AAU SINGLE MINI QUICK REFERENCE SHEET

| SUB BEGINNER | NOVICE | SUB-ADVANCED | SUPERIOR PENALTIES & DEDU | CTIONS | DIFFICULTY | |
|--|--|--|---|---|---|---------------|
| (1 Straight Jump Pass + 2 Warm Up Passes) | (1 Straight Jump Pass + 3 Warm Up Passes) | (1 Straight Jump Pass + 4 Warm Up Passes) | Hurdle & Mount Errors | | Jumps | |
| | | | Mounting Aid Novice and Above | 0.5 | Tuck, Pike or Straddle | 0.0 |
| PASS REQUIREMENTS | PASS REQUIREMENTS | PASS REQUIREMENTS | Ta-Dump | 0.3 | Jump Half Turn (1/2) | 0.2 |
| · 1st Pass - Tuck Jump | · 2 Passes w/ 1 DISMOUNTING SKILL | · 2 Passes w/ 1 DISMOUNTING SOMI | (1st Foot Hits Mounter Bed Before The 2nd) | | Jump Full Turn (1/1) | 0.4 |
| · 2nd Pass - Straddle Jump | · MAXIMUM 1 Contact | · MAXIMUM 1 Contact | Run Across / One Foot Landing | Interruption | Jump 1 1/2 Turn (3/2) | 0.6 |
| | | | (Only 1 foot hits the bed) | ' | Jump Double Full Turn (2/1) | 0.8 |
| ILLEGAL SKILLS | LEVEL REQUIREMENTS | LEVEL REQUIREMENTS | Not Contacting the Bed | Interruption | Single Somersaults (Fro | |
| · ALL NON-DISMOUNTING Skills | · One JUMP Pass | · MIN <u>COMBINED</u> DD = 1.4 | Interruptions | | Tuck Front | 0.5 |
| · NO Somis | · One Front Somi (Non-Twisting) Pass | · MAX <u>COMBINED</u> DD = 2.1 | Any Non-Dismounting Skill | Interruption | Pike Front | 0.6 |
| · If Performed = "Zero"/0.1 Score | | | Facing Side of Single Mini | | Layout Front | 0.6 |
| | ILLEGAL SKILLS | <u>ILLEGAL SKILLS</u> | Loss of Elasticity Kill the Bed | Interruption | | 0.7 |
| CONTACTS PRIOR TO DISMOUNTING | · NO Twisting Somis | · Only Baranis, Front Fulls, + Rudi are allowed | Spotted DURING Routine | Interruption | Full | 0.9 |
| · Ta-Dump on 1st Contact = 0.3 | · NO Backwards or Gainer Somis | · If a skill is performed that is not a barani, | Straight Jump Dismount | Interruption | Rudi | 1.2 |
| · 1 Straight Jump = 0.5 | · NO Double/Multiple Somis | full or rudi, the pass will be a "Zero"/0.1 score. | Failure to Dismount | Interruption | AFSETHIC DEDUCTI | ONS |
| · 2 Straight Jumps = 1.0 | · If Performed = "Zero"/0.1 Score | | Illegal Skill / Exceeding Max Skill DD | Interruption | Execution Per Skill (Including Kick | 0.0-0.8 |
| · 3 Straight Jumps = 1.5 | | SUPERIOR NOTES | Jumping on One Foot | Interruption | "Zero" Scores are awarded a 0 | .1 Courtesy |
| · 4 or More Straight Jumps = 2.0 | SUPERIOR NOTES | · Repeats = -1.0 + Loss of DD | Not Landing on Feet | Interruption | | |
| | · Repeats = -1.0 + Loss of DD | · No Somi = Interruption | Landings | | The athlete's feet must face forward when | |
| SUPERIOR NOTES | · 2 Passes w/ Only Jumps = -1.0 LR | | Landings Are Taken On COMPLETED Page | Are Taken On COMPLETED Passes ONLY jumping onto the single mini. No | | No turns or |
| · Repeats = -1.0 + Loss of DD | · 2 Passes w/ a Somi = -1.0 ELR & No DD fo | | Landing Stick or Instability | 0.0-0.3 | round-offs are allowed prior to | o mounting. |
| · NO mounting aid deduction | · On second pass only, - 2.0 if athlete | | Landing One or Two Hands | 0.5 | | |
| | fails to meet both PASS & LEVEL Regs | | Landing Knee or Elbow | 1.0 | | |
| | · · | | Landing Seat or Hands Behind | 1.0 | The minimum run-way lengtl | h is 20 feet. |
| | | | Landing Front, Back or Head | 1.0 | 1 | |
| | | | | | | |
| BEGINNER | INTERMEDIATE | | Landing Stepping Off Landing Area | 1.0 | | |
| BEGINNER (1 Straight Jump Pass + 2 Warm Up Passes) | (1 Straight Jump Pass + 4 Warm Up Passes) | | Landing Stepping Off Landing Area Brush Blue Pad | 1.0 | | |
| _ | | | | | | |
| _ | | | Brush Blue Pad | 1.0 | | |
| (1 Straight Jump Pass + 2 Warm Up Passes) | (1 Straight Jump Pass + 4 Warm Up Passes) | | Brush Blue Pad LAND ON TOP Blue Pad | 1.0 Interruption | | |
| (1 Straight Jump Pass + 2 Warm Up Passes) PASS REQUIREMENTS | (1 Straight Jump Pass + 4 Warm Up Passes) PASS REQUIREMENTS | | Brush Blue Pad LAND ON TOP Blue Pad Throw-In Mat | 1.0 Interruption Interruption | | |
| (1 Straight Jump Pass + 2 Warm Up Passes) PASS REQUIREMENTS • 2 Passes w/ 1 DISMOUNTING SKILL | (1 Straight Jump Pass + 4 Warm Up Passes) PASS REQUIREMENTS 2 Passes w/ 1 DISMOUNTING SOMI | | Brush Blue Pad LAND ON TOP Blue Pad Throw-In Mat Touching SM After Landing | 1.0 Interruption Interruption 0.5 | | |
| (1 Straight Jump Pass + 2 Warm Up Passes) PASS REQUIREMENTS • 2 Passes w/ 1 DISMOUNTING SKILL | (1 Straight Jump Pass + 4 Warm Up Passes) PASS REQUIREMENTS 2 Passes w/ 1 DISMOUNTING SOMI | | Brush Blue Pad LAND ON TOP Blue Pad Throw-In Mat Touching SM After Landing | 1.0 Interruption Interruption 0.5 1.0 | | |
| (1 Straight Jump Pass + 2 Warm Up Passes) PASS REQUIREMENTS · 2 Passes w/ 1 DISMOUNTING SKILL · No Maximum Number of Contacts | (1 Straight Jump Pass + 4 Warm Up Passes) PASS REQUIREMENTS 2 Passes w/ 1 DISMOUNTING SOMI MAXIMUM 1 Contact | | Brush Blue Pad LAND ON TOP Blue Pad Throw-In Mat Touching SM After Landing Spotted AFTER Landing | 1.0 Interruption Interruption 0.5 1.0 | | |
| (1 Straight Jump Pass + 2 Warm Up Passes) PASS REQUIREMENTS 2 Passes w/ 1 DISMOUNTING SKILL No Maximum Number of Contacts ILLEGAL SKILLS | (1 Straight Jump Pass + 4 Warm Up Passes) PASS REQUIREMENTS 2 Passes w/ 1 DISMOUNTING SOMI MAXIMUM 1 Contact LEVEL REQUIREMENTS | | Brush Blue Pad LAND ON TOP Blue Pad Throw-In Mat Touching SM After Landing Spotted AFTER Landing Landing Area Zone Deductions | 1.0 Interruption Interruption 0.5 1.0 | | |
| (1 Straight Jump Pass + 2 Warm Up Passes) PASS REQUIREMENTS 2 Passes w/ 1 DISMOUNTING SKILL No Maximum Number of Contacts ILLEGAL SKILLS ALL NON-DISMOUNTING Skills | (1 Straight Jump Pass + 4 Warm Up Passes) PASS REQUIREMENTS 2 Passes w/ 1 DISMOUNTING SOMI MAXIMUM 1 Contact LEVEL REQUIREMENTS One Front Somi (Non-Twisting) Pass | | Brush Blue Pad LAND ON TOP Blue Pad Throw-In Mat Touching SM After Landing Spotted AFTER Landing Landing Area Zone Deductions Zone A (Red Landing Area) | 1.0 Interruption Interruption 0.5 1.0 | | |
| (1 Straight Jump Pass + 2 Warm Up Passes) PASS REQUIREMENTS 2 Passes w/ 1 DISMOUNTING SKILL No Maximum Number of Contacts ILLEGAL SKILLS ALL NON-DISMOUNTING Skills NO Somis | (1 Straight Jump Pass + 4 Warm Up Passes) PASS REQUIREMENTS 2 Passes w/ 1 DISMOUNTING SOMI MAXIMUM 1 Contact LEVEL REQUIREMENTS One Front Somi (Non-Twisting) Pass | | Brush Blue Pad LAND ON TOP Blue Pad Throw-In Mat Touching SM After Landing Spotted AFTER Landing Landing Area Zone Deductions Zone A (Red Landing Area) Zone B (Yellow Landing Area) | 1.0 Interruption Interruption 0.5 1.0 8 0.0 0.3 | | |
| (1 Straight Jump Pass + 2 Warm Up Passes) PASS REQUIREMENTS 2 Passes w/ 1 DISMOUNTING SKILL No Maximum Number of Contacts ILLEGAL SKILLS ALL NON-DISMOUNTING Skills NO Somis | (1 Straight Jump Pass + 4 Warm Up Passes) PASS REQUIREMENTS 2 Passes w/ 1 DISMOUNTING SOMI MAXIMUM 1 Contact LEVEL REQUIREMENTS One Front Somi (Non-Twisting) Pass One BARANI Pass | | Brush Blue Pad LAND ON TOP Blue Pad Throw-In Mat Touching SM After Landing Spotted AFTER Landing Landing Area Zone Deduction: Zone A (Red Landing Area) Zone B (Yellow Landing Area) Zone C (Blue Landing Area) Changing Zones (A-B, B-C or A-C Only) Majors | 1.0 Interruption Interruption 0.5 1.0 8 0.0 0.3 0.5 | | |
| (1 Straight Jump Pass + 2 Warm Up Passes) PASS REQUIREMENTS • 2 Passes w/ 1 DISMOUNTING SKILL • No Maximum Number of Contacts ILLEGAL SKILLS • ALL NON-DISMOUNTING Skills • NO Somis • If Performed = "Zero"/0.1 Score | (1 Straight Jump Pass + 4 Warm Up Passes) PASS REQUIREMENTS 2 Passes w/ 1 DISMOUNTING SOMI MAXIMUM 1 Contact LEVEL REQUIREMENTS One Front Somi (Non-Twisting) Pass One BARANI Pass | | Brush Blue Pad LAND ON TOP Blue Pad Throw-In Mat Touching SM After Landing Spotted AFTER Landing Landing Area Zone Deduction: Zone A (Red Landing Area) Zone B (Yellow Landing Area) Zone C (Blue Landing Area) Changing Zones (A-B, B-C or A-C Only) | 1.0 Interruption Interruption 0.5 1.0 8 0.0 0.3 0.5 | | |
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| (1 Straight Jump Pass + 2 Warm Up Passes) PASS REQUIREMENTS • 2 Passes w/ 1 DISMOUNTING SKILL • No Maximum Number of Contacts ILLEGAL SKILLS • ALL NON-DISMOUNTING Skills • NO Somis • If Performed = "Zero"/0.1 Score CONTACTS PRIOR TO DISMOUNTING • Ta-Dump on 1st Contact = 0.3 • 1 Straight Jump = 0.5 • 2 Straight Jumps = 1.0 | (1 Straight Jump Pass + 4 Warm Up Passes) PASS REQUIREMENTS 2 Passes w/ 1 DISMOUNTING SOMI MAXIMUM 1 Contact LEVEL REQUIREMENTS One Front Somi (Non-Twisting) Pass One BARANI Pass ILLEGAL SKILLS NO Twisting Somis with >180° Twist NO Backwards or Gainer Somis NO Double/Multiple Somis | | Brush Blue Pad LAND ON TOP Blue Pad Throw-In Mat Touching SM After Landing Spotted AFTER Landing Landing Area Zone Deductions Zone A (Red Landing Area) Zone B (Yellow Landing Area) Zone C (Blue Landing Area) Changing Zones (A-B, B-C or A-C Only) Majors Exceeding Pass/Level Requirements Turns Over/Under Rotated by ≤20°s Repeats | 1.0 Interruption Interruption 0.5 1.0 5 0.0 0.3 0.5 0.1 MAX 1.0 + Cap DD 5 per occurren 1.0 + Lose DD | | |
| (1 Straight Jump Pass + 2 Warm Up Passes) PASS REQUIREMENTS 2 Passes w/ 1 DISMOUNTING SKILL No Maximum Number of Contacts ILLEGAL SKILLS ALL NON-DISMOUNTING Skills NO Somis If Performed = "Zero"/0.1 Score CONTACTS PRIOR TO DISMOUNTING Ta-Dump on 1st Contact = 0.3 1 Straight Jump = 0.5 2 Straight Jumps = 1.0 3 Straight Jumps = 1.5 | (1 Straight Jump Pass + 4 Warm Up Passes) PASS REQUIREMENTS 2 Passes w/ 1 DISMOUNTING SOMI MAXIMUM 1 Contact LEVEL REQUIREMENTS One Front Somi (Non-Twisting) Pass One BARANI Pass ILLEGAL SKILLS NO Twisting Somis with >180° Twist NO Backwards or Gainer Somis NO Double/Multiple Somis If Performed = "Zero"/0.1 Score | | Brush Blue Pad LAND ON TOP Blue Pad Throw-In Mat Touching SM After Landing Spotted AFTER Landing Landing Area Zone Deduction: Zone A (Red Landing Area) Zone B (Yellow Landing Area) Zone C (Blue Landing Area) Changing Zones (A-B, B-C or A-C Only) Majors Exceeding Pass/Level Requirements Turns Over/Under Rotated by ≤20°s Repeats Coaching | 1.0 Interruption Interruption 0.5 1.0 0.0 0.3 0.5 0.1 MAX 1.0 + Cap DD 5 per occurren 1.0 + Lose DD 0.3 per pass | | |
| (1 Straight Jump Pass + 2 Warm Up Passes) PASS REQUIREMENTS 2 Passes w/ 1 DISMOUNTING SKILL No Maximum Number of Contacts ILLEGAL SKILLS ALL NON-DISMOUNTING Skills NO Somis If Performed = "Zero"/0.1 Score CONTACTS PRIOR TO DISMOUNTING Ta-Dump on 1st Contact = 0.3 1 Straight Jump = 0.5 2 Straight Jumps = 1.0 3 Straight Jumps = 1.5 | (1 Straight Jump Pass + 4 Warm Up Passes) PASS REQUIREMENTS 2 Passes w/ 1 DISMOUNTING SOMI MAXIMUM 1 Contact LEVEL REQUIREMENTS One Front Somi (Non-Twisting) Pass One BARANI Pass ILLEGAL SKILLS NO Twisting Somis with >180° Twist NO Backwards or Gainer Somis NO Double/Multiple Somis If Performed = "Zero"/0.1 Score SUPERIOR NOTES | | Brush Blue Pad LAND ON TOP Blue Pad Throw-In Mat Touching SM After Landing Spotted AFTER Landing Landing Area Zone Deduction: Zone A (Red Landing Area) Zone B (Yellow Landing Area) Zone C (Blue Landing Area) Changing Zones (A-B, B-C or A-C Only) Majors Exceeding Pass/Level Requirements Turns Over/Under Rotated by ≤20°s Repeats Coaching Jewelry (No Tape) | 1.0 Interruption Interruption 0.5 1.0 0.0 0.3 0.5 0.1 MAX 1.0 + Cap DD 5 per occurren 1.0 + Lose DD 0.3 per pass 1.0 | | |
| PASS REQUIREMENTS 2 Passes w/ 1 DISMOUNTING SKILL No Maximum Number of Contacts ILLEGAL SKILLS ALL NON-DISMOUNTING Skills NO Somis If Performed = "Zero"/0.1 Score CONTACTS PRIOR TO DISMOUNTING Ta-Dump on 1st Contact = 0.3 1 Straight Jump = 0.5 2 Straight Jumps = 1.0 3 Straight Jumps = 1.5 4 or More Straight Jumps = 2.0 | (1 Straight Jump Pass + 4 Warm Up Passes) PASS REQUIREMENTS 2 Passes w/ 1 DISMOUNTING SOMI MAXIMUM 1 Contact LEVEL REQUIREMENTS One Front Somi (Non-Twisting) Pass One BARANI Pass ILLEGAL SKILLS NO Twisting Somis with >180° Twist NO Backwards or Gainer Somis NO Double/Multiple Somis If Performed = "Zero"/0.1 Score SUPERIOR NOTES Repeats = -1.0 + Loss of DD | | Brush Blue Pad LAND ON TOP Blue Pad Throw-In Mat Touching SM After Landing Spotted AFTER Landing Landing Area Zone Deduction: Zone A (Red Landing Area) Zone B (Yellow Landing Area) Zone C (Blue Landing Area) Changing Zones (A-B, B-C or A-C Only) Majors Exceeding Pass/Level Requirements Turns Over/Under Rotated by ≤20°s Repeats Coaching Jewelry (No Tape) Inappropriate Attire | 1.0 Interruption O.5 1.0 0.0 0.3 0.5 0.1 MAX 1.0 + Cap DD 5 per occurren 1.0 + Lose DD 0.3 per pass 1.0 1.0 | | |
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