

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

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

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 |
| | 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/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
- 5.2.1 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