

AAU TRAMPOLINE QUICK REFERENCE SHEET

SUB BEGINNER	INTERMEDIATE	ADVANCED	SUPERIOR PENALTIES & DEDUCTIONS		DIFFICULTY	
(2 Touch Warm Up)	(2 Touch Warm Up)	(3 Touch Warm Up)	Landing Deductions Taken AFTER Landing		Jumps & Turns	
COMPULSORY ROUTINE:	PASS REQUIREMENTS IN 10 SKILLS	PASS REQ. (PR) & ILLEGAL SKILLS (IS)	Landings Are Taken On COMPLETED Routines ONLY		Tuck, Pike or Straddle	0.0
1. Straddle Jump	• Straight Jump w/ 1/1 Turn (Feet to Feet)	• MIN 7 Somis (PR)	Instability	0.0-0.3	Jump Half Turn (1/2)	0.1
2. Tuck Jump	• Front OR Back Contact	• Intermediate Straight Jump (IS)	Landing One or Two Hands	0.5	Jump Full Turn (1/1)	0.2
3. Pike Jump	• Front Single Somi (Non-Twisting)	• MIN ROUTINE DD = 4.7	Landing Knees, Elbow, Seat	1.0	Swivel Hips (Seat, 1/2, Seat)	0.1
4. Seat Drop	• Back Tuck	• MAX ROUTINE DD = 7.0	Landing Front, Back, Head	1.0	Single Somersaults (Front & Back)	
5. Return to Feet	• One Optional Single Somi (MAY twist)	SUPERIOR NOTES	Landing Blue Pad (During Routine)	Interrupt	Tuck	0.5
1. Straddle Jump	• MIN 3 Somis MAX 4 Somis	• Repeats = Non-DD Skills = -0.5	Landing Throw-In Mat (During Routine)	Interrupt	Pike or Layout	0.6
2. Tuck Jump	Max DD - 3.3	DD Skills = Loss of DD	Landing Blue Pad (After Completed Routine)	1.0	Barani (Tk/Pk/Lay) Back Half	0.6
3. Pike Jump	ILLEGAL SKILLS (INTERRUPTIONS)	• Less than 7 Somis = -1.0 (PR)	Landing Falling Off the Trampoline	1.0	Full	0.7
4. Seat Drop	• NO Somis with >360° Rotation	• DD < 4.7 = -1.0 (PR)	Interruptions (Stop Scoring)		Double Full	0.9
5. Return to Feet	• NO Somis with >180° Twist	• DD > 7.0 = Cap DD at 7.0	One Foot Landing	Interrupt	Triple full	1.1
SUPERIOR NOTES	• Intermediate Straight Jump	• No Comp Card - 1.0 Deduction on 1st pass.	Illegal Skill	Interrupt	Rudi (Front) Back 1.5 Twist	0.8
• If they deviate from routine = Interruption	• 3/4 Somis count as a Front/Back Contact	ELITE	Facing Side of Trampoline	Interrupt	Randi (Front) Back 2.5 Twist	1.0
BEGINNER	but DO NOT count as an Optional Somi	(Prelims: 4 Touch Warm Up Finals: 3 Touch)	Loss of Elasticity Kill the Bed	Interrupt	Adolph (Front) Back 3.5 Twist	1.2
(2 Touch Warm Up)	SUPERIOR NOTES	COMPULSORY ROUTINE	Spotted DURING Routine	Interrupt	Double Somersaults (Front & Back)	
PASS REQUIREMENTS IN 10 SKILLS	• Repeats = Non-DD Skills = -0.5	3/4 Front-Ballout OR 3/4 Back-Cody,	Exceeding Maximum SKILL Difficulty	Interrupt	Double Tuck	1.0
• Straight Jump w/ 1/2 Turn (Feet to Feet)	• DD Skills = Loss of DD	Tuck Jump, Barani Tuck, Back Tuck,	Penalties (On Completed & Incomplete Passes)		Double Pike Double Layout	1.2
• Tuck OR Pike Jump	• >4 Somis = -1.0 EPR + No DD for Extra Somis	Barani Pike, Back Pike, Barani Layout,	Intermediate Straight Jump (BEG & NOV)	1.0 per jump	Half In OR Out (Fliffis) Tuck	1.1
• Front OR Back Contact	• Somis with >360° Rotation = Interruption	Back Layout, Back Full	Intermediate Straight Jump (INT-ELITE)	Interrupt	Half In OR Out (Fliffis) Pk/Lay	1.3
• If Missing = -1.0 per pass maximum	• Somis with >180° Twist = Interruption	Compulsory is Interrupted if deviated from above.	Missing Pass Requirement(s) OR >10 Skills	1.0 per pass	Half-Half Tuck	1.2
ILLEGAL SKILLS (INTERRUPTIONS)		No DD is awarded for the Compulsory Routine.	Too Many Skills (>10)	1.0 per pass	Half-Half Pike or Layout	1.4
• NO Doggie Drops or Knee Drops		OPTIONAL ROUTINE (PR & IS)	Exceeding Pass Requirements (Max # Somis)	1.0 + Cap DD	Rudi Out Tuck	1.3
• NO Somersaulting Rotation >180°		All Skills MUST Have ≥270° Rotation	Exceeding Maximum PASS Difficulty	Cap DD	Rudi Out Pike or Layout	1.5
• If Performed = Interruption		• Intermediate Straight Jump (IS)	Repeats (Skills with No DD)	0.5 per occurrence	Full In OR Out Tuck	1.2
SUPERIOR NOTES		• MIN ROUTINE DD = 7.1	Repeats (Skills with DD)	Lose DD	Full In OR Out Pike or Layout	1.4
• Repeats = Non-DD Skills = -0.5		SUPERIOR NOTES	Turns Over/Under Rotated by ≤20°s	0.5 per occurrence	Full-Barani Tuck	1.3
• DD Skills = Loss of DD		• Repeats = Loss of DD	Lack of Overall Height	0.0-0.3 per pass	Full-Barani Pike or Layout	1.5
		• Less than 270° Rotation = Interruption	Coaching	0.3 per pass	Full-Full Tuck	1.4
NOVICE		• DD < 7.1 = -1.0 PR + No Finals	Jewelry (No Tape)	1.0	Full-Full Pike or Layout	1.6
(2 Touch Warm Up)		• No Comp Card - 1.0 Deduction on 1st pass.	Inappropriate Attire	1.0	Miller Tuck	1.6
PASS REQUIREMENTS IN 10 SKILLS			Socks/Shoes - Wrong Color or Type	1.0	Miller Pike or Layout	1.8
• Straight Jump w/ 1/2 Turn (Feet to Feet)		Out Bounces	Dropped Hair Ties	No Deduction	Triple Somersaults (Front & Back)	
• Pike Jump		* Out bounces must be automatic and stretch straight up to be considered an out bounce; excessive traveling will be considered instability.	Undergarments Showing	No Deduction	Triple Tuck	1.5
• Front OR Back Contact			Loose Hair/Bangs	No Deduction	Triple Pike or Layout	1.8
• Front OR Back Single Somi (Non-Twisting)			Nail Polish	No Deduction	Half Out (Triffis) Tuck	1.5
• MAX of 2 Single Somis			DIFFICULTY		Half Out (Triffis) Pike or Layout	1.9
ILLEGAL SKILLS (INTERRUPTIONS)			Somersaults To/From The Front Or Back		Somersaults To/From The Front Or Back	
• NO Twisting Somis			Skills with Less Than 3/4 Rotation	0.0	1 1/4 Back Tuck	0.7
• NO 3/4 Front or Back Somis from Feet			3/4 Front or Back	0.3	1 1/4 Back Tuck w/ Pullover	1.0 (0.7+0.3)
• Back Pullovers ARE allowed. Counts as a back contact but NOT a back somi			3/4 Somi - Return to Feet	0.3 + 0.1 = 0.4		
SUPERIOR NOTES			3/4 Front - Ballout Tuck	0.3 + 0.6 = 0.9		
• Repeats = Non-DD Skills = -0.5			3/4 Front - Ballout Pike/Layout	0.3 + 0.7 = 1.0		
DD Skills = Loss of DD			3/4 Front - Ballout Barani	0.3 + 0.7 = 1.0		
• >2 Somis = -1.0 EPR + No DD for Extra Somis			3/4 Front - Ballout Rudi	0.3 + 0.9 = 1.2		
			3/4 Back - Cody Tuck	0.3 + 0.6 = 0.9		
			3/4 Back - Cody Pike/Layout	0.3 + 0.7 = 1.0		
			1 3/4 Front Tuck	0.8		
			1 3/4 Front Pike or Layout	0.9		
New Rules for 2025-2026						