

Double Mini-Trampoline Routines 2025 - 2029

Mobility for 2025 - 2025: Athletes must enter the competitive system at level 8 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.

Level 1 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Spotter Tuck Jump	o	1. Spotter Straddle Jump	v
2. Dismount Tuck Jump	o	2. Dismount Straddle Jump	v

Level 2 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Mounter Tuck Jump	o	1. Spotter Straddle Jump	v
2. Dismount Tuck Jump	o	2. Dismount Pike Jump	<

Level 3 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Mounter Straddle Jump	v	1. Spotter Tuck Jump	o
2. Dismount Pike Jump	<	2. Dismount Jump 1/2 Twist	01 /

Level 4 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Mounter Tuck Jump	o	1. Spotter Straddle Jump	v
2. Dismount Front Somersault Tuck	40 o	2. Dismount Front Somersault Pike	40 <

Levels 1 - 4 Exceptions	
- Non-Simultaneous Two Feet Landing - 0.5 - 1 Intermediate Straight Jump - 1.0 - 2 Intermediate Straight Jumps (within a routine) - Interruption	

Level 5 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Mounter Straddle Jump	v	1. Spotter Back Somersault Tuck	40 o
2. Dismount Barani Pike	41 <	2. Dismount Straddle Jump	v

Level 5 - 7 are eligible to attend USA Gymnastics Stars & Stripes Championships

Level 6 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Mounter Barani Tuck	41 o	1. Spotter Back Somersault Tuck	40 o
2. Dismount Back Somersault Tuck	40 o	2. Dismount Barani Tuck	41 o

Level 7 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Mounter Barani Pike	41 <	1. Spotter Back Somersault Pike	40 <
2. Dismount Back Somersault Straight	40 /	2. Dismount Barani Straight	41 /

Level 8 - Open are eligible to attend USA Gymnastics Championships

Level 8 - Qualification: 2 Voluntary Routines / No Finals	
Maximum Element DD 1.5	Maximum Element DD 1.5
Minimum Routine DD 1.4	Minimum Routine DD 1.4
Maximum Routine DD 2.7	Maximum Routine DD 2.7
1 Somersault with minimum 360° Twist performed once across 2 routines	

Level 9 - Qualification: 2 Voluntary Routines / Finals: 1 Voluntary Routine	
All elements must contain 360° of Rotation	
Maximum Element DD 2.8	Maximum Element DD 2.8
Minimum Routine DD 1.7	Minimum Routine DD 1.7
Maximum Routine DD 3.7	Maximum Routine DD 3.7
1 Somersault with minimum of 540° Twist performed once across 2 routines	
1 Somersault with 720° Rotation performed once across 2 routines	

Levels 8 - Open routines are composed of Element Requirements only.

Coaches are free to compose their routines as long as the requirements are met.

Finals: 1 Voluntary Routine	
Maximum Element DD 2.8	
Minimum Routine DD 1.7	
Maximum Routine DD 3.7	
No repeats over the 3 routines	

Level 10 - Qualification: 2 Voluntary Routines / Finals: 2 Voluntary Routines	
All elements must contain 360° of Rotation	
Maximum Element DD 4.4	Maximum Element DD 4.4
Minimum Routine DD 2.7	Minimum Routine DD 2.7
Maximum Routine DD 8.4	Maximum Routine DD 8.4
Finals: 2 Voluntary Routines	
Maximum Element DD 4.4	
Minimum Routine DD 2.1	
Maximum Routine DD 8.4	
No repeats over the 4 routines	

Open - Qualification: 2 Voluntary Routines / Finals: 2 Voluntary Routines	
All elements must contain 360° of Rotation	
Maximum Element DD 5.7	Maximum Element DD 5.7
Minimum Routine DD 2.7	Minimum Routine DD 2.7
Finals: 2 Voluntary Routines	
Maximum Element DD 5.7	
Minimum Routine DD 2.7	
No repeats over the 4 routines	