USA GYMNASTICS

EXCEPTION TO THE

Fédération Internationale de Gymnastique (FIG) Code of Points

- **The FIG Code of Points is the governing document for the Elite Rules. This documents any USA Gymnastics Exceptions to the Code.**

JR. & SR. ELITE
TRAMPOLINE, TUMBLING, DMT, and SYNC

TABLE OF CONTENTS

TRAMPOLINE CODE OF POINTS
- **GENERAL**
  - INDIVIDUAL COMPETITION
  - PASSES
  - DRESS FOR GYMNASTS, SPOTTERS, & COACHES
  - COMPETITION CARDS
- **COMPETITION PROCEDURES**
  - WARM UP
- **THE JUDGES PANEL**
  - COMPOSITION

TUMBLING CODE OF POINTS
- **GENERAL**
  - INDIVIDUAL COMPETITION
  - PASSES
  - DRESS FOR GYMNASTS, SPOTTERS, & COACHES
  - COMPETITION CARDS
- **COMPETITION PROCEDURES**
  - WARM UP
- **THE JUDGES PANEL**
  - COMPOSITION

DOUBLE MINI-TRAMPOLINE CODE OF POINTS
- **GENERAL**
  - INDIVIDUAL COMPETITION
  - PASSES
  - DRESS FOR GYMNASTS, SPOTTERS, & COACHES
  - COMPETITION CARDS
- **COMPETITION PROCEDURES**
  - WARM UP
- **THE JUDGES PANEL**
  - COMPOSITION

TRAMPOLINE AND SYNCHRONIZED TRAMPOLINE

Section A - General

1. Individual Competition
   - 1.3 Finals
   - 1.3.2 a. "New Life" finals WILL NOT be held. Scores will be cumulative from the qualifying round.

5. Routines
   - 5.1.3. JR Elite - The second routine is a 10-element voluntary
     - Trampoline Minimum difficulty:
       - Jr. Men 8.0 DD (2nd routine)
       - Jr. Women 8.0 DD (2nd routine)
     - Synchro Minimum difficulty:
       - Jr. Men 7.0 DD (2nd routine)
       - Jr. Women 7.0 DD (2nd routine)
   - SR Elite - The second routine is a 10-element voluntary
     - Trampoline Minimum difficulty:
       - Sr. Men 10.5 DD (2nd routine)
       - Sr. Women 9.5 DD (2nd routine)
     - Synchro Minimum difficulty:
       - Sr. Men 9.5 DD (2nd routine)
       - Sr. Women 8.5 DD (2nd routine)

   - 5.1.3 a. The difficulty judge will take a 0.1 deduction for each 0.1 below the minimum difficulty requirements on all completed routines.
   - 5.1.3 b. No element may be repeated. A repeated element will not receive difficulty credit.

6. Dress for Gymnasts, Spotters, and Coaches

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

   - 6.1. Male Gymnasts
     - a. Gym trousers or shorts in black or dark colors will be permitted.
     - b. For safety reasons long hair must be secured close to the head. If the hair touches the trampoline or the frame pads, the pass will be interrupted. .
   - 6.2 Female Gymnasts
     - a. For safety reasons, long hair must be secured close to the head. If the hair touches the trampoline or the frame pads, the pass will be interrupted.
   - 6.7 Spotters
     - Dress for coaches: Track suit and gym shoes.

7. Trampoline Competition Cards
   - 7.2 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.

Section B – COMPETITION PROCEDURE

12. Warming Up

12.1 Qualifying Round and Finals

An assigned warm up the day before is recommended and may be provided at the discretion of the meet director.

A minimum of one of the following options must be provided for the warm up period

1st Option
1 hour general warm up the day of competition for every 4-5 flights.

2nd Option
Assigned warm up period the day before the preliminary round
15-minute warm up period before each individual flight

3rd Option
A warm up gym adjacent to the competition area, where each flight will be given a warm up prior to each flight.

12.2

12.2.1	Trampoline and Synchro preliminaries:	Two turns (maximum), 30 seconds each turn prior to the compulsory
12.2.2	Trampoline and Synchro finals:	One touch

Section C – THE JUDGES' PANEL

19. Composition:

19.1 Individual trampoline – minimum Category 1 at all National Events (based on availability)

- 1 Chair of Judges Panel
- 1 D. D. Judge
- 3 Execution Judges
- 1 Time of flight Judge

Synchronized trampoline–minimum Category 1 at all National Events (based on availability)

- 1 Chair of Judges Panel
- 2 D. D. Judges
- 4 Execution Judges – 2 per trampoline
- 2 Synchronization Judges – 1 per trampoline or 1 Judge using the timing machine

19.2 There will be no assistant to the Chair of Judges panel for sync

21. Duties of the Judges for Execution

21.3 Deductions for execution will be based on the 2013-16 JO Code of Points

TUMBLING
Section A - General

1. Individual Competition
   1.3 Finals
   1.3.2 a. "New Life" finals WILL BE HELD in the event that there are 10 or more competitors in the qualifying round.
5. Passes
   5.5

Junior Elite

The first pass of the qualifying round is an 8-element straight pass.

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.

None of the 7 other elements may contain more than 180º of twist each. Any violation will result in the difficulty of those elements not being counted.

The second pass of the qualifying round is an 8-element twisting pass.

Requirements – Must contain one of two options:

First option: A minimum of 3 somersaults, one with at least 360º of twist, one with at least 720º of twist which must be performed as the last (8th) element, plus one additional somersault with or without twist.

Second option: A minimum of 3 (three) somersaults with or without twist. The last (8th) element must be a full twisting double somersault.

Each violation will result in a deduction of 1.0 pt from the Execution Judges on the instruction of the Chair of Judges Panel.

Senior Elite

5.5.1 The first pass of the qualifying round is an 8-element straight pass.

5.5.1.1 a. A minimum of three (3) somersaults with no more than 180º of twist, one (1) of which must be performed as the last (8th) 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.

b. None of the five (5) other elements may contain more than 180º of twist each. Any violation will result in the difficulty of those elements not being counted.

c. Must perform one double somersault anywhere in the pass.

5.5.2 The second pass of the qualifying round is an 8-element twisting pass.

5.5.2.1 a. 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 (8th) element. The 3rd somersault may be performed with or without twist.

5.5.2.2 b.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 (8th) element. All additional

somersaults may be performed with or without twist.

5.5.3 **Junior Elite**

Final (two free passes):

a. 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.

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

c. In the Final, a gymnast may repeat elements or a pass performed in qualifying round.

d. 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.

5.5.3 **Senior Elite**

Finals (two (2) free passes)

a. A minimum of three (3) somersaults with or without twist, one (1) of which must be performed as the last (8th) 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.

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

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

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

a. 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.

b. 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 area.

c. 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.

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

e. Refer to the diagram in Equipment Specification for clarification.

6. Dress for Gymnasts

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

6.1. Male Gymnasts

- Competition style shorts must not be longer than a 5” inseam.
- For safety reasons long hair must be secured close to the head. If the hair touches the trampoline or the frame pads, the pass will be interrupted.

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6.2 Female Gymnasts

- For safety reasons long hair must be secured close to the head. If the hair touches the trampoline or the frame pads, the pass will interrupted.

6.7 Spotters

- Dress for coaches: Track suit and gym shoes

7. Tumbling Competition Cards

7.1 In both preliminaries and finals, changes to the elements and the order in which they arewritten on the competition card are permitted without penalty.

7.2 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.

Section B – COMPETITION PROCEDURE

12. Warming Up

12.1 Qualifying Round and Finals

An assigned warm up the day before is recommended and may be provided at the discretion of the meet director.

A minimum of one of the following options must be provided for the warm up period

1st Option
1 hour general warm up the day of competition for every 4-5 flights.

2nd Option
Assigned warm up period the day before the preliminary round
15-minute warm up period before each individual flight

3rd Option
A warm up gym adjacent to the competition area, where each flight will be given a warm up prior to each flight.

12.2 Tumbling qualifying round and finals: Four passes

Section C – THE JUDGES' PANEL

19.1 Composition:

19.1.3 Judges of Difficulty

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

- Chair of Judges Panel
- 1 D.D. Judge
- 3 Execution Judges

21. Duties of the Judges for Execution

21.3 Deductions for execution will be based on the 2013-16 JO Code of Points

SECTION C – DOUBLE MINI-TRAMPOLINE

Section A - General

1. Individual Competition
   - 1.3 Finals
   - 1.3.2 a. "New Life" finals WILL BE HELD in the event that there are 10 or more competitors in the qualifying round.

5. Passes

   Minimum difficulty over 2 passes

   - 5.1 Junior Elite
     - 5.1.1 Men 8.4 DD
     - 5.1.2 Women 7.5 DD
   - 5.2 Senior Elite
     - 5.2.1 Men 10.4 DD
     - 5.2.2 Women 8.4 DD
   - 5.3 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.

6. Dress for Gymnasts

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

   - 6.1. Male Gymnasts
     - Competition style shorts must not be longer than a 5" inseam
     - For safety reasons long hair must be secured close to the head. If the hair touches the trampoline or the frame pads, the pass will be interrupted.

     .
   - 6.2 Female Gymnasts
     - For safety reasons long hair must be secured close to the head. If the hair touches the trampoline or the frame pads, the pass will be interrupted.
   - 6.7 Spotters
     - Dress for coaches: Track suit and gym shoes

7. Double Mini-Trampoline Competition Cards
   - 7.1 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.
   - 7.2 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.

Section B – COMPETITION PROCEDURE

12. Warming Up

12.1 Qualifying Round and Finals

An assigned warm up the day before is recommended and may be provided at the discretion of the meet director.

A minimum of one of the following options must be provided for the warm up period

1st Option
1 hour general warm up the day of competition for every 4-5 flights.

2nd Option
Assigned warm up period the day before the preliminary round
15-minute warm up period before each individual flight

3rd Option
A warm up gym adjacent to the competition area, where each flight will be given a warm up prior to each flight.

12.2	Double-mini qualifying round:	Four touches
	Double-mini finals:	Four touches

Section C – THE JUDGES' PANEL

19.1 Composition:

19.1.3 Judges of Difficulty

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

- 1 Chair of Judges Panel
- 1 D. D. Judge
- 3 Execution Judges

21. Duties of the Judges for Execution

21.3 Deductions for execution will be based on the 2013-16 JO Code of Points