

## Double Mini Trampoline Routines 2022-2024

Mobility for 2022 - 2024: 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.

<b>Level 1 - Compulsory</b>	
<b>Pass 1</b> 1. Spotter Tuck Jump 2. Dismount Tuck Jump	<b>Pass 2</b> 1. Spotter Straddle Jump 2. Dismount Straddle Jump

<b>Level 2 - Compulsory</b>	
<b>Pass 1</b> 1. Spotter Tuck Jump 2. Dismount Straddle Jump	<b>Pass 2</b> 1. Spotter Stradde Jump 2. Dismount Pike Jump

<b>Level 3 - Compulsory</b>	
<b>Pass 1</b> 1. Spotter Tuck Jump 2. Dismount Jump 1/2 Twist	<b>Pass 2</b> 1. Spotter Jump 1/1 Twist 2. Dismount Straddle Jump

<b>Level 4 - Compulsory</b>	
<b>Pass 1</b> 1. Mounter Tuck Jump 2. Dismount Front Somersault Tuck	<b>Pass 2</b> 1. Spotter Pike Jump 2. Dismount Front Somersault Pike

<b>Level 5 - Compulsory</b>	
<b>Pass 1</b> 1. Mounter Straddle Jump 2. Dismount Barani Tuck	<b>Pass 2</b> 1. Spotter Back Somersault Tuck 2. Dismount Straddle Jump

<b>Level 6 - Compulsory</b>	
<b>Pass 1</b> 1. Spotter Back Somersault Tuck 2. Dismout Barani Tuck	<b>Pass 2</b> 1. Mounter Barani Tuck 2. Dismount Pike Jump

<b>Level 7 - Compulsory</b>	
<b>Pass 1</b> 1. Mounter Barani Pike 2. Dismount Back Somersault Straight	<b>Pass 2</b> 1. Spotter Back Somersault Pike 2. Dismount Barani Straight

<b>Level 8 - 2 Voluntary passes; No finals</b>	
Minimum pass DD 1.2 Maximum pass DD 2.7 Maximum element DD 1.5 1 somersault with minimum of 360° twist within the 2 Routines	

<b>Level 9 - 2 Voluntary Passes Qualification; 1 Free Pass Finals</b>	
All elements must contain a minimum of 360° of rotation Must contain 1 double somersault within the 2 Routines Minimum pass DD 1.7 Maximum pass DD 3.7 Maximum element DD 2.8 <b>Finals:</b> 1 Voluntary Routine Same minimum and maximum DD requirements as Qualification No repeats over the 3 routines	

<b>Level 10 - 2 Voluntary Passes Qualification; 2 Free Passes</b>	
All elements must contain a minimum of 360° of rotation Minimum pass DD 2.1 Maximum pass DD 6.8 Maximum element DD 3.6 <b>Finals:</b> 2 Voluntary Routines Same minimum and maximum DD requirements as Qualification No repeats over the 4 routines	

<b>Open - 2 Voluntary Passes Qualification; 2 Free Passes</b>	
All elements must contain a minimum of 360° of rotation Minimum pass DD 2.1 Maximum element DD 4.8 <b>Finals:</b> 2 Free passes Same minimum and maximum DD requirements as Qualifications No repeats over the 4 routines	

For additional rules and guidelines please see the Trampoline & Tumbling Code of Points and Rules & Policies

Updated 1.25.22