

Double Mini Trampoline Routines 2017 - 2020

Mobility for 2017/2020: Athletes may enter the mobility system at level 7 and below. Athletes who wish to mobilize to the next level, may do so using the mobility scores listed in the current Rules and Policies

Level 1 - Compulsory

- 1) Spotter Tuck Jump
Dismount Tuck Jump
- 2) Spotter Straddle Jump
Dismount Straddle Jump

Level 2 - Compulsory

- 1) Spotter Pike Jump
Dismount Tuck Jump
- 2) Spotter Straddle Jump
Dismount Straddle Jump

Level 3 - Compulsory

- 1) Spotter Straddle Jump
Dismount Jump 1/2 Twist
- 2) Spotter Tuck Jump
Dismount Jump 1/1 Twist

Level 4 - Compulsory

- 1) Spotter Jump 1/2 Twist
Dismount Tuck Jump
- 2) Spotter Tuck Jump
Dismount Front Somersault Tuck

Level 5 - Compulsory

- 1) Mounter Pike Jump
Dismount Front Somersault Pike
- 2) Spotter Tuck Jump
Dismount Barani Pike

Level 6 - Compulsory

- 1) Mounter Straddle Jump
Dismount Barani Straight
- 2) Spotter Back Somersault Tuck
Dismount Barani Tuck

Level 7 - Compulsory

- 1) Mounter Barani Tuck
Dismount Back Somersault Tuck
- 2) Spotter Back Somersault Pike
Dismount Barani Pike

Level 8 - 2 Voluntary passes, No finals

Minimum of 1 somersault with minimum of 360° of twist within the 2 passes
Minimum DD per pass 1.2
Maximum DD per pass 2.4
Maximum DD per skill 1.5
No repeats over the 2 passes

Level 9 - 2-Voluntary Passes Qualification 1 - Free Pass Finals

All skills must contain 360° of rotation
Minimum of 1 somersault with minimum of 540° twist
Minimum DD per pass 1.7
Maximum DD per pass 3.7
Maximum DD per Skill 2.8
Finals:
1 pass in the final
Maximum DD per pass 3.7
Maximum DD per skill 2.8
No repeats over the 3 passes

Level 10 - 2 Voluntary Passes Qualification 2 - Free Passes Finals

All skills must contain a minimum of 360° of rotation
Minimum of 1 somersault with 720° rotation with or without twist over the 2 passes
Minimum DD per pass 2.1
Maximum DD per pass 6.0
Maximum DD per skill 3.6
Finals:
2 Free passes
Maximum DD per pass 6.8
Maximum DD per Skill 3.6
No repeats over the 4 passes