

Trampoline Routines 2022-2024

Mobility for 2022 - 2024: Athletes must enter the competitive system at level 8 or below.

Athletes who wish to mobilize to the next level, beginning level 8 to 9, must use the mobility scores listed in the applicable year's Rules & Policies. Mobility from levels 5 to 8 is at the discretion of the athletes coach. Athletes may not skip levels.

Level 1 - Compulsory
1. Tuck Jump
2. Jump 1/2 Twist
3. Straddle Jump
4. Seat Drop
5. Return to Feet
6. Tuck Jump
7. Jump 1/2 Twist
8. Straddle Jump
9. Seat Drop
10. Return to Feet

Level 2 - Compulsory
1. Front Drop Free
2. Return to Feet
3. Jump 1/2 Twist
4. Tuck Jump
5. Seat Drop
6. 1/2 Twist to Feet
7. Straddle Jump
8. Pike Jump
9. Back Drop Free
10. Return to Feet

Level 3 - Compulsory
1. Back Drop Free
2. Pullover Tuck to Feet
3. Tuck Jump
4. Jump 1/2 Twist
5. Seat Drop
6. 1/2 Twist Seat Drop
7. Return to Feet
8. Pike Jump
9. Straddle Jump
10. Front Somersault Tuck

Level 4 - Compulsory
1. Back Somersault Tuck
2. Straddle Jump
3. Seat Drop
4. Front Drop
5. Seat Drop
6. 1/2 Twist to Feet
7. Tuck Jump
8. Pike Jump
9. Front Somersault Pike
10. Jump 1/2 Twist

Level 5 - Compulsory
1. Back Somersault Pike
2. Tuck Jump
3. Back Somersault Tuck
4. Straddle Jump
5. Seat Drop
6. 1/2 Twist to Seat Drop
7. Return to Feet
8. Jump 1/2 Twist
9. Pike Jump
10. Barani Pike

Level 6 - Compulsory
1. 3/4 Back Somersault Pike
2. Return to Feet
3. Tuck Jump
4. Barani Tuck
5. Back Somersault Tuck
6. Pike Jump
7. Back Somersault Pike
8. Barani Pike
9. Straddle Jump
10. Barani Straight

Level 7 - Compulsory
1. Barani Pike
2. Back Somersault Pike
3. Pike Jump
4. Back Somersault Straight
5. Barani Straight
6. Straddle Jump
7. Back Somersault Tuck
8. Tuck Jump
9. 3/4 Front Somersault Straight
10. Ball out or Barani Ballout Tuck

Level 8 - 2 Voluntary Routines	
1st Voluntary: Maximum of 3 Non-somersaulting Elements 7 Elements with Min of 270° Rotation Must Contain: 3/4 Back Somersault; Cody or 3/4 Front; Barani Ballout Free Maximum Element DD 0.9	2nd Voluntary: 1 Somersault with a minimum of 360° Twist Minimum Routine DD 4.0 Maximum Routine DD 6.0 Maximum Element DD 0.9

Level 9 - 2 Voluntary Qualification; 1 Voluntary Final	
1st Voluntary: Maximum of 2 Non-somersaulting Elements 8 Elements with Minimum 270° Rotation Must Contain: 3/4 Back Somersault; Cody or 3/4 Front; Barani Ballout Free Maximum Element DD 1.3	2nd Voluntary: Must contain 1 double somersault Minimum Routine DD 5.5 Maximum Routine DD 7.1 Maximum Element DD 1.3
Finals: Same requirements as Pass 2	

Level 10 - 2 Voluntary Qualification; 1 Voluntary Final	
1st Voluntary: Maximum 1 Non-somersaulting Element 9 Elements with Minimum 270° Rotation Must Contain: 3/4 Back Somersault; Cody or 3/4 Front Somersault; Barani Ballout Free Maximum Element DD 1.6 (no Triples)	2nd Voluntary: Forward Double Somersault with 1/2 Twist Minimum Routine DD 7.0 Maximum Routine DD 11.0 Maximum Element DD 1.6 (no Triples)
Finals: Same requirements as pass 2	

Open - 2 Voluntary Qualification; 1 Voluntary Final	
1st Voluntary: Maximum 1 Non-somersaulting Element 9 Elements with Minimum 270° Rotation Must Contain: 3/4 Back Somersault; Cody or 3/4 Front Somersault; Barani Ballout Free	2nd Voluntary: Forward Double Somersault with 1/2 Twist Minimum Routine DD 7.0 Maximum Element DD 2.0
Finals: Same requirements as pass 2	

Double Mini Trampoline Routines 2022-2024

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Athletes who wish to mobilize to the next level, beginning level 8 to 9, must use the mobility scores listed in the applicable year's Rules & Policies. Mobility from levels 5 to 8 is at the discretion of the athletes coach. Athletes may not skip levels.

Level 1 - Compulsory	
Pass 1 1. Spotter Tuck Jump 2. Dismount Tuck Jump	Pass 2 1. Spotter Straddle Jump 2. Dismount Straddle Jump

Level 2 - Compulsory	
Pass 1 1. Spotter Tuck Jump 2. Dismount Straddle Jump	Pass 2 1. Spotter Straddle Jump 2. Dismount Pike Jump

Level 3 - Compulsory	
Pass 1 1. Spotter Tuck Jump 2. Dismount Jump 1/2 Twist	Pass 2 1. Spotter Jump 1/1 Twist 2. Dismount Straddle Jump

Level 4 - Compulsory	
Pass 1 1. Mounter Tuck Jump 2. Dismount Front Somersault Tuck	Pass 2 1. Spotter Pike Jump 2. Dismount Front Somersault Pike

Level 5 - Compulsory	
Pass 1 1. Mounter Straddle Jump 2. Dismount Barani Tuck	Pass 2 1. Spotter Back Somersault Tuck 2. Dismount Straddle Jump

Level 6 - Compulsory	
Pass 1 1. Spotter Back Somersault Tuck 2. Dismout Barani Tuck	Pass 2 1. Mounter Barani Tuck 2. Dismount Pike Jump

Level 7 - Compulsory	
Pass 1 1. Mounter Barani Pike 2. Dismount Back Somersault Straight	Pass 2 1. Spotter Back Somersault Pike 2. Dismount Barani Straight

Level 8 - 2 Voluntary passes; No finals	
Minimum pass DD 1.2 Maximum pass DD 2.7 Maximum element DD 1.5 1 somersault with minimum of 360° twist within the 2 Routines	

Level 9 - 2 Voluntary Passes Qualification; 1 Free Pass Finals	
All elements must contain a minimum of 360° of rotation Must contain 1 double somersault within the 2 Routines Minimum pass DD 1.7 Maximum pass DD 3.7 Maximum element DD 2.8 Finals: 1 Voluntary Routine Same minimum and maximum DD requirements as Qualification No repeats over the 3 routines	

Level 10 - 2 Voluntary Passes Qualification; 2 Free Passes	
All elements must contain a minimum of 360° of rotation Minimum pass DD 2.1 Maximum pass DD 6.8 Maximum element DD 3.6 Finals: 2 Voluntary Routines Same minimum and maximum DD requirements as Qualification No repeats over the 4 routines	

Open - 2 Voluntary Passes Qualification; 2 Free Passes	
All elements must contain a minimum of 360° of rotation Minimum pass DD 2.1 Maximum element DD 4.8 Finals: 2 Free passes Same minimum and maximum DD requirements as Qualifications No repeats over the 4 routines	

For additional rules and guidelines please see the Trampoline & Tumbling Code of Points and Rules & Policies

Updated 1.25.22

Tumbling Routines 2022-2024

Mobility for 2022 - 2024: Athletes must enter the competitive system at level 8 or below.

Athletes who wish to mobilize to the next level, beginning level 8 to 9, must use the mobility scores listed in the applicable year's Rules & Policies. Mobility from levels 5 to 8 is at the discretion of the athletes coach. Athletes may not skip levels.

Level 1 - Compulsory	
Pass 1 1. Forward Roll Tuck 2. Forward Roll Tuck Step-out 3. Cartwheel Step-in	Pass 2 1. Back Roll Tuck 2. Back Roll Tuck 3. Back Roll Pike

Level 2 - Compulsory	
Pass 1 1. Handstand Forward Roll Step-out 2. Cartwheel 3. Cartwheel Step-in 4. Back Roll Tuck	Pass 2 1. Pwr Hurdle Roundoff 2. Rebound 3. Back Roll Tuck 4. Back Roll Tuck 5. Back Extension Roll Pike Down

Level 3 - Compulsory	
Pass 1 1. Pwr hurdle Roundoff 2. Back Handspring 3. Rebound	Pass 2 1. Run, Roundoff 2. Back Handspring 3. Rebound

Level 4 - Compulsory	
Pass 1 1. Pwr Hurdle Roundoff 2. Back Handspring 3. Back Handspring 4. Rebound	Pass 2 1. Run, Roundoff 2. Back Handspring 3. Back Handspring 4. Back Handspring 5. Back Handspring 6. Rebound

Level 5 - Compulsory	
Pass 1 1. Run, Roundoff 2. Back Handspring 3. Back Handspring 4. Back Handspring 5. Back Handspring 6. Back Handspring 7. Back Handspring 8. Rebound	Pass 2 1. Run, Roundoff 2. Back Handspring 3. Back Handspring 4. Back Handspring 5. Back Somersault Tuck

Level 6 - Compulsory	
Pass 1 1. Run, Roundoff 2. Back Handspring 3. Back Handspring 4. Back Handspring 5. Back Handspring 6. Back Handspring 7. Back Handspring 8. Back Somersault Tuck	Pass 2 1. Run, Roundoff 2. Back Handspring 3. Back Handspring 4. Back Handspring 5. Back Handspring 6. Back Handspring 7. Back Handspring 8. Back Somersault Pike

Level 7 - Compulsory	
Pass 1 1. Run, Roundoff 2. Whipback 3. Back Handspring 4. Back Handspring 5. Back Handspring 6. Back Handspring 7. Back Handspring 8. Back Somersault Straight	Pass 2 1. Run, Roundoff 2. Whipback 3. Whipback 4. Back Handspring 5. Back Handspring 6. Back Handspring 7. Back Handspring 8. Back Somersault Pike

Level 8 - 2 Voluntary Routines	
Pass 1: 8-Elements Min of 4 somersaults, one of which must be the last element and be performed in the straight position Minimum Routine DD 1.6 Maximum Routine DD 1.9 Maximum Element DD 0.6	Pass 2: 8-Elements Minimum Routine DD 1.8 Maximum Routine DD 3.3 Maximum Element DD 1.3 8th element must be a somersault with a minimum of 360° of twist

Level 9 - 2 Voluntary Qualification; 1 Voluntary Finals	
Note: max DD does not include any bonus awarded.	
Pass 1: 8-Elements Must perform bounding somersaults, one of which must be a back somersault with 1/1 twist which must be performed in skills 2-7 Minimum Routine DD 2.4 Maximum Routine DD 2.9 Maximum Element DD 0.9	Pass 2: 8-Elements Minimum pass DD 2.9 Maximum pass DD 4.2 Maximum element DD 2.2 Elements performed as the 8th element with a difficulty value of 2.0 or higher will receive a 1.0 bonus added to the difficulty score Finals: Same requirements as routine 2 Bonus is awarded on completed passes only

Level 10 - 2 Voluntary Qualification; 2 Voluntary Finals	
Note: max DD does not include any bonus awarded.	
Pass 1: 8-Elements Minimum Routine DD 3.0 Maximum Routine DD 7.5 Maximum Element DD 3.2 8th element must be a double somersault Elements performed as skills 2-7 with a difficulty value of 2.0 or higher will receive a transition bonus of 2.0 added to the difficulty score each time.	Pass 2: 8-Elements Minimum Routine DD 3.0 Maximum Routine DD 7.5 Maximum Element DD 3.2 Pass must end in a somersault Must contain 1 double somersault, placed anywhere in the Routine Elements performed as skills 2-7 with a difficulty value of 2.0 or higher will receive a transition bonus of 2.0 added to the difficulty score each time. Finals: Same requirements as routine 1 & 2 Bonus is awarded on completed Routines only

Open - 2 Voluntary Qualification; 2 Voluntary Finals	
Pass 1: 8-Elements Minimum Routine DD 3.0 Maximum Element DD 4.8 8th element must be a double somersault Performing two elements with a difficulty of 2.0 or higher will receive a bonus of 2.0 added to the difficulty score each time.	Pass 2: 8-Elements Minimum Routine DD 3.0 Maximum Element DD 4.8 Pass must end in a somersault Must contain 1 double somersault, placed anywhere in the routine Elements performed as skills 2-7 with a difficulty value of 2.0 or higher will receive a transition bonus of 2.0 added to the difficulty score each time. Finals: Same requirements as routine 1 & 2 Bonus is awarded on completed routines only

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