

**Mobility Scores**

Level	Total Score	Min DD
5 to 6	23.4	
6 to 7	23.4	
7 to 8	23.4	
8 to 9	50.3	3.8
9 to 10	51.0	5.5

**Mobility Skills**

<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>
<ol style="list-style-type: none"> <li>1. Back drop position</li> <li>2. Front drop position</li> <li>3. Tuck to seat drop</li> <li>4. Straddle to seat drop</li> <li>5. Seat drop tuck to feet</li> <li>6. Jump full twist</li> <li>7. Back roll on tramp (mat)</li> <li>8. Seat drop ½ twist to feet</li> <li>9. Seat drop to hands and knees, to stomach drop</li> <li>10. Seat drop to stomach drop (mat)</li> </ol>	<ol style="list-style-type: none"> <li>1. Back drop</li> <li>2. Seat drop tuck to stomach</li> <li>3. Seat drop pike to stomach</li> <li>4. Seat drop half twist to seat drop</li> <li>5. Jump to stomach drop (mat)</li> <li>6. Jump double tuck position</li> <li>7. Jump double pike position</li> <li>8. Seat drop, hands and knees drop, forward roll (mat)</li> <li>9. Standing, fall backward, half twist to stomach (mat)</li> <li>10. Forward roll on tramp (mat)</li> </ol>	<ol style="list-style-type: none"> <li>1. Back drop return to feet</li> <li>2. Jump to stomach drop</li> <li>3. Full twist to seat drop</li> <li>4. Jump double straddle position</li> <li>5. Tuck position to back drop</li> <li>6. Pike position to back drop</li> <li>7. Jump ½ twist to stomach</li> <li>8. Seat drop, hands and knees, front somersault tuck</li> <li>9. 1 Jump, front somersault tuck (mat)</li> <li>10. Back drop pullover (mat)</li> </ol>	<ol style="list-style-type: none"> <li>1. Back drop ½ twist to feet</li> <li>2. Tuck to stomach</li> <li>3. Pike to stomach</li> <li>4. Straddle to stomach</li> <li>5. Back drop tuck to stomach</li> <li>6. Back drop pike to stomach</li> <li>7. Seat drop full twist to feet</li> <li>8. Front somersault tuck</li> <li>9. Front somersault pike</li> <li>10. Jump 1 ½ twist</li> </ol>
<b>Level 5</b>	<b>Level 6</b>	<b>Level 7</b>	
<ol style="list-style-type: none"> <li>1. Pullover to stomach (180 rotation)</li> <li>2. Pullover to back (360 of rotation)</li> <li>3. Pullover with 180 of twist</li> <li>4. Back somersault tuck</li> <li>5. Back somersault pike</li> <li>6. Front somersault tuck to flat back drop(mat)</li> <li>7. ¾ Front somersault (mat)</li> <li>8. Front somersault tuck, jump ½ twist</li> <li>9. Full twist to back drop (mat)</li> <li>10. Back drop ½ twist to back drop</li> </ol>	<ol style="list-style-type: none"> <li>1. ¾ back tuck</li> <li>2. ¾ back pike</li> <li>3. Front straight to flat back drop</li> <li>4. Back somersault straight</li> <li>5. Barani tuck</li> <li>6. Barani pike</li> <li>7. Back drop full twist to stomach</li> <li>8. Stomach drop to back drop straight</li> <li>9. ½ Twist to back drop</li> <li>10. Porpoise</li> </ol>	<ol style="list-style-type: none"> <li>1. ¾ Back somersault straight</li> <li>2. Cruise (stomach ½ twist to stomach)</li> <li>3. Stomach full twist to back drop</li> <li>4. Barani straight</li> <li>5. Back drop 1 ½ twist to back drop</li> <li>6. Porpoise pike</li> <li>7. Ballout tuck</li> <li>8. Cody tuck</li> <li>9. Back tuck to back drop (mat)</li> <li>10. Back straight with ½ twist</li> </ol>	

*Mobility skills are not required for Levels 8-10. For mobility from Level 10 to Junior Elite, see Rules & Policies, Section VII: Elite Program.*

**9. National Championships Qualifying Requirements**

9.1 Only athletes who have competed in two sanctioned competitions prior to the State Championships are eligible to qualify to the National Championships. A salute does not constitute participation in an event. The athlete must perform one or more skills in order to use the competition as an eligibility competition.

**9.2 Qualifying Scores**

- 9.2.1 Qualifying scores are based on the total score from the preliminary round.
- 9.2.2 Scores are for all age groups, boys and girls.
- 9.2.3 Qualifying scores may only be achieved at State and Regional Championships.
- 9.2.4 Athletes must qualify at the State or Regional Championships in the state/region in which the athlete's club is a member.

- 4.5.1 If a competitor is obviously disturbed in a pass (faulty equipment or substantial external influence), the Superior Judge may allow another attempt. A competitor's apparel is not considered "equipment." (See Guide to Judging.)
- 4.5.1.1 Spectator noise, applause and the like would not normally constitute a disturbance.

## 5. Interruptions of a Routine

- 5.1 A routine will be considered interrupted if the competitor:
- 5.1.1 Obviously does not land simultaneously on both feet on the bed.
- 5.1.2 Touches anything other than the trampoline bed with any part of the body.
- 5.1.3 Is touched by a spotter or spotter mat.
- 5.1.4 Leaves the trampoline due to lack of control or insecurity.
- 5.1.5 Performs an incomplete skill (See Guide to Judging).
- 5.2 No credit will be given for the skill in which the interruption occurs in respect to rules 5.1.1-5.1.5. and no additional deductions are taken.
- 5.3 The competitor will be judged only on the number of skills completed on the trampoline bed.
- 5.4 The decision is made by the Superior Judge.

## 6. Scoring

- 6.1 Judges Panel
- 6.1.1 A Superior Judge who also acts as the Execution Judge. Must be Category II or higher.
- OR**
- 6.1.2 A Superior Judge who also acts as an Execution Judge in addition to two other Execution Judges. All Judges must be Category IV or higher.
- 6.2 Execution Deductions
- |         |   |          |
|---------|---|----------|
| 6.2.1   | Slight faults, for each occurrence  | 0.1–0.2  |
| 6.2.2   | Substantial faults, for each occurrence   | 0.3-0.4  |
| 6.2.3   | Major faults, for each occurrence   | 0.5      |
| 6.2.4   | Execution Judges' scores must be no more than 0.5 higher or 0.5 lower than the median score. The Superior Judge will instruct the Execution Judges to re-evaluate their score if the score(s) are out-of-range. |          |
| 6.2.5   | After the last skill of a completed routine (10 skills), take a single deduction for the greater fault only (instability or landing deduction) on the instruction of the Superior Judge:                        |          |
| 6.2.5.1 | Landing on both feet but lacking stability and not standing still for approximately 3 seconds.  | 0.1- 0.2 |
|         | <b>OR</b>   |          |
| 6.2.5.2 | Falling to or touching the bed with any part of the body except the feet  | 0.5      |
| 6.2.5.3 | Touching (or stepping out on) the springs, pads or frame  | 0.5      |
| 6.2.5.4 | Landing/falling outside the area of the trampoline bed or leaving the trampoline area   | 1.0      |
- 6.3 Superior Judge Deductions  
(In addition to execution and landing deductions)
- |       |   |         |
|-------|---|---------|
| 6.3.1 | Talking to or giving any form of signal to a competitor by his/her own coach or spotter during the routine, for each occurrence | 0.3     |
| 6.3.2 | Exceeding the time limit as per Rule 4.3  | 0.1-0.3 |
| 6.3.3 | Abusing the warm up time  | 0.1     |
| 6.3.4 | Does not perform the compulsory routine as written, for each occurrence (including extra straight jumps)                        | 1.0     |
| 6.3.5 | Does not use the elasticity of the bed after landing for the immediate continuation of the next skill.                          | 1.0     |

*For Calculations of a Score and Required Positions see Trampoline Quick Reference.*

- 4.5.1.1 Spectator noise, applause and the like would not normally constitute a disturbance.

## 5. Interruptions of a Routine

- 5.1 A routine will be considered interrupted if the competitor:
- 5.1.1 Obviously does not land simultaneously on both feet on the bed.
  - 5.1.2 Does not use the elasticity of the bed after landing for the immediate continuation of the next skill.
  - 5.1.3 Touches anything other than the trampoline bed with any part of the body.
  - 5.1.4 Is touched by a spotter or spotter mat.
  - 5.1.5 Leaves the trampoline due to lack of control or insecurity.
  - 5.1.6 Does not perform the compulsory routine as required. The routine is interrupted at the point of change.
  - 5.1.7 **Performs an incomplete skill** (see Guide to Judging).
  - 5.1.8 Performs an intermediate straight jump.
- 5.2 No credit will be given for the skill in which the interruption occurs in respect to Rules 5.1.1-5.1.8
- 5.1.8 In respect to Rule 5.1.7 no additional deductions will be taken.
- 5.3 The competitor will be judged only on the number of skills completed on the trampoline bed.
- 5.4 The decision is made by the Superior Judge.

## 6. Scoring

- 6.1 Judges Panel
- 6.1.1 A Superior Judge who acts as an Execution Judge and also as the difficulty judge. Must be category II or higher.  
**AND**
  - 6.1.2 Two additional Execution Judges. Must be category III or higher.
- 6.2 Execution Deductions
- 6.2.1 Slight faults, for each occurrence 0.1-0.2
  - 6.2.2 Substantial faults, for each occurrence 0.3-0.4
  - 6.2.3 Major faults, for each occurrence 0.5
  - 6.2.4 Execution Judges' scores must be no more than 0.5 higher or 0.5 lower than the median score. The Superior Judge will instruct the Execution Judges to re-evaluate their score if the score(s) are out-of-range.
  - 6.2.5 After the last skill of a completed routine (10 skills), take a single deduction for the greater fault only (instability or landing deduction) on the instruction of the Superior Judge:
    - 6.2.5.1 Landing on both feet but lacking stability and not standing still for approx. three seconds 0.1-0.2  
**OR**
    - 6.2.5.2 Falling to or touching the bed with any part of the body except the feet 0.5
    - 6.2.5.3 Touching or stepping out on the springs, pads or frame 0.5
    - 6.2.5.4 Landing or falling outside the trampoline bed, leaving the trampoline area 1.0
- 6.3 Superior Judge Deductions  
*(In addition to form and landing deductions)*
- 6.3.1 Talking to or giving any form of signal to a competitor by his/her own coach or spotter during the routine, for each occurrence 0.3
  - 6.3.2 Performing more than the required number of skills 1.0
  - 6.3.3 Exceeding the time limit as per Rule 4.3 0.1-0.3
  - 6.3.4 Abusing the warm up time 0.1

*For calculations of a score and required positions see Trampoline Quick Reference.*

- 6.2 The second routine is a ten-skill optional.
  - 6.2.1 The routine must contain a minimum of one double somersault.
  - 6.2.2 No more than one skill with less than 270° of rotation. (May not be a straight jump.)
  - 6.2.3 Minimum difficulty is 6.0.
    - 6.2.3.1 If a competitor does not meet the minimum difficulty requirements, each Execution Judge will deduct 1.0 pts from their score. The deduction is taken on completed routines only.
  - 6.2.4 Maximum difficulty is 9.5.
    - 6.2.4.1 If a competitor exceeds 9.5, then 9.5 will be the valid difficulty score for the routine.
  - 6.2.5 If a competitor does not meet routine requirements, each Execution Judge will take a 1.0 pts deduction, **per occurrence**. This deduction is taken only on completed routines. (See Guide to Judging.)
  - 6.2.6 If a competitor exceeds routine requirements, each Execution Judge will take a 1.0 pts deduction per occurrence. (See Guide to Judging.)
  - 6.2.7 If a competitor performs a skill not allowed at this level, the routine will be interrupted at that point.
  - 6.2.8 No skill may be repeated. A repeated skill will not receive difficulty credit.
- 6.3 **There shall be one optional routine in the final. The requirements remain the same as the preliminary routine.**
  - 6.3.1 Maximum difficulty for the final routine is 9.5.
  - 6.3.2 If a competitor exceeds 9.5 then 9.5 will be the valid difficulty score for the routine.

## 7. Synchronized Trampoline Competition

- 7.1 A synchronized pair consists of two women or two men.
- 7.2 A competitor may only compete in one synchronized pairing.
- 7.3 Synchronized competition will consist of preliminaries and a final as per Rule 4.
- 7.4 Partners must do the same skill at the same time and must start facing in the same direction. They need not twist in the same direction.
- 7.5 The age of the older partner determines the age group the pair must enter.
- 7.6 Members of a synchronized pair must wear identical competition attire. Failing to do so will result in disqualification of the pair from the synchronized event. The decision is made by the Superior Judge.
- 7.7 If an out-bounce follows the last skill, then both competitors must perform the out-bounce; otherwise, a 0.2 pts deduction will be taken by the Synchronization Judges.

## 8. Level 10 Synchronized Trampoline Competition Requirements

- 8.1 The first routine is a ten-skill compulsory
  - ¾ Back somersault straight
  - Cody tuck
  - Tuck jump
  - Barani tuck
  - Back somersault tuck
  - Barani pike
  - Back somersault pike
  - Barani straight
  - Back somersault straight
  - Full-twisting back somersault

- 8.2 The second routine is a ten-skill optional.
- 8.2.1 Minimum difficulty is 6.0.
- 8.2.1.1 If a competitor does not meet the minimum difficulty requirements, each Execution Judge will deduct 1.0 pts from their score. The deduction is taken on completed routines only.
- 8.2.2 Maximum difficulty is 9.5.
- 8.2.2.1 If a competitor exceeds 9.5, then 9.5 will be the valid difficulty score for the routine.
- 8.2.3 No skill may be repeated. A repeated skill will not receive difficulty credit.
- 8.3 The final routine for synchronized competition is a ten-skill optional routine.
- 8.3.1 The maximum difficulty for the final routine is 9.5.
- 8.3.2 If a pair's difficulty exceeds 9.5, then 9.5 will be the valid difficulty score for the routine.

## 9. Start of a Routine/Second Attempts

- 9.1 Each competitor will start on the signal given by the Superior Judge.
- 9.2 After the signal has been given, the competitor must initiate the first skill within one minute; otherwise, there will be a deduction as follows by each of the Execution Judges:
- 1:01 minutes deduct 0.1 pt
  - 1:31 minutes deduct 0.2 pts
  - 2:01 minutes deduct 0.3 pts
- 9.3 If the time limit is exceeded as a result of faulty equipment or other substantial cause, no deduction will be applied. The decision is made by the Superior Judge. A competitor's apparel may not be considered as equipment.
- 9.4 A competitor's routine will be considered started once the first skill is initiated.
- 9.5 Second attempts at passes are not allowed.
- 9.5.1 If a competitor is obviously disturbed in a pass (faulty equipment or substantial external influence), the Superior Judge may allow another attempt. A competitor's apparel is not considered "equipment." (See Guide to Judging.)
- 9.5.1.1 Spectator noise, applause and the like would not normally constitute a disturbance.

## 10. Repetition of Skills

- 10.1 During an optional routine, no skill may be repeated; otherwise, the difficulty of the repeated skill will not be counted.
- 10.2 Skills having the same amount of rotation but performed in the tuck, pike and straight positions are considered to be different skills and not a repetition.
- 10.2.1 The tuck and pike positions are considered to be the same position.
- 10.3 Multiple somersaults (of more than 360°) having the same number of twists and somersaults will not be considered a repetition if the twist is located in different phases of the skill.

## 11. Interruptions of the Routine

- 11.1 A routine will be considered interrupted if the competitor:
- 11.1.1 Does not perform the compulsory routine, using the required skills and in the sequence written on the competition card.
- 11.1.2 Obviously does not land simultaneously on both feet on the trampoline bed.
- 11.1.3 Does not use the elasticity of the bed after landing for the immediate continuation of the next skill.
- 11.1.4 Touches anything other than the trampoline bed with any part of the body.
- 11.1.5 Is touched by a spotter or spotter mat.
- 11.1.6 Performs an incomplete skill.
- 11.1.7 Leaves the trampoline due to insecurity.
- 11.1.8 Performs a different skill from that of his/her partner in a synchronized routine.
- 11.1.8.1 In synchronized competition, if one of the competitors is more than ½ skill