

SPRINGFIT Trampoline Competition Routines

I *Recommended for those on Grade 8*

ROUTINE I

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 Grade 9*

ROUTINE H

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

A qualification score of 15 or above is required to move up to this level from level I.

G *Recommended for those on Grade 10*

ROUTINE G SET 1

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

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

A qualification score of 15 or above is required to move up to this level from level H.

F *Recommended for those on Grade A1*

ROUTINE F SET 1

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

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.

A qualification score of 16 or above is required to move up to this level from level G.

E *Recommended for those on Grade A2*

ROUTINE E SET 1

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

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.

A qualification score of 17 or above is required to move up to this level from level H.

D *Recommended for those on Grade A3 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

A qualification score of 18 or above is required to move up to this level from level H.