A maximum of two skills per pass.
2. Each pass must include one somi, but cannot include two somies.
3. Repeats are not allowed. A skill is considered repeated when used during the three (3) passes more than once as a mount, spotter, or dismount. A repeated skill will result in 1.0 pt deduction and loss of difficulty of skill.

*Sub-Advanced

1. Three passes are required. Each pass must consist of a minimum of 2 contacts with the bed and no more than 3. A maximum of two skills per pass.
2. Each pass must contain at least one (1) somersault. At least one (1) pass must contain two (2) somersaults. No more than two (2) passes may contain two (2) somersaults.
3. At least one pass must contain a spotter somi.
4. Maximum difficulty per pass - 1.6 pt.
5. Repeats are not allowed. A skill is considered repeated when used during the three (3) passes more than once as a mount, spotter, or dismount. A repeated skill will result in 1.0 pt deduction and loss of difficulty of skill.

Advanced

1. Advanced double-mini trampoline competition consists of three (3) optional routines. Each pass must consist of a minimum of two contacts with the bed and no more than three. A maximum of two skills per pass.
 - 1.1 Preliminaries - Three (3) passes with two (2) Somies in each pass. Combined pass difficulty cap of 7.8
 - 1.2 Finals (optional at Invitationals & State; mandatory at Nationals). Two (2) passes in the finals with a minimum of two (2) Somies in each pass. The final two (2) passes must be different than the preliminary passes. No repeats in all five (5) passes. Combined pass difficulty cap of 4.8.
2. Repeats are not allowed. A skill is considered repeated when used during the three (3) passes more than once as a mount, spotter, or dismount. A repeated skill will result in 1.0 pt deduction and loss of difficulty of skill.

Age Elite

Elite double-mini trampoline competition consists of three (3) optional routines. Each pass must consist of a minimum of two contacts with the bed and no more than three. A maximum of two skills per pass.

Preliminaries Three (3) passes with two (2) Somersaults in each pass. Minimum combined difficulty is 7.9.

1. Preliminaries - Three (3) passes with two (2) Somies in each pass. Failure to meet the 7.9 pt. minimum difficulty without repeats will result in a 2.0 pt. aesthetic deduction. A competitor may not advance to finals if they do not meet these minimum difficulty score requirements.
2. Finals - Two (2) passes in the finals with a minimum of two (2) Somersaults in each pass.
 - 2.1. The final two (2) passes must be different than the preliminary passes. No repeats in all five (5) passes.
 - 2.2. The competitors with the top ten (10) scores from the preliminaries will advance to finals. In the event of a tied score with the tenth scoring athlete, all athletes with the same scores will be eligible to compete in finals.
 - 2.3. The starting order for the Finals will be in order of merit, the competitor with the lowest preliminary score going first in both passes. In the event of ties, the starting order will be decided by a draw.
 - 2.4. There is no new life. Preliminary Scores will be added to Final Scores.
3. Repeats are not allowed. A skill is considered repeated when used during the three (3) passes more than once as a mount, spotter, or dismount. A repeated skill will result in 1.0 pt deduction and loss of difficulty of skill.

Elite Open

1. Same rules as Advanced. EXCEPTION: Combined Pass Difficulty is 7.9 pt

***NOTE: Novice and Sub-Advanced are the only two levels where there may be two 2.0 deductions taken on the last pass. One for not meeting pass requirements and one for not meeting level requirements.**

BEGINNER DIVISION - DOUBLE-MINI

AGE GROUPS - Boys and Girls will not compete against each other. There shall be separate divisions for each.
 Girls: 4 & Under, 5 yrs, 6 yrs, 7 yrs, 8 yrs, 9 yrs, 10 yrs, 11 & Over
 Boys: 4 & Under, 5 & 6, 7 & 8, 9 & 10, 11 & Over

REQUIREMENTS

Two (2) passes are required. Each pass must consist of a minimum of two contacts with the bed and no more than three. A maximum of two skills per pass.

No somersaults are allowed.

LIST OF SKILLS PERMITTED	LIST OF SKILLS NOT PERMITTED
1. Tuck Jump 2. Pike Jump 3. Pike Straddle Jump 4. ½ Turn (Difficulty - 0.2 pt) 5. Full Turn (Difficulty - 0.4 pt) 6. 1 ½ Turn (Difficulty - 0.6 pt) 7. Double Full Turn (Difficulty - 0.8 pt)	1. Somersaults 2. Gainers

SAMPLE PASSES

1. Spotter Tuck Jump, Tuck Jump dismount 0.0 difficulty
2. Mounter Tuck Jump, Straddle Jump dismount 0.0 difficulty
3. Spotter Tuck Jump, Full Turn dismount 0.4 difficulty
4. Spotter Full Turn, Full Turn dismount 0.8 difficulty
5. Spotter Straddle Jump, Double Full Turn dismount 0.8 difficulty

DIFFICULTY

Determining the degree of difficulty. The difficulty of each skill is calculated on the following basis:

1. ½ twist/turn (180°) 0.2 pt.
2. 1/1 twist/turn (360°) 0.4 pt.

	TUCK	PIKE	LAYOUT	PUCK
Tuck Jump	-	-	-	-
Pike Jump	-	-	-	-
Straddle Pike Jump	-	-	-	-
Front Jump ½ Twist	-	-	.2	-
Front Jump 1 Twist	-	-	.4	-
Front Jump 1½ Twist	-	-	.6	-
Front Jump Double Turn	-	-	.8	-

REPEATS - Repeats are not allowed.

A skill is considered repeated when used during the two (2) passes more than once as a mount, spotter, or dismount. A repeated skill will result in 1.0 pt deduction and loss of difficulty of skill.

NOTE: Tuck jump forward dismount will be considered the same as a tuck jump backward dismount; therefore, a repeat.

LEVEL SPECIFIC DEDUCTIONS - The following deductions apply to the Beginner Level of Double-Mini in addition to the Universal Deductions found in the General Double-Mini Rules.

1. No somersaults are allowed. Use of a somersault at this level will result in termination, loss of skill, loss of difficulty, a deduction of 2.0 pt. for use of an illegal skill, and a deduction of a 3.0 pt. for exceeding level maximums.

NOVICE DIVISION - DOUBLE-MINI

AGE GROUPS - Boys and Girls will not compete against each other. There shall be separate divisions for each.

Girls: 6 & Under, 7 yrs, 8 yrs, 9 yrs, 10 yrs, 11 yrs, 12 yrs, 13 & 14, 15 & Over
 Boys: 6 & Under, 7 & 8, & 10, 11 & 12, 13 & Over

REQUIREMENTS

1. Three (3) passes are required. A maximum of two skills per pass.
2. Each pass must consist of a minimum of two contacts with the bed and no more than three.
3. Two (2) passes must have difficulty, three (3) passes may have difficulty.
4. One pass must include one somi, only two passes may include a somi.

LIST OF SKILLS PERMITTED WITH DIFFICULTY	LIST OF SKILLS NOT PERMITTED
<ol style="list-style-type: none"> 1. Beginner Skills 2. Front Tuck Somi (Difficulty - 0.5) 3. Front Pike Somi (Difficulty - 0.6) 4. Front Straight Somi (Difficulty - 0.6) 5. Back Tuck Somi (Difficulty - 0.5) 6. Back Pike Somi (Difficulty - 0.6) 7. Back Straight Somi (Difficulty - 0.6) 	<ol style="list-style-type: none"> 1. Twisting somersaults. 2. Somersaults exceeding 360° rotation. 3. Gainers 4. Inward somersaults.

SAMPLE PASSES

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

DIFFICULTY

Determining the degree of difficulty. The difficulty of each skill is calculated on the following basis:

1. 1/1 somersault (360°) 0.5 pt.
2. ½ twist/turn (180°) 0.2 pt.
3. 1/1 twist/turn (360°) 0.4 pt.

DIFFICULTY CHART

½ Turn	0.2
Full Turn	0.4
1 ½ Turn	0.6
Double Turn	0.8
Front Tuck Somi	0.5
Front Pike Somi	0.6
Front Straight Somi	0.6
Back Tuck Somi	0.5
Back Pike Somi	0.6
Back Straight Somi	0.6

REPEATS

1. Repeats are not allowed. A skill is considered repeated when used during the three (3) passes more than once as a mount, spotter, or dismount.
2. If the competitor repeats a skill, the degree of difficulty of the repeated skill will not be counted and a 1.0 point deduction will be taken.

NOTE: Any position jump forward dismount will be considered the same as a the same position jump backward dismount; therefore, a repeat.

LEVEL SPECIFIC DEDUCTIONS - These deductions apply to the Novice Level of Double-Mini in addition to the Universal Deductions found in the General Double-Mini Rules.

1. Two passes must have difficulty, all three passes may have difficulty. One pass must include one somi, but cannot include two somies, two passes may include one somi.
 - 1.1 For not having two passes with difficulty, a deduction of 2.0 will be taken on the last pass for not meeting level requirements.
 - 1.2 For not having difficulty in two passes and not having a somi in one pass, a deduction of 4.0 (TWO separate 2.0 deductions) will be made on the last pass.
 - 1.3 For more than two passes with one somersault, a deduction of 2.0 will be taken for exceeding level maximums. ***In addition***, no difficulty will be given for any somersault over the maximum requirement. **Will also result in a 3.0 deduction for exceeding maximums.**
 - 1.4 For a pass that has only one skill, a 2.0 pt deduction will be taken on the advice of the Superior Judge and the score for performance shall not exceed 3.0 pt. plus difficulty.
2. No somersaults may twist. Performing a somersault with twist will result in the pass being terminated at that point, a 2.0 pt. deduction will be taken for use of an illegal skill, and a 3.0 pt. deduction will be taken for exceeding pass maximums. ***No difficulty will be given for any somi that contains a twist.***
3. If the competitor performs all three passes with one somersault, a 2.0 pt. deduction will be taken for exceeding pass maximums and a 3.0 pt. deduction will be taken for exceeding level requirements. ***No difficulty will be awarded for the somi in the third pass.***
4. If a competitor performs a pass with two somersaults, a 2.0 pt. deduction will be taken for exceeding pass maximums and a 3.0 pt. deduction will be taken for exceeding level maximums. ***No difficulty will be awarded for the second somi in the pass. Will also result in a 3.0 deduction for exceeding maximums.***

INTERMEDIATE DIVISION - DOUBLE-MINI

AGE GROUPS - Boys and Girls will not compete against each other. There shall be separate divisions for each.

Girls: 8 & Under, 9 yrs, 10 yrs, 11 yrs, 12 yrs, 13 & 14, 15 & Over
 Boys: 8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 & Over

REQUIREMENTS

1. Three (3) passes are required. Each pass must consist of a minimum of two contacts with the bed and no more than three. A maximum of two skills per pass.
2. Each pass must include one somi, but cannot include two somies.

LIST OF SKILLS PERMITTED WITH DIFFICULTY	LIST OF SKILLS NOT PERMITTED
<ol style="list-style-type: none"> 1. Beginner Skills 2. Novice Skills 3. Barani Tuck (Difficulty - 0.7) 4. Barani Pike (Difficulty - 0.7) 5. Barani Straight (Difficulty - 0.7) 6. Back Somersault with a ½ Twist (Difficulty - 0.7) 	<ol style="list-style-type: none"> 1. Somersaults exceeding 180° twist 2. Somersaults exceeding 360° rotation 3. Gainers 4. Inward Somersaults

SAMPLE PASSES - Any Novice pass with a Somersault.

Straddle Jump, Front Pike dismount	0.6 difficulty
Tuck Jump, Barani dismount	0.7 difficulty
½ turn, Straight Back dismount	0.8 difficulty
Spotter Back Straight, Full Turn dismount	1.0 difficulty

DIFFICULTY

Determining the degree of difficulty. The difficulty of each skill is calculated on the following basis:

1. 1/1 somersault (360°) 0.5 pt.
2. ½ twist/turn (180°) 0.2 pt.
3. 1/1 twist/turn (360°) 0.4 pt.
4. Side somersaults and skills without rotation have no difficulty value.
5. In skills combining somersault and twist, the difficulty values for somersault and twist are added together.
6. Somersaults executed in the straight or pike position will be awarded and extra 0.1 pt provided that there is at least 1/1 somersault rotation without twist.
7. Only skills which land on the feet will be evaluated.

Refer to the difficulty listed with the **List of Skills Permitted** above

REPEATS

Repeats are not allowed. A skill is considered repeated when used during the three (3) passes more than once as a mounter, spotter, or dismount. A repeated skill will result in 1.0 pt deduction and loss of difficulty of skill.

NOTE: Tuck jump forward dismount will be considered the same as a tuck jump backward dismount; therefore, a repeat.

LEVEL SPECIFIC DEDUCTIONS.

These deductions apply to the Intermediate Level of Double-Mini in addition to the Universal Deductions found in the General Double-Mini Rules.

1. Each pass must include one Somersault, but cannot include two Somersaults. For more than one (1) somersault per pass, a deduction of 2.0 pt. will be taken for exceeding pass maximums and a deduction of 3.0 pt. will be taken for exceeding level maximums. In addition, no difficulty will be given for any somersault over one.
2. No somis exceeding 180° twist. For performing a somi exceeding 180° twist, the pass will be terminated, a 2.0 pt. deduction will be taken for performing an illegal skill and a 3.0 pt. deduction will be taken for exceeding level maximums. In addition, the skill will not count and no difficulty will be given for any somersault exceeding 180° twist.
3. No somis with over 360° rotation. For performing a somi with over 360° rotation, the pass will be terminated, a 2.0 pt. deduction will be taken for performing an illegal skill and a 3.0 pt. deduction will be taken for exceeding level maximums. In addition, the skill will not count and no difficulty will be given for any somersault exceeding 360° rotation.
4. No gainer skills are allowed. For performing a gainer, the pass will be terminated, a 2.0 pt. deduction will be taken for performing an illegal skill and a 3.0 pt. deduction will be taken for exceeding level maximums. In addition, the skill will not count and no difficulty will be given performing a gainer.

SUB-ADVANCED DIVISION - DOUBLE-MINI

AGE GROUPS - Boys and Girls will not compete against each other. There shall be separate divisions for each.

Girls: 8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 - 16, 17 & Over
 Boys: 8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 - 16, 17 & Over

REQUIREMENTS

Three passes are required. Each pass must consist of a minimum of 2 contacts with the bed and no more than 3. A maximum of two skills per pass.

Each pass must contain at least one (1) somersault. At least one (1) pass must contain two (2) somersaults. No more than two (2) passes may contain two (2) somersaults. At least one pass must contain a spotter Somersault.

MAXIMUM DIFFICULTY 1.6 pt. per pass

LIST OF SKILLS PERMITTED WITH DIFFICULTY	LIST OF SKILLS NOT PERMITTED
<ul style="list-style-type: none"> 1. Beginner Skills 2. Novice Skills 3. Inward Somi (Gainer) 4. 540° Twisting Somi 	<ul style="list-style-type: none"> 1. Somersaults exceeding 540° twist 2. Somersaults exceeding 360° rotation 3. Gainers 4. Inward somersaults

SAMPLE PASSES - Any Intermediate pass with a Somersault

- 1. Mounter Barani Tuck, Full Twisting Somersault dismount 1.6 difficulty
- 2. Spotter Back Tuck, Barani Tuck dismount 1.2 difficulty
- 3. Spotter Str Jump, Rudi 1.2 difficulty
- 4. Mounter Front Tuck, Front Tuck dismount 1.0 difficulty
- 5. Spotter ½ Turn, Full Twisting Somersault dismount 1.1 difficulty

DIFFICULTY

Determining the degree of difficulty. The difficulty of each skill is calculated on the following basis:

1. 1/1 somersault (360°) 0.5 pt.
2. ½ twist/turn (180°) 0.2 pt.
3. 1/1 twist/turn (360°) 0.4 pt.
4. Side somersaults and skills without rotation have no difficulty value.
5. In skills combining somersault and twist, the difficulty values for somersault and twist are added together.
6. Somersaults executed in the straight or pike position will be awarded and extra 0.1 pt provided that there is at least 1/1 somersault rotation without twist.
7. Only skills which land on the feet will be evaluated.

Refer to the difficulty listed under **DOUBLE-MINI TRAMPOLINE DIFFICULTY**.

REPEATS - Repeats are not allowed.

A skill is considered repeated when used during the three (3) passes more than once as a mount, spotter, or dismount. A repeated skill will result in 1.0 pt deduction and loss of difficulty.

NOTE: Tuck jump forward dismount will be considered the same as a tuck jump backward dismount; therefore, a repeat.

LEVEL SPECIFIC DEDUCTIONS

These deductions apply to the Sub-Advanced Level of Double-Mini in addition to the Universal Deductions found in the General Double-Mini Rules.

1. Each pass must contain at least one (1) somersault. At least one (1) pass must contain two (2) somersaults. No more than two (2) passes may contain two (2) somersaults. At least one pass must contain a spotter Somersault.
 - 1.1 For not have a somersault in a pass, a deduction of 2.0 pt. will be taken on that pass.
 - 1.2 For not having a pass with two somersaults, a deduction of 2.0 will be taken on the last pass.
 - 1.3 For not having a pass with a spotter somersault, a 2.0 pt. deduction will be taken on the last pass.
 - 1.4 For not having one pass with two somersaults and not having one pass with a spotter somersault, a 4.0 pt. deduction (two separate 2.0 major deductions) will be taken on the last pass.
2. If all three (3) passes have two (2) somersaults, a deduction of 2.0 pt. will be taken for exceeding pass maximums and a deduction of 3.0 pt. will be taken for exceeding level maximums. ***In addition, no difficulty will be given for the second somersault in the third pass.***
3. For exceeding the maximum 1.6 difficulty pass, a deduction of 2.0 pt. will be taken for exceeding pass maximums and a deduction of 3.0 pt. will be taken for exceeding level maximums. **The difficulty will be awarded to the athlete if a legal skill at this level.**
4. For exceeding a 540° twist or a 360° rotation, the pass will be terminated at that point, a 2.0 pt. deduction will be taken for performing an illegal skill and a 3.0 pt. deduction will be taken for exceeding level maximums. In addition, the skill will not count and no difficulty will be given for the illegal skill.

ADVANCED - DOUBLE-MINI

AGE GROUPS - Boys and Girls will not compete against each other. There shall be separate divisions for each.
 Girls: 8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 - 16, 17 & Over
 Boys: 8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 - 16, 17 & Over

LIST OF SKILLS NOT PERMITTED
<ol style="list-style-type: none"> 1. Gainers 2. Inward somersaults

REQUIREMENTS

Advanced double-mini trampoline competition consists of three (3) optional routines. Each pass must consist of a minimum of two contacts with the bed and no more than three. A maximum of two skills per pass.

Preliminaries Three (3) passes with two (2) Somersaults in each pass.

1. No repeats in all three (3) passes.
2. **DIFFICULTY CAP:** Combined three pass difficulty cap - 7.8.
 - 2a. All Competitions EXCEPT Nationals: Exceeding Cap will result in a 2.0 and 3.0 major deductions with full difficulty being awarded if legal skills.
 - 2b. At Nationals, exceeding the cap will result a 2.0 and 3.0 major deductions with the capped difficulty being awarded if legal skills.

Finals

1. Two (2) passes in the finals with a minimum of two (2) Somersaults in each pass.
2. The final two (2) passes must be different than the preliminary passes. No repeats in all five (5) passes.
3. The competitors with the top ten (10) scores from the preliminaries will advance to finals. In the event of a tied score with the tenth scoring athlete, all athletes with the same scores will be eligible to compete in finals.
4. The winner is the competitor with the highest overall number of points.
 - 4.1 Competitors with the same scores will be given the same place and medals will be awarded according to the Championship Regulations.
5. The starting order for the Finals will be in order of merit, the competitor with the lowest preliminary score going first in both passes. In the event of ties, the starting order will be decided by a draw.
6. **DIFFICULTY CAP:** Combined two pass difficulty cap - 4.8.
 - 6a. All Competitions EXCEPT Nationals: Exceeding Cap will result in a 2.0 and 3.0 major deductions with full difficulty being awarded if legal skills.
 - 6b. At Nationals, exceeding the cap will result a 2.0 and 3.0 major deductions with the capped difficulty being awarded if legal skills.

SAMPLE PASSES - (May use any Sub-Advanced pass with 2 Somersaults)

1. Spotter Back Tuck, Rudi dismount 1.7 difficulty
2. Mounter Barani Straight, Double Full dismount 2.2 difficulty
3. Spotter Full, Barani Tuck dismount 1.6 difficulty
4. Mounter Barani Tuck, Back Tuck dismount 1.2 difficulty
5. Mounter Barani Pike, Back Pike dismount 1.3 difficulty
6. Spotter Front Pike, Front Tuck dismount 1.1 difficulty
7. Spotter Barani Tuck, Back Double Tuck dismount 2.7 difficulty
8. Spotter Back Double Tuck, Fliffis Tuck dismount 4.6 difficulty
9. Mounter Fliffis Tuck, Double Back Straight dismount 5.4 difficulty

DIFFICULTY

Determining the degree of difficulty. The difficulty of each skill is calculated on the following basis:

1. 1/1 somersault (360°) 0.5 pt.
2. ½ twist/turn (180°) 0.2 pt.
3. 1/1 twist/turn (360°) 0.4 pt.
4. Side somersaults and skills without rotation have no difficulty value.
5. In skills combining somersault and twist, the difficulty values for somersault and twist are added together.
6. Somersaults executed in the straight or pike position will be awarded an extra 0.1 pt provided that there is at least 1/1 somersault rotation without twist.
7. 2/1 somersaults, or more, with or without twists, will be awarded an extra 0.1 pt when executed in the pike or straight position.
8. Mounter or Spotter double Somersaults performed with a dismount double Somersault will be awarded and extra 0.2 pt.
9. Only skills which land on the feet will be evaluated.
10. Performing a double-double combination in one pass will received an additional 0.2 bonus difficulty.
11. Refer to the difficulty listed under **DOUBLE-MINI TRAMPOLINE DIFFICULTY**.

REPEATS

Repeats are not allowed. A skill is considered repeated when used during the three (3) passes more than once as a mount, spotter, or dismount. A repeated skill will result in 1.0 pt deduction and loss of difficulty.

LEVEL SPECIFIC DEDUCTIONS

These deductions apply to the Advanced Level of Double-Mini in addition to the Universal Deductions found in the General Rules.

1. For a pass with only one somersault, a deduction of 2.0 pt.
2. For a pass without any somersaults, a deduction of 2.0 pt.
3. For a pass that has only one skill, a 2.0 pt deduction will be taken on the advice of the Superior Judge and the aesthetic score for performance shall not exceed 3.0 pt.
4. Not turning in the required trampoline competition card before the first athlete of the flight begins their warm up (unless on another event) will result in a 0.5 pt. deduction.
5. For exceeding difficulty cap at all competitions, total combined deductions of 5.0 pt. (2.0 for exceeding cap and 3.0 in place of the mandate rule).

COMPETITION CARDS - REQUIRED

The competition card must be handed in before the first athlete of the flight begins their warm up (unless on another event). Deduction 0.5 pts.

There is no deduction for deviation from the routine listed on the competition card.

SCORES - The two middle scores must be within a 0.5 point range.

NATIONAL CHAMPIONSHIPS

A competitor will automatically qualify to compete at Nationals in the Advanced level if he/she competes at their State Championship in the Advanced level of double-mini; however, the competitor must have competed in the Advanced Level of competition at a USTA Sanctioned competition prior to their state meet.

DOUBLE MINI - AGE ELITE DIVISION

All the General Rules of Double-Mini Trampoline and the Advanced Rules of Double-Mini Trampoline apply to ELITE Trampoline. Only the exceptions or additions will be listed below.

AGE GROUPS - Boys and Girls will not compete against each other. There shall be separate divisions for each.

Girls & Boys Age Groups: 10 & Under, 11 & 12, 13 & 14, 15 - 16, 17 & Over

REQUIREMENTS. Elite double-mini trampoline competition consists of three (3) optional routines. Each pass must consist of a minimum of two contacts with the bed and no more than three. A maximum of two skills per pass.

MINIMUM: 7.9 Difficulty

Preliminaries Three (3) passes with two (2) Somersaults in each pass.

1. Failure to meet the 7.9 pt. minimum difficulty without repeats will result in a 2.0 pt. aesthetic deduction. A competitor may not advance to finals if they do not meet these minimum difficulty score requirements.

Finals

1. Two (2) passes in the finals with a minimum of two (2) Somersaults in each pass.
2. The final two (2) passes must be different than the preliminary passes. No repeats in all five (5) passes.
3. The competitors with the top ten (10) scores from the preliminaries who meet the minimum difficulty will advance to finals. In the event of a tied score with the tenth scoring athlete, all athletes with the same scores will be eligible to compete in finals.
4. The starting order for the Finals will be in order of merit, the competitor with the lowest preliminary score going first in both passes. In the event of ties, the starting order will be decided by a draw.
5. There is no new life. Preliminary Scores will be added to Final Scores.

COMPETITION CARDS - REQUIRED

The competition card must be handed in before the first athlete of the flight begins their warm up (unless on another event). Deduction 0.5 pts.

There is no deduction for deviation from the routine listed on the competition card.

SCORES

All ELITE aesthetic scores must be within 1.0 (not just the middle scores).

NATIONAL CHAMPIONSHIPS

A competitor will automatically qualify to compete at Nationals in the ELITE level if he/she competes at their State Championship in the ELITE level of double-mini; however, the competitor must have competed in the ELITE Level of competition at a USTA Sanctioned competition prior to their state meet.

After their State Championship has been held, a ELITE athlete cannot compete in any other USTA competition to reach the qualifying score for the Elite Open National Competition.

ELITE OPEN RULES - DOUBLE-MINI

GENERAL RULES

All the General Rules of Double-Mini and the Elite Rules of Double-Mini apply to Elite Open Double-Mini. Only the exceptions or additions will be listed below.

USTA National Team Trials will use the Elite Division Double-Mini Rules.

ELIGIBILITY

During the current competition season, the athlete must achieve a minimum **7.3 pt.** (combined three pass) difficulty score at the Elite level at a sanctioned USTA competition to be eligible to compete in Elite Open Double-Mini. Proof of eligibility is validated by the official scores that are sent into the National Office by Meet Directors. The National Office will develop and maintain a list of athletes qualified for Elite Open Trampoline.



AGE GROUPS

There are no age groups in the Elite Open Division. All girls compete against each other and all boys compete against each other.

PRELIMINARIES

Refer to Elite Rules of Double-Mini

The minimum combined difficulty of 7.9 is needed to advance to finals.

FINALS

Refer to Elite Rules of Double-Mini, **EXCEPTION:** In addition to placing as one of the top ten athletes during preliminaries, to advance to finals, an athlete must have a combined difficulty score of 7.9 pt. for their three preliminary passes.

It is required for all State, National, and Team Trial Competitions that the starting order for preliminary competition for Elite Double-Mini shall be decided by a random sort on computer.

SCORES

The two middle scores must be within a 0.5 point range.

DOUBLE-MINI TRAMPOLINE DIFFICULTY

The following method of calculating difficulty will be used.

Degree of Difficulty

The difficulty of each skill is calculated on the following basis:

1. Only skills terminating on the feet will be evaluated.
2. Skills without twists or somersault rotation have no difficulty value.
3. Each ½ twist 180° (with the exception of single somis) 0.2
4. Each somersault (360°) 0.5
5. Single somersaults:
 - 5.1 Single somersaults performed in the pike or straight position without twist 0.1
 - 5.2 Single somersaults with more than one twist 360°, difficulty of the twist as follows:

Each ½ twist more than one full twist	0.3
Each ½ twist more than two full twists	0.4
Each ½ twist more than three full twists	0.5
Each ½ twist more than four full twists	0.6
6. Double somersaults - with or without twist:
 - 6.1 Double somersaults performed in the pike position will receive a bonus of 0.4 pts.
 - 6.2 Double somersaults performed in the straight position will receive a bonus of 0.8 pts.
 - 6.3 In double somersaults the value of the skill, including any twist, are added together and then will be doubled. The bonus for the pike and straight position is then added to give the total value of the skill.
7. Triple somersaults - with or without twist:
 - 7.1 Triple somersaults performed in the pike position will receive a bonus of 0.8 pts.
 - 7.2 Triple somersaults performed in the straight position will receive a bonus of 1.6 pts.
 - 7.3 In triple somersaults the value of the skill, including any twist, are added together and then tripled. The bonus for the pike and straight position is then added to give the total value of the skill.
8. Quadruple somersaults - with or without twist:
 - 8.1 Quad somersaults performed in the pike position will receive a bonus of 1.6 pts.
 - 8.2 Quad somersaults performed in the straight position will receive a bonus of 3.2 pts.
 - 8.3 In quad somersaults the value of the skill, including any twist, are added together and then quadrupled. The bonus for the pike and straight position is then added to give the total value of the skill.
9. Performing a double, double will result in a 0.2 pt. bonus.

Refer to the Double-Mini Difficulty Chart on DM-p35

DOUBLE-MINI TRAMPOLINE DIFFICULTY CHART

Performing a double, double will result in a 0.2 pt. bonus.

Performing a gainer will result in a 0.1 pt. bonus

NON-SOMI TWISTS			
Each ½ twist of 180 degrees - bonus of 0.2 pts.			
SINGLE SOMIS			
Front Skills	DD		Back Skills DD
Front Tuck	0.5		Back Tuck 0.5
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		Back Skills DD
Double Front Tuck	2.0		Double Back Tuck 2.0
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 4.5
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 8.0
			Quad Back Pike 9.6
			Quad Back Straight 11.2

Glossary

Barani - a single front somersault with a ½ twist initiated after 45° of somersaulting rotation.

Dismount - a skill that initiates from the second bed and terminates on the landing mat.

Full - a single backward or forward somersault in the straight position with one full twist (360°)

Mounter - the element that begins on the first bed (mounter bed) and ends on the second bed (spotter bed) of the double-mini trampoline

Penalty Zone - the red zone in the center of the double-mini trampoline. The two end red zones are not penalty zones.

Pike jump - a jump in which the legs lift straight in front of the body to the horizontal position. *See pike position.*

Pike position - The angle between the upper body and thighs must be equal to or less than 135° and the angle between the thighs and the lower legs must be greater than 135°. In multiple somersaults (2/1 or more) with twists, the pike position may be modified during the twisting phase.

Pike Straddle jump - a jump in which the angle between the upper body and the front of the thigh is less than 135° degree. The angle between the legs should be greater than 135°.

Randi - a single front somersault in the straight position with 2½ twist.

Rudi - a single front somersault in the straight position with 1½ twist.

Spotter - the spotter skill should initiate and terminate from the center of the second bed. A straight jump is performed from the first (mounter) bed to the second (spotter) bed.

Straight jump - a jump where the body is held tight and straight. The shoulders should be extended and the back flat. A complete push through the feet occurs as the athlete leaves the double-mini trampoline bed. *See straight position.*

Straight position - The angle between the upper body and thighs must be greater than 135° and the angle between the thighs and lower legs must be greater than 135°.

Tuck jump - a jump in which the legs lift in front with a bend at both the hips and knees. The thighs should be close to the chest. *See tuck position.*

Tuck Position - The angle between the upper body and thighs must be less than 135° and the angle between the thigh and the lower leg must be less than 135°. In multiple somersaults (2/1 or more) with twists, the tuck position may be modified during the twisting phase.