Trampoline & Tumbling
HUGS
Exceptions to the
Code of Points
2020-2021
GENERAL INFO

1. **Age Determination**
   1.1. The age of competitor as of December 31\textsuperscript{st} of the Current Year will determine their competitive age group

<table>
<thead>
<tr>
<th>Levels 1-3</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>6 &amp; Under</td>
<td>16-21</td>
</tr>
<tr>
<td>7-11</td>
<td>22-29</td>
</tr>
<tr>
<td>12-15</td>
<td>30+</td>
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</tbody>
</table>

1.1.1. Upon approval of the Meet Director and personal coach, an athlete may move up to the next older age group if he/she is the only athlete competing in his/her age group.

2. **Awards**
   2.1. HUGS athletes should be awarded immediately following their competition. Meet Directors may choose to provide special awards for HUGS athletes.

3. **Competition Card**
   3.1. Competition cards must be submitted to the Chair of Panel Judge prior to flight warm up of the event.
   3.1.1. Elements should be listed in the order that they are to be performed
   3.1.1.1. Athletes that perform the elements in the order as written on the competition card will receive a 2.0 pts bonus. (The bonus will be awarded in levels 1 & 2, when straight jumps are performed in between correct elements).
   3.1.2. Athletes who perform different elements within a routine for trampoline and tumbling or within or over two routines for double mini will be awarded a different element bonus as per Rule 2.2 in HUGS scoring.

4. **Entry Fee**
   4.1. Entry fees are recommended to be between $25-$50 for all local competitions. However entry fees are at the discretion of each meet director, and must be posted in the competition directives.

5. **Rules**
   5.1 If rule exceptions are not listed in the HUGS Code of Points, judges will refer to the Trampoline and Tumbling JO Code of Points for rules for the appropriate level.

6. **Spotting**
   6.1. Coaches are allowed to be on the end deck on the trampoline for athletes who need visual or auditory cues to help in the performance of their routine. Athletes are not penalized if his/her coach provides assistance
   6.2. In level 1 trampoline, coaches are allowed to use a push mat. If the athlete is touched by the mat it will not cause an interruption. There is no penalty for coaches assistance
   6.3. Coaches are allowed to stand on the tumbling floor for athletes who need visual or auditory cues to help in the performance of their routine. Athletes are not penalized if his/her coach provides assistance
   6.4. Coaches are allowed to stand up on the landing area of the double mini to assist with visual or auditory cues. The coach may assist with the dismount skill. Athletes are not penalized if his/her coach provides assistance
   6.5. A safety spot would be considered a spot that is provided for the safety of the athlete and does not assist in the performance of the skill.
7. **Warm-up**

7.1. If an assigned training session is provide for the competition, the meet director may at their discretion provide a separate session for HUGS athletes.

7.2. Athletes will be allowed two warm up passes on each discipline prior to their first routine.
TRAMPOLINE

Level 1
General Information
- Judges will judge the first 5 elements performed. Straight jumps are not judged
- Matting aids are allowed on trampoline
- Normal landing deductions will apply
- No Interruptions at this level

Routine Requirements
5-Skill Pass
- Routine is scored out of 10.0 points.
- Athletes may include unlimited straight jumps between each skill with no interruption of routine.
  - Tuck Jump
  - Straddle Jump
  - Seat Drop
  - ½ turn
  - Return to Feet

Additional Routine Bonus
- Routine performance 2.0 pts.
  (Bonus for routine performance is awarded when the athlete performs the elements in the same order as written on the competition card. May have straight jumps in between elements).

Level 2
General Information
- Judges will judge the first 10 elements performed. Straight jumps are not judged
- Matting aids at this level will cause an interruption of the routine
- Normal landing deductions will apply
- No deductions for coach assistance

Routine Requirements
10-Skill Pass
- Routine is scored out of 10.0 points
- Athletes may include unlimited straight jumps between each skill with no interruption of routine
- Elements:
  - Tuck Jump
  - Straddle Jump
  - Pike Jump
  - Seat Drop
  - ½ turn
  - Full turn
  - Return to feet
  - Seat drop, ½ turn seat drop (swivel hips)
  - Seat drop hands and knees drop, stomach drop
  - 180º rotation to back, return to feet

Additional Routine Bonus
- Routine performance 2.0 pts.
  (Bonus for routine performance is awarded when the athlete performs the elements in the same order as written on the competition card. May have straight jumps in between elements).
Level 3
General Information
- Judges will judge the first 10 elements performed
- Matting aids at this level will cause an interruption of the routine
- Routines can be interrupted per the JO T&T Code of Points Rules
- Normal landing deductions apply
- Normal coach assistance deductions apply

Routine Requirements
10-Skill Pass.
- Routine is scored out of 10.0 points.
- More than one straight jump in between elements will result in an interruption.
- Elements:
  - Return to feet
  - Tuck Jump
  - Straddle Jump
  - Pike Jump
  - Seat Drop
  - ½ turn
  - Full turn
  - Back drop
  - Stomach drop
  - ¾ turn seat drop
  - 90° rotation to back (only from hands and knees)
  - Front somersault

Additional Routine Bonus
- Routine performance 2.0 pts
- (Bonus for routine performance is awarded when the athlete performs the elements in the same order as written on the competition card. May have straight jumps in between elements).
- Somersault Rotation 360° 2.0 pts
TUMBLING

Level 1

General Information
- Use of panel mat is permitted without deduction
- No deduction for spotting
- No deductions for coach assistance
- Normal landing deductions apply
- No Interruptions at this level
- Tumbling passes should begin at the run-up end of the floor and move towards the landing area. Passes that reverse direction will not be interrupted. Execution judges will take a major execution deduction for skills that reverse directions within a pass.

Routine Requirements

5-Skill Pass
- Routine is scored out of 10.0 points.
  - Lunge-hold 3 seconds
  - Bear Walk
  - Inch Worm
  - Rebound Stick
  - Jump ½ turn
  - Forward roll
  - Candle Stick
  - Scale (T hold or lever)
  - Cartwheel
  - Jump to squat

Additional Routine Bonus
- Routine performance 2.0 pts.
  (Bonus for routine performance is awarded when the athlete performs the elements in the same order as written on the competition card).

Level 2

General Information
- Use of panel mat is permitted, but will incur a 1.0 CJP penalty
- Safety Spots are allowed with no deduction see Rule 6.5
- Normal landing deductions apply
- No Interruptions of a routine
- Tumbling passes should begin at the run-up end of the floor and move towards the landing area. Passes that reverse direction will not be interrupted. Execution judges will take a major execution deduction for skills that reverse directions within a pass

Routine Requirements

8-Skill Pass
- Routine is scored out of 10.0 points.
  - Cartwheel
  - Candlestick
  - Jump ½ turn
  - Jump full turn
  - Handstand feet together step down
  - Tuck forward roll
  - Pike forward roll
- Straddle forward roll
- Power hurdle
- Tuck back roll
- Straddle backward
- Bridge hold 3 sec

Additional Routine Bonus
- Routine performance 2.0 pts.
  (Bonus for routine performance is awarded when the athlete performs the elements in the same order as written on the competition card).

**Level 3**

**General Information**
- Use of panel mat is permitted, but will incur a 1.0 penalty
- Normal landing deductions apply
- Routines can be interrupted per the JO T&T Code of Points Rules
- Safety spots are allowed with no deductions

**Routine Requirements**

**Pass 1 - 5-Elements**
- 5-Skill pass can be replaced with a power hurdle or run round off back handspring rebound

**Pass 2 - 8-Elements**
- Routines are scored out of 10.0 points.
- May repeat elements within a pass.
  - Handstand forward roll
  - Handstand to bridge stand up (two elements)
  - Front walkover
  - Cartwheel
  - One arm cartwheel
  - Cartwheel step in
  - Backbend
  - Kickover
  - Back roll
  - Back walkover
  - Power hurdle
  - Round off
  - Round off back handspring with a safety spot

Additional Routine Bonus
- Routine performance 2.0 pts.
  (Bonus for routine performance is awarded when the athlete performs the elements in the same order as written on the competition card).
- Handstand forward roll, step out 1.0 pt.
- Back extension roll to handstand with bent arms 1.0 pt.
- Back extension roll to handstand with straight arms 2.0 pts
- Replace 5 Skill pass, with round off Back handspring pass 3.0 pts
- Round off back handspring with light spot 2.0 pts
DOUBLE MINI TRAMPOLINE

Level 1
General Information
• Athletes may include unlimited straight jumps between each skill with no interruption of routine.
• Incline required
• Straight jumps prior to spotter skill required
• All elements are spotter elements
• May stop bouncing with no penalty/deduction
• Coach may assist with dismount element with no penalty for assistance
• Normal landing deductions apply
• No Interruptions at this level

Routine Requirements
• 2 Passes – 1 Skill each (Spotter skill only)
• Routines are scores out of 10.0 pts
• A bonus will be awarded when there are no repeated elements from pass 1 to pass 2
• May include straight jumps with no deduction or interruption
• Dismount straight jump required
• Skill List:
  o Tuck Jump
  o Pike Jump
  o Straddle Jump

Additional Routine Bonus
• Routine performance 2.0 pts
  (Bonus for routine performance is awarded when the athlete performs the elements in the same order as written on the competition card).
• Running mount 1.0 pt.
• 2-foot mount 2.0 pts
• Hurdle mount 2.0 pts

Level 2
General Information
• Athletes may include unlimited straight jumps between each skill with no interruption of routine.
• Run required incline allowed
• Athletes may include unlimited straight jumps between each skill with no interruption of routine.
• Incline allowed
• First spotter skill may not be a straight jump
• Coach may assist the athlete with the dismount with no penalty for assistance
• Normal landing deduction apply
• No Interruptions of a routine

Routine Requirements
• 2 Passes – 2 Elements each
• Routines are scores out of 10.0 pts
• A bonus will be awarded when there are no repeated elements with a two-skill pass or from pass 1 to pass 2
• Dismount may be a straight jump
• Run required
• Elements List:
  o Tuck Jump
  o Pike Jump
  o Straddle Jump
  o Jump ½ turn spotter
  o Dismount straight jump

Additional Routine Bonus
• Routine performance 2.0 pts
  (Bonus for routine performance is awarded when the athlete performs the elements in the same order as written on the competition card).
• 2-foot mount 2.0 pts
• Hurdle mount 2.0 pts

Level 3
General Information
• Run required
• Athletes may include unlimited straight jumps between each skill with no interruption of routine.
• Incline allowed
• A bonus will be awarded when there are no repeated elements with a two-skill pass or from pass 1 to pass 2.
• Spotter element may not be a straight jump
• Mounter passes are allowed
• Coach may assist with dismount element with no penalty for assistance
• Normal landing deductions apply
• Routines can be interrupted per the JO T&T Code of Points Rules

Routine Requirements
• 2 Passes – 2 Elements each
• Routines are scores out of 10.0 pts
• Straight jumps allowed as dismount skill
• Run required
• Elements List:
  o Tuck Jump
  o Pike Jump
  o Straddle Jump
  o Jump ½ turn spotter
  o Dismount straight jump
  o Front somersault tuck

Additional Routine Bonus
• Routine performance 2.0 pts
  (Bonus for routine performance is awarded when the athlete performs the elements in the same order as written on the competition card).
• 2-foot mount 2.0 pts
• Hurdle mount 2.0 pts
• 360º somersault rotation 2.0 pts
HUGS SCORING

1. Execution
   1.1. Execution judges will take deductions for each element they see. Straight jumps will not be considered an element and will not result in penalties or interruptions.
      1.1.1. Trampoline will have two Execution judges with a possible total of 20 pts for execution
      1.1.2. Tumbling and Double Mini will have three execution judges with a possible total of 30 pts for execution

2. Difficulty Bonus
   2.1. The consecutive element bonus for each routine will be determined by the judges.
      2.1.1. On trampoline, the HD judge will watch for consecutive elements. On tumbling and double mini the Chair of the Judges panel will be responsible for the consecutive element bonus.
      2.1.1.1. The trampoline bonus is awarded when the athlete performs their routine with no straight jump in between elements within one routine
      2.1.1.2. The tumbling bonus is awarded when the athlete takes two or less steps or has no long pauses between elements within one routine.
      2.1.1.3. The double mini bonus is awarded when there are no straight jumps performed in between elements within one routine.
      2.1.1.4. Consecutive Element Bonus Value
         • Two consecutive elements 1.0 pt.
         • Three consecutive elements 2.0 pts
         • Four consecutive elements 3.0 pts
         • Five consecutive elements 4.0 pts
         • Maximum consecutive element bonus 4.0 pts
   2.2 The different element bonus will be determined by the Chair of the Judges Panel.
      2.2.1 The Chair will note the skills performed and award the athlete a bonus for each skill that is different within a pass for trampoline and tumbling, or within a two-skill pass and over the two passes in double mini.
      2.2.1.1 Different Element Bonus Value
         • 3 different elements 1.0 pt.
         • 4 different elements 2.0 pts
         • 5+ different elements 3.0 pts
         • Maximum different element bonus 3.0 pts
   2.3 Additional routine bonus values are listed with the routine information for each level.
   2.4 The Routine Performance Bonus for each routine is determined by the Chair of the Judges panel, and will be awarded for performing the elements in the order they are written on the competition card 2.0 pts
   2.5 The consecutive element bonus, the different element bonus and the additional routine bonuses, are all added together as the valid difficulty score.

2 Score Calculation
   2.2 Trampoline
      2.2.1 The two execution scores will be added to the difficulty score, minus any penalties to determine the valid total score.
      E + E + D – Penalties = Total Score
      2.2.2 Ties will not be broke
   2.3 Tumbling
      2.3.1 The three execution scores will be added to the difficulty score, minus any penalties to determine the valid total score.
      E + E + E + D – Penalties = Total Score
      2.3.2 Ties will not be broken
2.4 Double Mini
   2.4.1 The three execution scores will be added to the difficulty score, minus any penalties to determine the valid total score.
       \[ E + E + E + D - \text{Penalties} = \text{Total Score} \]

Ties will not be broken

Visit usagym.org for complete HUGS program details

HUGS Program Webinar: https://www.youtube.com/watch?v=Us0xrQwnFeY&feature=youtu.be

Competition Cards:
Trampoline - https://usagym.org/PDFs/Group/Rules/tr_hugs_comptr.pdf