

DOUBLE MINI TRAMPOLINE CHANGES

ALL LEVELS OF DOUBLE MINI TRAMPOLINE—TWO PASSES

BEGINNER: Two (2) non-somersaulting passes

Novice: One (1) non-somersaulting pass and One (1) Single somersaulting pass (No Twisting—May use ½ turn or full turn)

INTERMEDIATE: Two Single somersaulting passes (No Gainer) One pass must have a barani in any position. One pass with a non-twisting somersault in a mounter or spotter position and your other skill may be a ½ turn/full turn/1 ½ turn/double turn/tuck jump/straddle jump/pike jump

SUB-ADVANCED: One (1) Single somersaulting pass. One pass with TWO Single somersaults. (You may use a full twisting back/front or a rudi at this level. MAXIMUM DIFFICULTY=2.6

ADVANCED: Two (2) passes with two somersaulting skills in each pass. (Skills may be single somersaults/twisting somersaults/doubling somersaults) MAXIMUM DIFFICULTY=4.5

ELITE: Two (2) passes with TWO somersaulting skills in each pass
Minimum Difficulty=4.6

Warm Up Changes for Double Mini Trampoline

BEGINNER AND NOVICE LEVELS: One run with straight jumps and TWO practice passes

INTERMEDIATE THROUGH SUB-ADVANCED LEVELS: One run with straight jumps and THREE practice passes

ADVANCED THROUGH ELITE LEVELS: One run with straight jumps and 4 practice passes.

**You may use a Double Mini Mounter Mat/ A small Wedge/ or a folded 6'X12' mat for Beginner 6 & Under levels.