

ROUTINES

SUTL 6

FIRST ROUTINE

Option 1

Half twist jump
Straddle jump
Seat landing
To feet
Half twist jump
Pike jump
Half twist to seat
Half twist to feet
Tuck jump
Full twist jump

Option 2

Full twist jump
Straddle jump
Seat landing
Half twist to feet
Pike jump
Seat landing
To feet
Tuck jump
Front landing
To feet

SECOND ROUTINE

Somersault rotation must not exceed 270° and must be without twist.

Minimum Difficulty: 0.5
Maximum Difficulty: 1.1

SUTL 5

FIRST ROUTINE

Option 1

Full twist jump
Straddle jump
Seat landing
Half twist to seat
Half twist to feet
Pike jump
Back landing
Half twist to feet
Tuck jump
Front s/s (T)

Option 2

Back s/s (T)
Straddle jump
Seat landing
Half twist to seat
Half twist to feet
Tuck jump
Half twist to front
To feet
Pike jump
Full twist jump

SECOND ROUTINE

There may be a maximum of two somersaults, not exceeding 360° of rotation and without twist.

Minimum Difficulty: 1.2
Maximum Difficulty: 2.0

SUTL 4

FIRST ROUTINE

Option 1

Back s/s (T)
Straddle jump
Barani (T/P)
Tuck jump
Half twist jump
Pike jump
Back landing
Half twist to feet
Tuck jump
Front s/s (P)

Option 2

Back s/s (SL)
Straddle jump
Back s/s to seat (T)
Half twist to feet
Half twist jump
Tuck jump
Half twist to front
To feet
Pike jump
Front s/s (T)

SECOND ROUTINE

Somersaults must not exceed 360° of rotation and 180° of twist.

Minimum Difficulty: 2.1
Maximum Difficulty: 2.9

SUTL 3

FIRST ROUTINE

Option 1

Back s/s (S)
Straddle jump
Back s/s to seat (T)
Half twist to feet
Half twist jump
Tuck jump
Barani (T)
Back s/s (T)
Pike jump
Front s/s (P)

Option 2

Back s/s (S)
Straddle jump
Back s/s (P)
Pike Jump
Half twist jump
Tuck jump
Back s/s (T)
Barani (T)
Pike Jump
Barani (SL)

SECOND ROUTINE

Somersaults must not exceed 360° of rotation and 180° of twist.

Minimum Difficulty: 3.0
Maximum Difficulty: 3.9

SUTL 2	
FIRST ROUTINE	
<p>10 different elements with at least 7 somersaults of at least 270° somersault rotation to include at least one of:</p> <ul style="list-style-type: none"> • An element of 270° somersault rotation, landing on front or back, followed by an element of 450° somersault rotation. • A back somersault with 360° somersault rotation and 360° of twist. • A front somersault with 360° somersault rotation and 540° of twist. <p>Somersaults must not exceed 630° of rotation.</p>	
SECOND ROUTINE	
<p>Somersaults must not exceed 630° of rotation.</p> <p>Minimum Difficulty: 3.9 Maximum Difficulty: 5.4</p>	

SUTL 1	
FIRST ROUTINE	
<p>10 different elements with at least 9 somersaults of at least 270° somersault rotation to include:</p> <ul style="list-style-type: none"> • An element of at least 270° somersault rotation, landing on front or back, followed by an element of 450° somersault rotation. <p>and at least one of:</p> <ul style="list-style-type: none"> • A back somersault with 360° somersault rotation and 360° of twist, or, • A front somersault with 360° somersault rotation and 540° of twist, or, • A double somersault 	
SECOND ROUTINE	
<p>Difficulty shall be awarded in the second routine.</p> <p>Minimum Difficulty: 5.5 Maximum Difficulty: 7.9</p>	

SUTL ELITE	
FIRST ROUTINE	
<p>10 different elements of at least 270° somersault rotation to include:</p> <ul style="list-style-type: none"> • An element of at least 270° somersault rotation, landing on front or back, followed by an element of 450° somersault rotation. • A double somersault. 	
SECOND ROUTINE	
<p>Difficulty shall be awarded in the second routine.</p> <p>Minimum Difficulty: 8.0 Maximum Difficulty: Unlimited</p>	

SUTL SYNCHRONISED 1 - 3	
<p>A first and second routine shall be performed, as prescribed, at the category of the lowest level competitor in the pair. The routine requirements of this category shall apply to both competitors as per the individual event, and difficulty shall be awarded.</p>	
SS1	
<p>Pairs of any combination of gender comprising competitors at levels SUTL ELITE – SUTL 2.</p>	
SS2	
<p>Pairs of any combination of gender comprising competitors at levels SUTL 3 – SUTL 4.</p>	
SS3	
<p>Pairs of any combination of gender comprising competitors at levels SUTL 5 – SUTL 6.</p>	

PENALTIES	
FIRST ROUTINE	SECOND ROUTINE
<p>SUTL 6 - SUTL 3: Interruptions apply (per Code of Points)</p> <p>SUTL 2 - SUTL ELITE: Below minimum requirements: 2.0 penalty</p>	<p>SUTL 6 - SUTL ELITE: Below minimum difficulty: 2.0 penalty Above maximum difficulty: Disqualification</p>

