

AAU MINI TRAMP REFERENCE SHEETS

<p>Sub Beginner Level</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Pass one</td> <td style="width: 50%;">Pass two</td> </tr> <tr> <td>Tuck jump</td> <td>straddle jump</td> </tr> <tr> <td>Stick</td> <td>Stick</td> </tr> <tr> <td colspan="2" style="color: red;">(Sub Beginner 6 yrs. & under at JO's)</td> </tr> </table>	Pass one	Pass two	Tuck jump	straddle jump	Stick	Stick	(Sub Beginner 6 yrs. & under at JO's)		<p>Beginner Level</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Pass one</td> <td style="width: 50%;">Pass two</td> </tr> <tr> <td>straddle jump</td> <td>pike jump</td> </tr> <tr> <td>Stick</td> <td>Stick</td> </tr> </table>	Pass one	Pass two	straddle jump	pike jump	Stick	Stick				
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2 Warm up passes SB to INT

3 Warm up passes, for SA to ADV

Elite 3 Passes, one Somi each pass, Must Have Greater than .7 difficulty in at least 2 passes

Minimum of 20' runway.....

Landing mat recommended = 5' x 10' 8" height

No zero scores.....recommend .1

Round off onto the mini tramp not allowed.

Major Deductions

No Mandates, Additional landing deductions will follow Double Mini Landing on Stability, hands down, landing front or back, coaching, going off mat, a repeat would Be considered not doing a compulsory skill and would receive a 2.0 deduction.

*More than 1 contact (extra bounce) .5 deduction to a maximum of 2.0

*Not mounting with two feet 1.0

*1 foot dismount .5

*not performing compulsory passes above 2.0