

DEVELOPMENT PROGRAM



H U G S
CODE OF
POINTS

— 2021-2024 —



USA GYMNASTICS.

HUGS Trampoline & Tumbling Code of Points

General Information

1. Age Determination

1.1. The age of the competitor as of December 31st of the current year will determine their competitive age group.

1.2. Age Groups

Levels 1 - 4	
6 & Under	16 – 21
7 – 11	22 – 29
12 – 15	30+

1.3. 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. Rules

2.1. If rule exceptions are not listed in the HUGS Code of Points, judges will refer to the respective Development Code of Points for rules.

3. Interruptions

3.1. Routines are not interrupted at any level in the HUGS program.

4. Competition Cards

4.1. Competition cards must be submitted to the Chair of the Panel prior to flight warm up. Elements should be listed in the order they are to be performed.

4.2. There is no penalty for changes to the competition card.

5. Chair of the Judges Panel Penalties

Penalties are taken from the Total Score of the routine for: Missing requirements or routine infractions.

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|---|-----|
| 5.1. The athlete performs elements not allowed at his/her level per occurrence | 1.0 |
| 5.2. A spot that facilitates the performance of an element, per occurrence | 0.5 |
| 5.3. Exceeding the repetition of an element more than 3 times in a single routine or over the two routines. | 0.5 |
| 5.4. Trampoline | |
| 5.4.1. Trampoline Level 3 - 4, athlete is touched by a push mat | 1.0 |
| 5.5. Tumbling | |
| 5.5.1. Use of a panel mat at level 2 - 4 | 1.0 |
| 5.6. Double mini | |
| 5.6.1. Level 1: Does not use a mounting aid | 1.0 |

5.6.2. Level 1: Does not perform a straight jump dismount	1.0
5.6.3. Elements repeated more than three times within the two routines	0.5
5.6.4. Level 2: Does not begin with a run	1.0
5.6.5. Level 3 – 4: Does not begin with run and hurdle prior to Mounting the Double Mini	1.0
5.6.6. Level 4: Does not mount the Double Mini with two feet.	1.0
5.6.7. Level 3 – 4: Performs straight jumps anywhere in the Routine (only taken once)	0.5
5.6.8. Level 4: dismount front somersault tuck is not spotted	1.0

6. Spotting & Coaches Assistance

- 6.1. For the safety of the gymnasts, spotting is permitted. If the spot facilitates the performance of the element a CJP penalty will be taken from the total score as per Rule 5.2.
- 6.2. Athletes will NOT receive a penalty if the coach provides visual or auditory assistance.
 - 6.2.1. Coaches are allowed to be on the end deck of the trampoline for athletes who need visual or auditory cues to help in the performance of their routine.
 - 6.2.2. Coaches are allowed to stand on the tumbling floor for athletes who need visual or auditory cue to help in the performance of their routine.
 - 6.2.3. Coaches are allowed to stand on the landing area of the double mini trampoline to assist with visual or auditory cues.
- 6.3. In Trampoline Levels 1 - 2, coaches are allowed to use a push mat with no penalty. In Levels 3 - 4, a push mat is not allowed and will receive a Chair of the Judges Panel penalty per Rule 5.4.

7. Scoring

- 7.1. All disciplines will have two execution judges, with a possible total 20 pts for the execution score. Judges will take deductions for each element performed. Straight jumps will not be considered an element and will not be judged.
 - 7.1.1. **Trampoline:** The two E scores for the routine are added to any DD/Bonus awarded, for the valid Total Score.
 - 7.1.1.1. $E + E + D - \text{Penalties} = \text{Total Score}$
 - 7.1.2. **Tumbling:**
 - 7.1.2.1. Levels 1 & 2 the two E scores for the routine are added to any DD/Bonus awarded, for the valid Total Score. $E + E + D - \text{Penalties} = \text{Total Score}$
 - 7.1.2.2. Levels 3 & 4 the two E scores are added to any DD/Bonus awarded, for the Valid Total score for each routine. The two routine totals are added together for the valid Total Score.
 - 7.1.2.3. $E + E + D - \text{Penalties} = \text{Routine Total Score}$

- 7.1.2.4. $R1 + R2 = \text{Total Score}$
- 7.1.3. **Double Mini:** All levels, the two E scores are added to any DD/Bonus awarded, for the Valid Total score for each routine. The two totals are added together for the valid Total Score.
 - 7.1.3.1. $E + E + D - \text{Penalties} = \text{Routine Total Score}$
 - 7.1.3.2. $R1 + R2 = \text{Total Score}$
- 7.2. DD Bonus / Consecutive Elements
 - 7.2.1. The consecutive element bonus is awarded for the greatest number of consecutive elements performed. For example, on trampoline, if an athlete performs two consecutive elements, does extra straight jump, and then performs three consecutive elements, the bonus is awarded for the three consecutive elements.
 - 7.2.1.1. Trampoline and Double Mini, the consecutive element bonus is awarded when the athlete performs the routine with no straight jumps in between elements.
 - 7.2.1.2. Tumbling, the consecutive elements bonus is awarded when:
 - 7.2.1.2.1. The athlete does not take two or more steps between elements
 - 7.2.1.2.2. Does not have a long pause between elements (two or more seconds)
- 7.3. Ties
 - 7.3.1. Ties will not be broken; athletes will be awarded the same place for total scores that are identical.

8. Competition

- 8.1. Awards
 - 8.1.1. HUGS athletes should be awarded immediately following their competition.
 - 8.1.2. Special awards are at the discretion of the Meet Director.
- 8.2. Entry Fees
 - 8.2.1. Recommendation for entry fees to be between \$25 - \$50 for all Local competitions. However, entry fees are at the discretion of the Meet Director and must be posted in the competition directives.

TRAMPOLINE

1. General Information

- 1.1. All routines are scored out of 10.0 pts.
- 1.2. Routines may not be interrupted.
- 1.3. Straight jumps are not considered an element and will not be judged.
- 1.4. Straight jumps will not interrupt the routine for all levels.
- 1.5. Landing deductions will be applied per Rule 3.

2. DD Bonus / Consecutive Elements

- 2.1. Consecutive element bonus will be awarded for the greatest number of consecutive elements performed.

# of Consecutive Elements	Level 1	Level 2	Level 3	Level 4	Bonus
2	X	X	X	X	1.0
3	X	X	X	X	2.0
4	X	X	X	X	3.0
5	X	X	X	X	4.0
6		X	X	X	5.0
7		X	X	X	6.0
8		X	X	X	7.0
9		X	X	X	8.0
10		X	X	X	9.0

3. Landing Deductions

All landing deductions will be applied to routines in all disciplines and levels where the following infractions occur.

- 3.1. After landing, touching the bed with one or both hands 0.5
- 3.2. If the hands are used to support the whole body without support of the feet. 1.0
- 3.3. Touching or stepping on anything other than the trampoline bed. 0.5
- 3.4. After landing, touching with or falling to the knees, hands & knees, front, back or seat on the trampoline bed. 1.0
- 3.5. Landing or falling outside the trampoline bed or leaving the trampoline area. (See Guide to Judging) 1.0

4. Chair of the Judges Panel Penalties

- 4.1. Repeats an element more than three times within a routine 0.5
- 4.2. Level 3 – 4 Does not perform elements from the correct preceding element 1.0
- 4.3. Level 3 & 4 touched by a spotter mat 1.0
- 4.4. Performs elements not allowed at that level, per occurrence 1.0
- 4.5. A spot that facilitates the performance of an element 0.5

- 4.6. Does not perform elements from the correct preceding element 1.0

Trampoline Levels 1 – 4

1. Level 1: One 5-Element Routine

- 1.1. Routine is scored out of 10.0 pts.
- 1.2. Judges will judge the first five elements performed.
- 1.3. Athletes may only perform elements listed in Rule 1.8.
- 1.4. Unlimited straights jumps are allowed between elements with no penalty.
- 1.5. Repetition of an element up to three times is allowed without penalty.
 - 1.5.1. A Chair of the Judges Panel penalty will be taken from the total score for elements repeated more than three times.
- 1.6. Push mats are allowed with no penalty.
- 1.7. Landing deductions will apply when applicable.
- 1.8. Allowable Elements
 - Jump ½ turn
 - Return to feet
 - Seat drop
 - Straddle jump
 - Tuck Jump

2. Level 2: One 10 – Element Routine

- 2.1. Routine is scored out of 10.0 pts.
- 2.2. Judges will judge the first 10 elements performed.
- 2.3. Athletes may only perform elements listed in Rule 2.9.
- 2.4. Unlimited straights jumps are allowed between elements with no penalty.
- 2.5. Repetition of an element up to three times within a routine is allowed without penalty.
 - 2.5.1. A Chair of the Judges Panel penalty will be taken from the total score for elements repeated more than three times within a routine.
- 2.6. Push mats are allowed with no penalty.
- 2.7. Elements not performed with the correct preceding element will incur a 1.0 penalty taken from the total score as per rule 4.6.
- 2.8. Landing deductions will apply when applicable.
- 2.9. Allowable Elements
 - Hands and knees drop, ½ front to back drop (180° forward rotation)
 - Hands and knees drop, front drop
 - Jump ½ turn
 - Jump full turn
 - Pike jump
 - Return to feet
 - Seat drop
 - Seat drop, hands and knees drop

- Seat drop ½ turn seat drop
- Straddle jump
- Tuck jump

3. Level 3: One 10 – Element Routine

- 3.1. Routine is scored out of 10.0 pts.
- 3.2. Judges will judge the first ten elements performed.
- 3.3. Athletes may only perform elements listed in Rule 2.9.
- 3.4. Unlimited straight jumps are allowed between elements with no penalty.
- 3.5. Repetition of an element up to three times is allowed without penalty.
 - 3.5.1. A Chair of the Judges Panel penalty will be taken from the total score for elements repeated more than three times as per Rule 4.1.
- 3.6. Push mats are allowed but will incur a penalty of 1.0 as per Rule 4.3.
- 3.7. Elements not performed from the correct element will incur a 1.0 penalty, taken from the total score.
- 3.5. Landing deductions will apply when applicable.
- 3.9. Allowable Elements
 - Back drop
 - Hands and knees drop, ½ front to back drop (180° forward rotation to back)
 - Hands and knees drop, ¾ front to feet
 - Hands and knees drop front drop
 - Jump ½ turn
 - Jump full turn
 - Pike jump
 - Return to feet
 - Seat drop
 - Seat drop, hands and knees drop
 - ½ turn seat drop
 - Straddle jump
 - Tuck Jump

4. Level 4: One 10 – Element Routine

- 4.1. Routine is scored out of 10.0 pts.
- 4.2. Judges will judge the first ten elements performed.
- 4.3. Athletes may only perform elements listed in Rule 4.8.
- 4.4. Unlimited straight jumps are allowed between elements with no penalty.
- 4.5. Repetition of an element up to three times is allowed without penalty.
 - 4.5.1. A Chair of the Judges Panel penalty will be taken from the total score for elements repeated more than three times.
- 4.4. Push mats are allowed but will incur a penalty of 1.0.
- 4.6. Elements not performed with the correct preceding element will incur a 1.0 penalty taken from the total score.
- 4.7. Landing deductions will apply when applicable.
- 4.8. Allowable Elements
 - Back drop

- Back drop pull over free
- Back somersault tuck
- Front somersault tuck
- Hands and knees drop, front drop **
- Hands and knees drop, $\frac{1}{2}$ front to back (180° forward rotation)
- Hands and knees drop, $\frac{3}{4}$ front to feet
- Jump $\frac{1}{2}$ turn
- Jump full turn
- Pike jump
- Return to feet
- Seat drop
- $\frac{1}{2}$ turn seat drop
- Seat drop, hands and knees drop
- Seat drop $\frac{1}{2}$ turn seat drop
- Straddle jump
- Tuck jump

TUMBLING

1. General Information

- 1.1. All routines are scored out of 10.0 pts.
- 1.2. Routines may not be interrupted.
- 1.3. Use of a panel mat:
 - 1.3.1. Is allowed at level 1 without penalty
 - 1.3.2. Is allowed at level 2-4 but will incur a Chair of Judges penalty as per Rule 4.1.2.

2. DD Bonus / Consecutive Elements

- 2.1. Consecutive Element bonus will be awarded for the greatest number of consecutive elements performed.

# of element	Level 1	Level 2	Level 3	Level 4	Bonus
2	X	X	X	X	1.0
3	X	X	X	X	2.0
4	X	X	X	X	3.0
5	X	X	X	X	4.0

3. Landing Deductions

All landing deductions will be applied to routines in all disciplines and levels where the following infractions occur.

- 3.1. After landing, touching the tumbling track/zone/area with one or both hands. 0.5
- 3.2. If the hands are used to support the whole body without the support of the feet. 1.0
- 3.3. After landing, falling to the knees, hands & knees, seat, front or back on the tumbling track or landing area/zone. 1.0
- 3.4. After landing on the tumbling track/zone/area, leaving
 - 3.4.1. The tumbling track/zone/are, or touching outside the Tumbling track/zone/are with any part of the body. 1.0
- 3.5. Assistance from a spotter after landing. 1.0

4. Chair of the Judges Penalties

- 4.1. Elements repeated more than three times within the same routine. 0.5
- 4.2. Level 2 – 4 use of a panel mat 1.0
- 4.3. Performs elements not allowed at that level, per occurrence 1.0
- 4.4. A spot that facilitates the performance of an element 0.5

TUMBLING

Levels 1 – 4

1. Level 1: One 5-Element Routine

- 1.1. Routine is scored out of 10.0 pts.
- 1.2. Judges will judge the first five elements performed.
- 1.3. Athletes may only perform elements listed in Rule 1.7.
- 1.4. Repetition of an element up to three times is allowed without penalty.
 - 1.4.1. A Chair of the Judges Panel penalty will be taken from the total score for elements repeated more than three times.
- 1.5. Use of a panel mat is allowed without penalty.
- 1.6. Landing deductions will apply when applicable.
- 1.7. Allowable Elements
 - Bear walk
 - Candle stick
 - Cartwheel
 - Front roll tuck or pike
 - Inch worm
 - Jump ½ turn
 - Jump to squat
 - Lunge-hold 3 seconds
 - Rebound stick
 - Scale (T hold or lever)

2. Level 2: One 5 – Element Routine

- 2.1. Routine is score out of 10.0 pts.
- 2.2. Judges will judge the first five elements performed.
- 2.3. Athletes may only perform elements listed in Rule 2.7.
- 2.4. Repetition of an element up to three times is allowed without penalty.
 - 2.4.1. A Chair of the Judges Panel penalty will be taken from the total score for elements repeated more than three times.
- 2.5. Use of a panel mat is allowed, but will incur a 1.0 penalty.
- 2.6. Landing deductions will apply when applicable.
- 2.7. Allowable Elements
 - Back roll straddle
 - Back roll tuck
 - Bridge hold 3 seconds
 - Candle stick
 - Cartwheel
 - Front roll straddle
 - Front roll tuck or pike
 - Handstand feet together step down
 - Jump ½ turn
 - Jump full turn

3. Level 3: Two 5 – Element Routines

- 3.1. Routines are scored out of 10.0 pts.
- 3.2. Judges will judge the first five elements performed.
- 3.3. Athletes may only perform elements listed in Rule 3.7.
- 3.4. Repetition of an element up to three times is allowed without penalty.
 - 3.4.1. A Chair of the Judges Panel penalty will be taken from the total score for elements repeated more than three times.
- 3.5. Use of a panel mat is allowed, but will incur a 1.0 penalty.
- 3.6. Landing deductions will apply when applicable.
- 3.7. Allowable Elements
 - Backbend
 - Back walkover
 - Back roll free
 - Cartwheel
 - Cartwheel step-in
 - Front straddle roll
 - Front walkover
 - Handstand forward roll
 - Handstand to bridge, stand up (two-elements)
 - Kickover
 - One arm cartwheel
 - Roundoff

4. Level 4: Two Routines (3 or 5 Elements in Each)

- 4.1. Routines are scored out of 10.0 pts.
- 4.2. Judges will judge the first three or five elements performed.
- 4.3. Athletes may only perform elements listed in Rule 4.8.
- 4.4. Repetition of an element up to three times is allowed without penalty.
 - 4.4.1. A Chair of the Judges Panel penalty will be taken from the total score for elements performed more than three times within a routine as per Rule 4.1.
- 4.5. A Chair of the Judges Panel penalty of 1.0 will be taken from the total Score for the use of a panel mat,
- 4.6. May repeat the same routine for both routine 1 and routine 2.
- 4.7. Landing deductions will apply when applicable.
- 4.8. Allowable Elements
 - Back handspring (maximum of three per routine)
 - Power hurdle
 - Roundoff
 - Rebound

DOUBLE MINI TRAMPOLINE

1. General Information

- 1.1. All routines are scored out of 10.0 pts.
- 1.2. Routines may not be interrupted.
- 1.3. Straight jumps will not interrupt the routine, but may incur a penalty.
- 1.4. Landing deductions will be applied to all routines per Rule 3.
- 1.5. Spotting is permitted. A spot that facilitates the performance of an element will receive a Chair of the Judges panel penalty of 0.5 per occurrence.
- 1.6. Matting aids are allowed at all levels without penalty.

2. DD Bonus / Consecutive Elements

- 2.1. Consecution Element bonus will be awarded for the greatest number of consecutive elements performed within a routine.

# of Elements	Level 1	Level 2	Level 3	Level 4	Bonus
2	X	X	X	X	1.0

3. Landing Deductions

All landing deductions will be applied to routines in all disciplines and levels where the following infractions occur.

- 3.1. After landing, touching the double mini trampoline or landing zone/area with one or both hands 0.5
- 3.2. If the hands are used to support the whole body without the support of the feet. 1.0
- 3.3. After landing, touching with or falling to the knees, hands and knees, seat, front or back on the landing zone/area. 1.0
- 3.4. After landing in the landing zone/area, leaving the landing zone/area, or touching outside the landing zone/area with any part of the body or falling against the double mini trampoline (See Guide to Judging) 1.0
- 3.5. Assistance from a spotter after landing 1.0

4. Chair of the Judges Panel Penalties

- 4.1. Elements repeated more than three times. 0.5
- 4.2. Spotting that facilitates the performance of an element
Per occurrence 0.5
- 4.3. Performs elements not allowed at that level, per occurrence 1.0
- 4.4. Level 1: does not perform a straight jump dismount 1.0
- 4.5. Level 1: does not use a mounting aid to mount the Double Mini Trampoline 1.0
- 4.6. Level 2: does not begin with a run 1.0
- 4.7. Level 3: performs more than 3 straight jumps between elements 0.5
- 4.8. Level 3 – 4 routine does not begin with a run, hurdle prior to mounting the Double Mini (See Guide to Judging) 1.0
- 4.9. Level 4: does not mount the Double Mini Trampoline with two feet. 1.0

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| 4.10. | Level 4: performs straight jumps anywhere in the routine (only taken once) | 0.5 |
| 4.11. | Level 4: dismount front somersault tuck is not spotted | 1.0 |

DOUBLE MINI TRAMPOLINE

Level 1 – 4 Routine Requirements

1. Level 1: Two 1 – Element Routines

- 1.1. Routines are scored out of 10.0 pts.
Judges will judge the first element performed.
- 1.2. Mounting aid required.
- 1.3. Dismount straight jump required. Must be spotted.
- 1.4. All elements are spotter elements, with the exception of the dismount straight jump (which is not judged).
- 1.5. Athletes may only perform elements listed in Rule 1.11.
- 1.6. Repetition of an element up to three times between the two routines is allowed without penalty.
 - 1.6.1 Repetitions are determined by the element not the phase of the routine.
 - 1.6.2 A Chair of the Judges Panel penalty will be taken from the total score for elements repeated more than three times over the two routines as per Rule 4.1.
- 1.7. Unlimited straight jumps are allowed between elements with no penalty.
- 1.8. Coach may assist the athlete to mount the Double Mini with no penalty.
- 1.9.1 Landing deductions will apply when applicable.
- 1.10. Allowable Elements
 - Dismount straight jump (element is not judged)
 - Pike jump
 - Straddle jump
 - Tuck jump

2. Level 2: Two 2 – Element Routines

- 2.1. Routines are scored out of 10.0 pts.
- 2.2. Judges will judge the first two elements performed.
- 2.3. Athletes may only perform elements listed in Rule 2.8.
- 2.4. Routine must begin with a run, the athlete may stop and step up to the Double Mini without penalty.
- 2.5. Repetition of an element up to three times over the two routines is allowed without penalty.
 - 2.5.1. Repetitions are determined by the element not the phase of the routine.
 - 2.5.2. A Chair of the Judges Panel penalty will be taken from the total score for elements repeated more than three times over the two routines.
- 2.6. Mounting aids are allowed without penalty.
- 2.7. Unlimited straight jumps are allowed between element with no penalty.
- 2.8. Straight jumps used as a dismount are allowed and are judged as a valid element.

- 2.9. Spotting permitted on dismount with no penalty.
- 2.10. Landing deductions per Rule 3 will apply when applicable.
- 2.11. Allowable Elements
 - Dismount straight jump
 - Pike jump
 - Straddle jump
 - Tuck jump

3. Level 3: Two 2 – Element Routines

- 3.1. Routines are scored out of 10.0 pts, both mounter or spotter routines are allowed.
- 3.2. Judges will judge the first two elements performed.
- 3.3. Athletes may only perform elements listed in Rule 3.11.
- 3.4. Routine must begin with a run and a hurdle. Athlete may stop and step up to the Double Mini without penalty. Routines that do not begin with a run will incur a Chair of the Judges Panel penalty.
- 3.5. Maximum of three straight jumps between elements allowed without penalty.
- 3.6. Straight jumps used as a dismount are allowed and are judged as a valid element.
- 3.7. Repetition of an element up to three times over the two routines is allowed without penalty.
 - 3.7.1. Repetitions are determined by the element not the phase of the routine.
 - 3.7.2. A Chair of the Judges Panel penalty will be taken from the total score for elements repeated more than three time.
- 3.8. Mounting aids are allowed without penalty.
- 3.9. Spotting permitted on dismount with no penalty.
- 3.10. Landing deductions will apply when applicable.
- 3.11. Allowable Elements
 - Dismount straight jump
 - Jump ½ turn
 - Pike jump
 - Straddle jump
 - Tuck jump

4. Level 4: Two 2 – Element Routines

- 4.1. Routines are scored out of 10.0 pts, both mounter or spotter routines are allowed.
- 4.2. Judges will judge the first two elements performed.
- 4.3. Athletes may only perform elements listed in Rule 4.11.
- 4.4. Routine must begin with a run and a hurdle.
- 4.5. Must mount the Double Mini with two feet.
- 4.6. Straight jumps are not allowed in any phase of the routine.

- 4.7. Mounting aids are allowed without penalty.
- 4.8. Repetition of an element up to three times over the two routines is allowed without penalty.
 - 4.8.1. Repetitions are determined by the element not the phase of the routine.
 - 4.8.2. A Chair of the Judges Panel penalty will be taken from the total score for elements repeated more than three times over the two routines as per Rule 4.1.
- 4.9. Spotting permitted on dismount with no penalty.
- 4.10. Landing deductions will apply when applicable.
- 4.11. Allowable Elements
 - Front tuck dismount (spot is required)
 - Jump ½ turn
 - Pike jump
 - Straddle jump
 - Tuck jump