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.