

AAU SINGLE MINI QUICK REFERENCE SHEET

BEGINNER	INTERMEDIATE	SUPERIOR PENALTIES & DEDUCTIONS	DIFFICULTY																																																																																																																		
<p>(1 Straight Jump Pass + 2 Warm Up Passes)</p> <p>PASS REQUIREMENTS</p> <ul style="list-style-type: none"> • 2 Passes w/ 1 DISMOUNTING SKILL • No Maximum Number of Contacts <p>ILLEGAL SKILLS</p> <ul style="list-style-type: none"> • ALL NON-DISMOUNTING Skills • NO Somis • If Performed = "Zero"/0.1 Score <p>CONTACTS PRIOR TO DISMOUNTING</p> <ul style="list-style-type: none"> • 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 <p>SUPERIOR NOTES</p> <ul style="list-style-type: none"> • Repeats = -1.0 + Loss of DD • NO mounting aid deduction for 6&U • Mounting Aid Ages 7+ = -0.5 	<p>(1 Straight Jump Pass + 4 Warm Up Passes)</p> <p>PASS REQUIREMENTS</p> <ul style="list-style-type: none"> • 2 Passes w/ 1 DISMOUNTING SOMI • MAXIMUM 1 Contact <p>LEVEL REQUIREMENTS</p> <ul style="list-style-type: none"> • One Front Somi (Non-Twisting) Pass • One BARANI Pass <p>ILLEGAL SKILLS</p> <ul style="list-style-type: none"> • NO Twisting Somis with >180° Twist • NO Backwards or Gainer Somis • NO Double/Multiple Somis • If Performed = "Zero"/0.1 Score <p>SUPERIOR NOTES</p> <ul style="list-style-type: none"> • Repeats = -1.0 + Loss of DD • No Somi = -1.0 PR • No Pass with a Barani = -1.0 LR • 2 Passes w/ a Barani = -1.0 ELR & No DD if • On second pass only, - 2.0 if athlete fails to meet both PASS & LEVEL Reqs 	<p style="text-align: center;">Hurdle & Mount Errors</p> <table border="1"> <tr> <td>Mounting Aid Ages 7+</td> <td>0.5</td> </tr> <tr> <td>Ta-Dump (1st Foot Hits Mounter Bed Before The 2nd)</td> <td>0.3</td> </tr> <tr> <td>Run Across / One Foot Landing (Only 1 foot hits the bed)</td> <td>Interruption</td> </tr> <tr> <td>Not Contacting the Bed</td> <td>Interruption</td> </tr> <tr> <td colspan="2" style="text-align: center;">Interruptions</td> </tr> <tr> <td>Any Non-Dismounting Skill</td> <td>Interruption</td> </tr> <tr> <td>Facing Side of Single Mini</td> <td>Interruption</td> </tr> <tr> <td>Loss of Elasticity Kill the Bed</td> <td>Interruption</td> </tr> <tr> <td>Spotted DURING Routine</td> <td>Interruption</td> </tr> <tr> <td>Straight Jump Dismount</td> <td>Interruption</td> </tr> <tr> <td>Failure to Dismount</td> <td>Interruption</td> </tr> <tr> <td>Illegal Skill / Exceeding Max Skill DD</td> <td>Interruption</td> </tr> <tr> <td>Jumping on One Foot</td> <td>Interruption</td> </tr> <tr> <td>Not Landing on Feet</td> <td>Interruption</td> </tr> <tr> <td colspan="2" style="text-align: center;">Landings</td> </tr> <tr> <td colspan="2" style="text-align: center;">Landings Are Taken ON COMPLETED Passes ONLY</td> </tr> <tr> <td>Landing Stick or Instability</td> <td>0.0-0.3</td> </tr> <tr> <td>Landing One or Two Hands</td> <td>0.5</td> </tr> <tr> <td>Landing Knee or Elbow</td> <td>1.0</td> </tr> <tr> <td>Landing Seat or Hands Behind</td> <td>1.0</td> </tr> <tr> <td>Landing Front, Back or Head</td> <td>1.0</td> </tr> <tr> <td>Landing Stepping Off Landing Area</td> <td>1.0</td> </tr> <tr> <td>Brush Blue Pad</td> <td>1.0</td> </tr> <tr> <td>LAND ON TOP Blue Pad</td> <td>Interruption</td> </tr> <tr> <td>Throw-In Mat</td> <td>Interruption</td> </tr> <tr> <td>Touching SM After Landing</td> <td>0.5</td> </tr> <tr> <td>Spotted AFTER Landing</td> <td>1.0</td> </tr> <tr> <td colspan="2" style="text-align: center;">Landing Area Zone Deductions</td> </tr> <tr> <td>Zone A (Red Landing Area)</td> <td>0.0</td> </tr> <tr> <td>Zone B (Yellow Landing Area)</td> <td>0.3</td> </tr> <tr> <td>Zone C (Blue Landing Area)</td> <td>0.5</td> </tr> <tr> <td>Changing Zones (A-B, B-C or A-C Only)</td> <td>0.1 MAX</td> </tr> <tr> <td colspan="2" style="text-align: center;">Majors</td> </tr> <tr> <td>Exceeding Pass/Level Requirements</td> <td>1.0 + Cap DD</td> </tr> <tr> <td>Turns Over/Under Rotated by ≤20°s</td> <td>5 per occurrence</td> </tr> <tr> <td>Repeats</td> <td>1.0 + Lose DD</td> </tr> <tr> <td>Coaching</td> <td>0.3 per pass</td> </tr> <tr> <td>Jewelry (No Tape)</td> <td>1.0</td> </tr> <tr> <td>Inappropriate Attire</td> <td>1.0</td> </tr> <tr> <td>Socks/Shoes - Wrong Color or Type</td> <td>1.0</td> </tr> <tr> <td>Dropped Hair Ties</td> <td>0.3</td> </tr> <tr> <td>Undergarments Showing</td> <td>No Deduction</td> </tr> <tr> <td>Loose Hair/Bangs</td> <td>No Deduction</td> </tr> <tr> <td>Nail Polish</td> <td>No Deduction</td> </tr> </table>	Mounting Aid Ages 7+	0.5	Ta-Dump (1st Foot Hits Mounter Bed Before The 2nd)	0.3	Run Across / One Foot Landing (Only 1 foot hits the bed)	Interruption	Not Contacting the Bed	Interruption	Interruptions		Any Non-Dismounting Skill	Interruption	Facing Side of Single Mini	Interruption	Loss of Elasticity Kill the Bed	Interruption	Spotted DURING Routine	Interruption	Straight Jump Dismount	Interruption	Failure to Dismount	Interruption	Illegal Skill / Exceeding Max Skill DD	Interruption	Jumping on One Foot	Interruption	Not Landing on Feet	Interruption	Landings		Landings Are Taken ON COMPLETED Passes ONLY		Landing Stick or Instability	0.0-0.3	Landing One or Two Hands	0.5	Landing Knee or Elbow	1.0	Landing Seat or Hands Behind	1.0	Landing Front, Back or Head	1.0	Landing Stepping Off Landing Area	1.0	Brush Blue Pad	1.0	LAND ON TOP Blue Pad	Interruption	Throw-In Mat	Interruption	Touching SM After Landing	0.5	Spotted AFTER Landing	1.0	Landing Area Zone Deductions		Zone A (Red Landing Area)	0.0	Zone B (Yellow Landing Area)	0.3	Zone C (Blue Landing Area)	0.5	Changing Zones (A-B, B-C or A-C Only)	0.1 MAX	Majors		Exceeding Pass/Level Requirements	1.0 + Cap DD	Turns Over/Under Rotated by ≤20°s	5 per occurrence	Repeats	1.0 + Lose DD	Coaching	0.3 per pass	Jewelry (No Tape)	1.0	Inappropriate Attire	1.0	Socks/Shoes - Wrong Color or Type	1.0	Dropped Hair Ties	0.3	Undergarments Showing	No Deduction	Loose Hair/Bangs	No Deduction	Nail Polish	No Deduction	<p style="text-align: center;">Jumps</p> <table border="1"> <tr> <td>Tuck, Pike or Straddle</td> <td>0.0</td> </tr> <tr> <td>Jump Half Turn (1/2)</td> <td>0.2</td> </tr> <tr> <td>Jump Full Turn (1/1)</td> <td>0.4</td> </tr> <tr> <td>Jump 1 1/2 Turn (3/2)</td> <td>0.6</td> </tr> <tr> <td>Jump Double Full Turn (2/1)</td> <td>0.8</td> </tr> <tr> <td colspan="2" style="text-align: center;">Single Somersaults (Front)</td> </tr> <tr> <td>Tuck Front</td> <td>0.5</td> </tr> <tr> <td>Pike Front</td> <td>0.6</td> </tr> <tr> <td>Layout Front</td> <td>0.6</td> </tr> <tr> <td>Barani (All Positions)</td> <td>0.7</td> </tr> <tr> <td>Full</td> <td>0.9</td> </tr> <tr> <td colspan="2" style="text-align: center;">AESETHIC DEDUCTIONS</td> </tr> <tr> <td>Execution Per Skill (Including Kick)</td> <td>0.0-0.5</td> </tr> </table> <p style="text-align: center;">"Zero" Scores are awarded a 0.1 Courtesy</p> <p>The athlete's feet must face forward when jumping onto the single mini. No turns or round-offs are allowed prior to mounting.</p> <p style="text-align: center;">The minimum run-way length is 20 feet.</p>	Tuck, Pike or Straddle	0.0	Jump Half Turn (1/2)	0.2	Jump Full Turn (1/1)	0.4	Jump 1 1/2 Turn (3/2)	0.6	Jump Double Full Turn (2/1)	0.8	Single Somersaults (Front)		Tuck Front	0.5	Pike Front	0.6	Layout Front	0.6	Barani (All Positions)	0.7	Full	0.9	AESETHIC DEDUCTIONS		Execution Per Skill (Including Kick)	0.0-0.5
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<p>(1 Straight Jump Pass + 3 Warm Up Passes)</p> <p>PASS REQUIREMENTS</p> <ul style="list-style-type: none"> • 2 Passes w/ 1 DISMOUNTING SKILL • MAXIMUM 1 Contact <p>LEVEL REQUIREMENTS</p> <ul style="list-style-type: none"> • One JUMP Pass • One Front Somi (Non-Twisting) Pass <p>ILLEGAL SKILLS</p> <ul style="list-style-type: none"> • NO Twisting Somis • NO Backwards or Gainer Somis • NO Double/Multiple Somis • If Performed = "Zero"/0.1 Score <p>SUPERIOR NOTES</p> <ul style="list-style-type: none"> • Repeats = -1.0 + Loss of DD • 2 Passes w/ Only Jumps = -1.0 LR • 2 Passes w/ a Somi = -1.0 ELR & No DD fo • On second pass only, - 2.0 if athlete fails to meet both PASS & LEVEL Reqs 	<p>(1 Straight Jump Pass + 4 Warm Up Passes)</p> <p>PASS REQUIREMENTS</p> <ul style="list-style-type: none"> • 2 Passes w/ 1 DISMOUNTING SOMI • MAXIMUM 1 Contact <p>LEVEL REQUIREMENTS</p> <ul style="list-style-type: none"> • MIN COMBINED DD = 1.4 • MAX COMBINED DD = 1.6 <p>ILLEGAL SKILLS</p> <ul style="list-style-type: none"> • Only Baranis and Front Fulls are allowed • If a skill is performed that is not a barani or full the pass will be a "Zero"/0.1 score <p>SUPERIOR NOTES</p> <ul style="list-style-type: none"> • Repeats = -1.0 + Loss of DD • No Somi = Interruption 																																																																																																																				

AAU DOUBLE MINI QUICK REFERENCE SHEET

BEGINNER	SUB-ADVANCED	SUPERIOR PENALTIES & LANDING DEDUCTIONS			
(1 Straight Jump Pass + 2 Warm Up Passes) PASS REQUIREMENTS (PR) • 2 Passes w/ 2 Skills & Max 3 Contacts ILLEGAL SKILLS (INTERRUPTIONS) • NO Somis SUPERIOR NOTES • Repeats = -1.0 + Loss of DD • Not Meeting Pass Reqs. = -1.0 per pass • Somis = Interruption • NO mounting aid deduction for 6&U	(1 Straight Jump Pass + 4 Warm Up Passes) PASS REQUIREMENTS (PR) • 2 Passes w/ 2 Skills & Max 3 Contacts • BOTH Passes MUST Have 1 Somi • MAX PASS DD = 1.8 LEVEL REQUIREMENTS (LR)* • 1 Pass MUST have TWO (2) Somis • Both Passes MAY have TWO (2) Somis ILLEGAL SKILLS (INTERRUPTIONS) • MAX SKILL DD = 1.2 (Rudi) • NO Gainer/Inward Somis	Landing Deductions Taken AFTER Landing		Hurdle & Mount Errors	
		Landings Are Taken On COMPLETED Passes ONLY		Mounting Aid Ages 7+	0.5
		Landing Stick or Instability	0.0-0.3	Ta-Dump (1st Foot Hits Mounter Bed Before	0.3
		Landing One or Two Hands	0.5	Run Across / One Foot Landing (Only 1 foot hits the mounter bed	Interrupt
		Landing Knees, Elbow, Seat	1.0	Not Contacting the Mounter Bed	Interrupt
		Landing Front, Back, Head	1.0	Two Contacts In the Mounter	Interrupt
		Landing Brushing the Side Of Blue	1.0	DIFFICULTY	
		Landing LANDING ON BLUE PAD	Interrupt	Jumps	
		Landing Throw-In Mat	No Deduction	Tuck, Pike or Straddle	0.0
		Touching DM After Landing	0.5	Jump Half Turn (1/2)	0.2
		Spotted AFTER Landing	1.0	Jump Full Turn (1/1)	0.4
		Leaving the Landing Area AFTER Land	1.0	Jump 1 1/2 Turn (3/2)	0.6
		Landing Area - Zone Penalties		Jump Double Full Turn (2/1)	0.8
		Zone A (Red Landing Area)	0.0	Single Somersaults (Front & Back)	
		Zone B (Yellow Landing Area)	0.3	Tuck	0.5
		Zone C (Blue Landing Area)	0.5	Pike or Layout	0.6
		Changing Zones (A-B, B-C or A-C On	0.1 MAX	Gainer/Inward/Rev Tuck	0.6
		Interruptions		Gainer/Inward/Rev Pike/Lay	0.7
		Facing Side of Double Mini	Interrupt	Barani (All Positions)	0.7
		Loss of Elasticity Kill the Bed	Interrupt	Full	0.9
		Spotted DURING Routine	Interrupt	Double Full	1.5
		Straight Jump In or Out of Spotter B	Interrupt	Triple Full	2.3
		Spotter Straight Jump	Interrupt	Rudi (Front) Back 1.5 Twist	1.2
		Failure to Dismount	Interrupt + 1.0	Randi (Front) Back 2.5 Twist	1.9
		Illegal Skill/Exceeding Skill DD	Interrupt	Adolph (Front) Back 3.5 Twist	2.8
		Pass Requirement (Taken Once Per Pass)*		Double Somersaults (Front & Back)	
		Not having 2 skills	Interrupt + 1.0	Bonus for Multi/Multi Combo	+0.2
		Exceeding 3 Contacts	Interrupt + 1.0	Double Tuck Pike Layout	2.0 2.4 2.8
		Exceeding Max Pass Or COMB DD	Cap DD Only	Half-In OR -Out (Fliffis) (T P L)	2.4 2.8 3.2
		Exceeding Pass Requirements	1.0 + Cap DD	Half-Half (T P L)	2.8 3.2 3.6
		Level Requirement (Taken On Second Pass Only)*		Full In or Out (T P L)	2.8 3.2 3.6
		Exceeding Level Requirements	1.0 + Cap DD	Rudi Out (T P L)	3.2 3.6 4.0
		* On the Second Pass ONLY, may "double-dip" and -2.0 if fail to meet BOTH Pass & Level Reqs.		Full-Barani (T P L)	3.2 3.6 4.0
		Execution Penalties (Taken Per Occurrence)		Full-Full (T P L)	3.6 4.0 4.4
		Turns Over/Under Rotated by ≤20°	5 per occurrence	Miller (T P L)	4.4 4.8 5.2
		Repeats	1.0 + Lose DD	Triple Somersaults (Front & Back)	
		Penalties (Taken Once Per Pass)		Triple (T P L)	4.5 5.3 6.1
		Coaching	0.3 per pass	Half Out Triff (T P L)	5.1 5.9 6.7
		Jewelry (No Tape)	1.0	Half-Half Triff (T P L)	5.7 6.5 7.3
		Inappropriate Attire	1.0	Quadruple Somersaults (Front & Back)	
		Socks/Shoes - Wrong Color or Type	1.0	Quad (T P L)	8.0 9.6 11.2
		Dropped Hair Ties	0.3	AESTHETIC DEDUCTIONS	
		Undergarments Showing	No Deduction	Execution Per Skill (Including Kick)	0.0-0.5
		Loose Hair/Bangs	No Deduction	Instability of Mounter Straight Jun	0.1-0.3
		Nail Polish	No Deduction	Tumbling Across / Lack of Height	0.1-0.3
		Red Penalty Zone		"Zero" Scores are awarded a 0.1 Courtesy	
		Touching the Red Penalty Zone	2 per occurrence		
NOVICE (1 Straight Jump Pass + 3 Warm Up Passes) PASS REQUIREMENTS (PR) • 2 Passes w/ 2 Skills & Max 3 Contacts • MAX 1 Somi Allowed Per Pass LEVEL REQUIREMENTS (LR)* • 1 Pass MUST have a Non-Twisting Somi • Both passes MAY have a somi. • Both passes MAY have difficulty. ILLEGAL SKILLS (INTERRUPTIONS) • NO Twisting Somis SUPERIOR NOTES • Repeats = -1.0 + Loss of DD • 2 Passes w/o a Somi = -1.0 LR • Passes w/ 2 Somis = -1.0 EPR + No DD for • Twisting Somi = Interruption	ADVANCED (1 Straight Jump Pass + 4 Warm Up Passes) PASS REQUIREMENTS (PR) • 2 Passes w/ 2 Skills & Max 3 Contacts • BOTH Passes MUST Have 2 Somis • MAX COMBINED PRELIM DD = 4.8 • MAX COMBINED FINALS DD = 4.8 SUPERIOR NOTES • Repeats (Finals Included) = -1.0 + Loss of DD • Pass w/ Less Than 2 Somis = -1.0 PR • COMB DD > 4.8 = Cap DD at 4.8 Only				
INTERMEDIATE (1 Straight Jump Pass + 4 Warm Up Passes) PASS REQUIREMENTS (PR) • 2 Passes w/ 2 Skills & Max 3 Contacts • BOTH Passes MUST Have 1 Somi • MAX 1 Somi Allowed Per Pass LEVEL REQUIREMENTS (LR)* • 1 Pass MUST Have a Barani or Back Half • Both passes MAY have a Barani or Back Half ILLEGAL SKILLS (INTERRUPTIONS) • NO Somis with > 180° Twist • NO Gainer/Inward Somis SUPERIOR NOTES • Repeats = -1.0 + Loss of DD • 2 Passes w/o a Twisting Somi = -1.0 LR • Passes w/ 2 Somis = -1.0 EPR + No DD for • Illegal Skills = Interruption	ELITE (1 Straight Jump Pass + 5 Warm Up Passes) PASS REQUIREMENTS (PR) • 2 Passes w/ 2 Skills & Max 3 Contacts • BOTH Passes MUST Have 2 Somis LEVEL REQUIREMENTS (LR)* • MIN COMBINED PRELIM DD = 4.9 SUPERIOR NOTES • Repeats (Finals Included) = -1.0 + Loss of DD • Pass w/ Less Than 2 Somis = -1.0 PR • COMB DD < 4.9 = -1.0 LR + No Finals				

AAU TRAMPOLINE QUICK REFERENCE SHEET

BEGINNER	SUB-ADVANCED	SUPERIOR PENALTIES & DEDUCTIONS	DIFFICULTY	
(2 Touch Warm Up)	(2 Touch Warm Up)	Landing Deductions Taken AFTER Landing	Jumps & Turns	
PASS REQUIREMENTS IN 10 SKILLS	PASS REQUIREMENTS IN 10 SKILLS	Landings Are Taken On COMPLETED Routines ONLY	Tuck, Pike or Straddle	0.0
· Straight Jump w/ 1/2 Turn (Feet to Feet)	· Back Layout	Instability	Jump Half Turn (1/2)	0.1
· Tuck OR Pike Jump	· 3/4 Front OR 3/4 Back (From Feet)	Landing One or Two Hands	Jump Full Turn (1/1)	0.2
· Front OR Back Contact	· Barani Tuck	Landing Knees, Elbow, Seat	Swivel Hips (Seat, 1/2, Seat)	0.1
· If Missing = -1.0 per pass maximum	· Two (2) Optional Single Somis	Landing Front, Back, Head	Single Somersaults (Front & Back)	
ILLEGAL SKILLS (INTERRUPTIONS)	· MIN 5 Somis	Landing Blue Pad (During Routine)	Tuck	0.5
· NO Doggie Drops or Knee Drops	· MAX ROUTINE DD = 4.6	Landing Blue Pad (After Complete)	Pike or Layout	0.6
· NO Somersaulting Rotation >180°	ILLEGAL SKILLS (SKILL DD > 0.8)	Landing Falling Off the Trampoline	Barani (Tk/Pk/Lay) Back Half	0.6
· If Performed = Interruption	· NO Somis with >450° Rotation (IS)	Interruptions (Stop Scoring)		
SUPERIOR NOTES	· NO Somis with >540° Twist (IS)	One Foot Landing	Double Full	0.9
· Repeats = Non-DD Skills = -0.5 DD Skills	· Intermediate Straight Jump (IS)	Illegal Skill	Triple full	1.1
NOVICE	SUPERIOR NOTES	Facing Side of Trampoline	Rudi (Front) Back 1.5 Twist	0.8
(2 Touch Warm Up)	· Repeats = Non-DD Skills = -0.5 DD Skills	Loss of Elasticity Kill the Bed	Randi (Front) Back 2.5 Twist	1.0
PASS REQUIREMENTS IN 10 SKILLS	· Somis with >450° Rotation = Interruption	Spotted DURING Routine	Adolph (Front) Back 3.5 Twist	1.2
· Straight Jump w/ 1/2 Turn (Feet to Feet)	· Somis with >540° Twist = Interruption	Exceeding Maximum SKILL Difficulty	Double Somersaults (Front & Back)	
· Pike Jump	· DD > 4.6 = Cap DD at 4.6	Penalties (On Completed & Incomplete Passes)	Double Tuck	1.0
· Front OR Back Contact	ADVANCED	Intermediate Straight Jump (BEG & INT-ELI)	Double Pike Double Layout	1.2
· Front OR Back Single Somi (Non-Twisting)	(3 Touch Warm Up)	Intermediate Straight Jump (INT-ELI)	Half In OR Out (Fliffis) Tuck	1.1
· MAX of 2 Single Somis	PASS REQ. (PR) & ILLEGAL SKILLS (IS)	Missing Pass Requirement(s) OR >10 Too Many Skills (>10)	Half In OR Out (Fliffis) Pk/Lay	1.3
ILLEGAL SKILLS (INTERRUPTIONS)	· MIN 7 Somis (PR)	Exceeding Pass Requirements (Max)	Half-Half Tuck	1.2
· NO Twisting Somis	· Intermediate Straight Jump (IS)	Exceeding Maximum PASS Difficulty	Half-Half Pike or Layout	1.4
· NO 3/4 Front or Back Somis from Feet	· MIN ROUTINE DD = 4.7	Repeats (Skills with No DD)	Rudi Out Tuck	1.3
· Back Pullovers ARE allowed. Counts as a back contact but NOT a back somi	· MAX ROUTINE DD = 7.0	Repeats (Skills with DD)	Rudi Out Pike or Layout	1.5
SUPERIOR NOTES	SUPERIOR NOTES	Turns Over/Under Rotated by ≤20°	Full In OR Out Tuck	1.2
· Repeats = Non-DD Skills = -0.5 DD Skills	· Repeats = Non-DD Skills = -0.5 DD Skills	Lack of Overall Height	Full In OR Out Pike or Layout	1.4
· >2 Somis = -1.0 EPR + No DD for Extra So	· Less than 7 Somis = -1.0 (PR)	Coaching	Full-Barani Tuck	1.3
INTERMEDIATE	· DD < 4.7 = -1.0 (PR)	Jewelry (No Tape)	Full-Barani Pike or Layout	1.5
(2 Touch Warm Up)	· DD > 7.0 = Cap DD at 7.0	Inappropriate Attire	Full-Full Tuck	1.4
PASS REQUIREMENTS IN 10 SKILLS	ELITE	Socks/Shoes - Wrong Color or Type	Full-Full Pike or Layout	1.6
· Straight Jump w/ 1/1 Turn (Feet to Feet)	(Prelims: 4 Touch Warm Up Finals: 3 Touch)	Dropped Hair Ties	Miller Tuck	1.6
· Front OR Back Contact	COMPULSORY ROUTINE	Undergarments Showing	Miller Pike or Layout	1.8
· Front Single Somi (Non-Twisting)	3/4 Front-Ballout OR 3/4 Back-Cody, Tuck Jump, Barani Tuck, Back Tuck, Barani Pike, Back Pike, Barani Layout, Back Layout, Back Full	Loose Hair/Bangs	Triple Somersaults (Front & Back)	
· Back Tuck	· Compulsory is Interrupted if deviated from above DD is awarded for the Compulsory Routine	Nail Polish	Triple Tuck	1.5
· One Optional Single Somi (MAY twist)	OPTIONAL ROUTINE (PR & IS)	Out Bounces		
· MIN 3 Somis MAX 4 Somis	· All Skills MUST Have ≥270° Rotation	* Out bounces must be automatic and stretch straight up to be considered an out bounce; excessive traveling will be considered instability.	Half Out (Triffis) Tuck	1.5
ILLEGAL SKILLS (INTERRUPTIONS)	· Intermediate Straight Jump (IS)	* ADV & ELITE ONLY - Any jump performed as the 11th contact will be considered an out bounce UNLESS it has rotation.	Half Out (Triffis) Pike or Layout	1.9
· NO Somis with >360° Rotation	· MIN ROUTINE DD = 7.1	Somersaults To/From The Front Or Back		
· NO Somis with >180° Twist	SUPERIOR NOTES	Skills with Less Than 3/4 Rotation	3/4 Front or Back	0.0
· Intermediate Straight Jump	· Repeats = Loss of DD	3/4 Somi - Return to Feet	3/4 Somi - Return to Feet	0.3 + 0.1 = 0.4
· 3/4 Somis count as a Front/Back Contact but DO NOT count as an Optional Somi	· Less than 270° Rotation = Interruption	3/4 Front - Ballout Tuck	3/4 Front - Ballout Tuck	0.3 + 0.6 = 0.9
SUPERIOR NOTES	· DD < 7.1 = -1.0 PR + No Finals	3/4 Front - Ballout Pike/Layout	3/4 Front - Ballout Pike/Layout	0.3 + 0.7 = 1.0
· Repeats = Non-DD Skills = -0.5 DD Skills		3/4 Front - Ballout Barani	3/4 Front - Ballout Barani	0.3 + 0.7 = 1.0
· >4 Somis = -1.0 EPR + No DD for Extra So		3/4 Front - Ballout Rudi	3/4 Front - Ballout Rudi	0.3 + 0.9 = 1.2
· Somis with >360° Rotation = Interruption		3/4 Back - Cody Tuck	3/4 Back - Cody Tuck	0.3 + 0.6 = 0.9
· Somis with >180° Twist = Interruption		3/4 Back - Cody Pike/Layout	3/4 Back - Cody Pike/Layout	0.3 + 0.7 = 1.0
		AESETHIC DEDUCTIONS		
		Execution Per Skill (Including Kickout)	1 3/4 Front Tuck	0.8
		"Zero" Scores are awarded a 0.1 Courtesy	1 3/4 Front Pike or Layout	0.9

AAU TUMBLING (BEGINNER LEVELS) QUICK REFERENCE SHEET

SUB-BEGINNER	ADVANCED BEGINNER	SUPERIOR PENALTIES & LANDING DEDUCTIONS	
(2 Warm Up Passes)	(2 Warm Up Routines)		
PASS REQUIREMENTS	PASS REQUIREMENTS		
<ul style="list-style-type: none"> ONE, 5-Skill Pass w/ FORWARD Rolls 	<ul style="list-style-type: none"> TWO, 5-Skill Passes 1st Pass MUST be BACKWARDS 2nd Pass MUST be FORWARDS EACH PASS MUST have a limbering skill. Round Offs are a neutral skill which may be in either pass BUT must be used as the last skill and must rebound Cartwheels are a FORWARD Skill 		
ILLEGAL SKILLS (INTERRUPTIONS)	ILLEGAL SKILLS (INTERRUPTIONS)		
<ul style="list-style-type: none"> NO Cartwheels, RO or Handstands NO Backwards Skills If Performed = Interruption 	<ul style="list-style-type: none"> NO handsprings or somis If Performed = Interruption 		
SUPERIOR NOTES	SUPERIOR NOTES		
<ul style="list-style-type: none"> NO REPEAT DEDUCTIONS Steps: Pass is interrupted AFTER the 2ND consecutive step (the 3RD consecutive step interrupts and a -1.5 deduction applies.) 	<ul style="list-style-type: none"> Repeats = -0.1 (3rd), -0.3 (4th), -0.6 (5th) Steps: Pass is interrupted AFTER the 1ST consecutive step (the 2ND consecutive step interrupts and a -1.0 deduction applies.) WRONG DIRECTION = Score, Give DD, -1.0 PR RO in the middle of pass = Score, Give DD, -1.0 PR Non-rebounding Round Off = 0.5 Hand Slide on a Round Off = 0.1-0.5 		
BEGINNER			
(2 Warm Up Routines)			
PASS REQUIREMENTS			
<ul style="list-style-type: none"> TWO, 5-Skill Passes 1st Pass MUST be BACKWARDS 2nd Pass MUST be FORWARDS (Cartwheels are a FORWARD Skill) 			
ILLEGAL SKILLS (INTERRUPTIONS)			
<ul style="list-style-type: none"> NO Round Offs or Limbering Skills If Performed = Interruption 			
SUPERIOR NOTES			
<ul style="list-style-type: none"> Repeats = -0.1 (3rd), -0.3 (4th), -0.6 (5th) Steps: Pass is interrupted AFTER the 2ND consecutive step (the 3RD consecutive step interrupts and a -1.5 deduction applies.) Performing a skill in the wrong direction = score full pass and -1.0 for pass reqs. (Give DD) Performing a cartwheel in the 1st pass = score full pass, -1.0 PR and give cartwheel DD 			
		Penalties for Execution (Per Occurrence on All Passes)	
		Pushing Off Hands Before a BACK Pa	0.5
		Slides of the hands/feet	0.3 per slide
		Steps with hands/feet	0.5 per step
		Toes Over the Edge/Side of Mat	0.1-0.3
		Pass Requirement Penalties	
		Not Meeting Pass Requirements	1.0
		Not Performing Enough Skills	1.0
		Performing Extra Skills	1.0
		Performing the wrong pass (front/b	1.0
		Repeat Penalties (Beg & Adv Beg Only)	
		3rd Identical Skill in a Row	0.1
		4th Identical Skill in a Row	0.3
		5th Identical Skill in a Row	0.6
		Landings Deductions (Completed Passes Only)	
		Landing Stick or Instability	0.0-0.3
		Landing One or Two Hands	0.5
		Landing Knee or Elbow	1.0
		Landing Seat or Hands Behind	1.0
		Landing Front, Back or Head	1.0
		Landing Falling Off Mat	1.0
		One Foot Landing on the Last Skill	0.5
		Interruptions (Stop Scoring)	
		Reversal of Motion / Change Directi	Interrupt
		Fall to the Mat DURING a Pass	Interrupt
		Pushing off Anything Other than Ha	Interrupt
		Being Spotted During the Pass	Interrupt
		SUBSTANTIAL Pause Between Skills	Interrupt
		Taking Too Many Steps Between Ski	Interruption + Ste
		Touching the Floor Off Mat During a	Interrupt
		(Unless the athlete is in the center c	
		Ankle or More Over the Edge of Ma	Interrupt
		Performing an Illegal Skill	Interrupt
		Not Starting On the Mat	Zero/0.1 Score
		Performing Skills After the Mat Ends	Interruption
		Misc. Penalties	
		Coaching	0.3 per pass
		Jewelry (No Tape)	1.0
		Inappropriate Attire	1.0
		Socks/Shoes - Wrong Color or Type	1.0
		Dropped Hair Ties	0.3
		Undergarments Showing	No Deduction
		Loose Hair/Bangs	No Deduction
		Nail Polish	No Deduction
		Maximum Score	
		Number of Completed Skills	Start Value
		None	Zero/0.1 Score
		1	6.0 - 1.0 = 5.0*
		2	7.0 - 1.0 = 6.0*
		3	8.0 - 1.0 = 7.0*
		4	9.0 - 1.0 = 8.0*
		5	10.0**
		6 or More	0.0 - 1.0 = 9.0*
		Subtract any additional penalties only (no landing	
		** Subtract any additional penalties & landing	
		DIFFICULTY	
		Rolls	
		Tuck, Pike or Straddle	0.0
		Dive Roll (Illegal at Sub-Beg)	0.0
		Handstand Roll (Front)*	0.1
		Extension Roll (Back)*	0.1
		* MUST hit vertical position to receive credit.	
		Cartwheels & Round Offs	
		Cartwheels (One or Two Hands)	0.1
		Round Off	0.2
		Limbering Skills	
		Limbers (Front or Back)	0.2
		Walkovers (Regular or Scissor)	0.2
		Arabian Limbers (Front or Back)	0.2
		AESETHIC DEDUCTIONS	
		Execution Per Skill	0.0-0.5
		Control of Round Off Rebound	0.1-0.3
		"Zero" Scores are awarded a 0.1 Courtesy	
		Floors must be 42' long and 6' wide.	

AAU TUMBLING (SUB-NOVICES) QUICK REFERENCE SHEET

SUB-NOVICE 1	SUB-NOVICE	SUPERIOR PENALTIES AND LANDING DEDUCTIONS				
(2 Warm Up Passes)	(2 Warm Up Routines)	Execution Penalties & Deductions		Maximum Score - Sub-Novice 1 Passes (2-Skill)		
<p style="text-align: center;"><u>PASS REQUIREMENTS</u></p> <ul style="list-style-type: none"> · TWO, 2-Skill Passes · EACH pass MUST contain: <ul style="list-style-type: none"> · One Round Off · One Handspring (Back or Front) <p style="text-align: center;">Passes MUST BEGIN with a Hurdle OR Run Passes MUST END with a Rebound Passes MUST END on TWO FEET (Step-outs allowed in the middle of the pass ONLY)</p> <p style="text-align: center;"><u>ILLEGAL SKILLS</u></p> <ul style="list-style-type: none"> · NO Rolls or Limbering Skills Allowed · NO Aerials · NO Somis · If Performed = Interruption <p style="text-align: center;"><u>SUPERIOR NOTES</u></p> <ul style="list-style-type: none"> · NO Handspring = -1.0 for pass requirements (Complete & Incomplete Passes) · NO Rebound = -0.5 + Landing (Completed Passes Only) · Failure to start with a hurdle or run = "Zero"/0.1 Score · Step with Hands or Feet = Interruption 	<p style="text-align: center;"><u>PASS REQUIREMENTS</u></p> <ul style="list-style-type: none"> · TWO Passes: <ul style="list-style-type: none"> · 1st Pass is a 3-Skill Pass · 2nd Pass is a 4-Skill Pass · EACH pass MUST contain a handspring 	Not Performing a Rebound (Complete) 0.5 + Landing	Number of Completed Skills	Start Value		
		Hand slide on a Round Off w/o Repl 0.1-0.5	None	Zero/0.1 Score		
		Slides can not be taken on skills with repulsion.	1	9.0 - 1.0 = 8.0*		
		Pass Requirement Penalties		2	10.0**	
		Not Meeting Pass Requirements	1.0	3 or More	0.0 - 1.0 = 9.0*	
		Performing Extra Skills	1.0	Subtract any additional penalties only (no landing		
		Not Enough Skills	1.0	** Subtract any additional penalties & landing		
		Repeat Penalties		Maximum Score - Sub-Novice 1st Pass (3-Skill)		
		Performing 3 Cartwheels in a Row	0.1	Number of Completed Skills	Start Value	
		Repeating ROs or Handsprings	No Deduction	None	Zero/0.1 Score	
		Landing Deductions AFTER Landing		1	8.0 - 1.0 = 7.0*	
		Landings Are Taken On COMPLETED Passes ONLY		2	9.0 - 1.0 = 8.0*	
		Landing Stick or Instability	0.0-0.3	3	10.0**	
		Landing One or Two Hands	0.5	4 or More	0.0 - 1.0 = 9.0*	
		Landing Knee or Elbow	1.0	Subtract any additional penalties only (no landing		
		Landing Seat or Hands Behind	1.0	** Subtract any additional penalties & landing		
		Landing Front, Back or Head	1.0	Maximum Score - Sub-Novice 2nd Pass (4-Skill)		
		Landing Falling Off Mat	1.0	Number of Completed Skills	Start Value	
		One Foot Landing on the Last Skill (Completed Pass Only)	0.5	None	Zero/0.1 Score	
				1	7.0 - 1.0 = 6.0*	
Interruptions		2	8.0 - 1.0 = 7.0*			
Fall to the Mat DURING a Pass	Interruption	3	9.0 - 1.0 = 8.0*			
Being Spotted During the Pass	Interruption	4	10.0**			
Step Between Skills	Interruption	5 or More	0.0 - 1.0 = 9.0*			
Touching the Floor Off Mat During a	Interruption	Subtract any additional penalties only (no landing				
Performing an Illegal Skill	Interruption	** Subtract any additional penalties & landing				
Not Starting On the Mat	Zero/0.1 Score					
Initiating a Skill in the Landing Area	Interruption	AESETHIC DEDUCTIONS				
Not Starting from a Hurdle/Run	Zero/0.1 Score	Execution Per Skill	0.0-0.5			
Majors - Misc.		Control of Round Off Rebound	0.1-0.3			
Coaching	0.3 per pass	"Zero" Scores are awarded a 0.1 Courtesy				
Jewelry (No Tape)	1.0					
Inappropriate Attire	1.0					
Socks/Shoes - Wrong Color or Type	1.0					
Dropped Hair Ties	0.3					
Undergarments Showing	No Deduction					
Loose Hair/Bangs	No Deduction					
Nail Polish	No Deduction					
DIFFICULTY						
Cartwheels & Round Offs						
Cartwheels (One or Two Hands)	0.0					
Round Off	0.2					
Handsprings						
Front or Back Handsprings	0.2					

Floor must be 60' long and 6' wide.

Floor must be 72' long and 6' wide.

AAU TUMBLING (UPPER LEVELS) QUICK REFERENCE SHEET

NOVICE	ADVANCED	SUPERIOR PENALTIES AND LANDING DEDUCTIONS			
(4 Warm Up Passes)	(5 Warm Up Routines, Prelims & Finals)	Major Execution Deductions - Completed Passes On		Maximum Score - 5 Skill Pass	
<u>PASS REQUIREMENTS</u>	<u>PASS REQUIREMENTS</u>	Not Performing a Rebound	0.5 + Landing	Number of Completed Skills	Start Value
Pass 1 - 5 Skills	2, 8-Skill Passes	Shoulder Height on Last Back Somi	0.3	None	Zero/0.1 Score
· 1st Pass MUST have 1 Handspring	· MIN 2 Somi per Pass	Pass Requirement (Taken Once Per Pass)*			
· 1st Pass MAY end in a back tuck	<u>LEVEL REQUIREMENTS</u>	Not Meeting Pass Requirements	1.0	1	6.0 - 1.0 = 5.0*
Pass 2 - 8 Skills	· One Pass MUST have ≥3 Somis	Performing Extra Skills	1.0	2	7.0 - 1.0 = 6.0*
· 2nd Pass MUST have 4 Handsprings	MAX COMBINED DD = 7.7	Not Enough Skills	1.0	3	8.0 - 1.0 = 7.0*
· No Somis Allowed in 2nd Pass	<u>SUPERIOR NOTES</u>	Exceeding Pass Requirements	1.0, Cap DD	4	9.0 - 1.0 = 8.0*
<u>ILLEGAL SKILLS (INTERRUPTIONS)</u>	· Repeats = Loss of DD	Level Requirement (Taken On Second Pass Only)*			
· All Somis with the Exception of Back Tuck Performed as the last skill of Pass 1	· Performing two identical passes = -1.0	Not Meeting or Exceeding Level Req	1.0, Cap DD	6 or More	0.0 - 1.0 = 9.0*
<u>SUPERIOR NOTES</u>	· Not Ending a Completed Pass in a Somi = -0.5	Performing identical pass to 1st pas	1.0	Subtract any additional penalties only (no landing)	
· NO REBOUND = -0.5 + Landing	· Not Performing a Pass with ≥3 Somis = -1.0	* On the Second Pass ONLY, may "double-dip" and -2.0 if fail to meet BOTH Pass & Level Regs.			
INTERMEDIATE	· >7.7 DD = DD Capped at 7.7 Only	Maximum Score - 8 Skill Pass			
(5 Warm Up Routines)	· May take -2.0 if athlete fails to meet BOTH PASS & LEVEL Reqs. on 2nd Pass	Repeat Penalties		None	Zero/0.1 Score
<u>PASS REQUIREMENTS</u>	ELITE	Performing 3 Cartwheels in a Row	0.1	1	3.0 - 1.0 = 2.0*
2 Passes, One 5-Skill, One 8-Skill	(7 Warm Ups Prelims & 6 Warm Ups Finals)	Performing 4 Cartwheels in a Row	0.3	2	4.0 - 1.0 = 3.0*
· MIN 1 Somi per Pass	<u>PASS (PR) & LEVEL (LR) REQUIREMENTS</u>	Performing 5+ Cartwheels in a Row	0.6	3	5.0 - 1.0 = 4.0*
· MAX 2 Somis per Pass	3 Passes: 1, 8-Skill Compulsory & 2, 8-Skill Optionals	Repeating Ros, Handsprings or Whip	No Deduction	4	6.0 - 1.0 = 5.0*
· Passes MAY end in a handspring or Round Off, but MUST Rebound	· COMP = RO W W F W __ L	Repeating Somis	Loss of DD	5	7.0 - 1.0 = 6.0*
· MAX One 180° Twisting Somi per Pass	· Compulsory is Interrupted if deviated from above. No DD is awarded for the Compulsory Routine.	Landing Deductions			
<u>ILLEGAL SKILLS (INTERRUPTIONS)</u>	· OPTIONALS:	Landings Are Taken On COMPLETED Passes ONLY			
· NO Somis with >180° Twist	· MIN 2 Somi per Pass (PR)	Landing Stick or Instability	0.0-0.3	8	10.0**
· NO Aerials (Cartwheel or Walkover)	· One Pass MUST have ≥3 Somis (LR)	Landing One or Two Hands	0.5	9 or More	
· NO Reversals Allowed	· Only One Pass May End in a Reversal (LR)	Landing Knee or Elbow	1.0	0.0 - 1.0 = 9.0*	
<u>SUPERIOR NOTES</u>	· Pass Must End in Different Skills (LR)	Landing Seat or Hands Behind	1.0	Subtract any additional penalties only (no landing)	
· >2 Somis = -1.0 EPR + No DD for 3rd+ Somi	MIN COMBINED DD = 7.8 (LR)	Landing Front, Back or Head	1.0	** Subtract any additional penalties & landing	
· >1, 180° Twist Somi = -1.0 EPR + No DD for 2nd Tw	<u>SUPERIOR NOTES</u>	Landing Falling Off Mat	1.0	DIFFICULTY	
· NO REBOUND = -0.5 + Landing	· Repeats = Loss of DD	One Foot Landing on the Last Skill (Completed Pass Only)	0.5	Cartwheels (One or Two Hands)	0.0
SUB-ADVANCED	<u>PASS (PR) & LEVEL (LR) REQUIREMENTS</u>	Interruptions (Scoring Stops)			
(5 Warm Up Routines)	2, 8-Skill Passes	Fall to the Mat DURING a Pass	Interrupt	Handspring (Back or Front)	0.2
<u>PASS (PR) & LEVEL (LR) REQUIREMENTS</u>	· MIN 2 Somi per Pass (PR)	Being Spotted During the Pass	Interrupt	Whips	0.4
· MAX 4 Somis per Pass (PR)	· MAX One 360° Twisting Somi per Pass (PR)	Step Between Skills	Interrupt	Tucks (Back Front)	0.4 0.5
· Passes MUST differ by at least one skill	· Passes MUST differ by at least one skill	Touching the Floor Off Mat During a	Interrupt	Pike (Back Front)	0.5 0.6
MAX COMBINED DD = 5.6	<u>ILLEGAL SKILLS (INTERRUPTIONS)</u>	Performing an Illegal Skill	Interrupt	Layout (Back Front)	0.5 0.6
<u>ILLEGAL SKILLS (INTERRUPTIONS)</u>	· NO Somis with >360° Twist or Rotation	Not Starting On the Mat	Zero/0.1 Score	Back Half or Arabian	0.6
<u>SUPERIOR NOTES</u>	· >4 Somis = -1.0 EPR + No DD for Extra Somis	Initiating a Skill in the Landing Area	Interrupt	Back Full	0.8
· >5.6 DD = DD Capped at 5.6	· >1 Full Per Pass = -1.0 EPR + No DD for 2nd Full	Not Starting from a Hurdle/Run	Zero/0.1 Score	Double Full (Back)	1.2
· Performing two identical passes = -1.0	· Not Ending a Completed Pass in a Somi = -0.5	Misc. Penalties			
· Not Ending a Completed Pass in a Somi = -0.5		Coaching	0.3 per pass	Triple Full (Back)	2
AESETHIC DEDUCTIONS		Jewelry (No Tape)	1.0	Double or Triple Back Tuck	2.0 4.5
Execution Per Skill	0.0-0.5	Inappropriate Attire	1.0	Double or Triple Back Pike	2.5 5.1
Rebound (Nov-Int Only)	0.1-0.3	Socks/Shoes - Wrong Color or Type	1.0	Double or Triple Back Layout	3.0 6.8
"Zero" Scores are awarded a 0.1 Courtesy		Dropped Hair Ties	0.3	Full In OR Out Tuck	3.0
		Undergarments Showing	No Deduction	Full In OR Out Pike	3.5
		Loose Hair/Bangs	No Deduction	Full In OR Out Layout	4.0
		Nail Polish	No Deduction	Bounding Credit (Somi to Somi)	+0.1
		Hand slide on a Round Off w/o Reput can not be taken on skills with repu	0.1-0.5	Bounding Credit (Reversal)	+0.2
				Reversal/Punch Front Tuck	0.7 [0.5+0.2]
				Reversal/Punch Front Pike/Lay	0.8 [0.6+0.2]
				Reversal/Punch Barani	0.9 [0.7+0.2]