



NSW L1-3 TRP/TUM & L1-2 SMT Routines

Trampoline Gymnastics

Trampoline

Level 1

Skill 1	Seat Landing
Skill 2	Feet
Skill 3	Tuck Jump
Skill 4	½ Twist
Skill 5	Straddle
	Check

Routine Requirements

Athletes shall perform set **Australian Levels Program** routine twice in succession.

The 1st routine is a compulsory routine. Any variation to the set order will result in an interruption of the routine.

Level 2

Skill 1	Seat Landing
Skill 2	½ twist to feet
Skill 3	Tuck jump
Skill 4	Front Landing
Skill 5	Feet
Skill 6	Pike jump
Skill 7	½ twist
Skill 8	Straddle
Skill 9	Back Landing
Skill 10	Feet
	Check

Routine Requirements

Athletes shall perform 1 compulsory routine, which has 2 skills added to the **Australian Levels Program** level 2 requirements to make it a 10-skill routine.

The 1st routine is a compulsory routine. Any variation to the set order will result in an interruption of the routine.

Level 3

Example Routine 1	Example Routine 2
½ Twist to Front Landing	Back Sault Tuck
Feet	Tuck Jump
Full Twist	½ Twist to Back
Tuck Jump	½ Twist to Feet
½ twist to Seat	Pike Jump
½ Twist to Seat	Full Twist
½ Twist to Feet	Straddle
Straddle	½ twist to Front
Back Landing	Feet
½ Twist to Feet	Front Sault Tuck
Check	Check

Routine Requirements

Athletes shall perform 1 voluntary routine, which meets the following minimum requirements.

No Degree of Difficulty will be recorded.

- Ten (10) skill First Voluntary Routine including:
- Full Twist
- Front landing with a minimum of 180° twist into or out of.
- Back landing with a minimum of 180° twist into or out of.
- Maximum of 3 non-scoring skills

Each element meeting the requirement must be marked with an (*) on the competition card

Tumbling

Equipment may vary at different competitions, however at every competition the minimum safety requirement will be followed.

Level 1 & 2 may be held on an artistic floor.

Level 1 – One Pass

Forward roll
Forward roll
Jump ½ turn
Backward roll
Straight jump

Level 2 – Two Passes

Pass 1	Pass 2
Round off	Round off
Jump ½ turn	Flip
Round off	Straight jump
Straight jump	

Level 3 – Two Passes

Pass 1	Pass 2
Power hurdle - Round off	Round off
Flip	Flip
Straight jump	Flip
	Flip
	Straight jump

**In the first pass of Level 3, athletes are required to initiate the pass with a Power Hurdle from a standing start, however, will not be judged on the Power Hurdle itself.*

Judging – FIG Variations: Tumbling Levels 1-3

- Code of point deductions will not apply when failing to end a completed pass with a somersault, failing to finish in landing zone or movement without somersault rotation.
- COP deductions will not apply for touching the track with body parts other than hands or feet when executing rolls.
- Each pass will be scored out of 10.00. Passes must be performed as specified; change to any elements of a compulsory routine will be deemed an interruption. Passes performed with less than 3 elements will still receive credit for the completed element(s).
- NB. Rule 5.6 FIG Code of Points will NOT apply.

Single-Mini Trampoline

Level 1 & 2

Level 1 SMT Compulsory Routines – In Order:	
Pass 1	Tuck jump
Pass 2	Straddle jump
Pass 3	Pike jump

Level 2 SMT Routines – In Order:	
Pass 1	Half turn (compulsory)
Pass 2	Voluntary pass MAX DD 0.6
Pass 3	Voluntary pass MAX DD 0.6

<i>Routine Requirements</i>
Athletes compete 3 passes.
The landing area is modified from DMT with 2 zones (A & B merged = 0.0 deduction: to land in C = 1.5 CJP deduction). A standard landing mat may be used to equate to the merged zone A & B. Landing or stepping off this mat/area will be deemed to be outside the 'landing area'.
The combined 3 passes will have a maximum degree of difficulty. Degree of difficulty is listed in the table, per pass. The penalty for exceeding the Degree of difficulty will be the reduction of the Degree of difficulty to the maximum score.
Repeated skills are not permitted. Penalty for repeated skills is a zero score for that pass.
Athletes must perform the passes in the order below.