



HUGS Trampoline

M/F _____

Age-Group _____

Name:

Team:

Level 1

Routine		
5 Element Routine		
<i>Elements may be repeated</i>		
	Elements	Bonus
1		
2		
3		
4		
5		
<i>Total Consecutive Elements:</i>		
Execution Judge 1 (10.0):		
Execution Judge 2 (10.0):		
DD (4.0 Max):		
CJP (-):		()
Routine 1 Score: (out of 24.0)		

Allowable Elements
<i>Athletes may perform elements from the list below</i>
Jump 1/2 turn
Return to feet
Seat drop
Straddle jump
Tuck jump

Special Requirements / Restrictions
Unlimited straight jumps are allowed
Elements may be repeated up to 3 times without penalty
Push mats are allowed
Consecutive element bonus will be awarded for the greatest number of consecutive elements performed
Routine may not be interrupted

PENALTIES	
Repeats an element more than three times within a routine	0.5
A spot that facilitates the performance of an element	0.5
Performs elements not allowed at that level, per occurrence	1.0



HUGS Trampoline

M/F _____

Age-Group _____

Name:

Team:

Level 2

Routine		
10 Element Routine		
<i>Elements may be repeated</i>		
	Elements	Bonus
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
<i>Total Consecutive Elements:</i>		
Execution Judge 1 (10.0):		
Execution Judge 2 (10.0):		
DD (9.0 Max):		
CJP (-):		()
Routine 1 Score: (out of 29.0)		

Allowable Elements
<i>Athletes may perform elements from the list below</i>
Hands and knees drop, 1/2 front to backdrop <i>(180° of forward rotation) **</i>
Hands and knees, front drop **
Jump 1/2 turn
Jump full turn
Pike jump
Return to feet
Seat drop
Seat drop, hands and knees drop**
Seat drop, 1/2 turn seat drop**
Straddle jump
Tuck jump

Special Requirements / Restrictions
Unlimited straight jumps are allowed
Elements may be repeated up to 3 times without penalty
Push mats are allowed
**Elements must be performed with correct preceding element
Consecutive element bonus will be awarded for the greatest number of consecutive elements performed
Routine may not be interrupted

PENALTIES	
Repeats an element more than three times within a routine	0.5
A spot that facilitates the performance of an element	0.5
Performs elements not allowed at that level, per occurrence	1.0
Does not perform elements from the correct preceding element	1.0



HUGS Trampoline

M/F _____

Age-Group _____

Name:

Team:

Level 3

Routine	
10 Element Routine	
<i>Elements may be repeated</i>	
	Elements
	Bonus
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
<i>Total Consecutive Elements:</i>	
Execution Judge 1 (10.0):	
Execution Judge 2 (10.0):	
DD (9.0 Max):	
CJP (-): ()	
Routine 1 Score: (out of 29.0)	

Allowable Elements
<i>Athletes may perform elements from the list below</i>
Back drop
Hands and knees drop, 1/2 front to backdrop <i>(180° of forward rotation) **</i>
Hands and knees drop, 3/4 front to feet **
Hands and knees, front drop **
Jump 1/2 turn
Jump full turn
Pike jump
Return to feet
Seat drop
Seat drop, hands and knees drop **
1/2 turn seat drop
Straddle Jump
Tuck Jump

Special Requirements / Restrictions
Unlimited straight jumps are allowed
Elements may be repeated up to 3 times without penalty
Push mats are allowed
**Elements must be performed with correct preceding element
Consecutive element bonus will be awarded for the greatest number of consecutive elements performed
Routine may not be interrupted

PENALTIES	
Repeats an element more than three times within a routine	0.5
A spot that facilitates the performance of an element	0.5
Performs elements not allowed at that level, per occurrence	1.0
Does not perform elements from the correct preceding element	1.0
Touched by a spotter mat	1.0



HUGS Trampoline

M/F _____

Age-Group _____

Name:

Team:

Level 4

Routine		
10 Element Routine		
<i>Elements may be repeated</i>		
	Elements	Bonus
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
<i>Total Consecutive Elements:</i>		
Execution Judge 1 (10.0):		
Execution Judge 2 (10.0):		
DD (9.0 Max):		
CJP (-):		()
Routine 1 Score: (out of 29.0)		

Allowable Elements
<i>Athletes may perform elements from the list below</i>
Back drop
Back drop, pullover free
Back somersault tuck
Front somersault tuck
Hands and knees drop, front drop **
Hands and knees drop, 1/2 front to backdrop <i>(180° of forward rotation) **</i>
Hands and knees drop, 3/4 front to feet**
Jump 1/2 turn
Jump full turn
Pike jump
Return to feet
Seat drop
1/2 turn seat drop
Seat drop, 1/2 turn seat drop**
Straddle jump
Tuck Jump

PENALTIES	
Repeats an element more than three times within a routine	0.5
A spot that facilitates the performance of an element	0.5
Performs elements not allowed at that level, per occurrence	1.0
**Does not perform elements from the correct preceding element	1.0
Touched by a spotter mat	1.0

Special Requirements / Restrictions
Unlimited straight jumps are allowed
Elements may be repeated up to 3 times without penalty
Push mats are allowed
**Elements must be performed with correct preceding element
Consecutive element bonus will be awarded for the greatest number of consecutive elements performed
Routine may not be interrupted