

# **Requirements Frivolten Cup**

## **Double Mini Trampoline**

**Same requirements as stated for FIG WAGC**

**Preliminaries – 2 passes, no repetition at the same place.**

**Finals – 2 passes, no repetition at the same, passes from the prelims are allowed.**

**Limitations to the difficulty in a single element will be applied;**

**U 12 – 4.0**

**U 13-14 – 4.6**

**U 15-16 – 4.6**

**Junior – 5.2**

**In Open and Junior class – FIG rules without a Q2 and without kickout after the 1:st pass in final.**

## Trampoline

### U 12

- Back somersault in tucked position
- Front somersault in piked position or Barany in free position
- One skill landing on front or back
- At least 3 of the skills must have at least 270 degrees somersault rotation

### U 13-14

- Back somersault in tucked position
- Back somersault in piked position
- Barany in free position
- One skill landing on front or back
- At least 4 of the skills must have at least 270 degrees somersault rotation

### U 15-16

- Back somersault in piked position
- Back somersault in straight position
- Barany in free position
- $\frac{3}{4}$  somersault to back or front
- At least 6 of the skills must have at least 270 degrees somersault rotation

### Junior

- The routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (\*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.
- one (1) element to front or back,
- one (1) element from front or back – in combination with requirement N°1,
- one (1) double front or back somersault with or without twist and
- one (1) element with a minimum of 540° twist and minimum 360° somersault rotation.

Open - FIG A – 2 voluntary routines – best count