

## Trampoline Routines 2022-2024

Mobility for 2022 - 2024: Athletes must enter the competitive system at level 7 or below.

Athletes who wish to mobilize to the next level, beginning level 8 to 9, must use the mobility scores listed in the applicable year's Rules & Policies. Mobility from levels 5 to 8 is at the discretion of the athletes coach. Athletes may not skip levels.

<b>Level 1 - Compulsory</b>
1. Tuck Jump
2. Jump 1/2 Twist
3. Straddle Jump
4. Seat Drop
5. Return to Feet
6. Tuck Jump
7. Jump 1/2 Twist
8. Straddle Jump
9. Seat Drop
10. Return to Feet

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

<b>Level 3 - Compulsory</b>
1. Back Drop
2. Pullover Tuck to Feet
3. Tuck Jump
4. Jump 1/2 Twist
5. Seat Drop
6. 1/2 Twist Seat Drop
7. Return to Feet
8. Pike Jump
9. Straddle Jump
10. Front Somersault Tuck

<b>Level 4 - Compulsory</b>
1. Back Somersault Tuck
2. Straddle Jump
3. Seat Drop
4. Front Drop
5. Seat Drop
6. 1/2 Twist to Feet
7. Tuck Jump
8. Pike Jump
9. Front Somersault Pike
10. Jump 1/2 Twist

<b>Level 5 - Compulsory</b>
1. Back Somersault Pike
2. Tuck Jump
3. Back Somersault Tuck
4. Straddle Jump
5. Seat Drop
6. 1/2 Twist to Seat Drop
7. Return to Feet
8. Jump 1/2 Twist
9. Pike Jump
10. Barani Pike

<b>Level 6 - Compulsory</b>
1. 3/4 Back Somersault Pike
2. Return to Feet
3. Tuck Jump
4. Barani Tuck
5. Back Somersault Tuck
6. Pike Jump
7. Back Somersault Pike
8. Barani Pike
9. Straddle Jump
10. Barani Straight

<b>Level 7 - Compulsory</b>
1. Barani Pike
2. Back Somersault Pike
3. Pike Jump
4. Back Somersault Straight
5. Barani Straight
6. Straddle Jump
7. Back Somersault Tuck
8. Tuck Jump
9. 3/4 Front Somersault Straight
10. Ball out or Barani Ballout Tuck

<b>Level 8 - 2 Voluntary Routines</b>
<b>1st Voluntary:</b> Maximum of 3 Non-somersaulting Elements 7 Elements with Min of 270° Rotation Must Contain: 3/4 Back Somersault; Cody or 3/4 Front; Barani Ballout Free Maximum Element DD 0.9
<b>2nd Voluntary:</b> 1 Somersault with a minimum of 360° Twist Minimum Pass DD4.0 Maximum Pass DD6.0 Maximum Element DD 0.9

<b>Level 9 - 2 Voluntary Qualification; 1 Voluntary Final</b>
<b>1st Voluntary:</b> Maximum of 2 Non-somersaulting Elements 8 Elements with Minimum 270° Rotation Must Contain: 3/4 Back Somersault; Cody or 3/4 Front; Barani Ballout Free Maximum Element DD 1.3
<b>2nd Voluntary:</b> Must contain 1 double somersault Minimum Pass DD 5.5 Maximum Pass DD 7.1 Maximum Element DD 1.3
<b>Finals:</b> Same requirements as Pass 2

<b>Level 10 - 2 Voluntary Qualification; 1 Voluntary Final</b>	
<b>1st Voluntary:</b> Maximum 1 Non-somersaulting Element 9 Elements with Minimum 270° Rotation Must Contain: 3/4 Back Somersault; Cody or 3/4 Front Somersault; Barani Ballout Free Maximum Element DD 1.6 (no Triples)	<b>2nd Voluntary:</b> Forward Double Somersault with 1/2 Twist Minimum Pass DD 7.0 Maximum Pass DD 11.0 Maximum Element DD 1.6 (no Triples)
<b>Finals:</b> Same requirements as pass 2	

<b>Open - 2 Voluntary Qualification; 1 Voluntary Final</b>
<b>1st Voluntary:</b> Maximum 1 Non-somersaulting Element 9 Elements with Minimum 270° Rotation Must Contain: 3/4 Back Somersault; Cody or 3/4 Front Somersault; Barani Ballout Free
<b>2nd Voluntary:</b> Forward Double Somersault with 1/2 Twist Minimum Pass DD 7.0 Maximum Element DD 2.0
<b>Finals:</b> Same requirements as pass 2