

Trampoline

Positionary Skills								
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-o	0.1	Airplane (Half turn to Front)	11/	0.2	Full Turn to Front Drop	12/	0.3
	1->							
1-/								
			Half Turn from Front	11/	0.2	Full Turn from Front	12/	0.3
Back Drop (all positions)	1-o	0.1	Half Turn to Back	11/	0.2	Full Turn to Back	12/	0.3
	1->							
1-/								
			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			

Positionary Skill Combinations								
Doggy to Seat	1-/	0.1	Seat to Doggy	1-/	0.1	Seat to Front	1-/	0.1
Doggy to Back	2-/	0.2	Back to Doggy	1-o 1-> 1-/	0.1			
Doggy to Front	--/	0.0	Doggy Front 3/4	2-/	0.2			
Back to Front	2-o 2-> 2-/	0.2	Cradle (Back, Half Turn to Back)	21/	0.3	Cruise (Front, Half Turn to Front)	21/	0.3
Front to Seat	1-/	0.1	Front to Back	2-/	0.2	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	Porpoise (Front Flip from Back to Back)	4-o	0.5

Forward Skills								
3/4 Front	3	0.3	Arabian 3/4 Front	31	0.4			
Front Tuck	4o	0.5	Front Pike	4>	0.6	Front Straight (Layout)	4\	0.6
Barani Tuck	41o	0.6	Barani Pike	41>	0.6	Barani Straight (Layout)	41\	0.6
Ballout	5	0.6	Barani Ballout	51	0.7	Rudi Ballout	53	0.9
Front Full	42	0.7	Rudi	43	0.8	Front Double Full	44	0.9
Randi	45	1.0	1 3/4 Front Tuck	7o	0.8	1 3/4 Front Pike	7>	0.9
Double Front Tuck	800o	1.0	Double Front Pike	800>	1.2	Double Front Straight (Layout)	800\	1.2
Half Out Tuck	801o	1.1	Half Out Pike	801>	1.3			
Full Barani Tuck	821o	1.3	Full Barani Straight	821>	1.5			
Rudi out Tuck	803o	1.3	Rudi out Pike	803o	1.5			
Triffus Tuck	12001o	1.6	Triffus Pike	12001>	1.8			

Backward Skills									
3/4 Back	3	0.3							
Back Tuck	4o	0.5	Back Pike	4>	0.6	Back Straight (Layout)	4\	0.6	
Tuck Cody	5o	0.6	Pike Cody	5>	0.7	Full Cody	52	0.9	
Back Full	42	0.7	Back 1 1/2	43	0.8	Back Double Full	44	0.9	
Back 2 1/2	45	1.0	Back Triple Full	46	1.1				
1 3/4 Back Tuck	7o	0.8	1 3/4 Back Pike	7>	0.9				
Double Back Tuck	800o	1.0	Double Back Pike	800>	1.2	Double Back Straight (Layout)	800\	1.2	
Full Out Tuck	802o	1.1				Full Out Straight	802\	1.4	
Full Full Tuck	822o	1.4				Full Full Straight	822\	1.6	
Half Half Tuck	811o	1.2	Half Half Pike	811>	1.4				
Half Rudi Tuck	813o	1.4	Half Rudi Pike	813>	1.6				

Difficulty Calculator	
Each 1/4 rotation of somersault	0.1
Completed 360° somersault (bonus)	0.1
Each 1/2 Twist	0.1
Single somersaults without twist in pike/straight	0.1
Somersaults over 720° in pike/straight	0.2