

2009 Judges

Q & A

ALL DISCIPLINES

1Q What determines whether a skill is considered complete or incomplete?

A If the athlete touches any part of the soles of the feet prior to the fall the skills will be deemed a complete skill.(soles of the feet would be any portion of the sole of the foot, including the heel or ball of the foot if only the toes touch or the tops of the toes or top of the foot touches the floor this would not be considered the soles of the feet. If the soles of the feet touch the floor then the skill will count, the execution deductions are applied and a landing deduction is taken. If the athlete does not touch any part of the soles of the prior to the fall the skill will be considered incomplete and will cause an interruption of the pass. No landing deductions are applied to interrupted routines.

2Q In levels 1 – 4 are there still circumstances that would interrupt the routine?

A Yes, anything that is deemed unsafe would interrupt the routine. For example, landing on one foot, being touched by a spotter or spotter mat, leaving the equipment, landing on the pads on DMT and trampoline. Etc.. Please reference each discipline for the specific interruptions.

3Q If an athlete falls and then gets up and continues on and performs their routine what would the superior judges call be?

A The pass would be interrupted due to a fall, no additional deductions would be applied.

4Q In levels 1-4 what if an athlete stops in the middle of routine, and then begins where they left off and completes the routine.

A If there were a distinct pause that would indicate that the athlete is not sure what is next or is possibly afraid of skills within the routine, then the routine would be interrupted at that point.

5Q May an elite athlete skip categories when becoming a judge?

A In order to help retain athletes in the sport the technical committee has determined that any athlete that has competed Jr or Sr elite for at least one full year who wants to become a judge may sit through and take test and pass the category 3 but does not have to pay to attend and take the course. They do however have to take the category 2 course and pass in order to receive a rating. No one may skip categories all together.

6Q If a SJ thinks that an athlete has been disturbed by external causes, does the coach have to initiate a request for a repeat or can the SJ make the suggestion without a coach's request?

A The SJ may suggest that an athlete receives the opportunity to repeat a pass if they feel that they were obviously disturbed by external influences.

7Q If an athlete lands, steps and then touches the landing area with one or both hands. Do they receive instability and also the landing deduction for touching the hands?

- A No, you do not apply both instability and landing deductions in any of the three disciplines. You will only apply the instability deduction if there is movement in the feet or in the body after landing. If a fall occurs then you would only apply the landing deduction. The two deductions are never cumulative.
- 8Q When are landing deductions applied?
- A In all disciplines landing deduction are **ONLY** applied to completed passes. Incomplete passes do not receive landing deductions but Superior Judges deductions are still applied.
- 9Q In levels 1 – 4 what if an athlete completely leaves out a skill?
- A The superior judge would inform the panel to take a 1.0 off for the missing skill.
- 10Q What should judges evaluate when looking at a routine
- A In all disciplines judges should evaluate the following for each skill
- 1) Legs – Were the legs together and did they meet the criteria for the position required. Legs should be together when flying slightly apart on landing (**Maximum deduction for legs is 0.2**)
 - 2) Arms – are the arms straight and above the head, straight and or close to the body? (**Maximum deduction for arms 0.1**)
 - 3) Position – Did the athlete just barely hit the position or was the position tight and maintained throughout the middle phase of the skill? (**Maximum for body position 0.3**)
 - 4) Head – Did the head remain neutral? (**Maximum 0.1 for head**)
 - 5) Opening – Did the extension of the skill happen at 12:00 o'clock or later or not at all. (**Maximum deduction for opening 0.3**) **In tumbling you should expect an opening of the following skills back tuck, back pike, double tuck and double pike. If there is no opening on these 4 skills in tumbling the deduction would 0.3 just for "opening" All other skills should not have an opening.**
 - 6) Travel – Did the routine travel in a manner that was not appropriate for the discipline. (In tumbling the purpose of the 8th skill is to transfer travel from horizontal to vertical).
Loss of speed maximum deduction 0.2
Deviation of the axis 0.1
Judges should not worry about technique, only following the above criteria
- 11Q What is the rule on finger and toe nail polish?
- A There is no deduction for an athlete wearing polish on their fingers or toes.
- 12Q How many levels may an athlete mobilize in one competition?
- A At a local or invitational competition an athlete may mobilize two levels. He could enter as a level 7 and compete, if he earns the mobility score he would be flighted with the level 8 athletes and earn the mobility score to compete level 9 at the next competition. State, regionals and national events athletes may only compete in one level. They may earn a mobility score but they would not be able to compete at the next level until the next competition.
- 13Q When determining DD on skills with twist. What are the guidelines when they do not perform enough or too much twist in the skill.
- A Both somersaulting and non-somersaulting skills should be evaluated based on the finish position of the front or first foot. If the feet are more than $\frac{3}{4}$ of the way around the skill would be considered complete.

For example: A full would be complete if the feet finished on the floor, mat or trampoline between 9 and 12 o'clock. If they are less than $\frac{3}{4}$ then the skill would be determine back with a $\frac{1}{2}$ twist.

14Q What if an athlete lands after their pass and remains in a squatted position and does not stand to correct?

A Each execution judge would be informed to take 0.1 deduction for not landing in an upright (correct) position.

DOUBLE MINI TRAMPOLINE

15Q What if an athlete is completely in the penalty zone in the middle of the double mini trampoline?

A A 0.3 deduction is applied to each execution judge's score if the athlete lands completely in the penalty zone, with the exception of the first contact with the double mini bed.

16Q What is the deduction for touching the penalty zone with any part of the foot on double mini trampoline?

A The athlete will receive a 0.3 deduction for each touch of the penalty zone with the exception of the mounting jump or mounting skill. The athlete can touch the penalty a total of 3 times on a spotter pass, but only two deductions would be taken from the execution judge's score.

17Q On double mini in levels 1- 4 is an athlete allowed to do stretch jumps within their routine?

A Yes, this no longer causes an interruption. A 1.0 superior judges deduction is taken from the execution score for each incorrect skill, including straight jumps.

18Q When an athlete lands on the landing area of the double mini trampoline how are the deductions applied for the new zones?

A Use the following scenarios in order to apply your deductions

Athlete A

Lands in zone A takes 3 large steps to zone B

No deductions for zones + 0.3 for instability + 0.1 for changing zones

Total landing deduction 0.4

Athlete B

Lands in zone C and takes 3 large steps to zone B

0.5 for zone C + 0.3 for instability

Total landing deduction 0.8

Athlete C

Lands in zone A steps from zone A to B and then B to C

0.0 for zone A + 0.3 instability + 0.1 for changing zones (apply only once even if they move from more than one zone.

Total landing deduction 0.4

Athlete D

Lands in zone B falls to his back and touches zone C

0.3 zone B

1.0 for the fall to back

0.1 for changing zones

1.4 Total deductions

Maximum landing deduction is 1.0, therefore a 1.0 deduction would be applied to the execution judge's score

Athlete E

Lands in Zone B, steps and falls to the hands in zone A

0.3 for zone B + 0.5 for touching the hands.

Total landing deduction 0.8

- 19Q What if an athlete lands in zone A with their feet but their toes or heels are in zone B?
- A The deduction will be taken for zone B, because the athlete landed in zone B so 0.3 pts will be taken from each execution judges score.
- 20Q In levels 1- 4 where it is not mandated what type of straddle jump they must perform, how do you judge a straddle jump that is not piked at the waist?
- A Judges would use the same criteria for this straddle that you would for a piked straddle. Determining if the legs were straight, toes pointed, arms straight and fingers together and hands pointed. Did the skill have the proper amplitude and did it show an extension at the beginning of the skill. Did the head remain neutral throughout the skill? Was the skill performed with a small straddle or with a good extension between the legs?
- 21Q A level 9 DMT athlete performs a pass with two double somersaults how would the pass be scored?
- A The athlete would receive a 1.0 for exceeding pass requirements and the difficulty for the second double somersault would not be awarded.
- 22Q In levels 1 – 4 a competitor performs the correct mounter skill and then no skill just a straight jump for the 2nd skill. How would the pass be scored?
- A The performance deduction for the mounter skill and a 1.0 for the second skill “straight jump” would be applied to the pass, plus any landing or superior judges deductions.
- 23Q May a competitor use a sting mat on the landing area of the double mini trampoline?
- A No, a sting mat cover the landing zones on the double mini landing area.
- 24Q If an athlete performs a mounter pass in level 2, 3 or 4 and performs the pass using an incorrect skill or with straight jumps do they still receive the bonus.
- A No, the pass must be performed correctly without Superior judges deductions. This does not apply to landing and instability deductions.
- 25Q In double mini trampoline what if you perform a mounter skill as a spotter skill in a level 1- 4 routine?
- A The athlete would receive a 1.0 for the straight jump and a 1.0 for the incorrect skill and the execution deduction for the dismount skill.

- 26Q On double mini at all levels, if an athlete bends their knees when jumping over the red on a spotter pass what would the deduction be?
- A At all levels there is no deduction for a change in body shape when mounting over the red penalty zone. Unless it is obvious that the athlete intended to perform a position jump then the appropriate deductions would be applied.
- 27Q In double mini and tumbling what would determine the amount of deduction you would take for instability?
- A A step or body instability would need to receive 0.1 deduction however a combination of a step and body instability would receive 0.2 in deductions. If an athlete takes a large step it will most likely cause upper body instability causing the instability deduction to increase.
- 28Q On double mini if an athlete is performing a mounter pass and performs a straight jump as the first skill and then does the proper skills. Is this just a 1.0 deduction for an extra bounce or is it one point per deviation from the pass? Or is it an interruption?
- A In levels 1 – 4 the athlete would receive a 1.0 for the straight jump, all other skills would only receive execution deduction if they are performed from and to the correct bed or area. However if the skills following the straight jump are not performed to and from the proper area they would receive the 1.0 as well.
- 29Q On double mini if the competitors lands on the line that separates zone A and B what is the deduction?
- A The competitor must land outside the line in order to receive a deduction. If they are on the line then they would be considered inside zone A.

TRAMPOLINE

- 30Q If an athlete touches their hands on the trampoline while performing a backdrop pull over how would the pass be scored.
- A If the hands are on the trampoline while the athletes back is on the trampoline then there would be a performance deduction for the hands. The hands touching does not change the skill from a backdrop to another skill. However a heavy execution deduction should be applied. If the hands are touching the trampoline during the pullover phase of the skill and the athlete back is not touching the trampoline bed then the pass would be interrupted at that point. The athlete has performed a back roll to handstand rather than a pullover. Other skills such as a hands and knees drop, both the knees and hands must make contact at the same time otherwise the skill would be considered two contacts with the bed.
- 31Q In trampoline there is a landing deduction for landing outside the area of the trampoline bed. What is considered outside the area of the trampoline bed?
- A If the athlete lands their final skill on the trampoline bed and then touches or steps to the pads that cover the springs it would be considered a touch and the deduction would be 0.5. If however the athlete lands their final skill and then bounces to the pads, placing their entire body weight on the pads that cover the springs or the end deck. The deduction would be 1.0. This deduction is taken only on completed routines.

- 32Q In trampoline if an athlete is performing a back drop pullover that requires a position where should they show the position?
- A The position should be shown within the first 45° of somersaulting rotation
- 33Q At level 8 and above what if an athlete repeats a skill that has no difficulty?
- A Since the skill has no value there are no additional deductions.
- 34Q On trampoline a level 8 athlete performs a routine with a total difficulty value of 5.2, which exceeds the maximum by 0.2 pts. In the routine he repeated a barani straight. Does the difficulty judge deduction the value of the barani 0.6 from 5.2 or 5.0?
- A The 0.6 would be taken from the 5.0 which is the max difficulty allowed.
- 35Q What is the deduction for travel on the trampoline?
- A If an athlete performs a skill that begins in the box and travel outside the box, the deduction would be 0.1 for travel. If he travels back into the box on the next skill the deduction for travel would be 0.0, because he is returning to a safe place on the trampoline bed. However if he were to perform the skill from outside the box and land on the other end of the trampoline bed outside the box, the deduction would be 0.2. If the athlete remains outside the box it would be a 0.1 deduction for each skill performed outside the box.

TUMBLING

- 36Q In tumbling level 8 what if the athlete lands their second pass in a back tuck?
- A The athlete would be scored out 8 skills, they would not receive difficulty for the back tuck and a 1.0 would be taken from each execution judges score for not meeting pass requirements.
- 37Q In tumbling level 3 if an athlete kicks to a handstand comes back down and then performs another handstand front roll how would the pass be scored.
- A The performance judges would take deductions on all 6 skills. For example 5,2,3,3,2,2 then deduction (2) would be changed from 2 to a 1.0 for an additional skill the deductions would look like this 5~~2~~(1.0) 3 3 2 total deductions 2.5 from 10.0
- 38Q What constitutes a run in tumbling?
- A In the Code Of Points it states that one to two steps or a hop will receive a deductions so therefore three or more steps would be considered a run.
- 39Q What is the deduction if an athlete performs their last flic flac from the landing area?
- A The only deduction that would apply would be the performance deduction. The interruption rule would only apply to somersaults performed from the landing area.

- 40Q An athlete performing a voluntary pass performs 9 elements with the 8th element being a flic flac what would the deduction be?
- A 1.0 off for too many skills, 1.0 off for not performing a somersault as the last 8th element and 1.0 for not meeting pass requirements.
- 41Q In levels 1 – 4 what if an athlete takes more than 3 steps or stops in the middle of their routine?
- A A 1.0 would be applied for the steps. If they stop they would need to restart the pass without outside help from the coach or spotter.
- 42Q If a competitor performs a full as the last 8th element and it is below shoulder height what are the deductions?
- A The performance deduction should be 0.5 and then additional 0.5 from the superior judge for the last somersault being below shoulder height.
- 43Q What should the rebound at the end of a tumbling pass look like?
- A The rebound should be quick and tight rather than look like a stretch jump which would not be immediate after the last skill. There should be no hesitation, good height, good form and a small amount of travel. The legs should be straight and together and the toes pointed and bum squeezed, just as if the athlete were setting up for a somersault. There should be no hollow or arched body position. The range of the upper chest and arms should be approximately 45° or less from vertical. This is not a mandate but simply a guideline. When landing, the arms should press to the front or side for balance. The athlete may land with the feet slightly apart for balance purposes as well.
- 44Q In tumbling when a back somersault is the last skill. If the last skill is below shoulder height would you interrupt the pass for performing a whip or would you simply take the 0.5 for not performing the last skill above shoulder height?
- A Judges would apply the 0.5 superior judges deduction for not performing the last skill above shoulder height.
- 45Q A level 10 athlete has chosen to do option #2 on the second pass and plans to do a double pike as the last skill. The athlete gets into trouble and has to perform a back straight. What would the deductions be and would the last skill receive the difficulty value.
- A 1.0 for not meeting somersaulting requirements (8th skill) the competitor would receive the difficulty for the skill, because a back straight is a legal skill.
- 46Q What would happen if a level 9 tumbler performed bounds fulls. Do the bounding fulls receive difficulty since a full is a legal skill?
- A No they would not get the difficulty value for the second full in a series of bounding fulls. Execution judges would take execution deduction on all skills. All skills are legal skills, just an illegal combination of skills. If the difficulty judges notice when checking the competition cards they should approach the coach and inform them of the possible deductions.
- 47Q What is the penalty if a level 7 - 10 athlete performs a flic-flac as the 8th element.

A There would be a 1.0 for not ending in a somersault and 1.0 for not meeting pass requirements, the flic flac would receive the difficulty value. The flic flac is a legal skill so therefore would receive its difficulty value.

48Q What are the landing deductions for the following situations in a tumbling pass?

A 1) Athlete lands the last skill on the tumbling track?
(0.2 for landing on the track + any instability)

2) Athlete lands last skill in landing area then steps back to the track?
(0.1 for landing in and stepping outside the zone + any instability)

3) Athlete landed with one foot in the landing zone and one foot in the landing area? (0.5 for landing outside the zone + any instability)

4) Athlete lands in landing zone and steps to the area. (0.1 for landing in the zone and then stepping to the area + any instability)

5) Athlete lands in the yellow landing zone takes 3 steps falls to his back and lands outside the zone. 1.0 for the fall & 0.1 for going outside the zone would all apply, but a maximum deduction of 1.0 can be taken from a completed tumbling pass).

49Q In level 10 tumbling and athlete performs a back tuck as the final skill in the five-skill pass. What deductions would apply?

A The athlete would receive the 0.5 in difficulty for the skill because it is a legal skill. However they would also receive the 1.0 deduction for not meeting pass requirements from each execution judge.

50Q With the new landing deduction on tumbling and double mini how do you determine how much you should take.

A The deduction is determined by how many body movements there are after the landing of the last skill. For Example:

1 body movement such as one step would be 0.1

2 body movements such as a step and a circle of the arms would be 0.2

3 body movements such as two steps and arm movement would be 0.3

If the athlete lands steps back and then steps back to correct with the opposite leg it would be 0.2. If he lands steps back and then steps to correct with the same leg the deduction would be 0.1.

Butterfly with the arms would be 0.1

On double mini and tumbling if the athlete lands in a squat and remains in the squat and does not stand upright the deduction would be 0.1

A bounce after landing would be 0.1

51Q What are some of the basic things I should look for in tumbling?

A **Round off** – Good rhythm, straight on the axis, must pass through the vertical.

Flic Flac – In between a bend in the legs is to absorb and push. When flying straight-arms and legs and a small arch is normal. If the feet are flexed in preparation for landing there is no deduction.

Round off, whips and flics – Small bend in the legs and a small separation of the legs is okay. Sitting is not okay only a small bend in the legs is acceptable.

Linking elements – Will travel more vertical than other elements. Boys will use power in the chest and arms and girls will use quick twist and also speed or extension. In the whip connection, a small bend when landing is okay, in flight the legs should be straight.

Barani – The athlete should hold the position until horizontal, Piking too early would be cause for deduction. Piking too early is for recovery of the skill.

When considering technique judges should use the above criteria and only judge the consequences of bad technique.

Twisting skills – Acceptable arms would be straight and then close to chest or bent and close to chest through the entire skill.

Double Straight linking – Creating of rotation is sometimes done by using too much arch. You do not want to see a whip movement in the last part of the 8--/. You also do not want to see arch-pike-arch. This would be cause for deduction.

Skills, which are lazy and not active, for example slow tuck to extension would cause an execution deduction.

Rule changes as of 9/30/2009

- 1) Level 8 tumbling – Front skills will now be allowed at level 8 tumbling with the exception of the last skill. No reversals are allowed. Front flip step out and barani will be the only skills added to the list of acceptable skills.
- 2) Tumbling passes that must begin with a power hurdle. One to two steps or a hop prior to the power hurdle will result in a 0.3 deduction from each execution judge.
- 3) Tumbling passes that must begin with a run. If the run initiates farther than the 33 feet of designated run up, a 0.3 deduction will be taken from each execution judge.
- 4) Tumbling level 10 – Will perform the passes in the following order. Compulsory – 8 skill – 5 skill.
- 5) Tumbling level 10 – Competitors may repeat skills between the 5 and 8 skill pass as long as it is preceded with an different element. The exception: The last skill in the 5 and 8 skill must be different no matter what skills precedes the element.
- 6) Double mini – The deduction for changing zones after landing will now receive a maximum of 0.1 deduction of from each execution judge no matter how many zones are touched after landing.
- 7) Trampoline – Level 8 – 10 If there is a any kind of general or specific training on the competition equipment each athlete will be given 2 (30 second) touches. If no warm up or training is provided then 3 touches will be given.
- 8) Regional All star competition – Tumbling 1 – 8 skill routine, Double Mini 1 – 2 skill routine. There will be no Minimum pass requirements for each discipline. All maximum for level 10 will apply. Top 2 scores will be used to determine regional champions.
- 9) All disciplines – Single somersaults with twist – Twisting must be one continuous direction and motion. If not the skill will receive no DD for the skill and could possibly receive a deduction for not meeting pass requirements.

- 10) Top 8 level 10 athletes will qualify to finals at national events
- 11) Top 8 will be awarded at J.O. Nationals
- 12) Age groups for Level 8 and 9
 - 10 & Under
 - 11-12
 - 13-14
 - 15 & Over
- 13) Effective 9/1/2009 – Cast or hard splints may not be worn during competition. With the exception of braces that have been measured and prescribed by a licensed physician for a specific medical condition may be worn during competition.