

Full In or Out Double Back Tuck	0.8		0.4	0.2	$2.8+(2.8/4) = 2.4+.7$	3.5
Full In or Out Double Back Straight	0.8		0.4	0.4	$3.2+(3.2/4) = 3.2+.8$	4.0
Full In Full Out Double Back Tuck	0.8		0.8		$3.2+(3.2/4) = 3.2+.8$	4.0
Full In Full Out Double Back Pike	0.8		0.8	0.2	$3.6+(3.6/4) = 3.6+.9$	4.5
Full In Full Out Double Back Straight	0.8		0.8	0.4	$4+(4/4) = 4+1$	5.0
Triple Back Tuck	1.2				$3.6+(3.6/4) = 3.6+.9$	4.5
Double Front 1/2 Punch Fronts	0.8	0.2 .1 for Front	0.2 .1 for each 1/4 twist	bonus position	$2.4+(2.4/4) = 2.4+.6$.1 for Bounding & .1 for Reversal	3.0 Total Difficulty
Tuck	0.4	0.1			0.2	0.7
Pike	0.4	0.1		0.1	0.2	0.8
Barani	0.4	0.1	0.2		0.2	0.9
Rudi	0.4	0.1	0.6		0.2	1.3

Trampoline General Rules

xix. OBJECT OF A ROUTINE

1. The object of a routine is to execute the routine with control, consistent height and perfection in the execution of each skill.
2. All skills performed must be combined in such a fashion so as to give the athlete the safest order of skills for them.

xx. START OF A ROUTINE

1. Each competitor will start a routine after the Superior Judge signals the competitor to begin.
2. A competitor may take as many preliminary bounces as desired before beginning the routine. Scoring begins upon the initiation of the first skill. The routine must begin directly facing one of the end decks.
3. A competitor's routine shall be considered started once the first element is initiated. Prior to that, if there is a faulty start, the competitor may re-start without penalty on a signal from the Superior Judge.
4. Second attempts at routines are not allowed.
 - i. If a competitor is obviously disturbed in a routine (faulty equipment or external influence), the Superior Judge may allow a second attempt.
 - ii. Spectator noise, applause, and the like would not normally constitute disturbance.
5. During a competition pass, if an individual walks between the competitor and judges, the competitor's coach has the option to have the athlete re-perform the pass. The scores received for the re-performed pass will be used.

xxi. 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. In the tucked and piked positions, the thighs should be close to the upper body except in the twisting phase of multiple somersaults (2/1 or more) as per 6.

4. In the tucked position, the hands should touch the legs below the knees except in the twisting phase of multiple somersaults.
5. The arms should be straight and held close to the body whenever possible.
6. The following defines the minimum requirements for a particular body shape:
 - i. Straight Position: The angle between the upper body and thighs must be greater than 135.
 - ii. 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.
 - iii. 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. In multiple somersaults (2/1 or more) with twists, the tuck and pike position may be modified during the twisting phase.

xxii. KICK OUTS

1. Deductions for a kick out (opening of a somersault) are only based on the position of the opening of the somersault without regard to the style of the kick out. Aesthetic deductions are separate. Reference Body position to the face of a clock.

i. Kick out before 1:00 o'clock	0.0 pts.
ii. Kick out at 1-2:00 o'clock	0.1 pts.
iii. Kick out after 3:00 o'clock	0.2 pts.

xxiii. INTERRUPTIONS OF THE ROUTINE (SCORING STOPS)

1. A routine is to be considered interrupted if the competitor:
 - i. Touches the springs or frame with any part of the body or leaves the trampoline as a result of lack of control or is touched by a spotter for safety of the performer.
 - ii. Does not use the elasticity of the bed after landing to rebound into the next skill, causing a break in the rhythm of the routine.
 - iii. During a routine, obviously fails to land on both feet simultaneously at the end of a skill.
 - iv. Uses an illegal skill.
 - v. Leaves the trampoline due to insecurity.
 - vi. All skills landing on one foot will result in termination, skill will not count, and 0.3 deduction – even if it is the last skill
 - vii. Does not do the routing and or falling on end decks.
2. No credit will be given for the skill in which the interruption occurs A competitor will be judged only on the number of skills completed on the bed of the trampoline.
3. The routine must end under control in an upright position, with both feet on the trampoline bed;
4. After the last skill in individual competitions, the competitor is allowed to do one more jump in a stretched position (out-bounce) using the elasticity of the bed
5. In the case of an interrupted routine, if the last bounce is a straight jump, it will be considered an out-bounce, not an intermediate jump.
6. A contact or dragging of the feet on a back drop or ball-out would be cause for termination if the feet and the back contact the bed at the same time. If the dragging occurs before the return to feet and does not cause a depression of the bed (brushing), it should be considered an aesthetic deduction.
7. The use of an illegal skill will terminate the routine at that point plus

mandate to the next level.

xxiv. DEDUCTIONS FOR FAULTY EXECUTION

1. Lack of form, individual constant height and lack of control in each skill
0.1-0.08 pts
2. Lack of stability on or after last skill performed
 - i. On a completed pass, landing on one foot only or termination
0.3 pts
 - ii. Landing on both feet but lacking stability and not standing still for 3 seconds
0.1-0.3 pts
 - iii. Touching the bed with one hand
0.4 pts
 - iv. Touching the bed with both hands
0.5 pts
 - v. Touching the bed with elbow(s), knee(s) or hand(s)/knee(s)
0.6 pts
 - vi. Touching the bed with the seat and/or touching hand(s) or elbows on the bed behind body
0.7 pts
 - vii. Falling to the stomach, back, or head
0.8 pts
 - viii. Touching the landing or suspension system, pads, frame or spotter mat
0.9 pts
 - ix. Landing or falling off the trampoline
1.0 pts
 - x. For not kicking out on tuck and pike positions (somersault)
0.1-0.2 pts
3. Lack of individual minimum height - overall pass
(**maximum**)
0.1-0.3 pts
4. If a competitor executes more than the number of skills defined in pass requirements (**maximum**)
1.0 pts
5. After the final landing on the bed, the competitor must stand upright for at least three seconds
6. A ½ turn on trampoline will be accepted between 160 to 200 degrees. Short or long twisting will be considered a major deduction of 0.5. **Anything shorter or longer may terminate due to the athlete being sideways on trampoline.**
7. A 1/1 turn on trampoline will be accepted between 340 to 380 degrees. Short or long twisting will be considered a major deduction of 0.5. **Anything shorter or longer may terminate due to the athlete being sideways on trampoline.**
8. Skills that begin or end facing the side (vertical) of the trampoline will result in loss of skill and termination, except for the last skill.

xxv. DEDUCTIONS TAKEN ON THE INSTRUCTION OF THE SUPERIOR JUDGE

1. Talking to or giving any signal to a competitor by his own spotters or coach during the routine
0.3 pts
(Maximum deduction - 0.3 pt. per pass)

xxvi. MAJOR DEDUCTIONS IN SCORING

1. Each intermediate straight jump will receive a 1.0 deduction. Intermediate straight jumps do not receive aesthetic deductions.
2. Additional skills beyond the number of required skills/pass will receive a maximum 1.0 ...deduction.
3. A repeated skill will receive a 0.5 deduction. **EXCEPTION - REFER TO ADVANCED RULES.** NOTE: A skill is not considered a repeat if performed in a different position.
4. Any omitted compulsory skill or skills or not meeting pass requirements will receive a maximum deduction of 2.0.

5. The competitor is judged on the skills completed on the bed of the trampoline. On a completed pass, the last skill must land with both feet on is optional after that. All skills landing on one foot will result in termination, will not count, and 0.3 deduction – even if it is the last skill
6. Dragging the feet that causes a depression of the bed should be considered a separate, additional contact with the bed and counted the same as a return to feet (.1 difficulty).

Trampoline Specific Level Rules

xxvii. BEGINNER DIVISION

1. PASS REQUIREMENTS

- i. Beginner Trampoline competition consists of one routine of ten (10) contacts (skills) with the bed.
- ii. There are three (3) compulsory skills and seven (7) optional skills to be included within the ten (10) skill routine with no particular order.
 1. The three (3) compulsory skills are Straight Jump with 1/2 Twist (180()), Pike Jump or Tuck Jump, and a Front or Back Contact.

NOTE: The Straight Jump with 2 Twist (180()) MUST originate from and return to the feet. The Front or Back Contact requirement skill does not have to originate from the feet.

 2. The seven (7) optional skills must be selected from the list below.
- iii. No Repeats allowed - repeated skills will result in a 0.5 pt. deduction. **At this level only**, A skill will not be considered a repeat if it is entered into or exited from in a different manner. Example: Seat drop-return to feet is different from Seat drop-2 return to feet; Seat drop to front drop-return to feet is different from Seat drop-return to feet and different from Front drop-return to feet.
- iv. List of Skills Permitted:
 1. Return to Feet (Please keep in mind this is a contact)
 2. Tuck Jump
 3. Straddle Jump
 4. Pike Jump
 5. Seat Drop
 6. Front Drop or Stomach Drop
 7. Back Drop
 8. Straight Jump with 1/2 Twist (180())
 9. Straight Jump with 1/1 Twist (360())
 10. Straight Jump with 1 1/2 Twist (540())
 11. Straight Jump with 2/1 Twist (720())
 12. Combination skills which may be used without a repeat penalty involve two (2) contacts with the bed and also a rebound back to the feet. Each contact with the bed represents a "skill" and must be counted in the TEN (10) CONTACT requirement. Twists may be included between skills prior to the contact for variety and progression toward higher level skills.
- v. Examples are as Follows:
 1. Swivel Hips

2. Seat Drop to Stomach Drop
 3. Front Drop to 1/2 Turn to Front Drop (1/2 Turntable)
 5. Seat Drop to 1/1 Turn to Seat Drop (Barrel Roll)
 6. Back Drop to 1/2 Turn to Back Drop (Cradle)
 7. Back Drop to 1/1 Turn to Back Drop (Cat Twist)
 8. All of these combinations may be followed by a 1/2 or 1/1 twist when returning to the feet.
- vi. Lists of Skills not permitted:
1. All skills that involve landing on the knees
 2. Somies
 3. 3/4 Fronts, 3/4 Backs
 4. Doggie Drops (Hands & Knees)
 5. Back Drop-Pullover to Feet
 6. Knee Drops

2. WARM-UP PROCEDURES

- i. Warm-ups one(1) pass of 45 seconds
- ii. Athletes must wear competition attire only during warm-ups. From the time a flight begins until competition is completed, athletes must remain in competition attire. First warning verbal and the second warning will result in disqualification for athletes who do not stay in their competition attire from the beginning of warm-ups through the end of their competition (and at nationals, until after their flight awards) unless approved by the Superior Judge.
- iii. The competitors in each pass will be divided into groups approximately to 10 per group and given the appropriate warm-up.

3. METHOD OF SCORING

- i. It is mandatory that there be two aesthetic judges and one superior judge.
- ii. The aesthetic judges will score the routine by evaluating the form, consistency of height, control, and execution of performance in tenths of a point.
- iii. A ten (10) bounce routine will be scored out of ten (10) points, 1.0 pt. per contact.
- iv. Judge #1 will act as the Superior Judge.
- v. There is no difficulty awarded at this level.

xxviii. NOVICE DIVISION

1. PASS REQUIREMENTS

- i. Novice Trampoline Competition consists of one routine of ten (10) contacts (skills) with the bed.
- ii. There are four (4) compulsory skills* and six (6) optional skills to be included within the ten (10) skills with no particular order.
 1. The four (4) compulsory skills are a Front Somersault (any position) *or* a Back Somersault (any position), 1/2 turn, pike jump **and** a Front or Back Contact (this could include, but is not limited to airplane 1/2 turn to a front drop), front drop, back drop). NOTE: The Straight Jump with 1/2 Twist must originate from the feet and end on the feet. The Front or Back Contact requirement does not have to originate from the feet.
 2. The six (6) optional skills may be selected from the list below or the beginner trampoline list.
- iii. No Repeats allowed - repeated skills will result in a 0.5 pt.

deduction.

iv. List of Skills Permitted:

1. See Beginner Skills 4.1 through 4.9 including examples 5.1 through 5.8.
2. Back Somersault* (Tuck, Pike, or Layout [Straight])
3. Front Somersault* (Tuck, Pike, or Layout [Straight])
4. Routine may include two somi's maximum.

v. List of Skills not permitted:

1. All skills that involve landing on the knees
2. No twisting somersaults are allowed.
3. Doggie Drops (Hands & Knees)
4. Knee Drops
5. No 3/4 front or back somersaults are allowed.

2. WARM-UP PROCEDURE

- i. Two (2) turns, 30 seconds per pass.
- ii. Athletes must wear competition attire only during warm-ups. From the time a flight begins until competition is completed, athletes must remain in competition attire. First warning verbal and the second warning will result in disqualification for athletes who do not stay in their competition attire from the beginning of warm-ups through the end of their competition (and at nationals, until after their flight awards) unless approved by the Superior Judge.
- iii. The competitors in each pass will be divided into groups approx. to 10 per group and given the appropriate warm-up.

3. METHOD OF SCORING

- i. It is mandatory that there be two aesthetic judges and one superior judge.
- ii. The aesthetic judges will score the routine by evaluating the form, consistency of height, control, and execution of performance in tenths of a point.
- iii. A ten (10) bounce routine will be scored out of ten (10) points.
- iv. Judge #1 will act as the Superior Judge.
- v. There is no difficulty awarded at this level.

4. ADDITIONAL DEDUCTIONS

- i. A routine consisting of over two (2) somis will result in a 2.0 pt. deduction for every extra somi and an automatic mandate to the Intermediate level by the next competition.

xxix. INTERMEDIATE DIVISION

1. PASS REQUIREMENTS

- i. Intermediate Trampoline Competition consists of one routine of ten (10) contacts (skills) with the bed.
- ii. There are four (4) compulsory skills* and six (6) optional skills to be included within the ten (10) skills with no particular order.
 1. The four (4) compulsory skills are a Front Somersault (any position), a Back Somersault (tuck), a Front or Back Contact (this could include, but is not limited to airplane 1/2 turn to a front drop]), and a Straight Jump with 1/1 twist. NOTE: The Straight Jump with 1/1 Twist must originate from the feet and end on the feet.

*** If Athlete does not have an additional optional somi, they will receive a 1.0 deduction.

2. The six (6) optional skills may be selected from the list below or the beginner trampoline list.
- iii. No Repeats allowed - repeated skills will result in a 0.5 pt. deduction.
- iv. List of Skills Permitted:
 1. See Beginner Skills 4.1 through 4.12 including examples 5.1 through 5.8 (and Novice skills 4.2 through 4.6).
 2. Back Somersault* (Tuck, Pike, or Layout [Straight])
 3. Front Somersault* (Tuck, Pike, or Layout [Straight])
 4. Barani (Tuck, Pike, or Layout [Straight])
 5. 3/4 Front or 3/4 Back
 6. Back Somersault with 180(Twist)
 7. Routine may include four somi's maximum.
- v. List of Skills not permitted:
 1. All skills that involve landing on the knees
 2. No somersaults over 360(in rotation or 180(in twisting are allowed.
 3. Doggie Drops (Hands & Knees)
 4. Knee Drops

2. WARM-UP PROCEDURES

- i. Two (2) turns, 30 seconds per pass.
- ii. Athletes must wear competition attire only during warm-ups. From the time a flight begins until competition is completed, athletes must remain in competition attire. First warning verbal and the second warning will result in disqualification for athletes who do not stay in their competition attire from the beginning of warm-ups through the end of their competition (and at nationals, until after their flight awards) unless approved by the Superior Judge.
- iii. The competitors in each pass will be divided into groups approximately to 10 per group and given the appropriate warm-up.

3. METHOD OF SCORING

- i. It is mandatory that there be two aesthetic judges and one superior judge.
- ii. The aesthetic judges will score the routine by evaluating the form, consistency of height, control, and execution of performance in tenths of a point.
- iii. A ten (10) bounce routine will be scored out of ten (10) points.
- iv. Judge #1 will act as the Superior Judge.
- v. There is no difficulty awarded at this level.

4. ADDITIONAL DEDUCTIONS

- i. A routine consisting of over four (5) somis will result in a 2.0 pt. deduction for every extra somi and an automatic mandate to the Sub-Advanced level. NOTE: 3/4 somi counts as a somi, but does not meet pass requirements as front or back somi.

xxx. SUB-ADVANCED DIVISION

1. PASS REQUIREMENTS

- i. Sub-Advanced trampoline competition consists of one (1) routine with ten (10) contacts (skills) with the bed.
- ii. There are three (3) compulsory skills and seven (7) optional skills to be included within the ten (10) skills with no particular order.

1. The three (3) compulsory skills are Back Somersault Layout Position, 3/4 Front or 3/4 Back Somi, Barani (Tuck) Position. NOTE: All Pass Requirement Skills must originate from the feet.
 2. The routine must include a minimum of five (5) somersaults; the three (3) compulsory somies plus two (2) optional somies with no maximum of single somersaults.
 - iii. No Repeats allowed - repeated skills will result in a 0.5 pt. deduction.
 - iv. Maximum of 4.6 pt. difficulty.
- 2. WARM-UP PROCEDURES**
- i. Two (2) turns, 30 seconds per pass. Synchro: 3 turns, 45 seconds per turn.
 - ii. Athletes must wear competition attire only during warm-ups. From the time a flight begins until competition is completed, athletes must remain in competition attire. First warning verbal and the second warning will result in disqualification for athletes who do not stay in their competition attire from the beginning of warm-ups through the end of their competition (and at nationals, until after their flight awards) unless approved by the Superior Judge.
 - iii. The competitors in each pass will be divided into groups approximately to 10 per group and given the appropriate warm-up.
- 3. METHOD OF SCORING**
- i. There will be two aesthetic judges, one difficulty judge, and one superior judge for a total of four (4) judges. This is recommended for Invitationals and required for Association and National Championships.
 - ii. The aesthetic judges will score the routine by evaluating the form, consistency of height, control, and execution of performance in tenths of a point.
 - iii. A ten (10) bounce routine will be scored out of ten (10) points.
 - iv. Judge #1 will act as the Superior Judge.
- 4. ADDITIONAL DEDUCTIONS**
- i. Lack of two (2) optional somies will result in a 1.0 deduction per somi.
 - ii. Skills are limited to those with a value of 0.7 pts. difficulty or less. If a competitor performs a skill with a difficulty value of more than 0.7 pts. - the pass will be terminated at that point.
 - iii. Exceeding 4.6 pt. difficulty will result in a 2.0 pt. deduction and a mandate to the Advanced Division by the next competition.
 - iv. Repeated skill will lose difficulty of the skill.
- 5. COMPETITION CARDS**
- i. The competition card must be handed in at the time and place specified by the organization committee.
 - ii. In optional routines, changes to the skills written on the competition card are permitted.
 - iii. Competition cards are recommended at Invitationals and mandatory at Association and National Championships.

xxxi. ADVANCED DIVISION

1. PASS REQUIREMENTS

- i. Advanced trampoline competitions consist of one (1) optional routine.
 1. One ten (10) bounce optional routine.
 2. Minimum of seven (7) somies and 4.7 difficulty.
 3. Any repeated difficulty skills will result in loss of difficulty for the repeated skill, but will still count as a somi.
 4. Non-difficulty skills may be repeated without a deduction.
 5. No difficulty points will be awarded for any skill which has a degree of difficulty of 1.1 pts. or more which does not terminate on the feet. NOTE: The AAU T&T Executive Board does not recommend the use of these skills at any time during competition or training.
- ii. Repetitions
 1. During the routine, all repeated Difficulty Skills will result in loss of difficulty.
 2. Skills having the same amount of rotation, but performed in the tucked, piked, and straight positions are considered to be different skills and not repetitions.
 - a. The tucked and pucked positions are considered to be the same.
 3. Multiple somersaults (of more than 360 degrees) 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.

2. WARM UPS

- i. Prelims and Finals: Three (3) turns, 45 seconds per turn.
- ii. Athletes must wear competition attire only during warm-ups. 2.0 deduction
- iii. The competitors in each pass will be divided into groups approximately to 10 per group & given the appropriate warm-up.

3. METHOD OF SCORING

- i. 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 Invitationals and required for State and National Championships.
- ii. The evaluation of execution (form, consistency of height and control) and difficulty is done in 10ths of a point.
 1. Judges must write their deductions independently of each other.
 2. Evaluation of the score for Execution:
 - a. The deductions for poor execution are subtracted from the maximum mark.
 - b. 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, provided the

difference between the two marks is not too great.

3. Evaluation of the Score for Difficulty:
 - a. The Difficulty Judge calculates the difficulty value of the optional routine and enters it on the competition card.
4. Evaluation of the Competitor's Score for the round:
 - a. In individual competition, the difficulty score is added to the execution score.
5. Difference in Evaluation of Execution
 - a. If either or both marks are not within the permissible difference, the middle mark will be multiplied by three to give a valid score for execution.
6. Minimum difficulty will be 4.7.

Advanced/Advanced Synchro athletes will receive no deduction for tuck and/or pike jumps during the building of height at the beginning of routines

4. COMPETITION CARDS

- i. The competition card must be handed in at the time and place specified by the organization committee.
- ii. In optional routines, changes to the skills written on the competition card are permitted.

Synchronized Trampoline General Rules

All the General Rules of Trampoline apply to Synchronized Trampoline. Only the exceptions or additions will be listed below.

- xxxii. **OBJECT OF A ROUTINE** - Refer to General Rules of Trampoline
- xxxiii. **START OF A ROUTINE** - Refer to General Rules of Trampoline
- xxxiv. **DUTIES OF THE SUPERIOR JUDGE** - Refer to General Rules of Trampoline
- xxxv. **DUTIES OF THE AESTHETIC JUDGE** - Refer to General Rules of Trampoline
- xxxvi. **REQUIRED POSITIONS DURING A ROUTINE** - Refer to General Rules of Trampoline
- xxxvii. **KICK OUTS** - Refer to General Rules of Trampoline
- xxxviii. **INTERRUPTIONS OF THE ROUTINE (SCORING STOPS)** - Refer to General Rules of Trampoline
 1. In synchronized competition, both competitors must either do a stretched jump, or they must both stand still, otherwise there will be a deduction as of Rule Ia.3.3 on page TR-p16.
 2. In synchronized competition, both competitors must do same skill in the same position at the same time or the pass will be terminated upon deviation. Competitors may twist in opposite directions without penalty.
- xxxix. **DEDUCTIONS FOR FAULTY EXECUTION** - Refer to General Rules of Trampoline
 - xl. **DEDUCTIONS TAKEN ON THE INSTRUCTION OF THE SUPERIOR JUDGE** - Refer to General Rules of Trampoline.
 - xli. **MAJOR DEDUCTIONS IN SCORING** - Refer to General Rules of Trampoline
 - xlii. **PRELIMINARIES**
 1. The Preliminaries will consist of one (1) Optional Ten Bounce Routine.
 - i. Sub-Advanced Synchronized Trampoline - Refer to Advanced Trampoline Rules.