



UK Competition Routines 2011

* All H to E routines must commence with a jump (arm set)

Club I - Both Routines	Club H - Set Routine	Club H - Voluntary
1. Seat drop	1. ½ twist jump	The voluntary routine may include a maximum of two body landings and a maximum of one somersault. No tariff will be awarded
2. To feet	2. Front drop	
3. ½ twist	3. To feet	
4. Straddle jump	4. Pike jump	
5. Full twist jump	5. ½ twist	
6. Pike jump	6. Straddle jump	
7. ½ twist	7. Back drop	
8. Tuck jump	8. To feet	
9. Front drop	9. Tuck jump	
10. To feet	10. Full twist jump	

Regional G - Set Routine 1	Regional G - Set Routine 2	Voluntary
1. Back somersault (T)	1. ½ twist to front drop	The voluntary routine may include a maximum of three somersaults of between 270° and 450° rotation, and two body landings. No tariff will be awarded but must be at least 1.4 to qualify
2. Straddle jump	2. To feet	
3. ½ twist to seat drop	3. Straddle jump	
4. ½ twist to feet	4. Full twist jump	
5. ½ twist jump	5. Pike jump	
6. Pike jump	6. Back drop	
7. Full twist jump	7. ½ twist to feet	
8. Tuck jump	8. Tuck jump	
9. ¾ Front Somersault (S or P)	9. ½ twist jump	
10. To feet	10. Front somersault (T)	

Regional F - Set Routine 1	Regional F - Set Routine 2	Voluntary
1. Back somersault (T)	1. Barani (T)	The voluntary routine may include a maximum of five somersaults of between 270° and 450° rotation. Tariff will be added
2. Seat drop	2. ½ twist jump	
3. ½ twist to feet	3. Straddle jump	
4. Tuck jump	4. Back somersault (T)	
5. Barani (T)	5. Full twist jump	
6. Straddle jump	6. Tuck jump	
7. Front drop	7. Back drop	
8. To feet	8. ½ twist to feet	
9. Tuck jump	9. Pike jump	
10. Front somersault (T)	10. Back somersault (P)	

Regional E - Set Routine 1	Regional E - Set Routine 2	Voluntary
1. Back somersault (S)	1. Barani (P)	The voluntary routine may include a maximum of seven somersaults of between 270° and 450° rotation. Tariff will be added.
2. Straddle jump	2. Straddle jump	
3. Full twist jump	3. Back somersault (T)	
4. Tuck jump	4. Barani (T)	
5. Back somersault (T)	5. ½ twist jump	
6. Back somersault to seat (T)	6. Tuck jump	
7. ½ twist to feet	7. 1½ twist jump	
8. ½ twist jump	8. Pike jump	
9. Pike jump	9. ¾ front somersault (S)	
10. Barani (S or P)	10. To feet	



Regional D – Set Routine

Ten different elements with at least seven somersaults of at least 270° somersault rotation to include one of the following three elements:

1. One move of at least 270° of somersault rotation, landing on front or back, followed by a move of at least 450° somersault rotation.
2. A back somersault with 360° somersault rotation and a full twist.
3. A front somersault with 360° somersault rotation and 1½ twists

Voluntary

The voluntary routine is subject to a 6.5 tariff limit

National C – Set Routine

Ten different elements with at least nine somersaults of at least 270° somersault rotation to include:

At least one somersault of least 270° somersault rotation landing on front or back, followed by a move of at least 450° somersault rotation. (e.g. *lazy back, cody or crash dive, bailout*)

And one of the following:

- A back somersault with 360° somersault rotation and a full twist
- or A front somersault with 360° somersault rotation and 1½ twists
- or A double somersault

Voluntary

The voluntary routine is subject to a 8.4 tariff limit

FIG B – Set Routine

The routine consists of 10 different elements, with only one element allowed with less than 270° somersault rotation.

These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements:

1. One element to front or back, followed by a move of at least 450° somersault rotation.
2. One double front or back somersault with or without twist **and**
3. One element with a minimum of 540° twist.

The elements meeting these requirements must be marked with an asterisk (*) on the competition card.

Voluntary

The voluntary routine has no tariff limit

FIG A – Set Routine

The routine consists of 10 different elements, each with a minimum of 270° somersault rotation.

Two elements, marked with an asterisk (*) on the competition card, will have difficulty ratings. The difficulty will be added to the execution score to give the total score for the first routine.

Neither of these two elements may be repeated in the voluntary round. If they are, they will be awarded no tariff.

Voluntary

The voluntary routine has no tariff limit

Qualifying Scores

I to H : 45.0	H to G : 45.0	G to F : 45.0	F to E : 47.5	E to D : 49.5
		G to E : 48.5	F to D : 50.5	
D to C : 49.0 and Top 20% or 51.0			C to D : less than 50.0 and bottom 20%	
C to B : 50.0 and Top 20% or 54.0			B to C : less than 51.0 and bottom 20%	
B to A : 51.0 and Top 20% or 55.0			A to B : less than 88.0 and bottom 20%	