

# 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	One position possible		0.8	
Return to feet (Fwd/Bwd)	10			0.1	Cruise	21			0.3	From front or back
Porpoise	40	0.5	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	One position possible		0.9	Cody full	52	One position possible		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	One position possible		0.7	Back full	42	One position possible		0.7	
Rudy	43	One position possible		0.8	Back double full	44	One position possible		0.9	
Randy	45	One position possible		1.0	Back triple full	46	One position possible		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 'Full, full'	831	1.4	1.6		
Full-in, Rudy-out	823	1.5	1.7	1.7	Full, double full 'Miller'	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			
<b>Calculation of an Element</b>										
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, <u>per somersault</u>				0.1	
Completed 360° somersault (bonus)			0.1		Each completed 360° of somersault rotation ≥ 1080°				0.1	