



Part III - APPENDICES

A. Difficulty calculation trampoline - principles

Rotation	Value	Bonus	Example
¼ somersault	0.1	---	¾back = 0.3
completed somersault (360°)		0.1	Back somersault tuck = 0.5
½ twist	0.1	---	1/1 twist to back [0.1+0.2] = 0.3
0°- 630° somersault <u>with</u> twist	< or /	---	Barani straight [0.5+0.1] = 0.6
360°- 630° somersault <u>without</u> twist	< or /	0.1	1 ¾pike [0.8+0.1] = 0.9
720° somersault or more with or without twist	< or /	0.2	2 ¾pike [1.3+0.2] = 1.5

B. Difficulty trampoline - examples

Element	Tuck or puck position	Pike or straight position
¾ back or front	0.3	0.3
Back or front somersault	0.5	0.6
Barani	0.6	0.6
Cody	0.6	0.7
Barani ball out	0.7	0.7
Full	0.7	
Rudolf	0.8	
1¾ somersault	0.8	0.9
Double-full	0.9	
Rudi ball out	0.9	
Double back	1.0	1.2
Half out	1.1	1.3
Half in Half out	1.2	1.4
Full out	1.2	1.4
2 ¾ somersault	1.3	1.5
Rudi out	1.3	1.5
Full in Half out	1.3	1.5

Element	Tuck or puck position	Pike or straight position
Full in Full out	1.4	1.6
Half in Rudi out	1.4	1.6
Randi out	1.5	1.7
Full in Rudi out	1.5	1.7
Triple back	1.5	1.7
Half in Randi out	1.6	1.8
Full in Double-full out	1.6	1.8
Half out Triffis	1.6	1.8
Full in Randi out	1.7	1.9
Half in Half out Triffis	1.7	1.9
Full in Half out Triffis	1.8	2.0
Rudi out Triffis	1.8	2.0
Half in Rudi out Triffis	1.9	2.1
Full in Rudi out Triffis	2.0	2.2
Full Full Full	2.1	2.3
Half out Quadriffis	2.1	2.3
Half in Half out Quadriffis	2.2	2.4