

SUS Routines 2010/2011 Final

SUS 5 Or Novice

Jump (Arm Set)

1. Front Landing
2. To Feet
3. Straddled Jump
4. 1/2 Twist Jump
5. Seat Landing
6. 1/2 Twist to Seat
7. 1/2 Twist to Feet
8. Tucked Jump
9. Piked Jump
10. Full Twist Jump

Jump (Arm Set)

1. Back Landing
2. To Feet
3. Straddled Jump
4. 1/2 Twist Jump
5. Seat Landing
6. 1/2 Twist to Seat
7. 1/2 Twist to Feet
8. Tucked Jump
9. Piked Jump
10. Full Twist Jump

- The minimum difficulty for the voluntary routine will be 0.7
- The maximum difficulty for the voluntary routine will be 1.2
- A maximum of 270° somersault rotation will be permitted in the voluntary routine.
- Move up score – 45.7

SUS 4 or Intermediate

Jump (Arm Set)

1. Full Twist
2. Straddled Jump
3. Seat Landing
4. 1/2 Twist to Seat Landing
5. 1/2 Twist to Feet
6. Piked Jump
7. Back Landing
8. 1/2 Twist to Feet
9. Tucked Jump
10. Front S/S (T)

Jump (Arm Set)

1. Back S/S (T)
2. Straddled Jump
3. Seat Landing
4. 1/2 Twist to Seat Landing
5. 1/2 Twist to Feet
6. Piked Jump
7. Back Landing
8. 1/2 Twist to Feet
9. Tucked Jump
10. Full Twist Jump

- The minimum difficulty for the voluntary routine will be 1.2
- The maximum difficulty for the voluntary routine will be 1.9
- A maximum of 360° somersault rotation is permitted in the voluntary routine.
- Twist rotation is not permitted during 360° somersault rotation.
- Linked somersaults are not permitted.
- Move up score – 46.2



SUS 3 or Intervanced

Jump (Arm Set)

1. Back S/S (T)
2. Straddled Jump
3. Full Twist Jump
4. Seat Landing
5. ½ To Seat Landing
6. ½ to Feet
7. Piked Jump
8. Barani (F)
9. Tucked Jump
10. Front S/S (T)

Jump (Arm Set)

1. Back S/S (S)
2. Straddled Jump
3. Back S/S (T)
4. Seat Landing
5. ½ To Seat Landing
6. ½ to Feet
7. Piked Jump
8. Full Twist Jump
9. Tucked Jump
10. Front S/S (T)

- The minimum difficulty for the voluntary routine will be 2.0
- The maximum difficulty for the voluntary routine will be 2.9
- A maximum of 360° somersault rotation with no more than a 180° twist is permitted in the voluntary routine
- Linked somersaults are not permitted.
- Move up score – 47.0

SUS 2 or Advanced

Jump (Arm Set)

1. Back S/S (S)
2. Straddled Jump
3. Back S/S (T)
4. Barani (T)
5. Seat Landing
6. ½ to feet
7. Piked Jump
8. Barani (P)
9. Tucked Jump
10. Front S/S (P)

Jump (Arm Set)

1. Back S/S (S)
2. Straddled Jump
3. Barani (F)
4. ½ Twist Jump
5. Tucked Jump
6. Back S/S (T)
7. Back S/S To Seat (T)
8. ½ to feet
9. Piked Jump
10. Front S/S (P)

- The minimum difficulty for the voluntary routine will be 3.0
- The maximum difficulty for the voluntary routine will be 4.0
- A maximum of 450° somersault rotation with no more than a 180° twist is permitted in the voluntary routine.
- Move up score – 48.0

SUS 1 or Elite

10 different skills to include:

- 7 skills with a minimum of 270 degrees of somersault rotation.
- One move of at least 270° of somersault rotation, landing on front or back, followed by a move of at least 450° somersault rotation.

- The minimum difficulty for the voluntary routine will be 4.1.