

TRAMPOLINE ROUTINES 2018 – 2020

Athletes may enter the mobility system at level 7 and below. Athletes who wish to mobilize to the next level, may do so using the mobility scores listed in the current Rules and Policies

LEVEL 1 — COMPULSORY	LEVEL 2 — COMPULSORY	LEVEL 3 — COMPULSORY
<ol style="list-style-type: none"> 1. Straddle Jump 2. Tuck Jump 3. Pike Jump 4. Seat Drop 5. Return to Feet 6. Straddle Jump 7. Tuck Jump 8. Pike Jump 9. Seat Drop 10. Return to Feet 	<ol style="list-style-type: none"> 1. Front Drop Free 2. Return to Feet 3. Pike Jump 4. 1/1 Twist 5. Straddle Jump 6. Seat Drop 7. Return to Feet 8. Tuck Jump 9. Back Drop 10. 1/2 Twist to Feet 	<ol style="list-style-type: none"> 1. Back Drop Free 2. Pullover Pike to Feet 3. Tuck Jump 4. Jump 1/2 Twist 5. Pike Jump 6. Straddle Jump 7. Seat Drop 8. 1/2 Twist to Seat Drop 9. Hands & Knees Drop 10. Front Tuck to Feet
LEVEL 4 — COMPULSORY	LEVEL 5 — COMPULSORY	LEVEL 6 — COMPULSORY
<ol style="list-style-type: none"> 1. Back Somersault Tuck 2. Tuck Jump 3. Jump 1/1 Twist 4. Pike Jump 5. 1/2 Twist to Seat 6. Front Drop 7. Return to Feet 8. Jump 1/2 Twist 9. Straddle Jump 10. Front Somersault Tuck 	<ol style="list-style-type: none"> 1. Back Somersault Pike 2. Tuck Jump 3. Back Somersault Tuck 4. Straddle Jump 5. 1/2 Twist to Stomach (Airplane) 6. Seat Drop 7. Return to Feet 8. Jump 1/2 Twist 9. Pike Jump 10. Barani Pike 	<ol style="list-style-type: none"> 1. Back Somersault Straight 2. Pike Jump 3. Back Somersault Pike 4. Barani Tuck 5. Tuck Jump 6. Back Somersault Tuck 7. Seat Drop 8. 1/2 Twist to Feet 9. Straddle Jump 10. Barani Straight
LEVEL 7 — COMPULSORY	LEVEL 8 — COMPULSORY	LEVEL 9 — 2 VOLUNTARY QUALIFICATION / 1 VOLUNTARY FINAL
<ol style="list-style-type: none"> 1. Back Somersault Straight 2. Barani Straight 3. Pike Jump 4. Back Somersault Pike 5. Barani Pike 6. Straddle Jump 7. Back Somersault Tuck 8. Tuck Jump 9. 3/4 Front Somersault Straight 10. Ball out Tuck 	<p>1st Voluntary Maximum of 3 Non Somersaulting Skills 7 Skills with Minimum of 270° Rotation Must contain: 3/4 Front Somersault Straight & Barani Ball Out Tuck Maximum Skill DD 0.9</p> <p>2nd Voluntary Minimum Pass DD 4.0 Maximum Pass DD 6.0 Maximum Skill DD 0.9</p>	<p>1st Voluntary Maximum of 2 Non Somersaulting Skills 8 Skills with Minimum 270° Rotation Must Contain: 3/4 Back Somersault & Back Cody Maximum Skill DD 1.3</p> <p>2nd Voluntary Minimum Pass DD 5.5 Maximum Pass DD 7.1 Maximum Skill DD 1.3</p> <p>Finals: One Voluntary Routine: Maximum Pass DD 7.1 / Maximum Skill DD 1.3</p>
LEVEL 10 — 2 VOLUNTARY QUALIFICATION / 1 VOLUNTARY FINAL		
<p>1st Voluntary Maximum 1 Non-Somersaulting Skill 9 Skills with Minimum 270° Rotation Must Contain: Back Somersault with 1/1 Twist 1 Somersault to Back or Stomach 1 Somersault from Back or Stomach Maximum Skill DD 1.6</p>	<p>2nd Voluntary Minimum Pass DD 6.5 Maximum Pass DD 11.0 Maximum Skill DD 1.6 Finals: One Voluntary Routine Maximum Pass DD 11.0 / Maximum Skill DD 1.6</p>	