

U.S.T.A. GOLD LEVEL

TRAMPOLINE/DOUBLE-MINI TRAMPOLINE CERTIFICATION

Advanced and Elite Divisions plus Synchronized Trampoline

Warm-ups.

Warm-ups for Preliminaries and Finals for Synchronized, Advanced and Elite Levels of Trampoline will be three turns at 45 seconds per athlete.

Important Safety Information.

Same as the Bronze and Silver Levels.

Dress Code.

The same as the Bronze and Silver Levels.

Advanced Skills.

Before moving to the Advanced Level, athletes must be able to perform all basic skills easily.

At these levels, athletes perform front somis, back somis, and baranis in all positions in addition to multiple somis and twisting somis.

Arms should be straight and held close to the body whenever possible. In the tuck and pike position, the hands should touch the legs below the knees except in the twisting phase of multiple somersaults. In multiple somersaults (2/1 or more) with twists, the tuck and pike positions may be modified during the twisting phase. It is a great help to look at the pictures in the U.S.T.A. Handbook .

Determining The Degree of Difficulty.

Every 1/4 somersault - 90°	0.1 pt
Every 3/4 somersault - 270°	0.3 pt
Every 1/1 somersault - 360°	0.4 pt + 0.1pt bonus each 360° rotation = 0.5pt
Every 1/2 twist - 180°	0.1 pt
Every 1/1 twist - 360°	0.2 pt

In skills combining somersaults and twists, the difficulty values of the somersault and twists are added together - for example, Back Somi @ 360° (0.5 pt difficulty) with a Full Twist (0.2 pts difficulty) would equal a total of 0.7 pts difficulty.

Skills executed in the Straight or Pike position will be awarded 0.1 pt bonus difficulty provided the skill is a 360° rotating somi without twist, i.e., Back Pike Somi $0.5 + 0.1 = 0.6$ pt difficulty.

Multiple twisting somis (2/1 or more), with or without twists, will be awarded a 0.1 pt bonus for each 360° of somi executed in the Straight or Pike position, i.e., Double Back Straight = $1.0 + 0.2 = 1.2$ pt difficulty.

The difficulty guide for trampoline is on TR p24 of the USTA Handbook.

Scoring Information.

Competition cards must be completed and turned in to the judges for athletes at the Advanced and Elite Levels of Trampoline. It is a good idea for you to teach your athletes how to fill out competition cards, figure their difficulty, and be responsible for turning them in at the designated location and time.

Finals

There are no finals for synchronized trampoline. Athletes with the top ten scores in Advanced and Elite Trampoline and Double- mini will advance to finals. Preliminary passes may be repeated in finals in trampoline but may not be repeated in double-mini. The order of competition for finals will begin with the lowest score and continue through the highest score. Preliminary and final scores are added together for a total score.

TRAMPOLINE

Pass Requirements for the Advanced Level.

A routine at the Advanced Level consists of a ten bounce (contact) optional routine with at least seven somis and a minimum of 4.7 difficulty. Repeated difficulty skills are allowed but will result in a loss of difficulty for the repeated skill. Non-difficulty skills can be repeated without any deduction; therefore, an athlete can perform three tuck jumps in an advanced pass. Any skill performed in different positions will be considered a different skill (i.e., Tuck, Pike, or Layout). A 1.0 pt deduction will be taken if an athlete performs more than ten contacts during their routine.

Pass Requirements for the Elite Level.

To qualify as an Elite Competitor at the USTA National Championships, an athlete must have achieved a 7.0 difficulty at a USTA Sanctioned Competition during the competition year (this includes the State Competition). The USTA National Office receives a copy of all sanctioned competition results and will have a record of the scores. If a athlete has met the 7.0 difficulty prior to their state meet, they will be eligible to compete at their state competition at the Elite Level which automatically qualifies them to compete at the USTA National Championships.

The Elite Level competition consists of a compulsory pass and an optional pass.

The compulsory must contain a Back Pike, Back Full, Barani Pike, a Double Somi, and five (5) optional skills with a minimum of 270° rotation. Difficulty is not awarded for the compulsory pass.

The ten bounce (contact) Optional pass must consist of all skills with a 270° rotation and a minimum difficulty of 7.0 pts without any repeated skills. An athlete can repeat a difficulty; however, difficulty will not be awarded for the repeated skill. If a skill of less than 270° is performed, it will result in an interruption of the pass at that point. Failure to meet the 7.0 minimum difficulty will result in a 2.0 deduction and disqualification to advance to finals.

For finals, a competitor may repeat their preliminary optional pass or any pass meeting the elite requirements that has a 7.0 difficulty.

Skills Not Allowed at the Advanced & Elite Level.

Doggie Drops and skills that land on the knees.

The U.S.T.A. does not recommend the use of any skill of 1.1 pt difficulty or more that does not land on the feet (i.e., Double Front Tuck that lands in a front drop) at any time during competition or training. Difficulty will not be awarded for these skills.

Synchro-Trampoline.

Synchronized Trampoline is only for the Sub-Advanced and Advanced Levels. The same rules apply. Synchro team partners do not have to twist in the same direction. If one of the pair performs a different skill than their partner, the pass is interrupted. If one of the athletes has completed a skill and their partner has not yet reached amplitude (Top) of the same skill, then the pass is interrupted.

Deductions.

Landing differences under 1'8" in height	0.1-0.3 pt
Landing differences over 1'8" in height	0.4-0.5 pt
After the 10th contact, pair not making synchronized landing movement (out-bounce or dead stick)	0.2 pt

Dress Code. Both competitors must wear matching competition attire that meet the U.S.T.A. Dress Code.

DOUBLE-MINI

Warm-ups.

Warm-ups for advanced and elite are (10) passes for preliminaries and (6) passes for finals.

Pass Requirements for the Advanced Level.

Preliminaries consist of three passes with two somis per pass. Finals consist of two passes with a minimum of two somis per pass. Repeats are not allowed in any of the five passes.

Scoring Information.

A pass without a somi will result in a deduction of 2.0 pt. Repeated skills will result in a 1.0 pt deduction and loss of difficulty for the repeated skill.

Difficulty is the same as Bronze and Silver Levels except that skills with no rotation do not have any difficulty value.

In the Advanced and Elite Levels of Double-Mini, multiple somersaults performed out of a multiple somersault will receive a bonus of 0.2 pts (i.e., Spotter Tuck Double Back Somi into a Fliffis half out Tuck Dismount would be $1.0 + 1.1 + 0.2 = 2.3$ pt total difficulty)

Pass Requirements for the Elite Level.

To qualify as an Elite Competitor at the USTA National Championships, an athlete has to have performed three passes with a minimum 4.8 combined difficulty at a sanctioned competition year (this includes their state competition). The USTA National Office receives a copy of all sanctioned competition results and will have a record of the scores. If a athlete has met the minimum 4.8 combined difficulty at a sanctioned competition prior to their state championships, they will be eligible to compete at their state championships in the Elite Level which automatically qualifies them to compete at the USTA National Championships.

The same rules as Advanced apply for Elite Double-Mini; however, the total difficulty of the three preliminary passes must total a minimum of 4.8 pts. Failure to meet the minimum 4.8 pt difficulty will result in disqualification to advance to Finals.