

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