

# Tumbling Routines

**Mobility for 2008/2009: Athletes may enter the new quad at their current level, or move down one level if needed. If an athlete has met the current 2008 mobility requirements, they may move up one level; however, mobility forms must be completed and turned in to your State Chair for approval prior to competing in the next level.**

Level 1		Level 2	
<b>Pass 1</b>	<b>Pass 2</b>	<b>Pass 1</b>	<b>Pass 2</b>
1. Front roll pike straddle out	1. Front roll tuck	1. Front roll tuck	1. Pike forward to front roll tuck
2. Front roll tuck	2. Front roll tuck	2. Front roll tuck	2. Front roll tuck stand up
3. Front roll tuck	3. Jump ½ twist	3. Jump ½ twist	3. One step forward to cartwheel step-in
4. Front roll tuck	4. Roll to candle stick	4. Back roll tuck	4. Rebound
5. Rebound	5. Rebound	5. Rebound	5. Back roll tuck
Level 3		Level 4	
<b>Pass 1</b>	<b>Pass 2</b>	<b>Pass 1</b>	<b>Pass 2</b>
1. Power hurdle round-off	1. Handstand front roll	1. Power hurdle round-off	1. Power hurdle round-off
2. Rebound	2. Front roll tuck	2. Flic-flac	2. Flic-flac
3. Back roll tuck	3. One step forward to cartwheel step-in	3. Rebound	3. Flic-flac
4. Back extension roll, pike down	4. Rebound		4. Rebound
5. Back roll pike	5. Back roll tuck		
OR			
4. Back extension roll, step down			
5. back walkover step-in			
Level 5		Level 6	
<b>Pass 1</b>	<b>Pass 2</b>	<b>Pass 1</b>	<b>Pass 2</b>
1. Power hurdle round-off	1. <b>Running</b> round-off	1. <b>Running</b> round-off	1. Running round-off
2. Flic-flac	2. Flic-flac	2. Flic-flac	2. Flic-flac
3. Flic-flac	3. Flic-flac	3. Flic-flac	3. Flic-flac
4. Rebound	4. Flic-flac	4. Flic-flac	4. Flic-flac
	5. Flic-flac	5. Flic-flac	5. Back somersault tuck
	6. Rebound	6. Flic-flac	
		7. Flic-flac	
		8. Rebound	
Level 7		Level 8	
<b>Pass 1 Voluntary</b>	<b>Pass 2 Voluntary</b>	<b>Pass 1 Voluntary</b>	<b>Pass 2 Voluntary</b>
1. Round-off	8-skill pass	8-skill pass	8-skill pass
2. Flic-flac	Must contain 2 somersaults one of which must be a whip and one of which must be the	Must end in back somersault tuck pike or straight	Must end in back somersault pike straight or full
3. Flic-flac	8 <sup>th</sup> element in the tuck or pike position	Must contain one or two additional <b>non-twisting</b> somersaults placed anywhere in the pass	Must contain <b>2 or 3 additional non-twisting</b> somersaults, 2 of which must be bounding somersaults (directly connected)
4. Flic-flac	No bounding somersaults		
5. Flic-flac	No front somersaults		
6. Flic-flac			
7. Flic-flac			
8. Back somersault tuck or pike			
Level 9		Level 10	
<b>Pass 1 Compulsory</b>	<b>Pass 2 Voluntary</b>	<b>Pass 1 Compulsory</b>	<b>Pass 2 5-Skill Voluntary</b>
1. Round-off	8-skill pass	1. Roundoff	Minimum of 2 somersaults, last somersault must have a minimum difficulty of 0.6.
2. Whip back	Must contain a minimum of 4 somersaults and a maximum of 7 somersaults.	2. Flic-flic	<b>Pass 3 8-Skill Voluntary</b>
3. Whip back	One somersault must contain a minimum of 360 degrees twist or a maximum of 720 degrees of twist. One additional somersault may contain 360 degrees of twist.	3. Back somersault straight	Minimum of 4 somersaults, one which must contain a minimum of 360 degrees of twist and one which must be performed as the last (8th) skill and must contain a minimum of 720 degrees of twist.
4. Flic-flac	One somersault with or without twist must be performed as the last (8th) element.	4. Whip back	OR
5. Whip Back	The remaining somersaults must contain no more than 180 degrees of twist.	5. Whip back	Minimum of 4 somersaults, one which must be performed as the last (8th) skill and which must be a double somersault, with or without twist.
6. Flic-flac	Bounding full-twisting somersaults are not allowed	6. Flic-flac	
7. Flic-flac		7. Flic-flac	
8. Back somersault pike		8. Back somersault <b>straight</b>	
		<b>Requirements to meet between the two voluntaries:</b>	
		No reversals.	
		No double twisting double somersaults.	
		Optional passes must end with different skills regardless of the preceding skill.	
		Bounding fulls are allowed.	
		Combination of two different twisting skills are allowed. (Full, Double Full)	<b>Level 10 Finals will consist of 2 passes:</b>
			<b>5-skill voluntary and 8-skill voluntary with the same requirements as preliminaries.</b>

*Unless otherwise noted, all round-offs must begin with a run.*

# Double Mini-Trampoline Routines

**Mobility for 2008/2009: Athletes may enter the new quad at their current level, or move down one level if needed. If an athlete has met the current 2008 mobility requirements they may move up one level; however, mobility forms must be completed and turned in to your State Chair for approval prior to competing in the next level.**

## Level 1 (choose 2 of 3)

- 1) Spotter tuck jump  
Dismount tuck jump
- 2) Spotter tuck jump  
Dismount straddle jump
- 3) Spotter straddle jump  
Dismount tuck jump

## Level 2 (choose 2 of 3)

- 1) Spotter straddle jump  
Dismount straddle jump
- 2) Spotter straddle jump  
Dismount pike jump
- 3) Mounter straddle jump  
Dismount straddle jump

## Level 3 (choose 2 of 3)

- 1) Spotter pike jump  
Dismount straddle jump
- 2) Spotter pike jump  
Dismount jump 1/2 twist
- 3) Mounter pike jump  
Dismount straddle jump

## Level 4 (choose 2 of 3)

- 1) Mounter tuck jump  
Dismount straddle jump
- 2) Spotter tuck jump  
Dismount jump full twist
- 3) Spotter jump full twist  
Dismount straddle jump

## Level 5 (choose 2 of 3)

- 1) Spotter tuck jump  
Dismount front somersault tuck
- 2) Spotter pike jump  
Dismount front somersault pike
- 3) Mounter straddle jump pike  
Dismount pike jump

## Level 6 (choose 2 of 3)

- 1) Mounter tuck jump  
Dismount front somersault pike
- 2) Spotter back somersault tuck  
Dismount tuck jump
- 3) Mounter straddle jump pike  
Dismount front somersault tuck

## Level 7 (choose 2 of 3)

- 1) Mounter front somersault tuck  
Dismount straddle jump pike
- 2) Spotter back somersault tuck  
Dismount front somersault tuck
- 3) Spotter pike jump  
Dismount barani tuck

## Level 8 (2 passes)

- Minimum of one somersault with 360 degrees of twist
- Maximum of one non-somersaulting skill
- Maximum of 540 degrees of twist per skill
- No double somersaults

## Level 9 (2 passes)

- Minimum of 1 somersault with **minimum of 540 degrees of twist**
- Maximum of 1 non-somersaulting skill
- No double doubles
- No triple somersaults

Twisting requirements are:

- No greater than 720 degrees of twist in a single somersault
- No greater than **180 degrees of twist** in a multiple somersault

## Level 10 (2 passes for preliminaries)

- Minimum of one double somersault with 180 degrees of twist
- All skills must have a minimum of 360 degrees of rotation
- No triple somersaults

(2 passes for finals)

# Trampoline Routines

**Mobility for 2008/2009:** Athletes may enter the new quad at their current level, or move down one level if needed. If an athlete has met the current 2008 mobility requirements, they may move up one level; however, mobility forms must be completed and turned in to your State Chair for approval prior to competing in the next level.

Level 1	Level 2	Level 3
1. Tuck jump	1. Pike jump	1. ½ twist to seat drop
2. Straight jump	2. Seat drop	2. Hands and knees drop
3. Straddle jump pike	3. Hands and knees drop	3. Front drop
4. Straight jump	4. Front drop	4. Return to feet
5. Jump 1/2 twist	5. Return to feet	5. Jump 1/2 twist
6. Straight jump	6. Tuck jump	6. Pike jump
7. Pike jump	7. Jump 1/2 twist	7. Seat drop
8. Straight jump	8. Straddle jump pike	8. ½ twist to feet
9. Seat drop	9. Seat drop	9. Tuck jump
10. Return to feet	10. Return to feet	10. Jump full twist
Level 4	Level 5	Level 6
1. Straddle jump pike	1. Back drop with straight legs	1. Back somersault pike
2. Seat drop	2. Pullover free	2. Tuck jump
3. ½ twist to seat drop	3. Straddle jump pike	3. Back somersault tuck
4. Front drop	4. Front drop	4. Seat drop
5. Return to feet	5. Seat drop	5. ½ twist to feet
6. Tuck jump	6. ½ twist to feet	6. Straddle jump pike
7. Jump full twist	7. Pike jump	7. ½ twist to front drop
8. Pike jump	8. ½ twist	8. Return to feet
9. Back drop with straight legs	9. Tuck jump	9. Pike jump
10. Return to feet	10. Front somersault tuck	10. Front somersault pike
Level 7	Level 8 - Compulsory	Level 8 - Optional
1. Back somersault straight	1. Back somersault straight	• One somersault with a minimum of 360 of twist
2. Pike jump	2. Barani straight	• Maximum of 540 degrees of twist.
3. Back somersault pike	3. Pike jump	• No skills with more than 450 degrees of rotation
4. Straddle jump pike	4. Back somersault pike	• Minimum DD 3.5
5. Barani tuck	5. Barani pike	• Maximum DD 5.0
6. Back somersault tuck	6. Straddle jump pike	
7. Tuck jump	7. Back somersault tuck	
8. ¾ front with straight legs	8. Tuck jump	
9. Porpoise tuck	9. ¾ front somersault straight	
10. ½ twist to feet	10. Ballout tuck	
Level 9 - Compulsory	Level 9 - Optional	
1. ¾ front somersault straight	• One somersault with a minimum of 540 degrees of twist	
2. Barani ballout tuck	• Max. of one double somersault with no more than	
3. Tuck jump	180 degrees of twist.	
4. Barani tuck	• Minimum DD 4.5	
5. Back tuck	• Maximum DD 6.5	
6. Back pike		
7. Barani pike		
8. Straddle jump		
9. Barani straight		
10. Back straight		
Level 10 - Compulsory	Level 10 - Optional	
1. ¾ back somersault straight	• Minimum one double somersault	
2. Cody tuck	• No more than one skill with less than 270	
3. Tuck jump	degrees of rotation	
4. Barani tuck	• Minimum DD 6.0	
5. Back tuck	• Maximum DD 9.5	
6. Barani pike		
7. Back pike		
8. Barani straight		
9. Back straight		
10. Back full		