

Requirements Frivolten Cup

Double Mini Trampoline

All skills in all classes must have at least 360 degrees of somersault rotation, otherwise there will be a penalty of 3.0 from the D score for each occurrence.

Exceptions – in U12 and U 13-14 you are allowed to repeat one skill in the preliminaries and another one in the finals. Maximum difficulty degree is 0.7 p for the repeated skill.

Example ;

4 – 0 4 1 /

4 – 0 4 3 /

4 - < 4 1 <

4 - < 8 – 1 0

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 - FIG B

Open - FIG A

Please mark your difficulty skills on the competition card, otherwise skill # 1-4 will be counted in the first routine.