

**U.S.T.A.  
SILVER LEVEL**

**TRAMPOLINE/DOUBLE-MINI TRAMPOLINE CERTIFICATION**

**Intermediate & Sub-Advanced Division**

**Warm-ups.**

It is important that you continue to follow all the guidelines you learned in the Bronze Level. Those *basic* skills should be used to warm-up athletes at this level. It is extremely important that your athlete has good trampoline basics.

**Important Safety Information.**

The same as the Bronze Level. The U.S.T.A. recommends the use of an overhead spotting belt or a qualified, experienced spotter to assist athletes learning all somersaulting skills.

**Dress Code.** The same as the Bronze Level.

**Basics Skills.**

Difficulty shall be awarded in all levels of DM but shall begin at the Sub-Advanced level in Trampoline. A single somi performed in the tuck position shall receive 0.5 pt DD. A somi performed in a pike or straight position will receive a 0.1 pt difficulty bonus, i.e., a back (0.5 pt DD) pike (0.1 pt DD) is worth 0.6 pt DD.

**Tuck** - the angle between the upper body and the thigh should be less than 135° and the angle between the thigh and lower legs are less than 135°

**Pike** - the angle between the upper body and thigh are equal to or less than 135° and the angle between the thigh and lower legs greater than 135°

**Layout (Straight)** - the angle between the upper body and the thighs is greater than 135° and the angle between the thigh and lower legs are greater than 135° -the body should be *open* or straight.

By this time, your athlete should know which side is their dominate side for twisting. If the athlete twists to the right for swivel hips and baranis, they should twist right for all their twisting somis.

**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 every 360°
Every 1/1 twist - 360°	0.2 pt

## Scoring Information.

**Kick-outs** - The deduction for failing to kick-out (opening) of a pike or tuck somersault is based on the position of the body when the opening occurs without regard to the style of the kick-out or other aesthetic deductions. Refer to the body position against the face of a clock.

Kick-out between 12:00 & 1:00 o'clock	0.0 pt deduction
Kick-out between 1:00 and 3:00 o'clock	0.1 pt deduction
Kick-out after 3:00 o'clock	0.2 pt deduction

**Interruption of Scoring** - Scoring will be interrupted when an athlete:

1. touches the springs or frame with any part of the body.
2. leaves the trampoline/double-mini.
3. is touched by a spotter.
4. does not use the elasticity of the bed (stops the bounce, kills the bed).
5. uses an illegal skill.
6. lands on one foot

## TRAMPOLINE

### Warm-up time

Intermediate and sub-advanced warm-up time is two (2) turns, 30 seconds each.

Sub-advanced synchro warm-up time is three (3) 45 second turns.

### Skills Allowed at the Intermediate Level.

All of the skills allowed at the Beginner & Novice Levels plus any skill worth 0.6 pts difficulty or less (*a Barani* [any position], *a 3/4 Front or Back*, and a *Back Somi with 180° Twist*) are allowed at this level. Only somersaults with 360° rotation or less and 180° twists are allowed at this level.

Performing a skill with a difficulty value over 0.6 pts at this level will result in an interruption of the pass and a mandate to the Sub-Advanced Level of competition.

### Skills Not Allowed at the Intermediate Level.

Skills not allowed are Doggie Drops, Knee Drops, Somis Twisting over 180° and Somis with over 360° rotation.

### Intermediate Level Routines.

The Intermediate Level of Trampoline consists of a ten bounce (contact) routine with four (4) compulsory and six (6) optional skills. The four compulsory skills are a Front Somi (any position, no twist), a Back Tuck Somi, a Full Turn, (these 4 compulsory skills must start from the feet and end on the feet) and a Front or Back Contact. A barani DOES NOT count as the compulsory front somi. The six optional skills can be selected from the list of skills allowed at the Beginner and Novice Levels or skills listed above.

The Intermediate Routine must have at least three (3) somis and no more than five somis. NOTE: At this level, a 3/4 somi is counted as an optional somi. Any routine with over five somis will result in a

2.0 pt deduction maximum and a mandate to the next level of competition. A 1.0 pt deduction will be taken if an athlete performs more than ten contacts during their routine.

**Difficulty.**

No difficulty is awarded at this level.

**Sub-Advanced Level Routines.**

**Difficulty.**

Difficulty is awarded at this level. Refer to **Determining The Degree of Difficulty.**

**Skills Allowed at the Sub-Advanced Level of Trampoline.**

Skills with a difficulty value of 0.7 pts. or less  
Skills with 450° of rotation

**Skills Not allowed at the Sub-Advanced Level of Trampoline.**

- Skills with a difficulty value of more than 0.7 pts. (If performed, the pass will be terminated at that point)
- Skills with more than 450° of rotation

Before moving to the Sub-Advanced Level of Trampoline, the U.S.T.A. recommends an athlete be adept in executing front and back somis in all three positions in addition to good basics. An athlete at this level should be capable of performing a 3/4 front or back somi.

The Sub-Advanced Level of Trampoline consists of a ten bounce (contact) routine with three compulsory skills and seven optional skills. The compulsory skills are a Back Somi in the Straight position, 3/4 Front or 3/4 Back Somi, and a Barani Tuck.

The Sub-Advanced Routine must have at least five (5) somis - the three compulsory plus two (2) optional somis. Failure to perform the two optional somis will result in a 1.0 pt deduction per somi. Failure to perform a compulsory skill will result in a 2.0 pt deduction (maximum). Maximum pass difficulty of 4.6 pts. Exceeding the maximum difficulty or an skill not allowed at this level will result in a 2.0 deduction and mandate to the Advanced Level.

Competition cards are required at this level.

No repeats are allowed. A repeated skill will result in loss of difficulty and a 0.5 pt deduction per repeated skill.

## **DOUBLE-MINI**

### **Warm-up time**

Intermediate (6) passes and sub-advanced (8) passes.

### **Skills Allowed at the Intermediate Level of Double-Mini.**

The routines may include skills allowed at the Beginner and Novice Levels of Double-Mini, a Front or Back Somi (any position), Baranis (any position), and Back or Front Somis with 360° rotation and 180° twist. Inward Somersault (Gainer) are not allowed at this level of competition.

Side somis and skills with no rotation or twist do not have any difficulty value.

### **Skills Not Allowed at the Intermediate Level of Double-Mini.**

- Somersaulting skills exceeding 180° twist or 360° rotation.
- Inward or Gainer Somis.

### **Intermediate Double-Mini Routines.**

The Intermediate Level of Double-Mini consists of three passes, each pass must include one somi, but cannot include two somies. No repeats are allowed (repeat the same skill in the same place on the d-m, i.e., mounter, spotter, dismounter). Repeated skills will result in loss of difficulty for the repeated skill and a 1.0 pt deduction. If an athlete performs a somersault exceeding 180° twist, or exceeding a 360° rotation, or more than one somi per pass, it will result loss of difficulty, a 2.0 pt deduction, and a mandate to the next level of competition.

### **Skills Allowed at the Sub-Advanced Level of Double-Mini.**

- All skills allowed at the Novice and Intermediate Levels of Double-Mini plus 360° twisting somis.
- Inward Somersault (Gainer) are allowed at this level (0.1 bonus to DD)

### **Skills Not Allowed at the Sub-Advanced Level of Double-Mini.**

Somersaulting skills exceeding 360° twist and/or 360° rotation.

### **Sub-Advanced Double-Mini Routines.**

The Sub-Advanced Level of Double-mini consists of three passes, each pass must contain at least one somi, at least one pass must contain two somis, and no more than two passes may contain two somis. The **maximum** difficulty per pass is 1.3 pts. One pass must have a spotter somi. No repeats are allowed (repeat the same skill in the same place on the d-m, i.e., mounter, spotter, dismounter). Repeated skills will result in loss of difficulty for the repeated skill and a 1.0 pt deduction.

If an athlete performs all three passes with two somies it will result in loss of difficulty of the second somi in the third pass, a 2.0 pt deduction and a mandate to the next level of competition. The athlete does receive the difficulty.

If an athlete performs a pass that exceeds the maximum 1.3 pt difficulty, it will result in a 2.0 pt deduction and a mandate to the next level of competition.

If an athlete performs a somi exceeding 360° twist or 360° rotation, it will result in an interruption of pass at that point and a mandate to the next level of competition.

If an athlete fails to perform a somi in a pass, it will be result in a 2.0 pt deduction for that pass. If an athlete fails to perform one pass with two somis, it will result in a 2.0 pt deduction.