

# ROUTINES

SUTL 6	
FIRST ROUTINE	
<i>Option 1</i>	<i>Option 2</i>
½ twist jump	Full twist jump
Straddle jump	Straddle jump
Seat landing	Seat landing
To feet	½ twist to feet
½ twist jump	Pike jump
Pike jump	Seat landing
½ twist to seat	To feet
½ twist to feet	Tuck jump
Tuck jump	Front landing
Full twist jump	To feet
SECOND ROUTINE	
Somersault rotation must not exceed 270° and must be without twist.	
Minimum Difficulty: <b>0.5</b>	
Maximum Difficulty: <b>1.1</b>	

SUTL 5	
FIRST ROUTINE	
<i>Option 1</i>	<i>Option 2</i>
Full twist	Back s/s (T)
Straddle jump	Straddle jump
Seat landing	Seat landing
½ twist to seat	½ twist to seat
½ twist to feet	½ twist to feet
Pike jump	Tuck jump
Back landing	½ twist to front
½ twist to feet	To feet
Tuck jump	Pike jump
Front s/s (T)	Full twist jump
SECOND ROUTINE	
There may be a maximum of <b>two</b> somersaults, with no more than 360° of rotation and without twist.	
Minimum Difficulty: <b>1.2</b>	
Maximum Difficulty: <b>2.1</b>	

SUTL 4	
FIRST ROUTINE	
<i>Option 1</i>	<i>Option 2</i>
Back s/s (T)	Back s/s (SL)
Straddle jump	Straddle jump
Barani (T/P)	Back s/s to seat (T)
Tuck jump	½ twist to feet
Full twist	Full twist jump
Pike Jump	Pike jump
Back landing	½ twist to front
½ twist to feet	To feet
Pike jump	Tuck jump
Front s/s (P)	Front s/s (T)
SECOND ROUTINE	
Somersaults must not exceed 360° of rotation and 180° of twist.	
Minimum Difficulty: <b>2.2</b>	
Maximum Difficulty: <b>2.9</b>	

SUTL 3	
FIRST ROUTINE	
<i>Option 1</i>	<i>Option 2</i>
Back s/s (S)	Back s/s (P)
Straddle jump	Straddle jump
Back s/s to seat (T)	Barani (T)
½ twist to feet	Back s/s (T)
½ twist jump	Tuck jump
Tuck jump	Full twist jump
Back s/s (T)	Pike jump
Barani (T)	Barani (P)
Pike jump	Tuck jump
Front s/s (P)	Front s/s (T)
SECOND ROUTINE	
Somersaults must not exceed 450° of rotation and 180° of twist.	
Minimum Difficulty: <b>3.0</b>	
Maximum Difficulty: <b>4.0</b>	

*Time of Flight (ToF) will be added at SUTL 2 – SUTL 1 ELITE*

SUTL 2
FIRST ROUTINE
<p>10 <b>different</b> elements with at least <b>7</b> somersaults of at least 270° somersault rotation to include <b>at least one of:</b></p> <ul style="list-style-type: none"> <li>• An element of 270° of somersault rotation, landing on front or back, followed by an element of 450° somersault rotation.</li> <li>• A back somersault with 360° somersault rotation and 360° of twist.</li> <li>• A front somersault with 360° somersault rotation and 540° of twist.</li> </ul> <p>Somersaults must not exceed 630° of rotation.</p>
SECOND ROUTINE
<p>There may be a maximum of one double somersault containing no more than 180° of twist.</p> <p>Minimum Difficulty: <b>4.1</b> Maximum Difficulty: <b>5.9</b></p>

SUTL 1
FIRST ROUTINE
<p>10 <b>different</b> elements with at least <b>9</b> somersaults of at least 270° somersault rotation to include:</p> <ul style="list-style-type: none"> <li>• An element of 270° of somersault rotation, landing on front or back, followed by an element of 450° somersault rotation.</li> </ul> <p><b>and at least one of:</b></p> <ul style="list-style-type: none"> <li>• A back somersault with 360° somersault rotation and 360° of twist, or,</li> <li>• A front somersault with 360° somersault rotation and 540° of twist, or,</li> <li>• A double somersault</li> </ul>
SECOND ROUTINE
<p>Difficulty will be awarded in the second routine.</p> <p>Minimum Difficulty: <b>6.0</b> Maximum Difficulty: <b>8.0</b></p>

SUTL 1 ELITE
FIRST ROUTINE
<p>10 <b>different</b> elements of at least <b>270°</b> somersault rotation:</p> <ul style="list-style-type: none"> <li>• <b>Two</b> elements marked with an asterisk (*) on the competition card will be awarded difficulty.</li> <li>• The difficulty of the two elements performed on the skill numbers asterisked will be added to the execution score to give the total score for the first routine.</li> <li>• If either or both of these two elements are performed in the second routine, no difficulty shall be awarded for the repeated skills in the second routine.</li> </ul>
SECOND ROUTINE
<p>If an asterisked (*) skill from the first routine is repeated, it will not be awarded difficulty in the second.</p> <p>Minimum Difficulty: <b>8.1</b> Maximum Difficulty: <b>Unlimited</b></p>

SUTL SYNCHRONISED
<p><b>One</b> routine must be performed of at least the <b>minimum</b> difficulty and requirements of the <b>lowest</b> level competitor in the pair.</p> <p>No difficulty will be awarded.</p>
SS1
<p>Pairs of any combination of gender comprising competitors at levels <b>S1E - S3</b>.</p>
SS2
<p>Pairs of any combination of gender comprising competitors at levels <b>S4 – S6</b>.</p>