

TRAMPOLINE DIFFICULTY

Front Skills	DD	FIG Shorthand	Back Skills	DD	FIG Shorthand
3/4 Front	0.3	3	3/4 Back	0.3	3
Arabian 3/4 Front	0.4	31			
Front Tuck	0.5	4°	Back Tuck	0.5	4°
Front Pike	0.6	4>	Back Pike	0.6	4>
Front Straight	0.6	4/	Back Straight	0.6	4/
Barani Tuck	0.6	41°			
Barani Pike	0.6	41>			
Barani Straight	0.6	41/			
Ballout	0.6	5	Tuck Cody	0.6	5°
Barani Ballout	0.7	51	Pike Cody	0.7	5>
Rudy Ballout	0.9	53	Straight Cody	0.7	5/
Front Full	0.7	42	Full Cody	0.8	52
Rudi	0.8	43	Back Full	0.7	42
Front Double Full	0.9	44	Back 1 1/2	0.8	43
Randi	1.0	45	Back Double Full	0.9	44
			Back Triple Full	1.1	46
1 3/4 Front tuck	0.8	7°			
1 3/4 Front pike	0.9	7>			
Double Front Tuck	1.0	800°	Double Back Tuck	1.0	800°
Double Front Pike	1.2	800>	Double Back Pike	1.2	800>
Double Front Straight	1.2	800/	Double Back Straight	1.2	800/
1/2 in back out Tuck	1.1	810°			
1/2 out Tuck	1.1	801°	Full out Tuck	1.2	802°
1/2 out Pike	1.3	801>	Full out Straight	1.4	802/
Full, Barani Tuck	1.3	821°	Full Full Tuck	1.4	822°
Full, Barani Pike	1.5	821>	Full Full Straight	1.6	822/
			Full in Double Full out Tuck	1.6	824°
			Full in Double Full out Straight	1.8	824/
Full, Barani Straight	1.5	821/	1/2 in 1/2 out Tuck	1.2	811°
Rudi out Tuck	1.3	803°	1/2 in 1/2 out Pike	1.4	811>
Rudi out Pike	1.5	803>	1/2 in Rudi out Tuck	1.4	813°
Full in Rudi out Tuck	1.5	823°			
Full in Rudi out Straight	1.7	823/	1/2 in Rudi out Pike	1.6	813>
Triffus Tuck	1.7	12001°			
Triffus Pike	2.0	12001>			

Calculation of a Skill			
Each 1/4 rotation	0.1		
Completed 360° somersault (bonus)	0.1		
Each 1/2 twist	0.1		
Single Somersault without twist in pike or straight	0.1		
Somersaults over 720° in >or/ per somersault	0.1		