

2012 TRAMPOLINE ROUTINES

Trampoline, Double-Mini TRA and Black-Top

TRAMPOLINE

IMPORTANT: Voluntary routines ARE NOT ALLOWED TO EXCEED THE DIFFICULTY DEGREE OF THE NEXT LEVEL within the same age group - UP TO LEVEL 5. From level 5 upwards there is no restriction on the difficulty.

Prescribed routines have no difficulty degree, unless when repeated as a voluntary routine.

Purpose of level 1 - majority of level 2 competitors have poor technique, not enough time was spent on basics. Level 1 focus on basics.

LEVEL 1

Element	8 and under		9 – 10 years		11 – 12 years	
1	Doggie drop	0.0	Seat drop	0.0	Pike jump	0.0
2	To feet	0.0	To feet	0.0	Straight jump	0.0
3	Tuck jump	0.0	Pike jump	0.0	Tuck jump	0.0
4	Straight jump	0.0	Straight jump	0.0	Seat drop	0.0
5	Pike jump	0.0	Tuck jump	0.0	To feet	0.0
6	Straight jump	0.0	Straight jump	0.0	Straight jump	0.0
7	Straddle jump	0.0	Straddle jump	0.0	Doggie drop	0.0
8	Straight jump	0.0	Straight jump	0.0	To feet	0.0
9	Seat drop	0.0	Doggie drop	0.0	Straight jump	0.0
10	To feet	0.0	To feet	0.0	Straddle jump	0.0
	Outbounce!		Outbounce!		Outbounce!	
	Total	0.0	Total	0.0	Total	0.0
Element	13 – 14 years		15 and over			
1	Straddle jump	0.0	Pike jump	0.0		
2	Straight jump	0.0	Straight jump	0.0		
3	Doggie drop	0.0	Seat drop	0.0		
4	To feet	0.0	To feet	0.0		
5	Straight jump	0.0	Doggie drop	0.0		
6	Pike jump	0.0	To feet	0.0		
7	Straight jump	0.0	Straight jump	0.0		
8	Seat drop	0.0	Straddle jump	0.0		
9	To feet	0.0	Straight jump	0.0		
10	Tuck jump	0.0	Tuck jump	0.0		
	Outbounce!		Outbounce!			
	Total	0.0	Total	0.0		

Level 1 - only at club competitions. **ALL** beginners must start at level 1. All level 1 routines to end with an outbounce. Point 2 deduction from each execution judge if there is no proper outbounce.

Recommendation - beginners, first year of competition at level 1. Keep at level 1 until 8.5 and higher mark is obtained at competitions for the basic skills.

In voluntary routine start with skills that have rotation value.

LEVEL 2

Element	8 and under		9 – 10 years		11 – 12 years	
1	Tuck jump	0.0	½ twist to seat	0.1	½ twist to back	0.2
2	Seat drop	0.0	½ twist to feet	0.1	½ twist to feet	0.2
3	½ Pirouette to seat	0.1	Straddle jump	0.0	Straddle jump	0.0
4	To feet	0.0	Back drop	0.1	Peel off	0.2
5	Straddle jump	0.0	To feet	0.1	To feet	0.1
6	Back drop	0.1	Pike jump	0.0	Pike jump	0.0
7	To feet	0.1	Peel off	0.2	Pirouette	0.2
8	Pike jump	0.0	To feet	0.1	Tuck jump	0.0
9	Stomach drop	0.1	Tuck jump	0.0	Front turn over	0.3
10	To feet	0.1	pirouette	0.2	To feet	0.1
	Total	0.5	Total	0.9	Total	1.3
Element	13 – 14 years		15 and over			
1	Front turnover	0.3	Front turnover	0.3		
2	½ twist to feet	0.2	½ twist to feet	0.2		
3	Straddle jump	0.0	Tuck jump	0.0		
4	Stomach drop	0.1	Back drop	0.1		
5	To feet	0.1	Back pull over	0.3		
6	Back drop	0.1	Straddle jump	0.0		
7	½ twist to back	0.2	Pirouette	0.2		
8	To feet	0.1	Pike jump	0.0		
9	Tuck jump	0.0	Swan dive	0.3		
10	Pirouette	0.2	To feet	0.1		
	Total	1.3	Total	1.5		

In level 2 ½, ¼ and ¾ rotation and full twist (pirouette)

Recommendation: Voluntary routines - 360° rotation (somersault) and Twist

LEVEL 3

Element	10 and under		11 – 12 years		13 – 14 years		15 and over	
1	Tuck back	0.5	¾ Layout	0.3	Layout	0.6	Layout	0.6
2	Pirouette	0.2	To feet	0.1	Tuck jump	0.0	Straight barani	0.6
3	Straddle jump	0.0	Tuck jump	0.0	Tuck barani	0.6	Tuck jump	0.0
4	½ twist to back	0.2	Tuck back	0.5	Tuck back	0.5	¾ layout	0.3
5	½ twist to feet	0.2	Straddle jump	0.0	Pike jump	0.0	to feet	0.1
6	Tuck jump	0.0	Layout	0.6	¾ layout	0.3	Tuck barani	0.6
7	¾ layout	0.3	Pike jump	0.0	to feet	0.1	Tuck back	0.5
8	to feet	0.1	Swan-dive	0.3	Swan dive	0.3	Swan-dive	0.3
9	swan dive	0.3	Front turn-over	0.4	Front turn-over	0.4	Front turn-over	0.4
10	to feet	0.1	To feet	0.1	To feet	0.1	To feet	0.1
	Total	1.9	Total	2.2	Total	2.8	Total	3.4

In level 3 Front and back somersaults and baranis

Recommendation: Voluntary routines - 1 ¼ Front and back and 1/1 Twist

LEVEL 4

Element	10 and under		11 – 12 years		13 – 14 years		15 and over	
1	Pike back	0.6	Layout	0.6	1/1 Twist (back)	0.7	1/1 Twist (back)	0.7
2	Tuck barani	0.6	Straight barani	0.6	Straight barani	0.6	Straight barani	0.6
3	Tuck jump	0.0	Tuck jump	0.0	1¼ tuck back	0.6	Layout	0.6
4	¾ layout	0.3	¾ layout	0.3	Pull-over (pike)	0.3	Tuck barani	0.6
5	To feet	0.1	Cody tuck	0.6	Tuck jump	0.0	1¼ Pike back	0.7
6	Pike jump	0.0	Pike jump	0.0	Tuck back	0.5	Pike pull-over	0.3
7	Pike barani	0.6	Tuck barani	0.6	Pike barani	0.6	Pike barani	0.6
8	Straddle jump	0.0	Tuck back	0.5	Pike back	0.6	Pike back	0.6
9	Swan dive	0.3	Swan dive	0.3	Swan-dive	0.3	Swan dive	0.3
10	Tuck front ball-out	0.6	Barani ball-out	0.7	Barani ball-out	0.7	Barani ball-out	0.7
	Total	3.1	Total	4.2	Total	4.9	Total	5.7

Recommendation: Voluntary routines - 1 ¾ and double somersaults

LEVEL 5

Level 5 gymnasts who do not meet the required difficulty degree are not allowed to participate at SA's and will not be awarded any medal in the specific age group.

10 and under	5.4
11 – 12 years	6.5
13 – 14 years	7.0
15 – 16 years	8.0
17 and over	9.0
Open Men & Ladies	8 skills with a minimum of 720 degrees somersault rotation

Recommendation: Voluntary routines Level 5 - Start practising twisting doubles
 Level 6 - Olympic Development - Do twisting doubles
 Level 7 - Open - Twisting doubles and triples.

PLEASE NOTE! - in .synchro competitions a competitor is allowed to move up to the same level or age group as the synchro mate in the highest level or age group. However, the team member competing in a higher level or age group is not allowed to move down.

At all competitions at least one of the two trampoline routines and two of the double mini routines must be completed to receive a medal.

TEN POINTS TO FOCUS ON

1. Arms! Stretch arms and shoulders
2. Press feet out of trampoline bed - toes pointed!
3. Body position
4. Kick-outs
5. Arms slide
6. Height
7. Chin out
8. Focus point, eyes, padding not feet
9. Red cross in centre
10. Stick

DOUBLE-MINI

IMPORTANT: Voluntary routines ARE NOT ALLOWED EXCEEDING THE DIFFICULTY DEGREE OF THE NEXT LEVEL within the same age group - UP TO LEVEL5. From level5 upwards there is no restriction on the difficulty.

Skills within prescribed routines' difficulty degree don't count towards final mark.

PRESCRIBED ROUTINES

LEVEL 2

Pass	8 and under		9 – 10 years		11 – 12 years	
3.	Tuck jump	0.0	Tuck jump	0.0	Pike jump	0.0
	½ Pirouette	0.1	Pirouette	0.2	Pirouette	0.2
4.	Straddle jump	0.0	Pike jump	0.0	½ Pirouette	0.1
	Pike jump	0.0	Straddle jump	0.0	Tuck jump	0.0
Pass	13 – 14 years		15 and over			
3.	Straddle jump	0.0	Pike jump	0.0		
	Pirouette	0.2	Pirouette	0.2		
4.	Pirouette	0.2	Pirouette	0.2		
	Tuck jump	0.0	½ Pirouette	0.1		

LEVEL 3

Pass	10 and under		11 – 12 years	
3.	tuck jump	0.0	½ Pirouette	0.1
	pike front	0.6	tuck back	0.5
4.	straddle jump	0.0	Tuck jump	0.0
	tuck front	0.5	Tuck barani	0.7
Pass	13 – 14 years		15 and over	
3.	Tuck back	0.5	Tuck back	0.5
	Tuck barani	0.7	Straight barani	0.7
4.	Tuck front	0.5	Straight barani	0.7
	Tuck front	0.5	Lay-out	0.6

LEVEL 4

Pass	10 and under		11 – 12 years	
3.	Tuck back	0.5	Tuck back	0.5
	Tuck jump	0.0	Straight barani	0.7
4.	Tuck front	0.5	Tuck front	0.5
	Tuck front	0.5	Pike front	0.6
Pass	13 – 14 years		15 and over	
3.	Pike back	0.6	Tuck back	0.5
	Straight barani	0.7	Rudi	1.2
4.	tuck barani	0.7	Straight barani	0.7
	pike back	0.6	1/1 Twist	0.9

LEVEL 5

Level 5 gymnasts who do not meet the required difficulty degree are not allowed to participate at SA's and will not be awarded any medal in the specific age group.

REQUIRED DIFFICULTY DEGREE FOR 4 ROUTINES

10 and under	All skills to be somersault skills
11 – 12 years	5.9
13 – 14 years	8.2
15 – 16 years	11.1
17 and over	12.9
Open Men	21.0
Open Ladies	17.6

MINI TRAMPOLINE

Voluntary Routines 1st and 2nd passes

Compulsory Routines 3rd and 4th passes

6/under	7 Years	8 Years	9 Years	10 Years	11/12 Years	13/14 and 15 and over
3. Tuck Jump	3. Pike jump	3. Tuck Jump	3. Tuck Jump	3. Pike jump	3. Pirouette	3. ½ Pirouette
4. Pike jump	4. Straddle Jump	4. ½ Pirouette	4. Pirouette	4. Pirouette	4. Straddle Jump	4. Pirouette

JUNIOR ELITE AND SENIOR ELITE

Four voluntary passes of which all four passes' difficulty degree count.

Each skill must have a minimum difficulty degree of 0.4

TABLE TOP

6 years & under

1	Tuck jump	
2	Pike jump	
3	Seat drop	
4	To feet	
5	Straddle jump	
	TOTAL	0.0

7 - 8 years

1	pirouette	0.2
2	Seat drop	0.0
3	½ twist to feet	0.1
4	stomach drop	0.1
5	to feet	0.1
	TOTAL	0.5

9 - 10 years

1	back drop	0.1
2	to feet	0.1
3	peel off	0.2
4	to feet	0.1
5	pirouette	0.2
	TOTAL	0.7

11- 12 years

1	front turnover	0.3
2	to feet	0.1
3	straddle jump	
4	peel off	0.2
5	to feet	0.1
6	back drop	0.1
7	to feet	0.1
8	pirouette	0.2
	TOTAL	1.1

13 - 14 years

1	front turnover	0.3
2	to feet	0.1
3	pike jump	
4	peel off	0.2
5	to feet	0.1
6	½ twist to back	0.2
7	to feet	0.1
8	pirouette	0.2
	TOTAL	1.2

15 years and over

1	front turnover	0.3
2	½ twist to feet	0.2
3	pirouette	0.2
4	peel off	0.2
5	to feet	0.1
6	back drop	0.1
7	½ twist to back	0.2
8	½ twist to feet	0.2
	TOTAL	1.5

Junior elite 12 & under

1	Tuck back	0.5
2	Pike jump	0.0
3	back drop	0.1
4	to feet	0.1
5	½ twist to back	0.2
6	½ twist to feet	0.2
7	peel off	0.2
8	to feet	0.1
9	tuck jump	
10	tuck front	0.5
	TOTAL	1.9

Senior elite 13 & over

1	¾ Layout	0.3
2	to feet	0.1
3	Tuck jump	0.0
4	back drop	0.1
5	½ twist to back	0.2
6	½ twist to feet	0.2
7	peel off	0.2
8	to feet	0.1
9	Tuck back	0.5
10	tuck barani	0.6
	TOTAL	2.3

