

**AAU SINGLE MINI TRAMPOLINE REFERENCE SHEET**

BEGINNER		SUB-ADVANCED		SUPERIOR DEDUCTIONS		DIFICULTY			
(1st. warm up straight jumps, 2 practice passes)		(1st. warm up straight jumps, 4 practice passes)		Ta-Dump (1st foot hits before 2nd foot)	.1-.5	1/2 Turn	0.2		
<b>PASS Req. &amp; Restrictions</b>		<b>PASS Req. &amp; Restrictions</b>		NOT mounting with 2 feet	1	1/1 (full) Turn	0.4		
*No Somis are allowed		*No repeats		1 Extra bounce	0.5	1 1/2 Turn	0.6		
*No order of skills		*No order of skills		2 Extra bounces	1	2 Turn	0.8		
*No repeats		<b>Skills allowed:</b>		3 extra bounces	1.5	Front tuck	0.5		
<b>Skills allowed</b>		Barani (any position)	DD = .7	4 or more extra bounces	2	Front pike/lay	0.6		
Tuck jump		Gainer tuck back	DD = .6	Repeat	2	0.6	0.6		
Straddle jump		Gainer pike back	DD = .7	Mount and face side of mini	Terminate	Gainer pike/lay	0.7		
Pike jump		Gainer layout back	DD = .7	Fail to dismount skill	Terminate	Barani (all positions)	0.7		
1/2 Turn	DD = .2	Full twisting front	DD = .9	Hit blue pad and stop	Terminate	Full	0.9		
1/1 (full) Turn	DD = .4	<b>Minimum DD over 2 passes</b>	<b>1.4</b>	Hit blue pad and continue	0.9	Rudi	1.2		
1 1/2 Turn	DD = .6	<b>Maximum DD over 2 passes</b>	<b>1.7</b>	Landing instability	.0-.3	Double full	1.5		
NOVICE		ADVANCED		Landing 1 hand	0.4	Triple full	2.3		
(1st. warm up straight jumps, 3 practice passes)		(1st. warm up straight jumps, 4 practice passes)		Landing 2 hands	0.5	Randy	1.9		
<b>PASS Req. &amp; Restrictions</b>		<b>PASS Req. &amp; Restrictions</b>		Landing knees/elbows	0.6	Adolph	2.8		
*No order of skills		*No repeats		Landing seat or hands behind	0.7	Double tuck	2		
*No repeats		*No order of skills		Landing front/back/hea	0.8	Double pike	2.4		
**One skill from beginner level		<b>Minimum DD over 2 passes</b>	<b>1.8</b>	Leave landing area	0.9	Double layout	2.8		
** Second pass must have a front somi		<b>Maximum DD over 2 passes</b>	<b>3.3</b>	Toes off mat under mini	0.3	1/2 in or out tuck	2.4		
<b>Skills allowed</b>		ELITE		Touch mini after landing	0.5	1/2 in or out pike	2.8		
Beginner level skills		(1st. warm up straight jumps, 4 practice passes)		Spotted after dismount	0.8	1/2 in or out lay	3.2		
Front tuck	DD = .5	<b>PASS Req. &amp; Restrictions</b>		1/2 or 1/1 (full) turn under 20 degrees	0.5	Half / half tuck	2.8		
Front pike	DD = .6	*No repeats		Coaching	0.3	Half / half pike	3.2		
Front layout	DD = .6	*No order of skills		Inappropriate attire	1	Half / half layout	3.6		
INTERMEDIATE		<b>Minimum DD over 2 passes</b>	<b>3.4</b>	Exceeding level	2	Full in or out tuck	2.8		
(1st. Warm up straight jumps, 4 practice passes)		<b>*BEGINNER 6 YEARS AND UNDER:</b>				Full in or out pike	3.2		
<b>PASS Req. &amp; Restrictions</b>		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 mounts.)		<b>*NOTE: Run way must be minimum 20 feet</b>		Full in or out lay	3.6		
*No order of skills								<b>Landing zone deductions:</b>	
*No repeats								<b>Zone A = .0</b>	
<b>Skills allowed</b>						<b>Aesthetics per skill</b>		<b>Zone B = .3</b>	
Barani (any position)	DD = .7							<b>Zone C = .5</b>	
Front tuck	DD = .5			All passes will receive at least a .1 score, NO .0 score will be given.		An additional .1 is deducted (max) if the athlete moves from one zone to another of higher deduction.			
Front pike	DD = .6								
Front layout	DD = .6								
<b>*One barani is required - CAN NOT do two passes with a barani.</b>				<b>*NOTE: Boys may wear tramp pants on all events.</b>					