

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.

Level 1 - Compulsory
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

Level 2 - Compulsory
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 Free
10. Return to Feet

Level 3 - Compulsory
1. Back Drop Free
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

Level 4 - Compulsory
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

Level 5 - Compulsory
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

Level 6 - Compulsory
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

Level 7 - Compulsory
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

Level 8 - 2 Voluntary Routines
1st Voluntary: 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
2nd Voluntary: 1 Somersault with a minimum of 360° Twist Minimum Routine DD 4.0 Maximum Routine DD 6.0 Maximum Element DD 0.9

Level 9 - 2 Voluntary Qualification; 1 Voluntary Final
1st Voluntary: 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
2nd Voluntary: Must contain 1 double somersault Minimum Routine DD 5.5 Maximum Routine DD 7.1 Maximum Element DD 1.3
Finals: Same requirements as Pass 2

Level 10 - 2 Voluntary Qualification; 1 Voluntary Final	
1st Voluntary: 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)	2nd Voluntary: Forward Double Somersault with 1/2 Twist Minimum Routine DD 7.0 Maximum Routine DD 11.0 Maximum Element DD 1.6 (no Triples)
Finals: Same requirements as pass 2	

Open - 2 Voluntary Qualification; 1 Voluntary Final
1st Voluntary: 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
2nd Voluntary: Forward Double Somersault with 1/2 Twist Minimum Routine DD 7.0 Maximum Element DD 2.0
Finals: Same requirements as pass 2