

AAU TRAMPOLINE REFERENCE SHEET					
BEGINNER	INTERMEDIATE	SUPERIOR DEDUCTIONS		DIFFICULTY	
(2 Touch warm up)	(2 Touch warm up)	Facing side of Tramp.	Terminate	Turn: 1/2, 1, 1 1/2, 2	.1,.2,.3,.4
COMPULSORY SKILLS	COMPULSORY SKILLS	Intermittant straight jump	1	Tuck somi	0.5
*Straight jump w/ 1/2 turn (must begin & end on feet)	*Straight jump with 1/1 (full) turn (must begin & end on feet)	One foot landing	Terminate & .3	Pike/Layout somi	0.6
*Pike jump OR Tuck jump	*Front or Back contact	Spotted DURING pass	Terminate	3/4 somi	0.3
*Front or Back contact	*Front NON twisting somi	Loss of elasticity/Kill bed	Terminate	3/4 somi to feet	.3+.1=.4
PASS Req. & Restrictions	* Back tuck	Landing/Stick stability	.0-.3	3/4front-ballout tuck	.3+.6=.9
*NO somies allowed (includes 3/4 somis)	*One optional 360 degree somi	Landing/ 1 hand	0.4	3/4front -ballout pk/lay	.3+.7 = 1.0
Superior/Major Deductions	PASS Req. & Restrictions	Landing/ 2 hands	0.5	3/4front-ballout barani	.3+.7 = 1.0
*Repeat = .5	*Minimum 3 somis - Maximum 4 somis	Landing/ knee or elbow	0.6	3/4 back-cody tuck	.3+.6 = .9
*Doggie drops = Illegal skill = -.5	*3/4 Front/Back must start from feet and MAY	Landing/ seat or hands behind	0.7	3/4 back-cody pk/lay	.3+.7 = 1.0
*Omitting compulsory skill = -2.0	fulfill the front/back contact requirement	Landing/ front/back/head	0.8	Barani (all positions)	0.6
NOVICE	3/4 somis DO NOT meet the optional somi req.	Landing/ off the trampoline	1	Full	0.7
(2 Touch warm up)	Superior/Major Deductions	Coaching	0.3	Double Full	0.8
COMPULSORY SKILLS	*Repeats = -.5	Jewelry (No Tape)	1	Triple full	1.1
*Straight jump w/ 1/2 turn (must begin & end on feet)	*No optional somi = -1.0	Inappropriate attire	1	Rudy (1 1/2 front or back)	0.8
*Pike jump OR Tuck jump	*More than 5 somis = -2.0 Exceeding level	Socks/Wrong color shoes	1	Randy (2 1/2 front or back)	1
*Front OR back contact	*Omitting compulsory skill = -2.0	Missing compulsory skill	2	Adolph (3 1/2 front)	1.2
*Front OR back somi (non-twisting)	*Somis with more than 360 rota. NOT allowed	Exceeding level	2	Double Tuck	1
PASS Req. & Restrictions	*Somis with more than 180 twist NOT allowed	Illegal skill	0.5	Double pike/layout	1.2
*NO more than 2 somis allowed	ADVANCED	AESETHIC DEDUCTIONS		1/2 In or Out (fliffis) tuck	1.1
Superior/Major Deductions	(3 Touch warm up)	Aesethics per skill	.0-.5	1/2 In or Out (fliffis) pk/lay	1.3
*Repeat = .5	PASS Req. & Restrictions	Overall lack of height	.0-.3	1/2 -1/2 Tuck	1.2
*Omitting compulsory skill = -2.0	*Minimum of 7 somis	Misc. superior deductions:		1/2 -1/2 Pike or layout	1.4
*No 3/4 somis or twisting somis = -2.0	*Minimum of 4.7 DD	*1/2 or 1/1(full) turn under or over 20 degress = -.5		Rudy out tuck	1.3
SUB-ADVANCED	Superior/Major Deductions	*Boys socks/shoes may match the color of their pants otherwise must be white. If not = -1.0		Rudy out pike or layout	1.5
(2 Touch warm up)	*Repeats = NO DD given , but skill counts			Full in or out tuck	1.2
COMPULSORY SKILLS	*Less than 7 somis = -2.0 pass requirements			Full in or out pike or layout	1.4
*Back layout	*Less than 4.7 DD = -2.0 pass requirements			Full in half out tuck	1.2
*3/4 Front or Back somi	Max. DD for Jr. Olympics is 7.0			Full in half out pike or layout	1.5
*Barani Tuck	ELITE			Full in full out tuck	1.4
*Two optional somis	(4 Touch warm up for Prelim. 3 for finals)			Full in full out pike or layout	1.6
PASS Req. & Restrictions	PASS Req. & Restrictions			1 3/4 Front/Back tuck	0.8
*Pass must include 3 complsory somis, plus 2 optional somis	*2 Passes (1 compulsory & 1 optional)			1 3/4 front/Back pike/layout	0.9
*Maximum DD cap: 4.6	*Compulsory pass: 3/4 front /back any position			1/2 in Rudi out	1.6
Superior/Major Deductions	to cody/ballout (any position), Tuck Jump,			Miller tuck/puck	1.6
*Repeats = No DD given, but skill counts	Barani tuck, Back tuck, Barani pike, Back pike,			Miller pike/layout	1.9
*No optional somi = 1.0 Per somi	Barani layout, Back layout, Back full			Triple back tuck	1.5
*Omitting compulsory skill = -2.0	*No DD given for compulsory pass			Triple back pike/layout	1.8
*Not allowed: skills over .8 DD,	Optional pass: Minimum DD 7.1			1/2 in or out Triffis tuck	1.6
Twist over 540 & Rotaion over 450	Superior/Major Deductions			1/2 in or out Tiffis pike/lay	1.9
	*Repeats = No DD given, but skill still counts				
		NOTE: Boys may wear trampoline pants on all events			
		NOTE: All passes will receive a .1 score NO 0.0 score will be given.			