

**TRAMPOLINE SEASON 2022-2023 REQUIREMENTS**

FIRST ROUTINE							
National Under 9 years (born in 2014-2015-2016)	National Under 10 years (born in 2018)	National Under 11 years (born in 2012)	National Under 12 years (born in 2011)	National Under 13 years (born in 2010)	National Under 14 years (born in 2009)	National Junior (born in 2008-2007-2006)	National Senior (born in 2005 and after)
Front drop To feet Tuck jump Seat drop 1/2 twist to feet Straddle jump Jump 1/2 twist To feet Pike jump	Front drop To feet Seat drop 1/2 twist to feet Tuck jump To feet Straddle jump Back drop 1/2 twist to feet	Back salto tuck Seat drop 1/2 twist to feet Tuck jump Front drop To feet Back drop 1/2 twist to feet Barani tuck	10 different elements, maximum 5 elements allowed with less than 270° somersault rotation. Each element meeting the requirement will be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.  1. One element to front or back 2. Back somersault pike or straight 3. Barani pike or straight	10 different elements, maximum 3 elements allowed with less than 270° somersault rotation. Each element meeting the requirement will be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.  1. One element to front or back (minimum 270° rotation). 2. One element from front or back, in combination with requirement no.1 3. Back somersault straight <b>BONUS:</b> Back somersault straight with full twist	10 different elements, maximum 2 elements allowed with less than 270° somersault rotation. Each element meeting the requirement will be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.  1. One element to front or back (minimum 270° rotation). 2. One element from front or back, in combination with requirement no.1 3. Back somersault straight with full twist <b>BONUS:</b> Rudy (540° twist with 360° somersault rotation)	<b>FIG Rules</b> 10 different elements, only one element allowed with less than 270° somersault rotation. Each element meeting the requirement will be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.  <b>Requirements</b> 1. One element to front or back. 2. One element from front or back, in combination with requirement no.1 3. One double front or back somersault with or without twist. 4. One element with a minimum of 540° twist and minimum of 360° somersault rotation.	<b>FIG Rules</b> <b>2 Voluntary Exercises</b> 10 different elements, each with a minimum of 270° somersault rotation.
<b>SECOND ROUTINE</b>							
VOLUNTARY	VOLUNTARY	VOLUNTARY	VOLUNTARY	VOLUNTARY	VOLUNTARY	VOLUNTARY	VOLUNTARY

Any change during a compulsory routine Under 9, Under 10 or Under 11 is considered an interruption of the exercise.  
 For the age groups Under 12-13-14 years, any missing requirement will result in a penalty of 2.0 points for each missing requirement, by the difficulty judges.  
 For the age groups Under 12-13-14 and Juniors, any repetition in the first routine will result in a penalty of 2.0 points for each repetition, by the difficulty judges (including the repetition of skills with 0 points difficulty e.g. tuck jump, straddle jump, seat drop).  
 For senior competition, the difficulty of any repeated element will not be counted.