

WARM UPS FOR EVENT AND LEVELS

DOUBLE MINI

Beginner	1 run with straight jumps only – 2 practice passes
Novice	1 run with straight jumps only – 3 practice passes
Intermediate	1 run with straight jumps only – 4 practice passes
Sub-advanced	1 run with straight jumps only – 4 practice passes
Advanced	1 run with straight jumps only – 4 practice passes
Elite	1 run with straight jumps only – 5 practice passes

TRAMPOLINE

Beginner	2 touches one routine per touch
Novice	2 touches one routine per touch
Intermediate	2 touches one routine per touch
Sub-advanced	2 touches one routine per touch
Advanced	3 touches one routine per touch
Elite	4 touches one routine per touch
Synch tramp	Novice – Sub-advanced = 2 touches Advanced – Elite = 3 touches

TUMBLING

Sub-beginner	No run – 2 passes with one routine per pass
Beginner	No run – 2 passes with one routine per pass
Adv-beginner	No run – 2 passes with one routine per pass
Sub-novice 1	One run – 2 passes with one routine per pass
Sub-novice 2	One run – 2 passes with one routine per pass
Novice	One run – 3 passes with one routine per pass
Intermediate	One run – 4 passes with one routine per pass
Sub-advanced	One run – 4 passes with one routine per pass
Advanced (prelims)	One run – 4 passes with one routine per pass
Advanced (finals)	One run – 2 passes with one routine per pass
Elite (prelims)	One run – 6 passes with one routine per pass
Elite (finals)	One run – 3 passes with one routine per pass

SINGLE MINI

Beginner	One run with straight jumps only – 2 practice passes
Novice	One run with straight jumps only – 3 practice passes
Intermediate	One run with straight jumps only – 4 practice passes
Sub-advanced	One run with straight jumps only – 4 practice passes
Advanced	One run with straight jumps only – 4 practice passes
Elite	One run with straight jumps only – 4 practice passes