

<p>BEGINNER (NO DD) (One 45-second warm up)</p> <p><u>Required Compulsory Skills</u></p> <ul style="list-style-type: none"> • Straight Jump w/ ½ Turn (Must beg/end on feet) • Pike Jump OR Tuck Jump • Front OR Back Contact <p><u>Pass Reqs & Restrictions</u></p> <ul style="list-style-type: none"> • No somies allowed <p><u>Superior / Major Deductions</u></p> <ul style="list-style-type: none"> • Repeats = -.5 • Doggie Drop = Illegal Skill = Term & -2.0 • Illegal Skills (All Somies) = Term, -2.0 & -3.0
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<p>NOVICE (NO DD) (Two 30-second warm ups)</p> <p><u>Required Compulsory Skills</u></p> <ul style="list-style-type: none"> • Straight Jump w/ ½ Turn (Must beg/end on feet) • Pike Jump • Front OR Back Contact • Front OR Back Somi <p><u>Pass Reqs & Restrictions</u></p> <ul style="list-style-type: none"> • No more than two (2) somies allowed <p><u>Superior / Major Deductions</u></p> <ul style="list-style-type: none"> • Repeats = -.5 • > 2 somies = -2.0 & -3.0 • Illegal Skills = Terminate, -2.0 & -3.0 <ul style="list-style-type: none"> • All ¼ somies • All twisting somies

<p>SUB-ADVANCED(DD) (Two 30-second warm ups)</p> <p><u>Required Compulsory Skills</u></p> <ul style="list-style-type: none"> • Back Straight / Layout • ¼ Front OR ¼ Back • Barani Tuck • Two (2) Optional 360° Somies <p><u>Pass Reqs & Restrictions</u></p> <ul style="list-style-type: none"> • Routines must include all three compulsory skills, plus two (2) optional 360° somies • Max DD = 4.8 <p><u>Superior / Major Deductions</u></p> <ul style="list-style-type: none"> • No Comp Card Turned In Before Warm Up = -.5 • Repeats = No DD given, but skill counts • No Optional Somi = -1.0 PER somi • > 4.8 DD = -2.0 & -3.0 • Illegal Skills = Terminate, -2.0 & -3.0 <ul style="list-style-type: none"> • Somies with >540° Twist (> Rudi) • Somies with >450° Rotation (> Cody or Ballout) • Skills >.8 DD
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<p>INTERMEDIATE (NO DD) (Two 30-second warm ups)</p> <p><u>Required Compulsory Skills</u></p> <ul style="list-style-type: none"> • Straight Jump w/ Full (1/1) Turn (Must beg/end on feet) • Front OR Back Contact • Back Tuck • Front 360° Somi <u>without</u> Twist (i.e. front tuck, front pike or front layout - baranis or ¾ fronts do NOT count) • One (1) Optional 360° Somi <p><u>Pass Reqs & Restrictions</u></p> <ul style="list-style-type: none"> • Min 3 somies • Max 5 somies • ¾ fronts and ¾ backs must originate from feet and MAY fulfill the front & back contact requirement; ¾ somies DO NOT meet the requirement of the optional somi. <p><u>Superior / Major Deductions</u></p> <ul style="list-style-type: none"> • Repeats = -.5 • No Optional Somi = -1.0 • > 5 somies = -2.0 & -3.0 • Illegal Skills = Terminate, -2.0 & -3.0 <ul style="list-style-type: none"> • Somies with >360° Rotation • Somies with >180° Twist

<p>ADVANCED (DD) (45-second warm ups: 3 for prelims 2 for finals)</p> <p><u>Pass Reqs & Restrictions</u></p> <ul style="list-style-type: none"> • Min of seven (7) somies • Min of 4.9 DD <p><u>Superior / Major Deductions</u></p> <ul style="list-style-type: none"> • No Comp Card Turned In Before Warm Up = -.5 • Repeats = No DD given, but skill counts • < 7 somies = -2.0 pass req • < 4.9 DD = -2.0 pass req • > 7.4 DD = -2.0 for exceeding pass reqs, -3.0 exceeding skill level and get DD of all legal skills performed at all meets EXCEPT nationals. At nationals only, cap DD at 7.4 and mandate to Age Elite.
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<p>AGE ELITE (DD) (45-second warm ups: 3 for prelims 2 for finals)</p> <p><u>Pass Reqs & Restrictions</u></p> <ul style="list-style-type: none"> • All skills must have a min. 270° rotation • Min of 7.5 DD <p><u>Superior / Major Deductions</u></p> <ul style="list-style-type: none"> • No Comp Card Turned In Before Warm Up = -.5 • Repeats = No DD given, but skill counts • Skill with < 270° Rotation = Termination • < 7.5 DD = -2.0 pass req & no finals <p>*** The rules for Elite Open competition are different! – See Rulebook ***</p>
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SUP DEDUCTIONS	
Not Taking 3 Jumps Before 1st Skill	.5
Overall Lack of Height of Pass	.3
Intermittent Straight Jump	1.0 / Jump
Facing Side of TR (Except Last Skill)	Term
One Foot Landing	Term & .3
Spotted <u>DURING</u> Pass	Term & 2.0
Loss of Elasticity / Kill Bed	Term
Landing Stick or Instability	.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 / Underwear / Bra	.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
½ or Full Turns under/over by ≤20°	.5

AESTHETIC RANGES	
Aesthetics Per Skill	.0-.8
Kick Outs (Somis) & Press to Side	.0-.2 / skill

Boys Attire:
Boys may wear trampoline pants or shorts. If pants are worn, socks and shoes may match the color of the pants (otherwise they must be solid white/tan). Take 3 if pants/shorts are rolled for length or a string hangs out.

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 Only – An out bounce that travels forward or backward and stays inside the box OR travels back into the box will not lose the 0.2 deduction for two steps (instability).
- "Adv & Elite 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
¾ Somi	.3
¾ Somi – Return to Feet	.3 + .1 = .4
¾ Front – Ballout Tuck	.3 + .6 = .9
¾ Front – Ballout Pike/Lay	.3 + .7 = 1.0
¾ Front – Ballout Barani	.3 + 7 = 1.0
¾ Back – Cody Tuck	.3 + 6 = .9
¾ 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 ¾ Front / Back Tuck	.8
1 ¾ Front / Back Pike/Lay	.9