

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	Level 2 - Compulsory	Level 3 - Compulsory
1. Straddle Jump	1. Front Drop Free	1. Back Drop Free
2. Tuck Jump	2. Return to Feet	2. Pullover Pike to Feet
3. Pike Jump	3. Pike Jump	3. Tuck Jump
4. Seat Drop	4. 1/1 Twist	4. Jump 1/2 Twist
5. Return to Feet	5. Straddle Jump	5. Pike Jump
6. Straddle Jump	6. Seat Drop	6. Straddle Jump
7. Tuck Jump	7. Return to Feet	7. Seat Drop
8. Pike Jump	8. Tuck Jump	8. 1/2 Twist to Seat Drop
9. Seat Drop	9. Back Drop	9. Hands & Knees Drop
10. Return to Feet	10. 1/2 Twist to Feet	10. Front Tuck to Feet

Level 4 - Compulsory	Level 5 - Compulsory	Level 6 - Compulsory
1. Back Somersault Tuck	1. Back Somersault Pike	1. Back Somersault Straight
2. Tuck Jump	2. Tuck Jump	2. Pike Jump
3. Jump 1/1 Twist	3. Back Somersault Tuck	3. Back Somersault Pike
4. Pike Jump	4. Straddle Jump	4. Barani Tuck
5. 1/2 Twist to Seat	5. 1/2 Twist to Stomach (Airplane)	5. Tuck Jump
6. Front Drop	6. Seat Drop	6. Back Somersault Tuck
7. Return to Feet	7. Return to Feet	7. Seat Drop
8. Jump 1/2 Twist	8. Jump 1/2 Twist	8. 1/2 Twist to Feet
9. Straddle Jump	9. Pike Jump	9. Straddle Jump
10. Front Somersault Tuck	10. Barani Pike	10. Barani Straight

Level 7 - Compulsory	Level 8 - 2 Voluntary Routines	Level 9 - 2 Voluntary Qualification / 1 Voluntary Final
1. Back Somersault Straight	1st Voluntary	1st Voluntary
2. Barani Straight	Maximum of 3 Non Somersaulting Skills	Maximum of 2 Non Somersaulting Skills
3. Pike Jump	7 Skills with Minimum of 270° Rotation	8 Skills with Minimum 270° Rotation
4. Back Somersault Pike	Must contain: 3/4 Front Somersault Straight & Barani Ball	Must Contain: 3/4 Back Somersault & Back Cody
5. Barani Pike	Out Tuck	Maximum Skill DD 1.3
6. Straddle Jump	Maximum Skill DD 0.9	2nd Voluntary
7. Back Somersault Tuck	2nd Voluntary	Minimum Pass DD 5.5
8. Tuck Jump	Minimum Pass DD 4.0	Maximum Pass DD 7.1
9. 3/4 Front Somersault Straight	Maximum Pass DD 6.0	Maximum Skill DD 1.3
10. Ball out Tuck	Maximum Skill DD 0.9	Finals: One Voluntary Routine:
		Maximum Pass DD 7.1 / Maximum Skill DD 1.3

Level 10 - 2 Voluntary Qualification / 1 Voluntary Final	
1st Voluntary	2nd Voluntary
Maximum 1 Non Somersaulting Skill	Minimum Pass DD 6.5
9 Skills with Minimum 270° Rotation	Maximum Pass DD 11.0
Must Contain: Back Somersault with 1/1 Twist	Maximum Skill DD 1.6
1 Somersault to Back or Stomach	Finals: One Voluntary Routine
1 Somersault from Back or Stomach	Maximum Pass DD 11.0 / Maximum Skill DD 1.6
Maximum Skill DD 1.6	