

TRAMPOLINE DIFFICULTY

Write the basic FIG symbol plus the position: o < /

Front Elements	Basic FIG Symbol	DD for Position			Back Elements	Basic FIG Symbol	DD for Position			
		Tuck o	Pike <	Straight /			Tuck o	Pike <	Straight /	
¼ front somersault	30	0.3	0.3	0.3	¼ back somersault	30	0.3	0.3	0.3	To front or back
1 ¼ front somersault	700	0.8	0.9							
2 ¼ front somersault	11000	1.3	1.5		1 ¼ back somersault	50	0.6	0.7	0.7	
					1 ¼ back full	52	<i>One position possible</i>		0.8	
Return to feet (<i>Fwd/Bwd</i>)	10			0.1	Cruise	21			0.3	From front or back
Porpoise	40	0.5	0.6	0.6						
Double porpoise	800	1.0	1.2		Pullover	30	0.3	0.3	0.3	
Full-in porpoise	820	1.2			Double pullover	700	0.8	0.9		
Ball out	50	0.6	0.7							
Barani ball out	51	0.7	0.7	0.7	Cody	50	0.6	0.7	0.7	
Rudy ball out	53	<i>One position possible</i>		0.9	Cody full	52	<i>One position possible</i>		0.8	
Fliffis ball out	901	1.2	1.4		Double Cody	900	1.1	1.3		
Fliffis Rudy ball out	903	1.4	1.6							
Front somersault	40	0.5	0.6	0.6	Back somersault	40	0.5	0.6	0.6	
Barani	41	0.6	0.6	0.6						
Front Full	42	<i>One position possible</i>		0.7	Back full	42	<i>One position possible</i>		0.7	
Rudy	43	<i>One position possible</i>		0.8	Back double full	44	<i>One position possible</i>		0.9	
Randy	45	<i>One position possible</i>		1.0	Back triple full	46	<i>One position possible</i>		1.1	
Double Front	800	1.0	1.2		Double back	800	1.0	1.2	1.2	Double somersaults
Barani-out	801	1.1	1.3	1.3	Half-in, half-out	811	1.2	1.4		
Rudy-out	803	1.3	1.5		Half-in, Rudy-out	813	1.4	1.6		
Randy-out	805	1.5	1.7		Half-in, Randy-out	815	1.6	1.8		
Half-in	810	1.1	1.3	1.3	Full-in	820	1.2	1.4	1.4	
Half-in, full-out	812	1.3	1.5	1.5	Full-out	802	1.2		1.4	
					Full-in, full-out	822	1.4		1.6	
Full-in, Barani-out	821	1.3	1.5	1.5	1½-in, half-out ' <i>Full, full</i> '	831	1.4	1.6		
Full-in, Rudy-out	823	1.5	1.7	1.7	Full, double full ' <i>Miller</i> '	833	1.6	1.8	1.8	
Full-in, Randy-out	825	1.7	1.9	1.9	Double full, double full	844			2.0	
Triffis half-out	12001	1.7	2.0		Triple back	12000	1.6	1.9		Triples / Quads
Triffis Rudy-out	12003	1.9	2.2		Triffis half-in, half-out	12101	1.8	2.1		
Triffis full-in, half-out	12201	1.9	2.2		Triffis half-in, Rudy-out	12103	2.0	2.3		
Triffis full-in, Rudy-out	12203	2.1	2.4		Quad back	160000	2.2			
Calculation of an Element										
Each ½ twist			0.1		Single Somersault without twist, in pike or straight				0.1	
Each ¼ somersault rotation			0.1		Somersaults ≥ 720° in pike or straight, <i>per somersault</i>				0.1	
Completed 360° somersault (<i>bonus</i>)			0.1		Each completed 360° of somersault rotation ≥ 1080°				0.1	

DOUBLE MINI DIFFICULTY

Write the basic FIG symbol plus the position: o < /

Front Elements	Basic FIG Symbol	DD for Position			Back Elements	Basic FIG Symbol	DD for Position			
		Tuck o	Pike <	Straight /			Tuck o	Pike <	Straight /	
Front somersault	40	0.5	0.6	0.6	Back somersault	40	0.5	0.6	0.6	Single somersaults
Barani	41	0.7	0.7	0.7	Arabian somersault	41	0.7	0.7	0.7	
Front full	42	One position possible		0.9	Back full	42	One position possible		0.9	
Rudy	43	One position possible		1.2	Back double full	44	One position possible		1.5	
Randy	45	One position possible		1.9	Back triple full	46	One position possible		2.3	
Double front	800	2.0	2.4	2.8	Double back	800	2.0	2.4	2.8	Double somersaults
Barani-out	801	2.4	2.8	3.2	Half-in, half-out	811	2.8	3.2	3.6	
Rudy-out	803	3.2	3.6	4.0	Half-in, Rudy-out	813	3.6	4.0	4.4	
Randy-out	805	4.0	4.4	4.8	Half-in, Randy-out	815	4.4	4.8	5.2	
Half-in	810	2.4	2.8	3.2	Full-in	820	2.8	3.2	3.6	
					Full-out	802	2.8	3.2	3.6	
Half-in, full-out	812	3.2	3.6	4.0						
Full-in, half-out	821	3.2	3.6	4.0	Double full-out	804	3.6	4.0	4.4	
					Full-in, full-out	822	3.6		4.4	
Full-in, Rudy-out	823	4.0	4.4	4.8	1½ in, half-out 'Full, full'	831	3.6	4.0	4.4	
Full-in, Randy-out	825	4.8	5.2	5.6						
					Full, double full 'Miller'	833	4.4	4.8	5.2	
					Double full, double full	844	5.2		6.0	
					Triple full, double full	855			6.8	
Triffis half-out	12001	5.1	5.9		Triple back	12000	4.5	5.3	6.1	Triples / Quads
					Triffis full-in	12200	5.7	6.5		
Triffis Rudy-out	12003	6.3	7.1		Triffis half-in, half-out	12101	5.7	6.5		
Triffis full-in, half-out	12201	6.3	7.1		Triffis half-in, Rudy-out	12103	6.9	7.7		
Triffis full-in, Rudy-out	12203	7.5	8.3							
					Quad back	160000	8.0	9.6		
Calculation of an Element										
Twists - single somersaults	Each completed 360° of somersault			0.5	Single somersault: pike / straight, <i>without twist</i>			0.1		Position
	Each ½ twist up to first 360°			0.2	Double somersault: pike / straight			0.4 / 0.8		
	Each ½ twist more than 1 full twist			0.3	Triple somersault: pike / straight			0.8 / 1.6		Twists
	Each ½ twist more than 2 full twist			0.4	Double somersault each ½ twist			0.2		
	Each ½ twist more than 3 full twist			0.5	Triple somersault each ½ twist			0.2		
Double somersaults: Add all somersault and twist values, double that amount, and then add the position bonus. Triple somersaults: Add all somersault and twist values, triple that amount, and then add the position bonus.										

TUMBLING DIFFICULTY

Front Elements		FIG Symbols		DD	Back Elements		FIG Symbols		DD			
Roundoff		(0.1	Back handspring		f	0.1				
Front handspring		h		0.1	Whipback (whip)		^	0.2				
<i>or</i>					<i>or</i>							
Front somersault tuck	.4	o	. - o	0.6	Back somersault tuck	4	o	- o	0.5			
Front somersault pike	.4	<	. - <	0.7	Back somersault pike	4	<	- <	0.6			
Front somersault straight	.4	/	. - /	0.7	Back somersault straight	4	/	- /	0.6			
Barani straight	.41	/	.1 /	0.8	Back straight ½ twist	41	/	1 /	0.7			
Front full	.42		.2	1.0	Back full	42		2	0.9			
Rudy	.43		.3	1.2	Back 1½ twist	43		3	1.1			
					Double full	44		4	1.3			
					Triple full	46		6	1.9			
Double front tuck		. - - o		2.4	Double back tuck		- - o		2.0			
Double front pike		. - - <		2.6	Double back pike		- - <		2.2			
					Double back straight		- - /		2.4			
Front half-out tuck		. - 1 o		2.6	Back half-out tuck		- 1 o		2.2			
Front half-out pike		. - 1 <		2.8	Back half-out straight		- 1 /		2.6			
Calculation of an Element												
Position Bonus:		Tuck	Pike	Straight								
Single somersaults		0.0	0.1	0.1	Full-out tuck					- 2 o	2.4	
Double somersaults		0.0	0.1	0.2	Full-out straight					- 2 /	2.8	
Triple somersaults		0.0	0.2	0.4	Full-in tuck					2 - o	2.4	
Front somersaults		0.1	<i>forward bonus</i>			Full-in pike					2 - <	2.6
Double somersaults: the value of the element, which includes somersault, twist, position & forward bonuses will be doubled. <i>(Somersaults + Twists + Position + Fwd) x 2</i>					Full-in straight					2 - /	2.8	
Triple somersaults: the value of the element, which includes somersault, twist, position & forward bonuses will be tripled. <i>(Somersaults + Twists + Position + Fwd) x 3</i>					Full-in, half-out straight					21 /	3.2	
Somersault Twist Value												
Singles	Each 1/2 twist (180°) up to 2 full twists			0.2	Full, double full tuck					33 o	4.4	
	Each 1/2 twist more than 2 full twists (>720°)			0.3	Full, double full straight					33 /	4.8	
	Each 1/2 twist more than 3 full twists (>1080°)			0.4	Double full, double full straight					44 /	6.4	
Doubles	Each 1/2 twist (180°) up to a full twist			0.1	Triple back tuck					- - - o	4.5	
	Each 1/2 twist more than 1 full twist (>360°)			0.2	Triple back pike					- - - <	5.1	
	Each 1/2 twist more than 2 full twists (>720°)			0.3	Triple back straight					- - - /	5.7	
	Each 1/2 twist more than 3 full twists (>1080°)			0.4	Full-in, triple back tuck					2 - - o	6.3	
Triples	Each 1/2 twist (180°) up to a full twist			0.3	Full-in, triple back pike					2 - - <	6.9	
	Each 1/2 twist more than 1 full twist (>360°)			0.4	Quadruple back tuck					- - - - o	8.0	

NAIGC Trampoline Additional Skills

<u>Skill Name</u>	<u>FIG</u>	<u>DD</u>	<u>Skill Name</u>	<u>FIG</u>	<u>DD</u>	<u>Skill Name</u>	<u>FIG</u>	<u>DD</u>
Tuck Jump	--o	0.0	Straddle Jump	Straddle	0.0	Pike Jump	-->	0.0
Half Turn	-1/	0.1	Full Turn	-2/	0.2	1.5 Turn	-3/	0.3
Double Turn	-4/	0.4	2.5 Turn	-5/	0.5	Triple Turn	-6/	0.6
Doggy Drop	Doggy	0.0	Seat Drop	--/	0.0	Half Turn to Seat	-1/	0.1
Full Turn to Seat	-2/	0.2	Half Turn from Seat	-1/	0.1	Full Turn from Seat	-2/	0.2
Front Drop (all positions)	1-/	0.1	Airplane (Half turn to Front)	11/	0.2	Full Turn to Front Drop	12/	0.3
			Half Turn from Front	11/	0.2	Full Turn from Front	12/	0.3
Back Drop (all positions)	1-/	0.1	Half Turn to Back	11/	0.2	Full Turn to Back	12/	0.3
			Half Turn from Back	11/	0.2	Full Turn from Back	12/	0.3
Return to Feet (from seat or doggy)	ROF	0.0	Return to Feet (from front or back)	1-/	0.1			
Doggy to Seat	1-/	0.1	Doggy to Back	2-/	0.2	Doggy to Front	0-/	0.0
Seat to Doggy	1-/	0.1	Back to Doggy	1-/	0.1	Doggy Front 3/4	3-/	0.3
Front to Seat	1-/	0.1	Front to Back	2-/	0.2			
Seat to Front	1-/	0.1	Back to Front	2-/	0.2			
Cradle (Back Drop, Half Turn to Back)	21/	0.3	Cruise (Front, Half Turn to Front)	21/	0.3	Swivel Hip (Seat Drop, Half Turn to Seat Drop)	11/	0.1
Pullover to Front	2-/	0.2	Pullover	3-/	0.3	Pullover Half Turn	21/	0.3
Pullover Full Turn	22/	0.4	Pullover to Back	4-o	0.5			

NAIGC Double Mini Trampoline Additional Skills

<u>Skill Name</u>	<u>FIG</u>	<u>DD</u>	<u>Skill Name</u>	<u>FIG</u>	<u>DD</u>	<u>Skill Name</u>	<u>FIG</u>	<u>DD</u>
Tuck Jump	--o	0.0	Straddle Jump	Straddle	0.0	Pike Jump	-->	0.0
Half Turn	-1/	0.1	Full Turn	-2/	0.2	1.5 Turn	-3/	0.3

NAIGC Power Tumbling Additional Skills

<u>Skill Name</u>	<u>FIG</u>	<u>DD</u>	<u>Skill Name</u>	<u>FIG</u>	<u>DD</u>	<u>Skill Name</u>	<u>FIG</u>	<u>DD</u>
Straight Jump/Rebound	--/	0.1	Jump 1/2 Turn	-1/	0.1	Jump Full Turn	-2/	0.1
Forward Roll (tuck)	--o	0.1	Forward Roll (pike)	-->	0.1	Forward Roll Step-Out	--o	0.1
Handstand Forward Roll	/--o	0.1	Handstand Forward Roll Step-Out	/--o	0.1			
Cartwheel	x	0.1	Cartwheel Step-In to Hollow	x(0.1	Roundoff	{	0.2
Backward Roll (tuck)	--o	0.1	Backward Roll (pike)	-->	0.1	Back Extension Roll Pike Down		0.1
Front Handspring	f	0.2	Flyspring	f	0.2	Forward Whip	^	0.3
Front Aerial	fa	0.2	Side Aerial	sa	0.2	Arabian	41o 41<	0.7
Back Handspring	f	0.2	Whipback	^	0.3		41/	

