



**VERSION 8**  
**USA GYMNASTICS**  
**TRAMPOLINE, TUMBLING, DMT, and SYNC**

**JR. & SR. ELITE**  
**2012 CODE OF POINTS**

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Disclaimer: In the event that a rule is not covered in the JR & SR Elite Code of Points, refer to the FIG Code of Points.

**ALL DISCIPLINES**

**SECTION A – WARM UP**

1. Warming Up

- 1.1 For local and state competitions based on the number of competitors the minimum warm up time is 30 minutes for junior and senior athletes competing.
- 1.2 If a competitor abuses the warm up time a deduction of 0.1 points will be taken from each of the execution judges scores on the first pass. The deduction is given by the Chair of the Judges panel.
- 1.3 Competitors will not be given a “one touch” warm up between the first and second passes
- 1.4
  - 1.4.1 1<sup>st</sup> Option  
Assigned warm up the day before the preliminary round.  
A 1 hour warm up prior to every 4 – 5 flights  
One “touch” before each individual flight
  - 1.4.2 2<sup>nd</sup> Option  
Assigned warm up period the day before the preliminary round  
15-minute warm up period before each individual flight
  - 1.4.3 3<sup>rd</sup> Option  
A warm up gym adjacent to the competition area, where each flight will be given a 45 minute warm up prior to each flight.  
One “touch” before each individual flight
  - 1.4.4 4<sup>th</sup> Option  
1 hour general warm up the day of competition for every 4-5 flights.  
One “touch” before each individual flight

For option 1.4.4, the following will apply.

- 1.4.5 Trampoline and Synchro preliminaries: Two touches prior to the compulsory  
Trampoline and Synchro finals: One touch
- 1.4.6 Tumbling preliminaries: One run and four touches  
Tumbling finals: One run and four touches
- 1.4.7 Double-mini preliminaries: Four touches  
Double-mini finals: Four touches

No skills may be performed in the “one run” warm up. In the event an athlete performs a skill in the “one run” warm up Rule 1.2 of Section A will be applied.

**SECTION B – COMPETITION PROTOCOLS**

1. Appeals
  - 1.1 An appeal can only be filed by a coach or a competitor. Spectators are not allowed to participate in the appeal process.
  - 1.2 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.
  - 1.3 Appeals concerning the execution scores can only be made with respect to numerical error.
  - 1.4 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.
  - 1.5 Video
    - 1.5.1 The organizing committee is required to have an official video for the Jury of Appeal to review.
    - 1.5.2 The Jury of Appeal may not watch the video prior to meeting as a group individually. They must assemble at the designated location in order to view the video together. The video will be viewed in real time and a straw poll will be taken, after which discussion may be held. If necessary the jury may re-watch the video “in real time” and a straw poll will be taken after each viewing.
    - 1.5.3 Coaches are not allowed to speak to the Jury of Appeal. All information must be in writing on the appeal form.
    - 1.5.4 The decision of the Jury of Appeal is final.
  - 1.6 Appeal Fee
 

1.6.1	Local Competitions	\$25.00
1.6.2	State Competitions	\$50.00
1.6.3	Regional Championships	\$75.00
1.6.4	National Championships	\$100.00
  - 1.7 Jury of Appeal composition
    - 1.7.1 Local Competitions
 

Meet Director or Meet Referee	1
Superior Judge	1
Judge	1
    - 1.7.2 State and Regional Competitions
 

Meet Director or Meet Referee	1
Chair of the Judge’s Panel	1
Member of the state or regional technical	1
    - 1.7.3 National competitions
 

Meet Director or Meet Referee	1
Elite Committee Member	1
Technical Committee Member	1
    - 1.7.3 All members of the Jury must have no conflict or interest with the appeal.
    - 1.7.4 In the event that the Jury cannot be made up of the committee members as listed

above. The Meet Referee can assign individuals that have no conflict of interest in the appeal.

1.7.5 The Jury may request additional footage of the athlete in question. The Jury is not required to watch non-official footage.

1.8 If the appeal is sustained, the fee will be returned. If the appeal is overruled, the fee will be retained by the Organizer.

## 2. DD Confirmation

2.1 Coaches may request confirmation of an athlete's degree of difficulty by completing a DD Confirmation Request Form. The forms will be at the judge's tables.

2.2 Coaches must complete the form with the athlete's name and the routine/pass (1<sup>st</sup> or 2<sup>nd</sup>, Optional, Compulsory) and give it to the Chair of the Judge's Panel.

2.3 There should be no conversation with the Chair of the Judge's Panel.

2.4 The Chair of the Judge's Panel will confer with the Difficulty Judges to determine if the correct DD score was flashed by consulting the Competition Card for addition errors or discrepancies between the 2 Difficulty Judges and Chair of the Judge's Panel.

2.5 The judges cannot watch the official video or any other video.

2.6 If the judges discover an error, then the DD will be corrected immediately.

2.7 The Chair of the Judge's Panel will deliver the completed DD Confirmation Request form to the Meet Referee. The coach who submitted the request must go to the Meet Referee for the results of the inquiry.

2.8 Coach's submitting the request may ask for confirmation for any athlete in the current flight, including their personal athletes.

2.9 If the request concerns their own athlete, then the coach will have 30 minutes from the time of the request submission to file an official appeal with the Meet Referee.

## 3. General Competition Card Guidelines for disciplines

3.1 The elements of the preliminaries and finals routines must be written down on the competition card.

3.2 Competition cards must be filled out using official FIG terminology or FIG numerical system.

3.3 The competition card must be submitted 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 with no penalty until the start of the round.

3.4 Failure to turn in a competition card by the stated deadline will result in a deduction of 0.2 points from the difficulty score of the first completed voluntary pass.

## 4. Trampoline Competition Cards

### 4.1 Junior

4.1.1 Any missing required elements or requirements will result in a deduction of 1.0 point for each missing required element/requirement, by each Execution Judge. Such changes will be recorded on the competition card by the Difficulty Judges.

4.1.2 For the first routine, each of the required elements must be marked with an asterisk (\*). The elements of the second routine and the final routine must also be written down on the competition card with the difficulty value, position and total value of the routine recorded.

- 4.1.3 In both the second routine of preliminaries and the finals routine, changes to the elements and the order in which they are written on the competition card are permitted without penalty.
- 4.2 Senior
  - 4.2.1 Two elements marked with an asterisk (\*) marked on the competition card will have difficulty ratings.
  - 4.2.2 In both the second routine of preliminaries and the finals routine, changes to the elements and the order in which they are written on the competition card are permitted without penalty.
- 4.3 In the event of a change of order, the skills performed where the asterisk (\*) is marked will be counted and calculated in the total score.
- 5. Tumbling Competition Cards
  - 5.1 In both preliminaries and finals, changes to the elements and the order in which they are written on the competition card are permitted without penalty.
- 6. DMT Competition Cards
  - 6.1 For the first and second pass, elements with positions must be written down on the competition card. The elements of the final routine must also be written down on the competition card with the difficulty value, position and total value of the routine calculated.

**SECTION C – MOBILITY**

- 1. Mobility Scores (based on preliminary scores):
  - 1.1 Level 10 to Junior Elite
 

1.1.1	Trampoline:	Men	56.5	9.0 DD
		Women	55.5	8.0 DD
1.1.2	Tumbling:	Men	80.6	
		Women	80.6	
1.1.3	Double Mini:	Men	63.5	7.2 DD (2 passes)
		Women	63.5	7.2 DD (2 passes)
  - 1.2 Junior Elite to Senior Elite
 

1.2.1	Trampoline:	Men=8.0 ex	58.5	11.0 DD
		Women=8.0 ex	57.5	10.0 DD
1.2.2	Tumbling:	Men=8.7 ex	62.5	10.3 DD
		Women =8.7 ex	61.2	8.9 DD
1.2.3	Double-Mini:	Men=9.0 ex	68.4	11.2 DD
		Women=9.0 ex	65.3	9.4 DD
- 2. Level 10 and Junior. Elite athletes who wish to mobilize to the next level must achieve the mobility requirements at the following meets (listed below) in order to mobilize. The calculation of mobility is based on the performance and DD scores. Time of flight does not factor in the calculation.
  - State Championships
  - Regional Championships
  - J.O. National Championships
  - Winter Classic
  - Elite Challenge
  - Stars and Stripes Cup
  - Elite National Championships

**SECTION D – CALCULATION OF TOTAL SCORE**

- |  |   |
|--|---|
| <p>1. Senior Trampoline<br/>         1<sup>st</sup> Routine E + T + D = Total Score<br/>         2<sup>nd</sup> Routine E + T + D = Total Score<br/>         3<sup>rd</sup> Routine E + T + D = Total Score</p> <p>3. Senior Tumbling<br/>         1<sup>st</sup> Routine E + D = Total Score<br/>         2<sup>nd</sup> Routine E + D = Total Score<br/>         3<sup>rd</sup> Routine E + D = Total Score<br/>         4<sup>th</sup> Routine E + D = Total Score</p> <p>5. Senior DMT<br/>         1<sup>st</sup> Routine E + D = Total Score<br/>         2<sup>nd</sup> Routine E + D = Total Score<br/>         3<sup>rd</sup> Routine E + D = Total Score<br/>         4<sup>th</sup> Routine E + D = Total Score</p> <p>7. Senior Sync<br/>         1<sup>st</sup> Routine E + D + S = Total Score<br/>         2<sup>nd</sup> Routine E + D + S = Total Score<br/>         3<sup>rd</sup> Routine E + D + S = Total Score</p> | <p>2. Junior Trampoline<br/>         1<sup>st</sup> Routine E + T = Total Score<br/>         2<sup>nd</sup> Routine E + T + D = Total Score<br/>         3<sup>rd</sup> Routine E + T + D = Total Score</p> <p>4. Junior Tumbling<br/>         1<sup>st</sup> Routine E + D = Total Score<br/>         2<sup>nd</sup> Routine E + D = Total Score<br/>         3<sup>rd</sup> Routine E + D = Total Score<br/>         4<sup>th</sup> Routine E + D = Total Score</p> <p>6. Junior DMT<br/>         1<sup>st</sup> Routine E + D = Total Score<br/>         2<sup>nd</sup> Routine E + D = Total Score<br/>         3<sup>rd</sup> Routine E + D = Total Score<br/>         4<sup>th</sup> Routine E + D = Total Score</p> <p>8. Junior Sync<br/>         1<sup>st</sup> Routine E + S = Total Score<br/>         2<sup>nd</sup> Routine E + D + S = Total Score.<br/>         3<sup>rd</sup> Routine E + D + S = Total Score</p> |
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Glossary of Terms

The “E” mark = Execution

The “T” mark = Time of Flight

The “D” mark = Degree of Difficulty

The “S” mark = Synchronization

9. Evaluation of the score

- 9.1 All scores will be rounded to 3 (three) decimal places. Such rounding will only be made in respect of the gymnast's total score for a routine.
- 9.2 The evaluation of the Time of Flight mark should be done electronically. The appointed judge No. 8 is responsible for controlling the electronic stopwatch.
- 9.3 If a breakdown of the electronic system occurs, the time is determined through an analysis of the official video by Judge No. 8 supervised by the Chair of Judges panel.
- 9.4 The total time of flight in 1/1000 of seconds is considered as the score for the Time of Flight.
- 9.5 Time of flight score
- 9.5.1: The evaluation of execution, difficulty and synchronization is done in 10ths of a point. The time of flight is evaluated in 1/1000 of seconds rounded down to 5/1000.
- Example
- Score for Time of flight 1: 16.233 >>> rounded to: 16.230
- Score for Time of flight 2: 17.196 >>> rounded to: 17.195
- Score for Time of flight 3: 17.455 >>> rounded to: 17.455
- Score for Time of flight 4: 17.194 >>> rounded to: 17.190

**SECTION E – NATIONAL QUALIFYING**

1.2 1. Qualification to National Championships

1.2.1 Senior and Junior Elite:

1.2.1.1 All athletes competing are eligible to enter the National Championships provided they have met the following criteria:

1.2.1.1.1 Compete at a minimum of 2 USA Gymnastics sanctioned competitions other than the U.S. Elite Challenge, Stars and Stripes Cup or Winter Classic.

1.2.1.1.2 Must meet the qualifying requirements at either the U.S. Elite Challenge, Stars and Stripes Cup or Winter Classic.

1.2.1.1.3 Individual Trampoline and Synchronized Trampoline: Must complete a 10-skill compulsory routine, a 10-skill optional routine and perform the required degree of difficulty in the optional routine at the U.S. Elite Challenge, Stars and Stripes Cup or Winter Classic.

1.2.1.1.4 Tumbling: Must complete 2 8-skill passes and perform the required degree of difficulty at the U.S. Elite Challenge, Stars and Stripes Cup or Winter Classic.

1.2.1.1.5 Double Mini-Trampoline: Must complete 2 2-skill passes and perform the required degree of difficulty at the U. S. Elite Challenge, Stars and Stripes Cup or Winter Classic.

1.2.1.1.6 Current Junior Elite and Senior Elite National Team members are qualified to National Championships in the event(s) in which they were named to the team. In other events, they must qualify using the established procedures.

They must compete at a minimum of 2 USA Gymnastics sanctioned competitions occurring prior to the entry deadline for Visa Championships, other than the U.S. Elite Challenge and the Stars and Stripes Cup.

2.1 National Championships:

2.1 Qualifying Scores (based on preliminary scores):

1.1.1	Sr. Trampoline:	Men	11.5 DD (2 <sup>nd</sup> routine)
		Women	10.5 DD (2 <sup>nd</sup> routine)
	Jr. Trampoline:	Men	9.0 DD (2 <sup>nd</sup> routine)
		Women	9.0 DD (2 <sup>nd</sup> routine)
1.1.2	Sr. Tumbling:	Men	10.8 DD (over 2 passes)
		Women	9.1 DD (over 2 passes)
	Jr. Tumbling:	Men	8.9 DD (over 2 passes)
		Women	7.2 DD (over 2 passes)
1.1.3	Sr. Double-Mini:	Men	11.4 DD (over 2 passes)
		Women	10.0 DD (over 2 passes)
	Jr. Double-Mini:	Men	9.6 DD (over 2 passes)
		Women	8.0 DD (over 2 passes)
1.1.4	Sr. Synchro:	Men	10.0 DD (2 <sup>nd</sup> routine)
		Women	9.0 DD (2 <sup>nd</sup> routine)

Jr. Synchro:	Men	8.0 DD (2 <sup>nd</sup> routine)
	Women	8.0 DD (2 <sup>nd</sup> routine)

**SECTION F – NATIONAL TEAM QUALIFICATION**

1. Senior National Team Selection Procedures

**I. OVERVIEW**

A. Senior Elite athletes who are 17 years of age or older in 2012 are eligible to be on the 2012-13 Senior National Team.

B. To be a member of the Senior National Team in individual trampoline, power tumbling and double mini-trampoline, Senior Elite athletes must finish with one of the 2 highest point totals as calculated from the points earned at designated competitions to be locked into the 1<sup>st</sup> and 2<sup>nd</sup> ranked place.

C. The Elite Program Committee may add at their discretion additional men and/or women to the Senior National Team. The additional athletes may be Junior Elite or Senior Elite.

**II. 2012-13 SENIOR NATIONAL TEAM**

A. The Senior National Team is the team that will officially represent the United States at international competitions. The following sets forth the procedures for the selection of the team.

1. Eligibility

- a. Must be a United States citizen.
- b. Must be 17 years of age in 2012.
- c. Must be a USA Gymnastics member in good standing.

2. Selection

- a. Points earned from February 1, 2012 to 2012 U. S. National Championships will count toward 2012-13 Senior National Team selection.
- b. The Senior National Team will be named in July, 2012.

3. To be eligible for the Senior National Team athletes must earn points at a minimum of 2 competitions and must compete at 2 of the 3 named competitions (see 7.a.).

4. Points may be earned at the following competitions:

- a. National Competitions—The 2 competitions with the highest points earned will be the only competitions counted in the rankings and toward the minimum number of competitions required.
- b. International Competitions – The competition with the highest points earned will be the only competition counted in the rankings and toward the minimum number of competitions required.

5. Required degree of difficulty

- a. For all competitions, the minimum degree of difficulty must be met or exceeded by the athlete at the designated competitions in order to earn points. See Rule 7 and 8.
- b. Minimum degree of difficulty scores are based on the voluntary routine for trampoline and two passes for power tumbling and double mini-trampoline.
- c. The minimum degree of difficulty must be met in the preliminary or the

final round.

- d. In the case of power tumbling and double mini-trampoline, one pass from the preliminary round and one pass from the final round may not be added together to meet the minimum difficulty.

REQUIRED DEGREE OF DIFFICULTY SCORES

DISCIPLINE	MEN	WOMEN
Trampoline (voluntary routine)	14.5	12.5
Tumbling (two passes)	13.2	9.7
Double Mini (two passes)	12.0	9.6

6. Points are awarded based on the athletes' placement in the final results.

**7. National Events:**

- a. Athletes must compete at 2 of the 3 named competitions (U.S. Elite Challenge, Stars and Stripes Cup, US Championships) to be eligible for the Senior National Team.

**8. International Events:**

- a. International competitions as designated by the Elite Program Committee.
  - 1). Trampoline competitions must have a minimum of 5 countries competing.
  - 2). Tumbling and Double-Mini Trampoline competitions must have a minimum of 3 countries.

9. Athletes will be re-ranked after each designated competition using points from the chart below. Rankings will be posted on the USA Gymnastics website.

Place in Final Results	US Elite Challenge/ Stars and Stripes Cup	US Championships	International Competitions	
	TR, TU, DM	TR, TU, DM	TR	TU, DM
1	10	20	20	20
2	8	19	19	19
3	6	18	18	18
4	4	17	17	17
5	2	16	16	16
6	1	15	15	15
7		14	14	14
8		13	13	13
9			12	12
10			11	11
11			10	
12			9	
13			8	
14			7	
15			6	
16			5	
17			4	
18			3	
19			2	
20			1	

### III. REMOVAL

- A. An athlete or coach may be removed from the Senior National Team if he/she violates the USA Gymnastics Code of Ethics or the USA Gymnastics National Team Funding and Support Agreement.
- B. Removal may only occur by action of the President of USA Gymnastics after consultation with the Program Committee, and an interview with the athlete and his/her coach.
- C. Any decision to remove an athlete or coach is subject to review through USA Gymnastics Grievance Procedures.

## 2. Junior National Team Selection Procedures

### I. OVERVIEW

- A. Junior Elite athletes who are 12 – 16 years of age in 2012 are eligible to be named to the 2012-13 Junior National Team.
- B. To be a member of the Junior National Team in individual trampoline, power tumbling and double mini-trampoline, Junior Elite athletes must finish with one of the four highest point totals as calculated from the points earned at designated competitions.
- C. The Elite Program Committee may add at its discretion additional men and /or

women to the Junior National Team. The additional athletes may be ODP or Junior Elite.

**II. 2012-13 JUNIOR NATIONAL TEAM**

A. The Junior National Team is the team that will officially represent the United States at junior/youth international competitions. The following sets forth the procedures for the selection of the teams.

1. Eligibility

- a. Must be a United States citizen.
- b. Must be 12 – 16 years of age in 2012.
- c. Must be a USA Gymnastics member in good standing.

2. Selection

- a. Points earned from February 1, 2012 through 2012 U.S. Championships will count toward Junior National Team selection.
- b. The Junior National Team will be named in July, 2012.

3. To be eligible for the Junior National Team athletes must earn points at a minimum of 2 competitions and must compete at 2 of the 3 named competitions (see 7.a.).

4. Points may be earned at the following competitions:

- a. National Competitions – The 2 competitions with the highest points earned will be the only competitions counted in the rankings and toward the minimum number of competitions required.
- b. International Competitions - The competition with the highest points earned will be the only competition counted in the rankings and toward the minimum number of competitions required.

5. Required degree of difficulty

- a. For all competitions, the minimum degree of difficulty must be met or exceeded by the athlete at the designated competitions in order to earn points.
- b. Minimum degree of difficulty scores are based on the voluntary routine for trampoline and two passes for power tumbling and double mini-trampoline.
- c. The minimum degree of difficulty must be met in the preliminary or the final round.
- d. In the case of power tumbling and double mini-trampoline, one pass from the preliminary round and one pass from the final round may not be added together to meet the minimum difficulty.

**REQUIRED DEGREE OF DIFFICULTY SCORES**

	<b>MEN</b>	<b>WOMEN</b>
<b>Trampoline (voluntary routine)</b>	11.2	10.0
<b>Tumbling (two passes)</b>	10.4	8.2
<b>Double Mini (two passes)</b>	8.8	7.5

6. Points are awarded based on the athletes' placement in the final results.

**7. National Events**

- a. Athletes must compete at 2 of the 3 named competitions (U.S. Elite Challenge, Stars and Stripes Cup, or US Championships) to be eligible for the Junior National Team.

**8. International Competitions:**

- a. Other International competitions as designated by the Elite Program Committee.
  - 1). Trampoline competitions must have a minimum of 5 countries competing.
  - 2). Tumbling and double mini-trampoline competitions must have a minimum of 3 countries competing.
- 9. Athletes will be re-ranked after each designated competition using points from the chart below. Rankings will be posted on the USA Gymnastics website.
- 10. Athletes who move from Junior Elite to Senior Elite during the year will lose all points earned as a Junior Elite and must start from 0 with Senior Elite points.

Place in Final Results	US Elite Challenge/ Stars and Stripes Cup	US Championships	International Competitions	
	TR, TU, DM	TR, TU, DM	TR	TU, DM
1	10	15	12	12
2	8	12	10	10
3	6	10	8	8
4	4	8	7	6
5	2	6	6	4
6	1	4	5	3
7		2	4	2
8		1	3	1
9			2	
10			1	

**III. REMOVAL**

- A. An athlete or coach may be removed from the Junior National Team if he/she violates the USA Gymnastics Code of Ethics or the USA Gymnastics National Team Funding and Support Agreement.
- B. Removal may only occur by action of the President of USA Gymnastics after consultation with the Program Committee, and an interview with the athlete and his/her coach.
- C. Any decision to remove an athlete or coach is subject to review through USA Gymnastics Grievance Procedures.

**SECTION G – AGE REQUIREMENTS**

- 1. Age Rule
  - 1.1 Senior elite athletes must be 17 years of age or older in the current year.
  - 1.2 Junior elite athletes must be 12 years of age or older in the current year. There is no maximum age.
  - 1.3 Jump start athletes must be between 7 and 12 years old in the current year.
  - 1.4 ODP athletes must be Level 10 and are 10-14 years of age or Level 9 and are 9-12 years of age in the current year.

- 1.5 Junior National team athletes must be 12-16 years of age in the current year.
- 1.6 Senior National team athletes must be 17 years of age or older in the current year.

## **SECTION H – DRESS CODE**

### 1. Coach's Dress Code

1.1 Coaches: The dress code must be followed during all training sessions, warm-up and competition times.

- 1.1.1 Warm-up pants (long pants or capri length, no shorts) and polo shirt or team t-shirt. Warm-up jacket is optional.
- 1.1.2 Gym shoes are required.
- 1.1.3 No denim allowed.
- 1.1.4 No caps or hats allowed.
- 1.1.5 Violators may be asked to leave the floor.

### 2. Trampoline Athlete Dress Code

2.1 Athletes: The dress code must be followed during all training sessions, warm-up and competition times.

#### 2.1.1 Male Competitors

2.1.1.1 Leotard without sleeves. T-shirts are not acceptable.

2.1.1.1.1 During general training sessions, athletes may wear compression shirts rather than leos. Compression shirts must be skin tight and made of lycra or spandex.

2.1.1.1.2 No other exceptions are allowed.

2.1.1.1.3 Competition style pants in a single color.

2.1.1.1.4 During general training sessions, athletes may wear competition shorts (no longer than 5" inseam) rather than competition pants.

2.1.1.1.5 White trampoline shoes with light colored soles and/or white foot covering, or foot covering in the same color as the competition pants, must be worn.

#### 2.1.2 Female Competitors

2.1.2.1 Leotards with or without sleeves may be worn (must be skin tight).

2.1.2.2 Long tights may be worn (must be skin tight).

2.1.2.3 A full-length one piece leotard (unitard) may be worn (must be skin tight).

2.1.2.4 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.

2.1.2.5 Any other "dress" that is not skin tight is not allowed.

2.1.2.6 For safety reasons, covering the face or head is not allowed.

2.1.3 Members of a synchronized pair must wear identical competition attire.

2.1.4 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.

2.1.5 Only rubber bands, ribbons, flat metal clips or soft hair decorations are allowed.

2.1.6 Long hair for both male and female competitors must be secured close to the head. If the hair touches the trampoline, the routine will be interrupted. All hair should be secured close to the head. Loose hair is at the gymnast's own risk. It

- can cause safety problems and may result in an interruption.
- 2.1.7 Athletes are required to wear competition attire during the march-in immediately prior to competition and during the awards ceremony.
- 2.1.8 Any violation result in disqualification from the round in which the offense occurs. This decision is made by the Superior Judge.

3. Tumbling Athlete Dress Code

- 3.1 The dress code must be followed during all training sessions, warm-up and competition times.
  - 3.1.1 Male Competitors
    - 3.1.1.1 Leotard without sleeves. T-shirts are not acceptable.
      - 3.1.1.1.1 During general training sessions, athletes may wear compression shirts rather than leos. Compression shirts must be skin tight and made of lycra or spandex.
      - 3.1.1.1.2 No other exceptions are allowed.
    - 3.1.1.2 Competition style shorts, with no longer than a 5" inseam.
    - 3.1.1.3 White foot covering or bare feet are allowed.
  - 3.1.2 Female Competitors
    - 3.1.2.1 Leotards with or without sleeves (must be skin tight).
    - 3.1.2.2 Long tights may be worn (must be skin tight).
    - 3.1.2.3 A full-length one piece leotard (unitard) may be worn (must be skin tight).
    - 3.1.2.4 White foot covering of no more than ankle length may be worn. Bare feet are allowed. If a unitard is worn, the foot covering may be the same color as the unitard.
    - 3.1.2.5 Any other "dress" that is not skin tight is not allowed.
    - 3.1.2.6 For safety reasons, covering the face or head is not allowed.
  - 3.1.3 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.
  - 3.1.4 Only rubber bands, ribbons, flat metal clips or soft hair decorations are allowed.
  - 3.1.5 Long hair for both male and female competitors must be secured close to the head. If the hair touches the tumbling track or landing area, the pass will be interrupted.
  - 3.1.6 Athletes are required to wear competition attire during the march-in immediately prior to competition and during the awards ceremony.
  - 3.1.7 Any violation may result in disqualification from the round in which the offense occurs. This decision is made by the Superior Judge.

4. DMT Athlete Dress Code

- 4.1 Athletes: The dress code must be followed during all training sessions, warm-up and competition times.
  - 4.1.1 Male Competitors
    - 4.1.1.1 Leotard without sleeves. T-shirts are not acceptable.
      - 4.1.1.1.1 During general training sessions, athletes may wear compression shirts rather than leos. Compression shirts must be skin tight and made of lycra or spandex.
      - 4.1.1.1.2 No other exceptions are allowed.
    - 4.1.1.2 Competition style shorts, with no longer than a 5" inseam.
    - 4.1.1.3 White foot covering.

- 4.1.2 Female Competitors
  - 4.1.2.1 Leotards with or without sleeves (must be skin tight).
  - 4.1.2.2 Long tights may be worn (must be skin tight).
  - 4.1.2.3 A full-length one piece leotard (unitard) may be worn (must be skin tight).
  - 4.1.2.4 White foot covering of no more than ankle length may be worn.  
If a unitard is worn, the foot covering may be the same color as the unitard.
  - 4.1.2.5 Any other “dress” that is not skin tight is not allowed.
  - 4.1.2.6 For safety reasons, covering the face or head is not allowed.
- 4.1.3 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.
- 4.1.4 Only rubber bands, ribbons, flat metal clips or soft hair decorations are allowed.
- 4.1.5 Long hair for both male and female competitors must be secured close to the head. If the hair touches the double mini-trampoline, the routine will be interrupted.
- 4.1.6 Athletes are required to wear competition attire during the march-in immediately prior to competition and during the awards ceremony.
- 4.1.7 Any violation of Rules 4.1.1-4.1.6 may result in disqualification from the round in which the offense occurs. This decision is made by the Superior Judge.

## **SECTION I - TRAMPOLINE AND SYNCHRONIZED TRAMPOLINE**

- 1. Routines – Each routine consists of ten (10) elements.
  - 1.1 Junior Elite
    - 1.1.1 The first routine in the Qualifying Round is a 10-element voluntary with requirements.
      - 1.1.1.1 9 elements with a minimum of 270° of somersault
      - 1.1.1.2 1 element to front or back
      - 1.1.1.3 1 element from front or back – in combination with requirement 1.1.1.2.
      - 1.1.1.4 1 double front or back somersault with or without twist.
      - 1.1.1.5 1 element with a minimum of 540° twist.
      - 1.1.1.6 The requirements cannot be fulfilled by combining them into one element, but must be performed as separate elements.
      - 1.1.1.7 During a routine no elements may be repeated. The repetition of an element during the first routine will also result in a deduction of 1.0 pt. by each Execution Judge for each repetition.
    - 1.1.2 The second routine is a 10-element voluntary
      - 1.1.2.1 Trampoline Minimum difficulty:
        - Jr. Men 8.0 DD (2<sup>nd</sup> routine)
        - Jr. Women 8.0 DD (2<sup>nd</sup> routine)
      - Synchro Minimum difficulty:
        - Jr. Men 7.0 DD (2<sup>nd</sup> routine)
        - Jr. Women 7.0 DD (2<sup>nd</sup> routine)
      - 1.1.2.2 The difficulty judge will take a .1 deduction for each .1 below the minimum difficulty requirements on all completed routines.
      - 1.1.2.3 No element may be repeated. A repeated element will not receive

- difficulty credit.
- 1.1.3 In the Final routine, any elements from the first and second routines can be repeated.
  - 1.1.4 In the 2<sup>nd</sup> and 3<sup>rd</sup> routines no elements can be repeated. In the event an athlete performs a repeat the degree of difficulty will not be counted.
  - 1.1.5 If there are 10 or more competitors in preliminaries then new life finals will be held. The competitors start the Final with a score of zero.
- 1.2 Senior Elite
- 1.2.1 The first routine in the Qualifying consists of 10 different elements, each with a minimum of 270° somersault rotation.
    - 1.2.1.1 Two (2) elements, marked with an asterisk (\*) on the competition card, will have difficulty ratings. The difficulty will be added to the execution score to give the total score for the first routine.
    - 1.2.1.2 None of these two (2) elements may be repeated in the second routine of the qualifying round, otherwise the difficulty will not be counted.
  - 1.2.2 The second routine is a 10-element voluntary.
    - 1.2.2.1 Trampoline Minimum difficulty:
      - Sr. Men 10.5 DD (2<sup>nd</sup> routine)
      - Sr. Women 9.5 DD (2<sup>nd</sup> routine)
 Synchro Minimum difficulty:
      - Sr. Men 9.5 DD (2<sup>nd</sup> routine)
      - Sr. Women 8.5 DD (2<sup>nd</sup> routine)
    - 1.2.2.2 The difficulty judge will take a .1 deduction for each .1 below the minimum difficulty requirements on all completed routines.
  - 1.2.3 In the Final routine, any elements from the first and second routines can be repeated.
  - 1.2.4 In the 2<sup>nd</sup> and 3<sup>rd</sup> routines no elements can be repeated. In the event an athlete performs a repeat the degree of difficulty will not be counted.
  - 1.2.5 If there are 10 or more competitors in preliminaries then new life finals will be held. The competitors start the Final with a score of zero.
2. Minimum judging panel
- 2.1 Individual trampoline – minimum Category 1 at all National Events (based on availability)
    - 2.1.1 1 Chair of Judges Panel
    - 2.1.2 1 D. D. Judge
    - 2.1.3 3 Execution Judges
  - 2.2 Synchronized trampoline–minimum Category 1at all National Events (based on availability)
    - 2.2.1 1 Chair of Judges Panel
    - 2.2.2 2 D. D. Judges
    - 2.2.3 4 Execution Judges – 2 per trampoline
    - 2.2.4 2 Synchronization Judges – 1 per trampoline

## **SECTION J - TUMBLING**

- 1. Pass Requirements
  - 1.1 Junior Elite

- 1.1.1 The first pass of the preliminaries is an 8-element straight pass.
    - 1.1.1.1 A minimum of one double somersault. Each violation will result in a deduction of 1.0 points from each Execution Judge on the instruction of the Chair of Judges Panel.
    - 1.1.1.2 None of the 7 other elements may contain more than 180° of twist each. Any violation will result in the difficulty of those elements not being counted.
  - 1.1.2 The second pass of the preliminaries is an 8-element twisting pass.
    - 1.1.2.1 Requirements – Must contain one of two options:
      - 1.1.2.1.1 First option: A minimum of 3 somersaults, one with at least 360° of twist, one with at least 720° of twist which must be performed as the last (8th) element, plus one additional somersault with or without twist.
      - 1.1.2.1.2 Second option: A minimum of 3 (three) somersaults with or without twist. The last (8th) element must be a full twisting double somersault.
    - 1.1.2.2 Each violation will result in a deduction of 1.0 pt from the Execution Judges on the instruction of the Chair of Judges Panel.
  - 1.1.3 Final (two free passes):
    - 1.1.3.1 A minimum of three (3) somersaults with or without twists, one of which must be performed as the last (8th) element. Each violation will result in a deduction of 1.0 pt. from each of the Execution Judges on the instruction of the Chair of Judges Panel.
    - 1.1.3.2 The passes in the Final must be performed without repetition of an element in either of the passes (See Rule 3).
    - 1.1.3.3 In the Final, a gymnast may repeat elements or a pass performed in preliminaries.
    - 1.1.3.4 Bonus: Athletes performing 2 double somersaults in the first pass or 2 double somersaults in the second pass of finals will receive a 1.0 bonus from the difficulty judge. The bonus will only be given in the case of completed passes. The maximum bonus is 1.0 regardless of the number of double somersaults performed in both passes of finals.
    - 1.1.3.5 If there are 10 or more competitors in preliminaries then new life finals will be held. The competitors start the Final with a score of zero.
- 1.2 Senior Elite
- 1.2.1 The first pass of the preliminaries is an 8-element straight pass.
    - 1.2.1.1 A minimum of three (3) somersaults with no more than 180° of twist, one (1) of which must be performed as the last (8<sup>th</sup>) element. Each violation will result in a deduction of 1.0 point from each of the Execution Judges on the instruction of the Chair of Judges Panel.
    - 1.2.1.2 None of the five (5) other elements may contain more than 180° of twist each. Any violation will result in the difficulty of those elements not being counted.
    - 1.2.1.3 Must perform one double somersault anywhere in the pass.
  - 1.2.2 The second pass of the preliminaries is an 8-element twisting pass.
    - 1.2.2.1 First Option: A minimum of three (3) somersaults, one with at least 360 degrees of twist performed anywhere in the pass and one

multiple somersault with a minimum of 360 degrees of twist which must be performed as the last eighth (8<sup>th</sup>) element. The 3<sup>rd</sup> somersault may be performed with or without twist.

1.2.2.2 Second Option: A minimum of three (3) somersaults, one of which must be a multiple somersault with a minimum of 720 degrees of twist, and must be performed as the last (8<sup>th</sup>) element. All additional somersaults may be performed with or without twist.

1.2.3 Finals (two (2) free passes)

1.2.3.1 A minimum of three (3) somersaults with or without twist, one (1) of which must be performed as the last (8<sup>th</sup>) element. Each violation will result in a deduction of 1.0 point from each of the Execution Judges on the instruction of the Chair of Judges Panel.

1.2.3.2 The passes in the Final must be performed without repetition of an element in either of the passes (See Rule 3).

1.2.3.3 In the Final, a gymnast may repeat elements or a pass performed in preliminaries.

1.2.3.4 If there are 10 or more competitors in preliminaries then new life finals will be held. The competitors start the Final with a score of zero.

2. For both Junior and Senior Elite, the last skill must be initiated from the take-off zone and land in the landing zone; otherwise

2.1 There will be a penalty of 0.1 point taken from each execution score if the athlete does not take off from the take-off zone.

2.2 There will be a penalty of 0.2 points on the tumbling track taken from each execution score if the athlete does not land in the landing.

2.3 If the athlete initiates the last skill from the penalty zone, the deduction will be 0.3 points and will be taken from each execution score.

2.4 If the last skill is initiated from the landing area, the pass will be interrupted.

2.5 Refer to the diagram in Equipment Specification for clarification.

3. Repetition of Elements

3.1 With the exception of flic-flacs, whipbacks and round-offs, no element may be repeated during the two (2) passes of the Qualifying round otherwise the difficulty of the repeated element will not be counted.

3.2 In the Final passes the same element may not be repeated, with the exception of flic-flacs, whipbacks and round-offs, otherwise the difficulty of the repeated element will not be counted. (See Rule 3.5)

3.3 Elements having the same amount of rotation but performed in the tucked, piked and straight positions or with change of position are considered to be different elements and not repetitions.

3.3.1 The tucked and pucked positions are considered to be the same position.

3.4 Multiple somersaults (720° or more) having the same number of twists and somersaults will not be considered a repetition if the twist is located in different phases.

3.5 Somersaults will not be considered as repetitions if they are preceded by a different element.

4. Minimum judging panels – Minimum Category 1at all national events (based on availability)

4.1 1 Chair of Judges Panel

- 4.2 1 D.D. Judge
- 4.3 3 Execution Judges

**SECTION K - DOUBLE MINI-TRAMPOLINE**

- 1.1 A mounter skill or straight mounting jump must take off from the mounting zone and land in the spotter/dismount zone.
- 1.2 A spotter skill must take off and land in the spotter/dismount zone.
- 1.3 A dismount skill must take off from the spotter/dismount zone and land in the landing area.
- 1.4 East pass consists of 2 skills (one mounter or spotter and one dismount)
- 1.5 A straight mounting jump without twists is not considered a skill. If a straight jump is used as a spotter skill or dismount skill, the pass will be interrupted.
- 2. Junior and Senior Preliminary Rounds
  - 2.1 There are 2 passes in the preliminary round.
  - 2.2 In the preliminary round, over the 2 passes, skills may only be repeated when performed in different parts of the pass (mounter, spotter, or dismount)
- 3. Junior and Senior Final Rounds
  - 3.1 There are 2 passes in the final round.
  - 3.2 Over the four passes, skills may only be repeated when performed in different parts of the pass (mounter, spotter, or dismount)
- 4. Minimum difficulty over 2 passes
  - 4.1 Junior Elite
    - 1.1.1 Men 8.4 DD
    - 1.1.2 Women 7.5 DD
  - 4.2 Senior Elite
    - 1.2.1 Men 10.4 DD
    - 1.2.2 Women 8.4 DD
  - 4.3 A 0.3 point deduction will be taken from each Execution Judge's score for the 2nd pass if the competitor does not meet the required minimum difficulty over two completed passes.
  - 4.4 If there are 10 or more competitors in preliminaries then new life finals will be held. The competitors start the Final with a score of zero.
- 5. Minimum judging panels – Minimum Category 1 at all national events (based on availability)
  - 5.1 1 Chair of Judges Panel
  - 5.2 1 D. D. Judge
  - 5.3 3 Execution Judges

**SECTION L - EQUIPMENT SPECIFICATION**

- 1. Trampoline Specifications
  - 1.1 Levels 1-4
    - 1.1.1 A 6' x 12' trampoline with a 1"-2" string bed is permitted. It must have proper frame pads and safety platforms (end decks).
  - 1.2 Levels 5-10
    - 1.2.1 Frame
    - 1.2.2 Interior measurements of the frame, with bed under tension, but without frame pads:
 

Length	5050mm	+/-60mm
Width	2910mm	+/-50mm
Height of bed from floor	1155mm	+/-05mm

An in-ground trampoline may be used provided the trampoline meets all of the requirements in equipment specification 2.1.1. For safety reasons the frame must have rounded edges.

1.3 Trampoline Bed

1.3.1 Dimensions of the bed under tension, ready for use:

Length	4280mm	+/-60mm
Width	2140mm	+/-50mm

1.3.2 The bed must be constructed from light colored bands, webs, strings, etc., which must be held together in such a way that they are not displaced during use.

Web construction:

Width of web under tension	5.5mm	+/-1.5mm
Distance between any two webs	16mm (maximum)	

String construction:

Width of strings under tension	3mm	+/-1mm
Distance between any two strings no greater than	10mm	

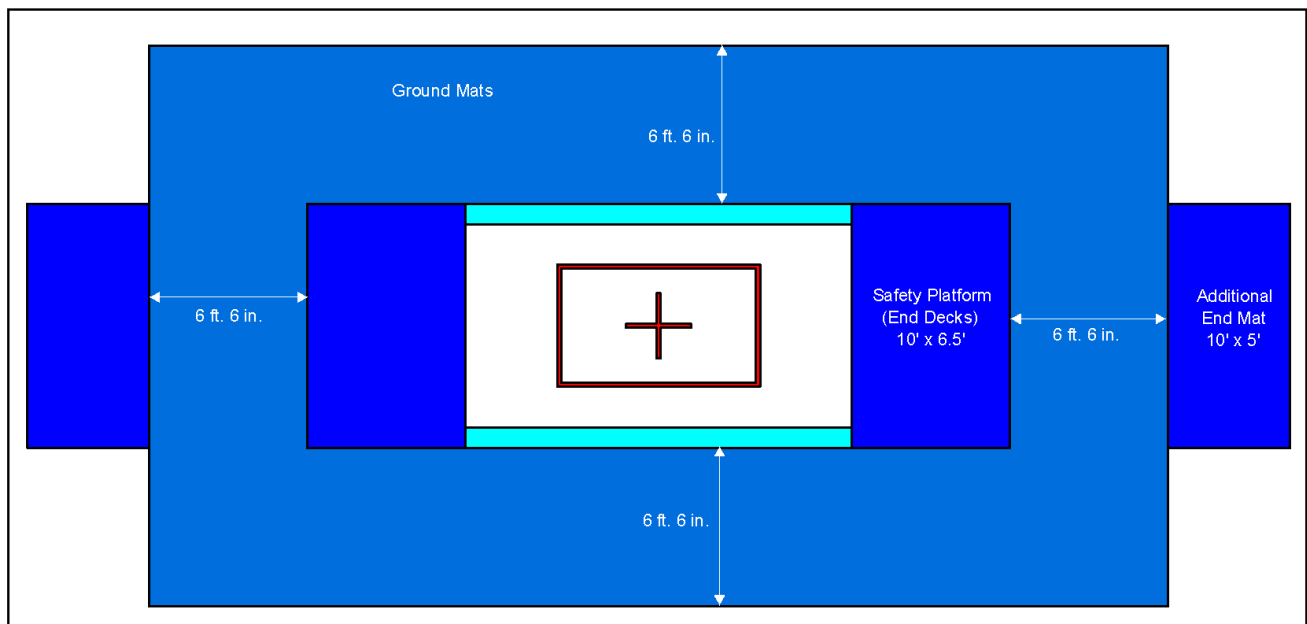
1.3.3 The bed must be strong enough to withstand wear and not tear when in use.

1.3.4 The jumping zone must be marked out clearly in red on the middle of the trampoline bed.

Length	2150mm	+/-40mm
Width	1080mm	+/-40mm

1.3.5 The center of the bed is indicated by a red cross.

Dimensions	700mm	+/-30mm
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1.4. Suspension all Levels

1.4.1 The bed must be suspended with springs in such a way as to present no danger to users.

- 1.4.2 The tension of the bed should be such that the bed stabilizes within one second after contact.
- 1.4.3 The area beneath the bed must be free of obstruction.
  - 1.4.3.1 The trampoline must be constructed so that the competitor will not touch any part of the frame beneath the bed.
- 1.5. Safety Padding
  - 1.5.1 The frame and springs must be entirely covered by a shock absorbent padding. The maximum thickness must not be greater than 55mm. The padding must not cover any part of the bed.
  - 1.5.2 The padding should be firmly fixed to the frame without hindering the normal action of the bed and springs, nor should it cause noise during the course of a routine.
  - 1.5.3 The bottom of the padding at the side of the bed should not protrude above the level of the bed by more than 50mm.
- 1.6. Safety Platform (End Decks)
  - 1.6.1 Platforms must be placed at both ends of the trampoline. The platforms must be made of a framework that is firmly attached to the trampoline. The platforms must be constructed so that they are shock absorbent. The surfaces must be covered with a shock absorbent mat, firmly fixed to the platforms.
  - 1.6.2 Safety Platform (end decks) mats must have the following dimensions:
 

Length	3025mm (10')	+/-25mm
Width	2025mm (6.5')	+/-25mm
Thickness at the bedside	75mm (3")	+/-05mm
Thickness at the end	210mm (8")	+/-10mm
  - 1.6.3 The platform dimensions must be such that the mats are sufficiently supported to ensure that on landing they support the weight of the competitor without collapsing or folding.
  - 1.6.4 The mats covering the platforms must extend to the edge of the bed (covering the spring).
  - 1.6.5 The base of any wheel stands must also be covered with padding.
- 1.7. Spotter Mats (Throw-in Mats)
  - 1.7.1 Spotter mats must be constructed of medium density foam and covered with a material that will slide easily.
  - 1.7.2 The mats must be provided with two handles on one side of the mat.
 

Length	1700mm (6')	+/-300mm
Width	1000mm (3.25')	+/-100mm
Thickness	100mm(4")	+/-30mm

It is recommended that the athlete's personal coach hold the spotter mat.  
This mat may be held on either side of the trampoline.
- 1.8. Safety Mats on the Ground
  - 1.8.1 Junior and Senior Elite:
  - 1.8.2 Mats shall rest on the ground around and between the trampolines for safety reasons. (measurements: height: 20 cm, width: 200 cm, tolerance: +/- 1 cm). They have to satisfy the specifications of MAG11/WAG11/TRA11.
  - 1.8.3 One additional mat (5'x10'x8") is required beyond the mat on the floor at the end of each safety platform (end deck).
  - 1.8.4 Mats should be attached to each other and tethered to the end deck frame.

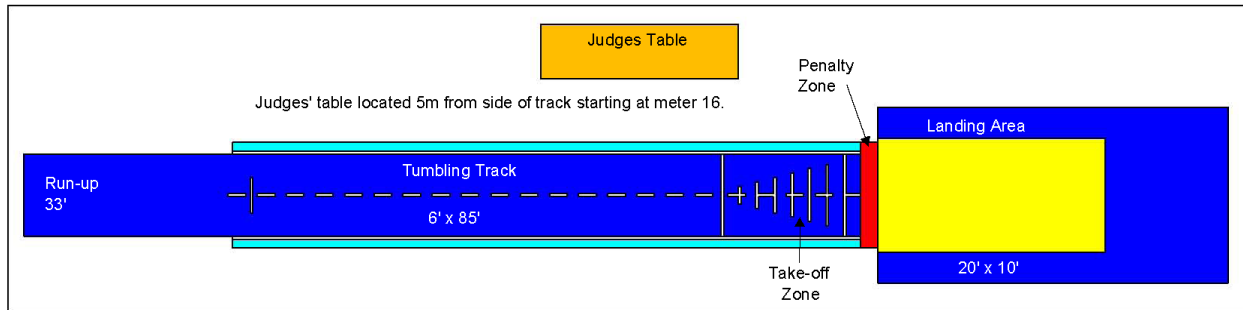
- 1.8.5 When trampolines are end to end one of the following specifications must be met:
- 1.8.6 A minimum of 15' of 8" matting must cover the floor between and under the end decks to the legs  
OR
- 1.8.7 The end decks must be flush with no gaps.
- 1.9. Synchronized Trampoline Competition
  - 1.9.1 During synchronized competitions, the trampolines must be parallel and not staggered. The distance between them, measured from the outer edges of the frames, must be two meters (6.5')
- 2. Tumbling Specifications
  - 1. Tumbling Track
    - 1.1 The tumbling track must be constructed with a sprung surface, which must be padded. If constructed of several units, the units must be firmly fixed together so they will not separate during use. They must not show any space between them.
    - 1.1.2 Dimensions:
 

Length	26m (85')	+/-1.0m
Width	1.5m (5')	+/-0.1m
  - 2. Markings
    - 2.1 The outer edge of a line, 50mm (2") wide in a contrasting color, marks the boundary of the track.
    - 2.2 A centerline, 50mm (2") wide in a contrasting color, must mark the centerline on the tumbling track.
  - 3. Springboard
    - 3.1 There are no restrictions on the type or location of the springboard.
  - 4. Landing Area
    - 4.1 A shock absorbent surface must be used as the landing area to allow for a stable landing on the feet. If two or more mats are joined together to form the landing area:
      - 4.1.1 They must have the same height and density.
      - 4.1.2 They must be held firmly together so as not to separate in use.
      - 4.1.3 On top of the landing mat, an additional landing mat may be used by the competitor. (sting mat)
    - 4.2 Dimensions of the landing area must be:
 

Length	6m	minimum
Width	3m	minimum
Thickness	30cm	+/-10mm
  - 5. Landing Zone
    - 5.1 A landing zone must be marked out in the landing area with either the whole zone in a contrasting color or with lines 50mm (2") wide in a contrasting color. The outer edge of the landing zone (or lines) marks the boundary of the landing zone.
    - 5.2 Dimensions of the landing zone must be:
 

Length	4000mm (13')	+/-5mm
Width	2000mm (6.5')	+/-5mm
  - 6. Run-Up:

- 6.1 There must be a run-up of 10m (33') prior to the tumbling track. It must be the same level as the tumbling track. Competitors must start their run no further than the designated 33' run-up.
- 7. Measurements of the take-off zone
  - 7.1 The lines of the zone can be Velcro, tape or paint. Lines must be at least one inch (1") in width: White for the take-off zone and red for the penalty zone. The penalty zone must be solid red or striped in red.
  - 7.2 Penalty Zone: One foot (1')
  - 7.3 Take-off Zone: Eight feet (8') with seven lines spaced evenly one foot (1') apart within the take off zone. The white line on the 9' mark should be the width of the rod floor.



- 8. Safety Mats
  - 8.1 Carpet bonded foam or equal thickness matting is required to cover the entire length of the tumbling floor to the front of the landing area.
  - 8.2 Side mats are required to be 6' wide.
  - 8.3 One 5'x10'x8" mat is required on the floor beyond the back of the landing area. This mat should be "tethered/Velcro adhered" to the landing area.
- 9. Sting Mat
  - 9.1 On top of the landing area the competitor may use an additional mat of 10 cm . The size of the additional mat must be 4m x 2m at 10cm (size equal to the landing zone.) Competitors assume the risk of using this additional mat and will not be granted a second attempt if the mat causes a fall.
 

Length	4m	
Width	2m	
Thickness	10cm	+/-5mm

3. DMT Specifications

- 1. Frame
  - 1.1 No metal bars or other firm fixing are allowed across the ends of the double mini-trampoline other than at floor level.
  - 1.2 The profile of the frame must have rounded edges.
  - 1.3 Safety padding
    - 1.3.1 Carpet bonded foam or equal thickness matting is required to cover the entire length of the double mini-trampoline sides to the back of the landing area.
    - 1.3.2 Side mats are required to be 6' wide.
    - 1.3.3 One 5'x10'x8" mat is required on the floor beyond the back of the landing

- area. This mat should be “tethered/Velcro adhered” to the landing area.
- 1.3.4 The frame and springs must be entirely covered by shock absorbent padding, the maximum thickness of which must not be greater than 55mm. The padding must not cover any part of the bed.
  - 1.3.5 The padding should be firmly fixed to the frame without hindering the normal action of the bed and springs, nor should it cause noise during the course of the pass.
  - 1.3.6 The bottom of the padding at the side of the bed should not protrude above the level of the bed by more than 50mm.
  - 1.3.7 The bars beneath the bed must be padded. The frame ends on the dismount end must be covered with 50mm pads firmly joined together with the other padding.

2. Bed

- 2.1 The bed must be constructed from light colored bands, webs, strings, etc., which must be held together in such a way that they are not displaced during use.
- 2.2 Dimensions of the bed under tension:
 

Length	2850mm	+/-50mm
Width	920mm	+/-10mm
- 2.3 Height of the bed from the floor under tension:
 

Mounting end	450mm	+/-100mm
Dismount end	700mm	+/-100mm
- 2.4 Width of the web under tension                      4mm min.                      13mm max.  
 Width of the strings under tension                      3mm                      /-1mm
- 2.5 The strands of the webbing (strings) must be sewn together and the distance between any two strands must not be greater than 16mm.
- 2.6 The tensile strength of a single strand must be greater than 175 kilos.
- 2.7 The penalty zone must be marked in red on the bed.  
 The dimensions of the penalty zones are:
 

End markers	130mm	+/-20mm
Center zone	390mm	+/-10mm
Distance of the center zone	900mm	+/-20mm

3. Landing Area

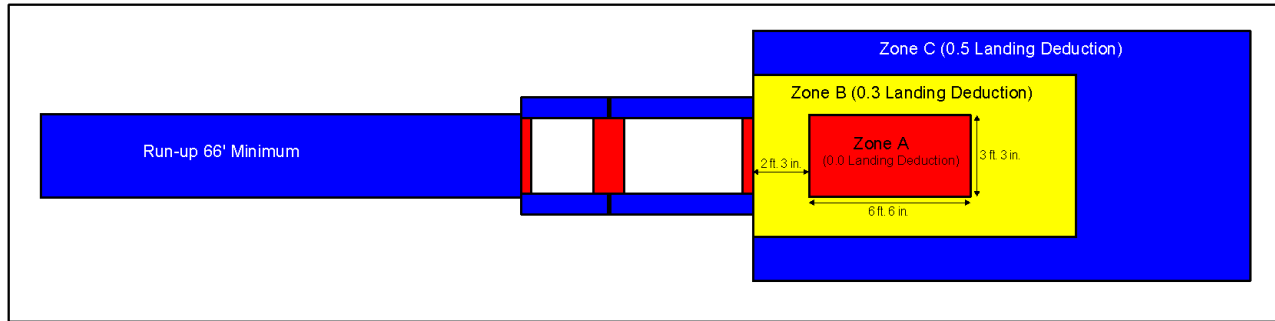
- 3.1 A shock absorbent mat must be used as a landing area and it must allow a stable landing on the feet. If two or more mats are joined together to form the landing area:
  - 3.1.1 They must be the same height and density.
  - 3.1.2 They must/ be held firmly together so as not to separate in use.  
 Dimensions of the landing area must be:
 

Length	6m minimum
Width	3m minimum
Thickness	30cm                      +/-10mm
- 3.2 Landing Zone  
 A landing zone must be marked out in the landing area with either the whole zone in a contrasting color or with lines 50mm (2”) wide in a contrasting color. The outer edge of the landing zone or lines marks the boundary of the landing zone,

the dimensions of which must be:

Length	4000mm (13')	+/-5mm
Width	2000mm (6.5')	+/-5mm

**DOUBLE MINI LANDING ZONE AND LANDING DEDUCTIONS**



4. Run Up

4.1 Floor mats must be used on the run-up and must be:

Minimum length	20m (66')	N/A
Thickness	25mm (1")	+/-5mm