



# TRAMPOLINE & TUMBLING Program Overview

## MISSION

1. To offer a competitive Trampoline and Tumbling program for athletes with special needs.
2. To grow the sport of Trampoline and Tumbling by creating a program that integrates athletes with special needs into mainstream events.

## PHILOSOPHY

The HUGS Trampoline and Tumbling program allows an option for athletes with special needs the opportunity to compete in an official USA Gymnastics setting.

The HUGS Trampoline and Tumbling program allows an option for athletes to participate alongside typical gymnasts. The expectations are that the fundamentals of the sport are to be taught and performed, and will be evaluated with the technical standards of Trampoline and Tumbling.

## BASIC PARTICIPATION INFORMATION

- Athletes must have a current USA Gymnastics Introductory Membership.
- Coaches must be USA Gymnastics Professional Members.
- HUGS competition can be included in any session of USA Gymnastics sanctioned meets.
- Athletes must perform the HUGS routines.
- Athletes may participate in all events, or specialize in 1-2 events.
- Coaches may direct gymnast during exercise with no deduction.
- Attire-
  - Athletes hair must be in a bun (see USA Gym requirements for more details)
  - HUGS athletes may wear footless tights
  - Footwear as detailed in the Rules & Policies (refer to USAgym.org for details)

## COACHES REQUIREMENTS

- Refer to USA Gymnastics for details

## PARTICIPATION LEVELS

HUGS will include 3 levels of competition. Routine requirements, allowable skills, and judge's guidelines are listed in a separate document.

- Level 1
- Level 2
- Level 3

## AWARDS

Awards will follow USA Gymnastics guidelines. Additional awards may be presented at the discretion of the Meet Director.