

**BEGINNER (NO DD)**  
(One 45-second warm up)

Compulsory Skills

- Straight Jump w/ ½ Turn (Must beg/end on feet)
- Pike Jump OR Tuck Jump
- Front OR Back Contact

Pass Reqs & Restrictions

- No somies allowed

Superior / Major Deductions

- Repeats = -.5
- Illegal skills = terminate, -2.0 & mandate
  - All somies (including ¾ somies)

**NOVICE (NO DD)**  
(Two 30-second warm ups)

Compulsory Skills

- Straight Jump w/ ½ Turn (Must beg/end on feet)
- Pike Jump
- Front OR Back Contact
- Front OR Back Somi

Pass Reqs & Restrictions

- No more than two (2) somies allowed

Superior / Major Deductions

- Repeats = -.5
- >2 somies = 2.0 & mandate
- Illegal Skills = terminate, -2.0 & mandate
  - ¾ somies
  - All twisting somies

**SUB-ADVANCED**  
(Two 30-second warm ups)

Compulsory Skills

- Back Straight / Layout
- ¾ Front OR ¾ Back
- Barani Tuck
- Two (2) Optional Somies

Pass Reqs & Restrictions

- Min 5 somies
- Max DD = 4.6

Superior / Major Deductions

- Repeats = No DD given, but skill counts
- No Optional Somi = -1.0 PER somi
- >4.6 DD = 2.0 & mandate
- Illegal Skills = terminate, -2.0 & mandate
  - Somies with >360 Twist (> Full)
  - Somies with >450 Rotation (> Cody or Ballout)
  - Skills >.7 DD

**INTERMEDIATE (NO DD)**  
(Two 30-second warm ups)

Compulsory Skills

- Straight Jump w/ Full (1/1) Turn (Must beg/end on feet)
- Front OR Back Contact
- Front 360° Somi without Twist (i.e. front tuck, front pike or front layout - baranis or ¾ fronts do NOT count)
- Back Tuck
- One Optional Somi

Pass Reqs & Restrictions

- Min 3 somies
- Max 5 somies
- ¾ somies must originate from feet and may be counted as the 3<sup>rd</sup> optional somi AND/OR the front & back contact.

Superior / Major Deductions

- Repeats = -.5
- No Optional Somi = -1.0
- >5 somies = -2.0 & mandate
- Illegal Skills = terminate, -2.0 & mandate
  - Somies with >360 Rotation
  - Somies with >180 Twist

**ADVANCED**  
(Three 45-second warm ups – Prelims & Finals)

Pass Reqs & Restrictions

- Min of seven (7) somies
- Min of 4.7 DD

Superior / Major Deductions

- Repeats = No DD given, but skill counts
- < 7 somies = -2.0
- < 4.7 DD = -2.0

Max DD At USTA Nationals Only

- Max Difficulty at USTA Nationals = 7.5 DD

**ELITE**  
(Three 45-second warm ups – Prelims & Finals)

**QUALIFYING DD = 7.5**

Pass Reqs & Restrictions

- 2 passes (1 Compulsory, 1 Optional); all skills must have min. 270 rotation
  - **Compulsory Pass** must contain: a back full, a pike barani, a pike back and any double somi; No DD given for pass.
    - Repeats = .5 deduction
  - **Optional Pass** must have ≥ 7.5 DD
    - Repeats = No DD given, but skill counts

SUP DEDUCTIONS	
Intermittent Straight Jump	1.0
Facing Side of TR	Term
One Foot Landing	Term & .3
Spotted <u>DURING</u> Pass	Term & 2.0
Loss of Elasticity / Kill Bed	Term
Landing   Stick Stability	.0-.3
Landing   1 Hand	.4
Landing   2 Hands	.5
Landing   Knee or Elbow	.6
Landing   Seat or Hands Behind	.7
Landing   Front / Back / Head	.8
Landing   <b>Blue Pad or Index</b>	.9
Landing   Off the Trampoline	1.0
Coaching / Hair / Undies / Tattoo	.3 / pass
Jewelry (No Tape)	1.0 / pass
Inappropriate Attire	2.0 / pass
Socks / Wrong Color Shoes	1.0 / pass
AES DEDUCTIONS	
Aesthetics Per Skill	.0-.8
Overall Lack of Height	.0-.3 / pass
Kick Outs <u>on Somies</u>	.0-.2 / somi

**Misc. Superior Deductions:**

- ½ or full turn under/over by ≤20 = .5
- Boys may wear pants or shorts. Shoes may match the pant color.

**Out-Bounces:**  
"To be considered an out-bounce, the bounce must be an automatic repulsion and go straight up and down (arms must be straight up) or the motion will be counted as instability."

DIFFICULTY	
Turn: ½, 1, 1½, 2	.1, .2, .3, .4
Tuck	.5
Pike / Straight	.6
Gainer/Inward/Rev. Tuck	.6
Gainer/Inward/Rev. Pk/Lay	.7
¾ Somi	.3
¾ Somi – Return to Feet	.3 + .1 = .4
¾ Front – Ballout Tuck	.3 + .6 = .9
¾ Front – Ballout Pike/Lay	.3 + .7 = 1.0
¾ Front – Ballout Barani	.3 + 7 = 1.0
¾ Back – Cody Tuck	.3 + 6 = .9
¾ Back – Cody Pike/Lay	.3 + 7 = 1.0
Barani ( <u>all</u> positions)	.6
Full	.7
Double Full	.9
Triple Full	1.1
Rudy (1½ front) / 1½ back	.8
Randy (2½ front) / 2½ back	1.0
Adolph (3½ front)	1.2
Double Tuck	1.0
Double Pike / Straight	1.2
½ in or out (Fliffis) Tuck	1.1
½ in or out (Fliffis) Pk/Lay	1.3
½ - ½ Tuck	1.2
½ - ½ Pike/Straight	1.4
Rudi Out Tuck	1.3
Rudi Out Pike/Straight	1.5
Full In or Out Tuck	1.2
Full In or Out Pike/Straight	1.4
Full In – Full Out Tuck	1.4
Full In – Full Out Pk/Lay	1.6
1 ¾ Front / Back Tuck	.8
1 ¾ Front / Back Pike/Lay	.9