

TRAMPOLINE LEVEL REQUIREMENTS

BEGINNER LEVEL

One pass with ten contacts

Three compulsory skills:

Straight jump ½ twist

Pike or tuck jump

Front or back contact

Seven optional skills

½ twist must start and end on feet

Front or back contact does not have to begin on feet

Warm ups:

Two touch warm up

No somis (includes ¾ somi)

No repeats

NOVICE LEVEL

One pass with ten contacts

Four compulsory skills

Front or back somi (any position)

½ twist must start and end on feet

Front or back contact

Pike jump

Six optional skills

Warm ups:

Two touch warm up

No more than 2 somis allowed

No ¾ somis or twisting somis

No repeats

INTERMEDIATE LEVEL

One pass with ten contacts

Four compulsory skills

Straight jump 1/1 (full) must start and end on feet

Front non-twisting somi (any position)

Back tuck somi

Front or back contact

One optional somi

Six optional skills

Minimum of 3 somis

Maximum of 4 somis

¾ somi from feet will fulfil front/back contact but will not fulfil optional somi

Warm ups:

Two touch warm up

No repeats

SUB-ADVANCED LEVEL

One pass with ten contacts

Three compulsory skills plus two optional somis

Back layout somi

¾ front or back somi

Barani tuck

Seven optional skills

Maximum difficulty 4.6

Warm ups:

Two touch warm up

No repeats

Skills over .8 difficulty are not allowed

ADVANCED LEVEL

One pass with ten contacts

Minimum seven somis

Minimum 4.7 difficulty

Warm ups:

Three touch warm up

Maximum difficulty at Jr. Olympics is 7.0

ELITE LEVEL

One pass with ten contacts

Two passes (1 compulsory & 1 optional)

Compulsory pass:

¾ front or back (any position) to cody/ballout (any position), tuck jump, barani tuck, back tuck, barani pike, back pike, barani layout, back layout, back full

No difficulty given for compulsory pass

Optional pass: minimum difficulty 7.1

Warm ups:

Four touch warm up for prelims, 3 for finals

No repeats

All skills must have a minimum of 270 rotation

Difficulty awarded on all levels.