

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 (previously age groups). From level 5 upwards there is no restriction on the difficulty.

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

TRAMPOLINE ROUTINES LEVEL 2 (PREVIOUSLY NOVICE)

	8 AND UNDER	9/10 YEARS	11/12 YEARS
1.	tuck jump	pirouette .2	1/2 tw to back .2
2.	seat drop	seat drop	1/2 tw to feet .2
3.	1/2 tw to seat .1	1/2 tw to seat .1	straddle bounce
4.	to feet	1/2 tw to feet .1	peel off .2
5.	straddle bounce	straddle bounce	to feet .1
6.	back drop .1	back drop .1	pike bounce
7.	to feet .1	to feet .1	pirouette .2
8.	pike bounce	pike bounce	tuck bounce
9.	stomach drop .1	peel off .2	front turn over .3
10.	to feet .1	to feet .1	to feet. 1
	TOTAL .5	TOTAL .9	TOTAL 1.3
	13/14 YEARS	15 AND OVER	
1.	front turnover .3	pirouette .2	
2.	1/2 tw to feet .2	back drop .1	
3.	straddle bounce	back pull over .3	
4.	peel off .2	straddle bounce	
5.	to feet .1	peel off .2	
6.	back drop .1	to feet .1	
7.	1/2 tw to back .2	front turnover .3	
8.	to feet .1	1/2 tw to feet .2	
9.	tuck bounce	tuck bounce	
10.	pirouette .2	tuck front .5	
	TOTAL 1.4	TOTAL 1.9	

TRAMPOLINE ROUTINES LEVEL 3

New level from 2004 onwards, to bridge gap between novice and intermediate

	10 AND UNDER	11/12 YEARS	13/14 YEARS	15 AND OVER
1.	tuck back .5	layout .6	layout .6	layout .6
2.	pirouette .2	tuck bounce	tuck barani .6	straight barani .6
3.	straddle jump	tuck barani .6	tuck bounce	tuck back .5
4.	1/2 tw to back .2	straddle bounce	1 1/4 back (tuck) .6	tuck bounce
5.	1/2 tw to feet .2	tuck back .5	pull-over .3	1 1/4 tuck back .6
6.	tuck jump	pike bounce	straddle bounce	pull-over .3
7.	3/4 layout .3	3/4 layout .3	3/4 layout .3	tuck barani .6
8.	to feet .1	to feet .1	to feet .1	straddle bounce
9.	swan dive .3	swan dive .3	swan-dive .3	swan dive .3
10.	to feet .1	tuck ball-out .6	tuck ball-out .6	barani ball-out .7
	TOTAL 1.9	TOTAL 3.0	TOTAL 3,4	TOTAL 4.2

TRAMPOLINE ROUTINES LEVEL 4 (PREVIOUSLY INTERMEDIATE)

10 AND UNDER	11/12 YEARS	13/14 YEARS	15 AND OVER
1. pike back .6	layout .6	1/1 twist (back) .7	1/1 twist (back) .7
2. tuck barani .6	straight barani .6	straight barani .6	straight barani .6
3. tuck jump	tuck bounce	1 1/4 back (tuck) .6	layout .6
4. 3/4 lay-out .3	3/4 layout .3	pull-over pike .3	tuck barani .6
5. to feet .1	cody tuck .6	tuck bounce	1 1/4 pike back .7
6. pike jump	pike bounce	tuck back .5	pike pull-over .3
7. pike barani .6	tuck barani .6	pike barani .6	pike barani .6
8. straddle jump	tuck back .5	pike back .6	pike back .6
9. swan dive .3	swan dive .3	swan-dive .3	swan dive .3
10. tuck front ball-out .6	barani ball-out .7	barani ball-out .7	barani ball-out .7
TOTAL 3.1	TOTAL 4.2	TOTAL 4.9	TOTAL 5.7

TRAMPOLINE ROUTINES LEVEL 5 (PREVIOUSLY AGE GROUPS)

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

Age Group gymnasts are not allowed to do synchro at a lower level

Required difficulty degree for level 5 trampoline gymnasts to compete:

TRAMPOLINE (one routine)

10/under	5,4
11/12	6,5
13/14	7,0
15/16	8,0
17/over	9,0
OPEN	8 skills with a minimum of 720 degrees somersault rotation

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.