

SPRINGFIT Trampoline Competition Routines

I *Recommended for those on Winstrada SDF Grade 8*

ROUTINE I (0.6 tariff)

Jump (arm set)

1. Jump to seat landing
2. To feet
3. ½ twist jump
4. Jump (straddled)
5. Full twist jump
6. Jump (piked)
7. ½ twist jump
8. Jump (tucked)
9. Jump to front landing
10. To feet

H *Recommended for those on Winstrada SDF Grade 9*

ROUTINE H (0.8 tariff)

Jump (arm set)

1. Half twist jump
2. Jump to front landing
3. To feet
4. Jump (piked)
5. Half twist jump
6. Jump (straddled)
7. Jump to back landing
8. To feet
9. Jump (tucked)
10. Full twist jump

G *Recommended for those on Winstrada SDF Grade 10*

ROUTINE G SET 1 (1.4)

Jump (arm set)

1. Back somersault (T)
2. Jump (straddled)
3. Half twist to seat landing
4. Half twist to feet
5. Half twist jump
6. Jump (piked)
7. Full twist jump
8. Jump (tucked)
9. 3/4 Front Somersault (SL)
10. To feet

ROUTINE G SET 2 (1.4)

Jump (arm set)

1. Half twist to front landing
2. To feet
3. Jump (straddled)
4. Full twist jump
5. Jump (piked)
6. Jump to back landing
7. Half twist to feet
8. Jump (tucked)
9. Half twist jump
10. Front somersault (T)

ROUTINE G VOL

The voluntary routine may include a maximum of three somersaults of no more than 450°, and two body landings

F *Recommended for those on Winstrada SDF Grade A1 / Springfit Grade 11*

ROUTINE F SET 1 (1.9)

Jump (arm set)

1. Back somersault (T)
2. Jump to seat landing
3. Half twist to feet
4. Jump (tucked)
5. Barani (T)
6. Jump (straddled)
7. Jump to front landing
8. To feet
9. Jump (tucked)
10. Front somersault (T)

ROUTINE F SET 2 (2.3)

Jump (arm set)

1. Barani (T)
2. Half twist jump
3. Jump (straddled)
4. Back somersault (T)
5. Full twist jump
6. Jump (tucked)
7. Jump to back landing
8. Half twist to feet
9. Jump (piked)
10. Back somersault (P)

ROUTINE F VOL

The voluntary routine may include a maximum of five somersaults of no more than 450° somersault and back somersault to seat.

E *Recommended for those on Winstrada SDF Grade A2 / Springfit Grade 12*

ROUTINE E SET 1 (2.6)

Jump (arm set)

1. Back somersault (S)
2. Jump (straddled)
3. Full twist jump
4. Jump (tucked)
5. Back somersault (T)
6. BSS to seat landing (T)
7. ½ twist to feet
8. ½ twist jump
9. Jump (piked)
10. Barani (SL)

ROUTINE E SET 2 (2.5)

Jump (arm set)

1. Barani (P)
2. Jump (straddled)
3. Back somersault (T)
4. Barani (T)
5. ½ twist jump
6. Jump (tucked)
7. 1½ twist jump
8. Jump (piked)
9. ¾ front somersault (S)
10. To feet

ROUTINE E VOL

The voluntary routine may include a maximum of five somersaults of no more than 450° somersault and back somersault to seat.

D *Recommended for those on Winstrada SDF Grade A3 / Springfit Grade 13 and above*

ROUTINE D

Ten different elements with:

At least seven somersaults of at least 270° somersault rotation to include one of the following three elements:

- 1 One move of at least 270° of somersault rotation, landing on front or back, followed by a move of at least 450° somersault rotation.
- 2 A back somersault with 360° somersault rotation and a full twist.
- 3 A front somersault with 360° somersault rotation and 1½ twists

Voluntary

The voluntary routine is subject to a 6.5 difficulty limit