

**Loughborough Open 2010 / NEUT League Competition I**  
**Individual Trampoline Routines**

<b>Novice (Grade 6)</b>	<b>Notes</b>
<p>Front landing                   <b>OR</b> Full twist  Jump to feet                       Jump (straddled)  Jump (straddled)                 Seat landing  ½ twist                               ½ twist to seat landing  Jump (piked)                       Jump to feet  Seat landing                        Jump (piked)  ½ twist to seat landing         Back landing  ½ twist to feet                    ½ twist to feet  Jump (tucked)                    Jump (tucked)  Full twist                            ½ twist</p> <p><b>Tariff: 0.7</b>                       <b>Tariff: 0.7</b></p>	<ul style="list-style-type: none"> <li>• The maximum difficulty for the voluntary routine is 1.2.</li> <li>• A maximum of 180° somersault rotation is permitted in the voluntary routine.</li> </ul>

<b>Intermediate (Grade 5)</b>	<b>Notes</b>
<p>Full twist                         <b>OR</b> BSS (T)  Jump (straddled)                Jump (straddled)  Seat landing                       Seat landing  ½ twist to seat landing         ½ twist to seat landing  ½ twist to feet                   ½ twist to feet  Jump (piked)                     Jump (piked)  Back landing                     Back landing  ½ twist to feet                   ½ twist to feet  Jump (tucked)                    Jump (tucked)  FSS (T)                            Full twist</p> <p><b>Tariff: 1.2</b>                       <b>Tariff: 1.2</b></p>	<ul style="list-style-type: none"> <li>• The maximum difficulty for the voluntary routine is 2.0.</li> <li>• A maximum of 3 somersaults are allowed for the voluntary routine.</li> <li>• Somersaults should contain no more than 360° of somersault rotation (&amp; no BSS to seat).</li> <li>• No twist rotation is permitted during somersault rotation of 360° or more.</li> <li>• Linked somersaults are not permitted.</li> </ul>

<b>Intervanced (Grade 4)</b>	<b>Notes</b>
<p>BSS (T)                           <b>OR</b> BSS (T)  Jump (straddle)                 Jump (straddled)  Seat landing                       BSS to seat (T)  ½ twist to feet                   ½ twist to feet  Full twist                         Full twists  Jump (Piked)                     Jump (Piked)  Barani (T/P/S)                    Barani (T/P/S)  ½ twist                             ½ twist  Jump (tucked)                    Jump (Piked)  FSS (T)                            FSS (P)</p> <p><b>Tariff: 2.0</b>                       <b>Tariff: 2.0</b></p>	<ul style="list-style-type: none"> <li>• The maximum difficulty for the voluntary routine is 3.0.</li> <li>• A maximum of 5 somersaults are allowed for the voluntary routine.</li> <li>• Somersaults should contain no more than 360° of somersault rotation.</li> <li>• Somersaults should contain no more than 180° of twist rotation.</li> <li>• Linked somersaults are not permitted.</li> <li>• Shapes for somersaults must be defined to the Chair of Judges before the routine commences.</li> </ul>

