

Form A:

AAU MINI TRAMP REQUIREMENTS:

(SINGLE MINI TRAMPOLINE)

BEGINNER LEVEL

No somies are allowed

No order of skills

One pass with Straight Jumps ONLY

Two practice passes (One skill each pass)

A. TUCK JUMP

B. STRADDLE JUMP

C. PIKE JUMP

D. ½ TURN DD=.2

E. FULL TURN DD=.4

F. 1 ½ TURN DD=.6

NO REPEATS

NOVICE LEVEL

One pass with straight jumps ONLY

Two practice passes (One skill each pass)

No order of skills

A. CHOOSE ONE SKILL FROM BEGINNER LEVEL

B. SECOND PASS MUST HAVE A FRONT SOMIE IN

TUCK/PIKE/OR STRAIGHT POSITION

DD=.5--Tuck DD=.6—Pike or Straight

NO REPEATS

INTERMEDIATE LEVEL

One pass with straight jumps ONLY

No Order

Three practice passes (One skill each pass)

A. ANY BARANI DD=.6 Tuck DD=.7 Pike or STRAIGHT (One barani is required-Can NOT do two passes with a baranis)

B. ANY FRONT FLIP DD=.5 Tuck DD=.6 Pike or STRAIGHT

NO REPEATS

SUB-ADVANCED LEVEL

One pass with straight jumps ONLY

No Order of skills

Three practice passes (One skill each pass)

A. TUCK BARANI DD=.6

B. PIKE OR STRAIGHT BARANI DD=.7

C. GAINER TUCK BACK DD=.6

D. GAINER PIKE OR STRAIGHT BACK DD=.7

E. FULL TWISTING FRONT SOMI DD=.9

Maximum Difficulty over two passes =1.6

NO REPEATS

ADVANCED LEVEL

One pass with straight jumps ONLY

No Order of skills

Four practice passes (One skill each pass)

Difficulty Range is 1.7 Minimum to 3.2 Maximum

NO REPEATS

ELITE LEVEL

One pass with straight jumps ONLY

No Order of skills

Four practice passes (One skill each pass)

Minimum Difficulty=3.3 NO REPEATS

*BEGINNER 6 YEARS AND UNDER: You may use a Double Mini Mounter Mat/ A small Wedge or a 6'X12' folded mat to mount the mini trampoline.

*Must mount the single (mini) trampoline with feet facing forward. (No round off mount)