

SA GAMES TRAMPOLINE 2019+

PROPOSAL 1

Ages for Participation levels: 6-8 Years, 9-10 Years, 11-12 Years, 13-14 Years, 15 & Over

Level 3 - Compulsory Routines

1	Straddle jump	0.0
2	Tuck jump	0.0
3	Pike jump	0.0
4	Seat drop	0.0
5	To feet	0.0
6	Straddle jump	0.0
7	Tuck jump	0.0
8	Pike jump	0.0
9	Seat drop	0.0
10	To feet	0.0
	Outbounce	0.0
	Total DD	0.0

Max Diff (Vol Routines) 0.9

Level 5 - Compulsory Routines

1	Seat Drop	0.0
2	To Stomach	0.1
3	To Feet	0.1
4	Straddle	0.0
5	Pirouette	0.2
6	Pike Jump	0.0
7	Back Drop	0.1
8	To Feet	0.1
9	Tuck jump	0.0
10	Pike Back/ Pike Front	0.6
	Outbounce	0.0
	Total DD	1.2

Max Diff (Vol Routines) 1.8

Level 7 - Compulsory Routines

1	Straight Barani	0.6
2	Layout	0.6
3	Pirouette	0.2
4	Straddle jump	0.0
5	Peel off	0.2
6	To Seat drop	0.1
7	To feet	0.0
8	1/2 turn	0.1
9	Pike jump	0.0
10	Pike Barani	0.6
	Outbounce	0.0
	Total DD	2.4

Max Diff (Vol Routines) 2.5

Level 9 - Compulsory Routines

1	3/4 Layout	0.3
2	1/2 turn to stomach	0.3
3	To feet	0.1
4	Pike jump	0.0
5	Tuck back somersault	0.5
6	Tuck barani	0.6
7	Tuck jump	0.0
8	Pike back somersault	0.6
9	Straddle jump	0.0
10	Straight barani	0.6
	Outbounce	
	Total DD	3.0

Level 9 - Voluntary Routines

	12U	Max. 6.5
	13-14	Max. 7.0
	15-16	Max 8.0
	17&0	Max. 9.0

Level 4 - Compulsory Routines

1	Pike jump	0.0
2	Seat drop	0.0
3	1/2 Twist to Seat	0.1
4	To Feet	0.0
5	1/2 Turn	0.1
6	Straddle	0.0
7	Back Drop/Stomach	0.1
8	To Feet	0.1
9	Tuck Jump	0.0
10	Tuck Front/Tuck Back	0.5
	Outbounce	0.0
	Total DD	0.9

Max Diff (Vol Routines) 1.1

Level 6 - Compulsory Routines

1	Pike Back	0.6
2	Straddle	0.0
3	Back drop	0.1
4	Pullover to stomach	0.2
5	To feet	0.1
6	Pike jump	0.0
7	Hands and knees drop	0.0
8	Front turnover to back	0.3
9	Tuck Jump	0.0
10	Tuck Barani/Layout	0.6
	Outbounce	0.0
	Total DD	1.9

Max Diff (Vol Routines) 2.3

Level 8 - Compulsory Routines

1	Pike back somersault	0.6
2	Tuck jump	0.0
3	Tuck back somersault	0.5
4	Seat drop	0.0
5	Stomach drop	0.1
6	1/2 turn to feet	0.2
7	Straddle jump	0.0
8	1/2 turn	0.1
9	Tuck back somersault	0.5
10	Straight Barani	0.6
	Outbounce	0.0
	Total DD	2.6

Max Diff (Vol Routines) 2.9

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Ages for AG levels: 10/U, 11/12 Years, 13/14 Years, 15/16 Years, 17 & Over, Opens

LEVEL 10

10/U	
Compulsory Routine	
Triple somersaults are prohibited	
Only 2 elements with less than 270° somersault rotation	
1 element landing on the back of the body	
Voluntary Routine	
Minimum Difficulty	5.7
Maximum Difficulty per skill	1.3

13-14 Years	
Compulsory Routine	
Only 1 element with less than 270° somersault rotation	
1 element landing on the front of the body	
1 element landing on the back of the body	
Back somersault with a minimum of 360° twist	
Requirements cannot be combined into 1 element	
Voluntary Routine	
Minimum Difficulty	7.0
Maximum Difficulty per skill	1.7

17 & Over	
Compulsory Routine	
Only 1 element with less than 270° somersault rotation	
1 element landing on the front or back of the body	
1 element from front or back in combination with above	
1 Double frnt or bk somersault with or without a twist	
1 Element with a minimum of 540° twist and minimum 360° somersault rotation	
Voluntary Routine	
Minimum Difficulty	9.0
Maximum Difficulty per skill	1.8

11-12 Years	
Compulsory Routine	
Triple somersaults are prohibited	
Only 2 elements with less than 270° somersault rotation	
1 element landing on the back of the body	
1 element landing on the front of the body	
Voluntary Routine	
Minimum Difficulty	6.5
Maximum Difficulty per skill	1.5

15-16 Years	
Compulsory Routine	
Only 1 element with less than 270° somersault rotation	
Back somersault with a minimum of 360° twist	
Rudi or Rudi ball out	
1 element landing on the front or back of the body	
Voluntary Routine	
Minimum Difficulty	8.0
Maximum Difficulty per skill	1.8

Seniors & Open	
Compulsory Routine	
4 Elements with counting difficulty, marked with *	
Elements marked with *, may not receive difficulty if it is repeated in the 2nd routine	
Voluntary Routine	
Minimum Difficulty	10.0
Maximum Difficulty per skill	n/a