

AAU SINGLE MINI TRAMPOLINE REQUIREMENTS

BEGINNER LEVEL

Two single skill passes required in competition

No somis are allowed

No order of skills

No repeats

Warm ups:

One pass with straight jumps ONLY

Two practice passes (one skill each pass)

Legal skills:

Tuck jump

Straddle jump

Pike jump

½ Turn DD = .2

Full Turn DD = .4

1 ½ Turn DD = .6

NOVICE LEVEL

Two single skill passes required in competition

No order of skills

No repeats

One pass with skills from beginner level

One pass MUST have a front somi

Warm ups:

One pass with straight jumps ONLY

Three practice passes (one skill each pass)

Legal skills:

Beginner skills

Front tuck DD = .5

Front pike or layout DD = .6

INTERMEDIATE LEVEL

Two single skill passes required in competition

No order of skills

No repeats

One pass MUST have a barani

Two passes CANNOT have a barani

One pass MUST have a front somi

Warm ups:

One pass with straight jumps ONLY

Four practice passes (one skill each pass)

Legal skills:

All baranis DD = .7

Front tuck DD = .5

Front pike or layout DD = .6

SUB-ADVANCED LEVEL

Two single skill passes required in competition

No order of skills

No repeats

Maximum difficulty over two passes = 1.7

Minimum difficulty over two passes = 1.4

Warm ups:

One pass with straight jumps ONLY

Four practice passes (one skill each pass)

Legal skills:

All baranis DD = .7

Gainer back tuck DD = .6

Gainer back pike or layout DD = .7

Full twisting front somi DD = .9

ADVANCED LEVEL

Two single skill passes required in competition

No order of skills

No repeats

Maximum difficulty over two passes 3.3

Minimum difficulty over two passes 1.8

ELITE LEVEL

Two single skill passes required in competition

No order of skills

No repeats

Minimum difficulty over two passes 3.4

****BEGINNER 6 YEARS AND UNDER:** 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.)

****Double mini difficulty is used for calculation of difficulty.**

****Note:** Runway must be minimum of 20 feet.