

DOUBLE MINI TRAMPOLINE REQUIREMENTS

BEGINNER LEVEL

2 passes with 2 skills each: max. 3 contacts

No repeats

No somis

Two non-somersaulting passes

Warm ups:

One pass with straight jumps ONLY

Two practice passes

*6 years and under may use a double mini mat, small wedge, or a folded 6'X12' mat

NOVICE LEVEL

2 Passes with 2 skills each: max. 3 contacts

No repeats

One pass CANNOT have a somi

One pass MUST have a non-twisting somi

Warm ups:

One pass with straight jumps ONLY

Three practice passes

*May use ½ turn or full turn

INTERMEDIATE LEVEL

2 Passes with 2 skills each: max. 3 contacts

No repeats

Two passes with one somi per pass

One pass MUST have a somi with no more than a 180-degree twist

One pass with a non-twisting somi

Warm ups:

One pass with straight jumps ONLY

Four practice passes

*NO gainers

*May use ½, full, 1 ½, or double turn

SUB-ADVANCED LEVEL

2 passes with 2 skills each: max. 3 contacts

No repeats

One pass with a single somi

One pass MUST have two single somis

Maximum difficulty 2.6 for both passes

Warm ups:

One pass with straight jumps ONLY

Four practice passes

*May use a full twisting back or front or a Rudi (cannot exceed 540-degree twist)

ADVANCED LEVEL

2 passes with 2 skills each: max. 3 contacts

No repeats including finals

Two passes with two somis

Maximum difficulty 4.8 for both passes

Warm ups:

One pass with straight jumps ONLY

Four practice passes

ELITE LEVEL

2 Passes with 2 skills each: max. 3 contacts

No repeats

Two passes with two somis

Qualifying difficulty is 4.9 minimum

Warm ups:

One pass with straight jumps ONLY

Five practice passes

Bonus DD: + .2 for multiple/multiple combo