

### **Rule changes effective 9/30/2009**

- 1) Level 8 tumbling – Front skills are now allowed at level 8 tumbling, with the exception of the last skill. No reversals are allowed.
- 2) Tumbling passes that begin with a power hurdle. One to steps or a hop prior to the power hurdle will result in 0.3 deduction from each execution judge.
- 3) Tumbling level 10 – Level 10 preliminary competition will now be in the following order: Compulsory, Eight-skill pass, Five-skill pass. Finalists will perform the eight-skill pass followed by the five-skill pass during the final competition.
- 4) Tumbling level 10 – Competitors may not repeat skills within an optional pass or between the eight-skill and five-skill passes. Other than round-offs, flic-flacs and whip backs a repeat is determined by the skill preceding the skill. The last skill of the eight-skill and five-skill passes must be different no matter the preceding skill, and the difficulty value of the final skill on the five-skill pass must be 0.6 or greater.
- 5) Tumbling - Competitors that do not begin within the 33' of designated run-up and begin their run from the floor will result in a 0.3 deduction from each execution judge's scores
- 6) Optional level trampoline – If a general training/warm-up is provided prior to competition for levels eight, nine and ten on the competition equipment then a two-touch warm-up will be given. If no general training/warm-up is provided then a three-touch warm-up will be given for each of these levels.
- 7) Regional All Star competition – Tumbling will perform one 8-skill optional. The pass must end with a somersault. Maximum difficulty requirements for level 10 will apply with no minimum or skill requirements. The pass will be awarded DD.
- 8) Regional All Star competition – Double mini will perform one 2-skill optional routine with no minimum requirements. The pass will be awarded DD.
- 9) Regional All-Star competition – The top two scores for each region from each event will be used to determine the rank order of each region.
- 10) All disciplines – For all single somersaults with twist, the twist must be in one continuous direction and motion in order to receive credit. If not, the skill will receive no DD value and could possibly result in a deduction for not meeting pass requirements.
- 11) Top eight level 10 athletes will advance to finals.

- 12) Top eight athletes in each level, age group and gender will be awarded at JO nationals.
- 13) Age groups for levels 8 & 9
- 10 & Under
  - 11-12
  - 13-14
  - 15 & Over
- 14) All Disciplines – Casts and hard splints are not allowed during competitions; however, braces that have been measured and prescribed by a licensed medical practitioner and are used for a specific medical condition may be worn.
- 15) Double mini – The landing deductions for changing zones will only be taken if a competitor steps from A to B or B to C. If the competitor moves from C to B or B to A the deduction will not be taken because the athlete is moving to a safer zone. Also a 0.1 maximum deduction will be applied no matter how many zones are touched.