

## Double Mini Trampoline Routines 2017 – 2020

Mobility for 2017/2020: Athletes may enter the mobility system at level 7 and below. Athletes who wish to mobilize to the next level, may do so using the mobility scores listed in the current Rules and Policies

### Level 1 - Compulsory

- 1) Spotter Tuck Jump  
Dismount Tuck Jump
- 2) Spotter Straddle Jump  
Dismount Straddle Jump

### Level 2 - Compulsory

- 1) Spotter Straddle Jump  
Dismount Tuck Jump
- 2) Spotter Pike Jump  
Dismount Pike Jump

### Level 3 - Compulsory

- 1) Spotter Straddle Jump  
Dismount Jump 1/2 Twist
- 2) Spotter Tuck Jump  
Dismount Jump 1/1 Twist

### Level 4 - Compulsory

- 1) Spotter Jump 1/2 Twist  
Dismount Tuck Jump
- 2) Spotter Tuck Jump  
Dismount Front Somersault Tuck

### Level 5 - Compulsory

- 1) Mounter Straddle Jump  
Dismount Front Somersault Pike
- 2) Spotter Tuck Jump  
Dismount Barani Pike

### Level 6 - Compulsory

- 1) Mounter Tuck Jump  
Dismount Barani Straight
- 2) Spotter Back Somersault Tuck  
Dismount Barani Tuck

### Level 7 - Compulsory

- 1) Mounter Barani Tuck  
Dismount Back Somersault Tuck
- 2) Spotter Back Somersault Pike  
Dismount Barani Pike

### Level 8 - 2 Voluntary passes, No finals

Minimum of 1 somersault with minimum of 360° of twist within the 2 passes  
 Minimum DD per pass 1.2  
 Maximum DD per pass 2.7  
 Maximum DD per skill 1.5  
 No repeats over the 2 passes.

### Level 9 - 2-Voluntary Passes Qualification 1 - Free Pass Finals

All skills must contain 360° of rotation  
 Minimum of 1 somersault with minimum of 540° twist  
 Minimum DD per pass 1.7  
 Maximum DD per pass 3.7  
 Maximum DD per Skill 2.8  
**Finals:**  
 1 pass in the final  
 Maximum DD per pass 3.7  
 Maximum DD per skill 2.8  
 No repeats over the 3 passes

### Level 10 - 2 Voluntary Passes Qualification, 2 Free Passes Finals

All skills must contain a minimum of 360° of rotation  
 Minimum of 1 somersault with 720° rotation with or without twist over the 2 passes  
 Minimum DD per pass 2.1  
 Maximum DD per pass 6.0 Women 6.8 Men  
 Maximum DD per skill 3.6  
**Finals:**  
 2 Free passes  
 Maximum DD per pass 6.0 Women 6.8 Men  
 Maximum DD per Skill 3.6  
 No repeats over the 4 passes