

Trampoline Difficulty

Front Skills	DD	FIG Shorthand	Back Skills	DD	FIG Shorthand
3/4 Front	0.3	3	3/4 Back	0.3	3
Arabian 3/4 Front	0.4	31			
Front Tuck	0.5	4o	Back Tuck	0.5	4o
Front pike	0.6	4>	Back Pike	0.6	4>
Front Straight	0.6	4/	Back Straight	0.6	4/
Barani Tuck	0.6	41o			
Barani Pike	0.6	41>			
Barani Straight	0.6	41/			
Ballout	0.6	5	Tuck Cody	0.6	5o
Barani Ballout	0.7	51	Pike Cody	0.7	5>
Rudy Ballout	0.9	53	Full Cody	0.8	52
Front Full	0.7	42	Back Full	0.7	42
Rudi	0.8	43	Back 1 1/2 Full	0.8	43
Front Double Full	0.9	44	Back Double Full	0.9	44
Randi	1.0	45	Back Triple Full	1.1	46
1 3/4 Front Tuck	0.8	7o	1 3/4 Back Tuck	0.8	7o
1 3/4 Front Pike	0.9	7>	1 3/4 Back Pike	0.9	7>
Double Front Tuck	1.0	800o	Double Back Tuck	1.0	800o
Double Front Pike	1.2	800>	Double Back Pike	1.2	800>
Double Front Straight	1.2	800/	Double Back Straight	1.2	800/
Half in back out Tuck	1.1	810o	Full out Tuck	1.2	802o
Half out Tuck	1.1	801o	Full out Straight	1.4	802/
Half out Pike	1.3	801>	Full Full Tuck	1.4	822o
Full Barani Tuck	1.3	821o	Full Full Straight	1.6	822/
Full Barani Straight	1.5	821/	Half Half Tuck	1.2	811o
Rudi out Tuck	1.3	803o	Half Half Pike	1.4	811>
Rudi out Pike	1.5	803>	Half Rudi Tuck	1.4	813o
Triffus Tuck	1.7	12001o	Half Rudi Pike	1.6	813>
Triffus Pike	2.0	12001>			

Each ¼ rotation	0.1
Completed 360° somersault (bonus)	0.1
Each 1/2 twist	0.1
Single somersaults without twist in pike or straight	0.1
Somie over 720° in pike / straight per somie	0.1

