

SECTION VIII: COMPETITION GUIDELINES

I. Types of Competition

A. Invitational

1. Purpose

- a. An invitational competition is any competition that is not a State, Regional or National Championships.
- b. The host may decide who receives an invitation to the competition.
- c. If sanctioned, an invitational competition may serve as an eligibility or mobility competition.

2. Sanction

- a. A sanction may be obtained for an invitational competition by a Professional Member..

3. Participants

- a. The Meet Director is responsible to check membership of all participants in any USA Gymnastics-sanctioned event. *See VII. Membership below*

4. Fees

- a. Entry fees for an invitational competition are at the discretion of the Meet Director, unless otherwise indicated in the state rules and policies.

5. Judges

- a. Judges for an invitational competition are seated at the discretion of the Meet Director unless used as a mobility competition. *See C. Mobility for rules governing a mobility competition.*
- b. The number and category of judges required for each level are determined by the current Code of Points.

6. Format

- a. The schedule for an invitational competition is at the discretion of the Meet Director.
- b. All Trampoline & Tumbling competitions, including invitationals, are required to finish by 10:00 pm.

7. Awards

- a. Awards for invitational competitions are at the discretion of the Meet Director, unless otherwise indicated in the state rules and policies.

8. National Invitational

- a. From time to time the Program Office will host invitational competitions, such as the Winter Classic, U.S. Elite Challenge and Stars and Stripes Cup.

B. Eligibility

1. Purpose

- a. An eligibility competition is any sanctioned competition in which an athlete participates prior to qualifying for National Championships.
- b. The host may decide who receives an invitation to the competition.

- c. An eligibility competition may serve as a mobility competition. See G, 2 *National Championships Eligibility*.

2. Sanction

- a. A sanction must be obtained for an eligibility competition by a Professional Member who has taken and passed the Meet Director's Course.

3. Participants

- a. The Meet Director is responsible to check membership of all participants in any USA Gymnastics-sanctioned event. See VII. *Membership below*

4. Fees

- a. Entry fees for an eligibility competition are at the discretion of the Meet Director, unless otherwise indicated in the state rules and policies.

5. Judges

- a. Judges for an invitational competition are seated at the discretion of the Meet Director unless used as a mobility competition. See C. *Mobility for rules governing a mobility competition*.
- b. The number and category of judges required for each level are determined by the current Code of Points.

6. Format

- a. The schedule for an eligibility competition is at the discretion of the Meet Director.
- b. All Trampoline & Tumbling competitions, including eligibility competitions, are required to finish by 10:00 pm.

7. Awards

- a. Awards for eligibility competitions are at the discretion of the Meet Director, unless otherwise indicated in the state rules and policies.

8. National Invitational

- a. From time to time the Program Office will host invitational competitions, such as the Winter Classic, U.S. Elite Challenge and Stars & Stripes Cup. These competitions may serve as eligibility competitions.

C. Mobility

1. Purpose

- a. A mobility competition allows athletes to receive a score for the purpose of moving from one level to the next.
- b. Mobility may be achieved at any sanctioned competition where the proper number and category of judges are used.
- c. The host may decide who receives an invitation to the competition.
- d. A mobility competition may serve as an eligibility competition, that is, it may count toward an athlete's participation requirement for qualifying to National Championships.

2. Sanction

- a. Mobility must take place at a sanctioned competition, therefore a sanction must be obtained for any mobility competition by a Professional Member.

3. Participants

- a. The Meet Director is responsible to check membership of all participants in any USA Gymnastics-sanctioned event. *See VII. Membership below*

4. Fees

- a. Entry fees for a mobility competition are at the discretion of the Meet Director, unless otherwise indicated in the state rules and policies.

5. Judges

- a. Judges for a mobility competition must either be seated by or approved by the State Technical Representative for all competitions through State Championships.
- b. Judges for the Regional Championships must be seated or approved by the Regional Technical Representative.
- c. Judges for national competitions must be seated or approved by the National Technical Committee.
- d. The number and category of judges required for each level are determined by the current Code of Points.

6. Format

- a. The schedule for a mobility competition is at the discretion of the Meet Director.
- b. Mobility competitions must use all routines/passes as listed in the Code of Points.
- c. All Trampoline & Tumbling competitions, including mobility competitions, are required to finish by 10:00 pm.

7. Awards

- a. Awards for mobility competitions are at the discretion of the Meet Director, unless otherwise indicated in the state rules and policies.

8. Results

- a. The Meet Director shall forward complete meet results to the State Chair within forty-eight (48) hours of the competition.
- b. Results must be made available to all clubs participating in the competition in one of three ways:
 - 1) A copy of the results must be made available to each club immediately following conclusion of the event OR
 - 2) Results must be e-mailed to each club within twenty-four (24) hours of the competition OR
 - 3) Results must be posted to a web site within twenty-four (24) hours of the competition.

D. State Championships

1. Purpose

- a. The purpose of the State Championships is to name State Champions for Levels 5 through Senior Elite in each discipline. States may include Levels 1-4 at the discretion of the State Board.
- b. The State Championships will serve as a qualifier to National Championships for Junior Olympic Levels 5-10. Athletes who earn the qualification score for their level in a discipline may enter the National

Championships, provided they are eligible. See *G, 2 National Championships Eligibility*.

- c. For Levels 5-10, the State Championships does not serve as an eligibility competition, that is, does not count toward an athlete's participation requirement for qualifying to National Championships.
- d. State Championships may be used as an eligibility competition for Junior and Senior Elite athletes.

2. Requirements

- a. The State Championships will be awarded by the State Board according to State rules and policies. The state may choose to host the competition or allow bids from individual teams.
- b. The State Chair will serve as the Meet Director for State Championships or will appoint a qualified Meet Director.
- c. Each state is required to host State Championships.
- d. Two or more states may co-sanction their championships if the number of teams in one state is not sufficient for the competition to be financially feasible.
- e. As the premier competition at the state level, the State Championships should be the last meet of the state season.
- f. State Championships must be conducted a minimum of thirty (30) days and a maximum of forty-five (45) days before the Regional Championships. The appropriate Regional Chair must approve in writing any deviation from these dates.

3. Sanction

- a. A sanction must be obtained for State Championships by a Professional Member.

4. Participants

- a. The Meet Director is responsible to check membership of all participants in any USA Gymnastics-sanctioned event. See *VII. Membership below*

5. Fees

- a. Entry fees for State Championships shall not exceed
 - 1) Maximum of \$60 per athlete for the first event.
 - 2) Maximum of \$15 for each additional event.

6. Judges

- a. Judges for State Championships must be seated by or approved by the State Technical Representative.
- b. The number and category of judges required for each level are determined by the current Code of Points.

7. Format

- a. The schedule for State Championships will be decided by the State Chair or by the Meet Director in cooperation with the State Chair.
- b. State Championships must follow USA Gymnastics Trampoline & Tumbling competition rules. If a state is competing additional levels or age groups approved by the Senior Program Director, championships may be held for those groups, but all teams must be notified in advance that additional levels will not qualify to National Championships.

- c. All Trampoline & Tumbling competitions, including State Championships, are required to finish by 10:00 pm.

8. Awards

- a. Awards for 1st through 3rd place at the State Championships must be ordered from USA Gymnastics sponsor, A-1 Awards.
- b. All other awards are at the discretion of the Meet Director in consultation with the State Board.

9. Results

- a. The Meet Director, if not the State Chair, shall forward complete meet results to the State Chair within forty-eight (48) hours of the competition for the purpose of verifying National Championships qualifying scores.
- b. Results must be made available to all clubs participating in the competition in one of three ways:
 - 1) A copy of the results must be made available to each club immediately following conclusion of the event OR
 - 2) Results must be e-mailed to each club within twenty-four (24) hours of the competition OR
 - 3) Results must be posted to a web site within twenty-four (24) hours of the competition.

E. Regional Championships

1. Purpose

- a. The purpose of the Regional Championships is to name Regional Champions for Levels 5 through Senior Elite in each discipline. Regions may include Levels 1-4 at the discretion of the Regional Board.
- b. Regional Championships may serve as a qualifier to National Championships for Levels 5-10.
- c. Regional Championships does not serve as an eligibility competition, that is, does not count toward an athlete's participation requirement for qualifying to National Championships.

2. Requirements

- a. Each region is required to host an annual Regional Championships.
- b. Unless otherwise indicated by regional rules and policies, the Regional Championships should be held in a different part of the region each year to make it more accessible.
- c. The Regional Chair will decide the site and date of the Regional Championships with approval from the Regional Board.
- d. Teams within the region may request the opportunity to host the Regional Championships; however, the region retains profits from the meet. The Regional Board may approve an amount or a percentage of the profits to be directed to a club or individual who contributes to the success of the event. (Example: a club provides all labor for setup and teardown or provides all food for the hospitality area.)
- e. The Regional Chair will serve as the Meet Director for Regional Championships.

- f. Regional Championships must follow USA Gymnastics Trampoline & Tumbling competition rules as found in the current Code of Points.
 - g. Regional Championships must take place a minimum of 30 days and a maximum of 45 days before the National Championships. The Senior Program Director or Program Manager must approve any deviation from those dates.
 - h. As the premier competition at the regional level, the Regional Championships should be the last meet of the regional season.
- 3. Sanction**
- a. A sanction must be obtained for Regional Championships by a Professional Member.
- 4. Participants**
- a. The Meet Director is responsible to check membership of all participants in any USA Gymnastics-sanctioned event. *See VII. Membership below*
- 5. Fees**
- a. Entry fees for Regional Championships shall not exceed
 - 1). Maximum of \$80 per athlete for the first event.
 - 2). Maximum of \$15 for each additional event.
- 6. Judges**
- a. Judges for Regional Championships must be seated by the Regional Technical Representative.
 - b. The number and category of judges required for each level are determined by the current Code of Points.
- 7. Format**
- a. The schedule for Regional Championships will be decided by the Regional Chair.
 - b. Regional Championships must follow USA Gymnastics Trampoline & Tumbling competition rules. If a region is competing additional levels or age groups approved by the Senior Program Director, championships may be held for those groups, but all teams must be notified in advance that additional levels will not qualify to National Championships.
 - c. All Trampoline & Tumbling competitions, including Regional Championships, are required to finish by 10:00 pm.
- 8. Awards**
- a. Awards for 1st through 3rd place at the Regional Championships must be ordered from USA Gymnastics sponsor, A-1 Awards.
 - b. All other awards are at the discretion of the Regional Chair in consultation with the Regional Board.
- 9. Results**
- a. The Regional Chair shall forward complete meet results to all State Chairs in the region within forty-eight (48) hours of the competition for the purpose of verifying qualifying scores.
 - b. Results must be made available to all clubs participating in the competition in one of three ways:
 - 1) A copy of the results must be made available to each club immediately following conclusion of the event OR

- 2) Results must be e-mailed to each club within twenty-four (24) hours of the competition OR
- 3) Results must be posted to a web site within twenty-four (24) hours of the competition.

F. National Invitational

At its discretion, the program may choose to host national invitational competitions, such as the Winter Classic, U.S. Elite Challenge and Stars & Stripes Cup.

1. Purpose

- a. A national invitational may:
 - 1) Provide junior and senior elite athletes the opportunity to compete at the national level.
 - 2) Serve as a qualifying competition to National Championships.
 - 3) Serve as a team trial for World Championships or other international competitions.
- b. A national invitational may serve as an eligibility or mobility competition, and may also serve as a qualifier to National Championships at the discretion of the Program Committee.

2. Requirements

- a. The format of the competitions will be decided by the Senior Program Director, in consultation with the Elite Program Committee.
- b. The Program Office staff will choose the site and date of national invitational competitions.
- c. The Senior Program Director shall serve as the Meet Director for national invitational competitions.

3. Fees

- a. Entry fees for a national invitational are set by the Program Office.

4. Judges and Coaches

- a. Judges for a national invitational are seated by the national Technical Committee.
- b. Judges will submit a Request for Assignment to the Technical Committee on or before the required date in order to be eligible for a panel.
- c. Whenever possible, maximum panels will be used at national invitationals; however, the Technical Committee reserves the right to use minimum panels when too few judges are available.
- d. Coaches are required to have a minimum Level 1 certification to be on the floor at national invitational competitions.

5. Format

- a. The schedule for a national invitational will be decided by the Sr. Program Director.
- b. National invitationals must follow USA Gymnastics Trampoline & Tumbling competition rules.

- c. All Trampoline & Tumbling competitions, including national invitationals, are required to finish by 10:00 pm.

7. Awards

- a. Awards are at the discretion of the Sr. Program Director.

8. Results

- a. Results will be posted to the USA Gymnastics web site within twenty-four (24) hours of the competition.

G. National Championships

1. Purpose

- a. U. S. Championships – The purpose of U. S. Championships is to name national champions in all disciplines at the Senior Elite and Junior Elite levels.
- b. Junior Olympic (J.O.) Championships – The purpose of J.O. Championships is to name national champions in all disciplines for Levels 5-10.

2. Eligibility

- a. Athletes must compete in at least two (2) USA Gymnastics Trampoline & Tumbling sanctioned competitions during the current competition season, prior to qualifying for the National Championships.
- b. Any USA Gymnastics Trampoline & Tumbling sanctioned competition may serve as an eligibility competition. (Exception: Levels 5-10 may not use State or Regional Championships as eligibility competitions.)
- c. A State Chair may waive eligibility requirements for athletes who are unable to compete in required eligibility competitions.
- d. In order to waive eligibility requirements, a State Chair must require, and keep on file, written proof of injury, illness or unforeseen circumstance on the days of eligibility competitions.
- e. The State Chair is under no obligation to waive eligibility requirements if he/she feels it is not in the best interest of the athlete.
- f. The competitive season begins August 1 of each year.
- g. The athlete must compete in at least one (1) event at eligibility competitions. He/She does not have to compete in every event that may eventually be entered at the National Championships.
- h. Competition results and reports submitted from USA Gymnastics Trampoline & Tumbling events and current membership rolls will be reviewed by the State Chair to determine eligibility.

3. National Championships Meet Sites

- a. The Program Office staff will choose the site of National Championships. The staff will attempt to locate competition sites in a different area each year.

4. Judges

- a. Judges for National Championships, both the U. S. Championships and J.O. Championships, are seated by the national Technical Committee.

- b. Judges will submit a Request for Assignment to the Technical Committee on or before the required date in order to be eligible for a panel.
- c. Whenever possible, maximum panels will be used at National Championships; however, the Technical Committee reserves the right to use minimum panels when too few judges are available.

5. Qualification to U. S. Championships

- a. U. S. Championships are for athletes competing at the Senior Elite and Junior Elite level. See *Section VII - Elite Program* for qualifying requirements.

6. Qualification to J. O. Championships

- a. J. O. Championships are for athletes competing at Levels 5-10. See *Section VI – Junior Olympic Program* for qualifying requirements.

7. Petitions

- a. **Senior Elite:** Only athletes who competed as a Senior Elite in the same event at the previous U.S. Championships will be allowed to petition to participate in the U.S. Championships.
- b. **Junior Elite:** Only athletes who placed 1st, 2nd or 3rd as a Junior Elite in the same event at the previous U.S. Championships or who were in the top fifty (50) percent of Junior Elites who competed in the same event at the previous U.S. Championships will be allowed to petition to participate in the current U.S. Championships.
- c. The petition form must be used for all petitions.
- d. The original form is mailed or faxed to the Senior Program Director. The coach and athlete should each retain a copy of the submitted form.
- e. Petitions will be decided by the Chair of the Elite Program Committee (TEPC) and the Senior Program Director. Petitions will be considered as expeditiously as possible. The decision of the TEPC Chair and the Senior Program Director is final.
- f. The petition must be submitted on the Petition Form to the Senior Program Director prior to the entry deadline. The petition must state the specific injury, illness or unforeseen circumstance, which prohibits the athlete from participating in the competitive process. In the case of a petition based upon an injury or illness, the petition must be accompanied by a physician's statement. The nature and extent of the injury or illness is subject to verification by a neutral doctor selected by USA Gymnastics.
- g. Qualification events and trial events may have different petition requirements. Please refer to the event selection procedures for exact requirements.
- h. The petitioner and his/her coach will be immediately notified, once a decision has been reached.
- i. **Level 10** - Athletes who were Level 10 in the previous season and who are currently Level 10 are eligible to petition to the National Championships.

- 1) Athletes who are unable to qualify due to illness, injury or unforeseen circumstances may petition to enter the J.O. Championships. The petition must be submitted in accordance with the approved petition procedure.
 - 2) Only athletes who placed 1st, 2nd or 3rd in the same event at the previous J.O. Championships or who were in the top fifty (50) percent of those who competed in the previous J.O. Championships will be allowed to petition to participate in the current J.O. Championships.
 - 3) Before a petition may be granted, the athlete must demonstrate that an injury, illness or other unforeseen circumstance exists which prevents the athlete from competing in or completing one or more of the qualifying events. Petitions will not be accepted if the athlete did not attend qualifiers in order to participate in another sport or event.
 - 4) Petitions must be submitted on the provided Petition Form and sent to the Program Director as soon as possible after the athlete determines his/her inability to compete and before the entry deadline for the National Championships. In the case of injury or illness, a medical doctor's certificate is required. *A medical release form may be required before the athlete is allowed to compete.* A \$25.00 non-refundable administrative fee must accompany the petition.
 - 5) The Chair of the J. O. Program Committee and the Senior Program Director will decide petitions. They will be considered as expeditiously as possible. The petitioner will be immediately notified, once a decision has been reached. The decision of the J. O. Program Committee Chair and the Senior Program Director is final.
- j. **Levels 5-9** There are no petitions for Levels 5-9 to the J.O. Championships.

8. National Championships Procedures

a. Entry Information

- 1) The entry form for the National Championships shall be posted on the USA Gymnastics web site. The coach of the club will collect entry fees and will send one (1) money order or other certified funds, or credit card information, for the entire team.
- 2) Entries will not be processed without payment.
- 3) No entries the day of the meet.
- 4) Only entries submitted on the official online entry form will be accepted.
- 5) Entry deadline will be set by the Program Office and will not be more than thirty (30) days prior to the National Championships.

- 6) Corrected or additional information may be submitted concerning entries on or before the date set by the Program Office. After that date, information may be corrected for a charge of \$25.00 per correction, up to a maximum of \$200.
- 7) All athletes meeting National Championships qualifying scores and eligibility requirements at the specified qualifying competitions may enter the National Championships. All entries will be subject to verification by the State Chair.
- 8) Coaches who plan to participate in the National Championships with their athletes must have taken the Level 1 Coaches' Course prior to being issued credentials.

b. Competition Schedule

- 1) A tentative competition schedule for National Championships will be posted on the USA Gymnastics web site.
- 2) The definite competition schedule for National Championships will be published on the USA Gymnastics web site www.usa-gymnastics.org after the entry deadline.

c. Competition Format

- 1) U.S. Championships
 - i. U.S. Championships will include competition for both men and women in individual trampoline, tumbling, double mini-trampoline and synchronized trampoline for Senior Elite and Junior Elite athletes.
 - ii. USA Gymnastics T&T rules will be used for both warm-up and competition.
- 2) J. O. Championships
 - i. J. O. Championships will include competition for both males and females in individual Trampoline, Tumbling and Double Mini for Levels 5 through 10 and in Synchronized Trampoline for Level 10 only.
 - ii. All age groups will be offered in each discipline.
 - iii. If necessary, because of large groups, additional age groups may be added at the discretion of the Senior Program Director.
 - iv. Finals will be held for Level 10 only

d. Awards

- 1) U.S. Championships
 - i. The tie-breaking system will be used to break ties.
See II Tie-Breaking System
 - ii. Awards will be presented to 1st-3rd in each division.
 - iii. Participation certificates will be given to all competitors.

- 2) J.O. Championships
 - i. The tie-breaking system will be used to break ties.
See II Tie-Breaking System
 - ii. Awards will be given to the top eight (8) athletes in each event, in each age group, both boys and girls.
 - iii. Medals will be awarded to 1st, 2nd and 3rd place, ribbons or medals to 4th through 8th place.
 - iv. Flight awards will be given to each athlete in each flight.
 - v. Participation certificates will be given to each athlete.

e. Results

- 1) Results will be posted to the USA Gymnastics web site within twenty-four (24) hours of the competition.

H. Regional All-Stars

1. Purpose

- a. A competition between the six (6) Trampoline & Tumbling Program Regions will be conducted for Level 10 Trampoline, Tumbling and Double Mini at the J. O. National Championships.

2. Team Composition

- a. The Regional All-Star Teams will be comprised of the Level 10 Regional Champions in each discipline, age group and gender. The tie-breaking system will be used to break ties. *See II Tie-Breaking System*
- b. Each Regional All-Star Team will have no more than 30 total members.
- c. Substitutes
 - 1) If any Regional Team member chooses not to attend the J. O. National Championships, the next highest qualifier from the Regional Championships in that discipline, age group and gender will be selected to the Regional Team in rank order.
 - 2) If a region has no Level 10 competitors in an age group, or if the Level 10 competitors choose not to participate, the position may be filled with the Level 9 Regional Champion. Rule 1) above will apply to the Level 9 competitors.
 - 3) If a Regional Championship Team member withdraws from the team the day of the competition, the Regional Chair can designate an alternate, in writing, to the Meet Referee. This must be done by the conclusion of the warm-ups for the Regional Team competition. No Regional Team changes will be allowed after the conclusion of the warm-up period.
- d. Coaches
 - 1) Each gymnast will be assisted by his/her personal coach.

3. Format

- a. Competition will consist of flights of six (6) athletes each, one (1) athlete per region, for each discipline, age group and gender.
- b. Competition will use the rules for Level 10 finals as stated in the J.O. Code of Points, with the exception of only one pass/routine for each discipline. Level 10 maximum difficulty requirements will apply.
 - 1) Trampoline – One voluntary routine
 - 2) Tumbling – One voluntary 8-skill pass
 - 3) Double Mini – One voluntary pass
- c. Starting order will be determined by computer draw.
- d. Level 9 competitors who do not meet Level 10 pass requirements will not receive a deduction for not meeting pass requirements.
- e. Scoring
 - 1) Boys: For each discipline, the two (2) highest scores from each Regional All-Star Team will be added together to determine the winning total. The highest team total wins.
 - 2) Girls: For each discipline, the two (2) highest scores from each Regional All-Star Team will be added together to determine the winning total. The highest team total wins.
 - 3) Grand Champion (Best Overall Regional All-Star Team): Using the two (2) highest scores from each discipline, age group and gender in each Region, the scores are added to determine the Grand Champion. The Region with the highest total score wins.

4. Awards

- a. All competitors will receive a participation certificate.
- b. Members of each winning team will receive an award.
- c. Individuals on the Grand Champion team will receive an award.
- d. The National Office will determine types of awards.

5. Apparel

- a. Each Regional All-Star Team member will receive a leotard and warm-up provided by Elite Sportswear, sponsor of the USA Gymnastics J. O. Program.
- b. Personal coaches will receive a warm-up provided by Elite Sportswear, sponsor of the USA Gymnastics J. O. Program.

II. Tie-Breaking System

- A. J.O. Program tie-breaking procedures are followed according to the J.O. Code of Points.
 - 1. Levels 1-4 – All disciplines: Ties are not broken at this level.

2. Levels 5-7 – All disciplines: Use the total score of the second pass/routine to break the tie. If there is still a tie, then duplicate awards will be given for ties.
 3. Levels 8-9, Level 10 Preliminaries: Use the highest total score in the second pass/routine of preliminaries to break the tie. If still tied:
 - a. If five execution judges are on the panel, the counting execution scores are used to break the tie.
 - b. If three execution judges are on the panel, the two highest judge's execution scores in the second pass/routine are used to break the tie.
 - c. If still tied, then duplicate awards will be given for ties.
 4. Level 10 Finals: Use the highest total score in the final pass/routine to break the tie. If still tied:
 - a. If five execution judges are on the panel, the counting execution scores are used to break the tie.
 - b. If three execution judges are on the panel, the two highest judge's execution scores in the second pass/routine are used to break the tie.
 - c. If still tied, then duplicate awards will be given for ties.
- B. Junior and Senior Elite tie-breaking procedures are followed according to the [FIG Technical Regulations](#)
1. In the Preliminary Rounds and qualifying for Finals, in case of a tie at any place, the ranking will be determined by the following criteria in order:
 - a. Individual Trampoline, Tumbling, and Double Mini Trampoline
 - 1) The higher total score in the 2nd routine/pass
 - 2) The total of the counting execution scores in the 2nd routine/pass
 - 3) The total of all of the execution scores of the 2nd routine/pass without eliminating high and low scores
 - 4) The total of the 4 highest execution scores of the 2nd routine/pass
 - 5) The total of the 3 highest execution scores of the 2nd routine/pass and so on until the tie is broken
 - b. Synchronized Trampoline
 - 1) The pair with the higher total score in the 2nd routine.
 - 2) The pair with the higher synchronized score in the 2nd routine.
 - 3) The pair with the higher total of the synchronized scores from the 1st and the 2nd routines.
 2. In the Final Rounds, in case of a tie at any place, the ranking will be determined by the following criteria in order:
 - a. Individual Trampoline, Tumbling, and Double Mini Trampoline
 - 1) The total of the counting execution scores in the Final routine/2nd Final Pass
 - 2) The total of all of the execution scores of the Final routine/2nd Final Pass without eliminating high and low scores
 - 3) The total of the 4 highest execution scores of the Final routine/2nd Final Pass

- 4) The total of the 3 highest execution scores of the Final routine/2nd Final Pass and so on until the tie is broken
- b. Synchronized Trampoline
 - 1) The pair with the higher synchronized score in the Final
 - 2) The pair with the higher total score from the qualification round
- C. Example of distribution of awards if the tie cannot be broken:
 1. Two competitors are tied for 2nd place.
 2. Award the 1st place medal to the gymnast with the highest score.
 3. The 2nd place medals are then presented to the tied gymnasts.
 4. There is NO 3rd place medal.
 5. The 4th place award is then presented to the next gymnast, and so on.

III. Equipment Specifications

A. All competitions must adhere to the equipment specifications listed in the J.O. Code of Points for each discipline. (see [Trampoline](#), [Tumbling](#), [Double Mini equipment specifications](#))

IV. Height of Hall Requirements

The interior height of the hall in which trampoline competitions take place must be:

1. Levels 1-8 – Minimum of 7 meters (23 ft.)
2. Levels 9-Sr. Elite – Minimum of 8 meters (26 ft.)

V. National Events Refund Policy

A. Refunds for national events will be considered as follows:

1. Only fees received on or before the deadline will be considered for refunds.
2. Requests must be on the official form, with documentation attached and returned to the Program Office within two weeks following the event. See Section X: Forms (National Events Refund Request).
3. Family emergencies, illness or injury are the only acceptable circumstances under which a refund will be given.
4. Athletes who attend the National Championships, but who are injured before competing in any discipline, may request a refund, with appropriate documentation. An athlete who has competed in at least one discipline is not eligible for a refund in the other disciplines.
5. Documents supporting any of the reasons given above must give a detailed account of the circumstances and must be signed by the attending physician in the case of illness or injury, or, in the case of family emergency, a responsible adult.
6. A \$25.00 processing fee will be deducted for each refund granted.
7. All refunds are subject to approval by the Program Director.

VI. Dress Code

- A. The dress code must be followed during all training, warm-up and competition times unless otherwise noted in competition directives.
- B. Male Competitors
 1. Leotards or compression shirts with or without sleeves. T-shirts are NOT acceptable. Compression shirts must be skin tight and made of lycra or spandex.
 2. TU & DM: Competition-style shorts with no longer than a 5" inseam.
 3. TR: Competition pants in a single color. For general training sessions athletes may wear competition shorts (no longer than 5" inseam) rather than competition pants. No other exceptions are allowed.
 4. TU & DM: White shoes with light-colored soles and/or white foot covering of no more than ankle length. TU only: Bare feet are allowed.
 5. TR: White trampoline shoes with light-colored soles and/or foot covering of no more than ankle-length in the same color as the competition pants, or in white. Bare feet are not allowed.
- C. Female Competitors
 1. Leotards with or without sleeves (must be skin tight)
 2. Long tights may be worn (must be skin tight)
 3. A full-length one piece leotard (unitard) may be worn (must be skin tight)
 4. White trampoline shoes with light colored soles and/or white foot covering of no more than ankle length must be worn. If a unitard is worn, the foot covering may be the same color as the unitard. TU only: Bare feet are allowed.
- D. The members of a synchronized trampoline pair must wear uniform dress.
- E. The wearing of jewelry or watches is not permitted. Earrings must be removed and may not be taped. Rings without gemstones are permitted only if they are taped.
- F. Only rubber bands, ribbons, flat metal clips or soft hair decorations are allowed.
- G. Long hair for both male and female competitors must be secured close to the head. Loose hair can cause safety problems and interruptions of a routine.
- H. No casts or hard splints are allowed while participating in tumbling and trampoline activities. Braces that have been measured and prescribed by a licensed medical physician for a specific medical condition may be worn.
- I. Any violation of Rules B-H may result in disqualification from the round in which the offense occurs. This decision is made by the Superior Judge/Chair of the Judge's Panel.

J. Coaches and Spotters

1. Warm-up pants (long pants or capri length, no shorts) and polo shirt or team t-shirt. Warm-up jacket is optional.
2. Gym shoes are required.
3. No denim pants/shorts allowed.
4. No caps or hats allowed.
5. Violators may be asked to leave the floor.

VII. Membership

A. Athlete

1. Eligibility

- a. All gymnasts participating in a USA Gymnastics-sanctioned competition must be registered as a USA Gymnastics Athlete Member or Introductory Athlete Member (Levels 1-3) with a current valid registration number.
- b. Membership registration must be completed prior to the event.
- c. All gymnasts must meet the entry, score and age requirements as designated in order to compete in each level and discipline.

2. Residency

a. U. S. Citizens

- 1) The location of the club or team determines the state and regional meet in which the gymnast competes. Therefore, if a gymnast lives in one state but competes for a club or team located in another state, the following regulations apply:
 - i.. A gymnast must compete in the State Championships based in the state in which his/her club is located. He/She may, based on special circumstances, petition the Senior Program Director for permission to compete in the State Championships for the state in which he/she lives.
 - ii. The gymnast must compete in the Regional Meet based on the State Meet in which he/she competed. He/She may, under special circumstances, petition the Senior Program Director for permission to compete in the Regional Meet for the region in which he/she lives.

b. Resident Non-Citizen Athletes

- 1) The resident non-citizen athlete participation in USAG events will be as follows for all programs:
 - i. Resident non-citizen USA Gymnastics athlete members are allowed to compete/participate in USA Gymnastics sanctioned events with full privilege and receive awards up to and including the Junior Olympic National Championships.
 - ii. USA Gymnastics Junior Olympic, Junior Elite or Senior Elite National Team members must be United States citizens, therefore, only United States citizens are allowed to be named to

the following teams or any other team representing USA
Gymnastics at FIG competitions:

- a) World Championships
- b) Olympic Games
- c) Youth Olympic Games
- d) World Games
- e) Pan American Championships
- f) Pan American Age-Group Team
- g) Pan American Games
- h) World Cup Series
- i) World Age-Group Team
- j) JumpStart National Team
- k) Olympic Development Team
- l) Junior National Team
- m) Senior National Team

c. Foreign Athletes

- 1) FIG regulations require that all foreign athletes (anyone without United States citizenship), regardless of age or competition level, must gain permission from the gymnastics federation of their country of citizenship and from USA Gymnastics before they may compete in any sanctioned USA Gymnastics event.
 - 2) It is up to the foreign athlete to obtain permission from his/her federation to compete in the U.S., and to provide such permission to the Trampoline & Tumbling Program Office. If an athlete needs contact information for another federation, the Program Office will provide it.
 - 3) Sanctioning Events with Foreign Athletes
 - i. A foreign sanction is required for any event where athletes who live in another country participate.
 - ii. A foreign sanction is not required for an event where all athletes are USAG members living in the U.S.
 - 4) Athletes Training in a Foreign Country
 - i. To train at a gym in the U.S., a foreign athlete/team must obtain permission from USA Gymnastics and the federation of the athlete/team. The same is true for U.S. athletes who train in a foreign country.
3. The Meet Director is responsible to check membership of all participants in any USA Gymnastics-sanctioned event.

B. Coaches and Judges

1. Coaches and judges, 18 or older, must have a valid USA Gymnastics Professional membership including up to date safety certification and background check.
2. Coaches and judges who are 16-17 years old must have a valid USA Gymnastics JR Professional membership including up to date safety certification.

VIII. Competition Cards

A. Levels 1-7

1. No competition cards are required.

B. Levels 8-10

1. All compulsory routines must be entered on the competition card. The voluntary routine must be written on the competition card with the difficulty value, position and total value of the routine recorded. Only the preliminary passes for level 10 are handed in. Finalists for level 10 will complete their voluntary routine prior to the final round.
2. In the compulsory routine, the competitor must execute the skills as indicated in the J.O. Code of Points; otherwise, the routine will be interrupted at the point of change.
3. In the voluntary routines, changes to the skills and the order in which they are written on the competition card are permitted with no penalty. Only the preliminary passes for level 10 are handed in. Finalists for level 10 will complete their voluntary routine on the competition card prior to the final round.
4. All competition cards must be turned in at the specified time and place, completely filled out with skill identification, skill position and difficulty value in place and calculated. Changes may be made until the start of the round.
5. Competition cards must be filled out using official FIG terminology or FIG numerical system.
6. Failure to turn in a competition card will result in a deduction of 0.2 pts from the difficulty score of the first completed voluntary routine.

C. Junior and Senior Elite

1. The elements of the first routine must be written down on the competition card. Each of the required elements must be marked with an asterisk (*). The elements of the second routine must also be written down on the competition card with the difficulty value, position and total value of the routine recorded. Only the preliminary passes are handed in. Finalists will complete a competition card for the voluntary routine prior to the final round.
2. The competition card must be handed in at the specified time and place, completely filled out with skill identification, skill position and difficulty value in place and calculated, otherwise the gymnast may not be allowed to start. Changes may be made until the start of the round.
3. Changes to the elements and the order in which they are written on the competition card are permitted without penalty. Any missing requirement will result in a deduction of 1.0 point off of each Execution Judge's score on instruction from the Superior Judge (*per occurrence*). Any element changes or missing requirements will be recorded on the competition card by the Difficulty Judges.
4. Competition cards must be filled out using official FIG terminology or FIG numerical system.

5. Failure to turn in a competition card will result in a deduction of 0.2 pts from the difficulty score of the first completed voluntary pass.

IX. Appeals

- A. An appeal can only be filed by a coach or a competitor. Spectators are not allowed to participate in the appeal process.
- B. The written appeal, with the appropriate appeal fee, must be handed to the Meet Referee prior to the start of the next round. In the case of an appeal concerning the final pass, the appeal must be submitted immediately after the end of the round. In any case, no appeals will be accepted after the medals have been awarded.
- C. Appeals concerning the execution scores can only be made with respect to numerical error.
- D. Appeals must be dealt with by the Jury of Appeal prior to the start of the next round and their decision must be announced immediately.
- E. Video
 1. The organizing committee is required to have an official video for the Jury of Appeal to review for levels 9 through Senior Elite.
 2. The Jury of Appeal may not watch the video individually. They must assemble at the designated location in order to view the video together. The video will be watched at real time and a straw poll will be taken, after which discussion may be held. If necessary the jury may re-watch the video and a straw poll will be taken after each viewing.
- F. Coaches are not allowed to speak to the Jury of Appeal. All information must be in writing on the appeal form.
- G. The decision of the Jury of Appeal is final.
- H. Appeal Fee

1. Local Competitions	\$25.00
2. State Competitions	\$50.00
3. Regional Championships	\$75.00
4. National Championships	\$100.00
- I. Jury of Appeal composition
 1. Local, State and Regional Competitions
 - a. Meet Director 1
 - b. Chair of the Judge's Panel 1
 - c. Meet Referee* 1
 (*State or regional Technical Chair)
 2. National competitions
 - a. Program Committee Member 1

- b. Technical Committee Member 2
- 3. If any of the appointed members are involved in the judges panel or in the decision taken they must recuse themselves from the Jury.
- 4. If any member is unable to serve on the Jury of Appeal the meet referee may replace him/her.
- J. If the appeal is sustained, the fee will be returned. If the appeal is overruled, the fee will be retained by the organizer.

X. Communicable Disease Statement

In order to prevent the transference of communicable diseases:

- A. Athletes with open lesions, wounds, dermatitis, and so forth should cover the area with a dressing that will prevent contamination.
- B. Competition should be interrupted if an athlete has a wound in which blood is present to allow the bleeding to be stopped and the wound to be cleaned.
- C. Surfaces contaminated with blood or bodily fluid should be cleaned with a solution of sodium hypochlorite (household bleach) at 1:10 dilution.
- D. For more information, please refer to the USA Gymnastics Safety Handbook.

XI. Meet Director's Timeline

A. 4-6 MONTHS PRIOR TO MEET

- 1. Organize a committee and make a general plan regarding needs for a facility, volunteers, etc.
- 2. Secure a facility.
 - a. Site tour is mandatory
 - b. Considerations: size, spectator capacity, concession area, ease of equipment setup, safety features, tables, PA system, restrooms, meeting room (if available) for judges and officials, telephone with emergency numbers posted nearby, loading and unloading entrance, custodial services.
- 3. Request sanction from USA Gymnastics National Office
- 4. Secure hotel accommodations, if needed.
- 5. Meet with key event staff/volunteers and delegate all extra responsibilities to them. **DO NOT PLAN TO BE IN CHARGE OF EVERYTHING! DELEGATE (OR DISCARD) any extras*** and run a good competition.
- 6. Determine equipment to be used, how to secure it, and transportation arrangements. Draw the floor plan.

*Extras could include concession stand, T-shirts, coach/judges hospitality room, raffles, door prizes, photographer, decorations, etc. – all good ideas, but not necessary for a well-run competition.

B. 2-3 MONTHS PRIOR TO MEET

- 1. Compile an invitation list. Ask regional/state chair for a list of all member clubs.
- 2. Compile and type meet information to include:
 - a. Title of event

- b. Date
 - c. Place (map, if available)
 - d. Hotel information
 - e. Levels/age-groups invited
 - f. Entry fees
 - g. Forms of payment accepted
 - h. Deadline
 - i. Equipment available
 - j. Safety warnings (when applicable)
 - k. Warm-up procedures
 - l. Tentative Schedule
 - m. Entry form, including Name, Birth date, Sex, USAG number, Team Affiliation, Disciplines/Levels competing, Team contact information
 - n. Include extras – concessions, T-shirts, photographer, etc. – when applicable.
 - o. Mail at least 2 months prior to meet.
- 3. Decide on a system for scoring the competition and make arrangements with the scorekeeper.
 - 4. Make arrangements to have a trainer on site.

C. 3-6 WEEKS PRIOR TO MEET

- 1. Confirm facility, hotel accommodations.
- 2. Mail letters/contracts to judges and require RSVP.
- 3. Order awards.
- 4. Contact all event staff/volunteers for progress reports.
- 5. Visit the facility and confirm the following:
 - a. Tables
 - b. PA system
 - c. Meeting room(s), if needed
 - d. Telephone
 - e. Loading and unloading procedures
 - f. Custodial services
- 6. Make an emergency medical plan.
- 7. Review the floor plan.
- 8. Make, or have made, appropriate signage
- 9. Secure an awards stand, if needed.
- 10. Meet with a decorator, if necessary, to make plans for table skirting, pipe and drape, plants, backdrops, etc.
- 11. Confirm equipment.
- 12. Confirm judges.
- 13. Confirm volunteers/event staff.
- 14. Secure music for march-ins and national anthem.
- 15. Purchase supplies – pencils, pads, paper clips, duct tape, adding machines, score sheets, markers, butcher paper, poster board, scissors, stop watches, folders, envelopes, etc.
- 16. Obtain a well-stocked first aid kit.
- 17. Prepare a filing system for finished meet forms, score sheets, etc.
- 18. Make arrangements for score flashers, calculators, copiers and computers, as necessary.

D. TWO WEEKS PRIOR TO MEET

1. Check every entry:
 - a. Go to the [USA Gymnastics web site](#) to verify that each athlete and coach has current membership.
 - 1). If an athlete or coach is not up-to-date with membership, contact the coach or responsible party immediately and make sure they understand that he/she will not be allowed to participate if the membership is not updated before the event begins.
 - b. Double check that each athlete is entered into the scoring system correctly.
3. Create a plan to handle the money:
4. Make sure that you, and any other party who may be responsible for handling money, understand the procedures.
5. If any entry fee you receive is incorrect, contact the responsible party and make arrangements immediately to obtain the additional funds. Do not wait until the day of the meet. You will have too many details to attend on that day.
6. Establish an effective bookkeeping system.
7. Be sure to have cash and change on the day of the event.
8. Have a system in place for paying the judges.
9. Scoring
 - a. If a computerized scoring system is used:
 - 1) Enter information on all competitors in the scoring program.
 - 2) Print a tentative start list (or flight list).
 - b. If a computerized scoring system is not used:
 - 1) Divide entries according to competitor's: Gender, Age group, Level
 - 2) Further divide each resulting group into flights of approximately ten each.
 - 3) Prepare a start list (or flight list) with athletes listed in correct competition order.
 - 4) File original entries in team folders.
10. Inventory the awards.

E. DAY BEFORE THE MEET

1. If possible, setup the equipment and decorations.
2. Attend to details, such as last minute changes, additional signage, unexpected event staff/volunteer replacements, etc.
3. Print judge's score sheets and flight sheets.
4. Gather all resources needed for the meet, such as Code of Points, Rules & Policies, incident report, appeal forms, etc.

F. DAY OF THE MEET

A key element to conducting a well-run event is a reliable and informed volunteer staff. Each volunteer should be given a clear-cut area of responsibility and be trained accordingly. Thus, the Meet Director is free to "trouble-shoot" once the meet begins. There will, without fail, be numerous matters that will need his/her attention: athletes placed in the wrong category, protests, problems with the equipment, etc. The meet can continue to run smoothly if all volunteers/event staff are in place and doing their respective jobs.

1. Have the appropriate event staff member/volunteer control all "extras", such as concessions, T-shirts, door, etc.

2. Check with Meet Referee to make sure all judges are in attendance and all their needs are met. (e.g. meeting room, supplies, scorekeeper, etc.) Explain payment procedure.
3. Make sure all runners, spotters and lineup personnel are in place. (Be sure to have “watchdogs” to control traffic on the competition floor.)
4. The announcer, tabulators and award presenters should be briefed and ready to begin.
5. Conduct a final equipment check.

G. AFTER THE MEET

1. Within 24 hours after the competition, mail the Sanction Report Form to the National Office, with the appropriate \$1 per athlete fee.
2. Within the time specified after the competition, mail meet results to the State Chair.
3. Be sure to thank all sponsors and volunteers.
4. Pay the judges and all other bills incurred.
5. Print a financial report.