

## BEGINNER

### COMPULSORY

### NOTES

### VOLUNTARY

Jump (arm set)

1. Jump (Star)
2. Jump to seat landing
3. To feet
4. ½ twist jump
5. Jump (tucked)
6. Jump to seat landing
7. To feet
8. Show a landing position

*Within the Beginner Level, athletes are able to include an additional 5 straight jumps in between jumps within the routine.*

*Athletes as young as 4 are able to compete this level.*

Jump (arm set)

1. 3 x consecutive star jumps - allow an additional jump -
2. 3 x consecutive seat drops to stand - allow an additional jump -
3. 3 x consecutive tuck jumps
4. Show a landing position.

## CLUB I

### COMPULSORY

### VOLUNTARY

Jump (arm set)

1. Jump to seat landing
2. To feet
3. ½ twist jump
4. Jump (straddled)
5. Full twist jump
6. Jump (piked)
7. ½ twist jump
8. Jump (tucked)
9. Jump to front landing
10. To feet

*10 bounce routine consisting of all A skills*

## CLUB H

### COMPULSORY

### NOTES

*Jump (arm set)*

1. Half twist jump
2. Jump to front landing
3. To feet
4. Jump (piked)
5. Half twist jump
6. Jump (straddled)
7. Jump to back landing
8. To feet
9. Jump (tucked)
10. Full twist jump

*10 bounce routine consisting of maximum 3 x B skills and there remainder of A skills*

## CLUB G

### COMPULSORY 1

#### Jump (arm set)

1. Back somersault (T)
2. Jump (straddled)
3. Half twist to seat landing
4. Half twist to feet
5. Half twist jump
6. Jump (piked)
7. Full twist jump
8. Jump (tucked)
9. 3/4 Front Somersault (SL)
10. To feet

### COMPULSORY2

#### Jump (arm set)

1. Half twist to front landing
2. To feet
3. Jump (straddled)
4. Full twist jump
5. Jump (piked)
6. Jump to back landing
7. Half twist to feet
8. Jump (tucked)
9. Half twist jump
10. Front somersault (T)

### VOLUNTARY

The voluntary routine may include a maximum of three somersaults of no more than 450°, and two body landings.

No difficulty will be awarded although the voluntary routine must have a difficulty of no less than 1.4 (equivalent to repeating the set routine).

*10 bounce routine  
consisting of:  
Maximum 2 x C skills*

## CLUB F

### COMPULSORY 1

#### Jump (arm set)

1. Back somersault (T)
2. Jump to seat landing
3. Half twist to feet
4. Jump (tucked)
5. Barani (T)
6. Jump (straddled)
7. Jump to front landing
8. To feet
9. Jump (tucked)
10. Front somersault (T)

### COMPULSORY2

#### Jump (arm set)

1. Barani (T)
2. Half twist jump
3. Jump (straddled)
4. Back somersault (T)
5. Full twist jump
6. Jump (tucked)
7. Jump to back landing
8. Half twist to feet
9. Jump (piked)
10. Back somersault (P)

### VOLUNTARY

The voluntary routine may include a maximum of five somersaults of no more than 450° somersault and back somersault to seat. Difficulty will be added.

*10 bounce routine  
consisting of a maximum  
4 x C skills*

## CLUB E

### COMPULSORY 1

#### Jump (arm set)

1. Back somersault (S)
2. Jump (straddled)
3. Full twist jump
4. Jump (tucked)
5. Back somersault (T)
6. BSS to seat landing (T)
7. ½ twist to feet
8. ½ twist jump
9. Jump (piked)
10. Barani (SL)

### COMPULSORY2

#### Jump (arm set)

1. Barani (P)
2. Jump (straddled)
3. Back somersault (T)
4. Barani (T)
5. ½ twist jump
6. Jump (tucked)
7. 1½ twist jump
8. Jump (piked)
9. ¾ front somersault (S)
10. To feet

### VOLUNTARY

The voluntary routine may include a maximum of seven somersaults of no more than 450° somersault or six somersaults & a Back Somersault to seat. Difficulty will be added.

*10 bounce routine  
consisting of a maximum  
4 x C skills*



## Trampolining Competition Criteria and Rules

A moves	B moves	C moves
<ul style="list-style-type: none"> <li>• Tuck Jump</li> <li>• Star Jump</li> <li>• Pike Jump</li> <li>• Seat Drop to feet</li> <li>• Front drop to feet</li> <li>• 1/2 turn jump</li> </ul>	<ul style="list-style-type: none"> <li>• Straddle Jump</li> <li>• Full turn Jump</li> <li>• Back Drop to feet</li> <li>• Seat drop 1/2 twist to seat drop to feet</li> <li>• Seat drop 1/2 twist to feet</li> <li>• Back drop 1/2 twist to feet</li> <li>• Front Drop 1/2 twist to feet</li> </ul>	<ul style="list-style-type: none"> <li>• Front somersault tucked</li> <li>• Front Somersault piked</li> <li>• 3/4 front somersault</li> <li>• Back somersault tucked</li> <li>• Back somersault piked</li> <li>• Back somersault Straight</li> <li>• BSS to seat landing</li> </ul>

### Rules:

- Athletes will all have a warm up before competition turn on the trampoline they are competing on.
- All athletes must compete 2 competition routines.
- Athletes must compete one compulsory routine, and the second routine can be either the second compulsory routine or create their own voluntary routine using the skills matrix.
- Synchro Routines the same rules apply as above.
- Clubs must submit to the judge at the start of the round their tariff cards for the voluntary routines, as below.

**Gymnast Name:**

**Club:**

	Routine in Order	A,B,C
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

**Gymnast Name:**

**Club:**

	Routine in Order	A,B,C
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		