



**Trampoline & Tumbling  
Coaches & Judges**

2019 – 2020 T210 Program Update




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The T210 is used to bring clarity and uniformity to how rules are applied within the Trampoline and Tumbling program as well as bring to light any updates voted on by the T&T committees for the up coming season. Beginning this year, the T210 will again be mandatory for all coaches and judges.

Upon completion of the webinar, please be sure to complete the process by taking the exam for the appropriate membership.

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**U110 Safe Sport / Refresher Course**

This course is now mandatory every year, for all professional members and athletes 18 years and older

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## General Rules

The following items were those that were noted for clarification because of issues at competitions

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## Competition Cards

- For level 8 through Elite
- Must be turned in at the time and location designated on the competition directives
- Must be filled out using only the FIG numeric terminology
- Must be complete
- May be turned in by a coach, athlete or fellow team member
- A 0.2 penalty from the total score will be taken on the first completed routine if any of the previous items are not followed
- At national events cards will be time and date stamped

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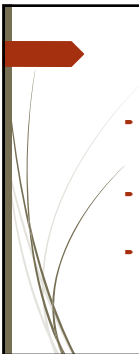
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## Appeals

- Must be handed in with all appropriate documentation, appeal fee and video if required, prior to the start of the next flights competition
- If at the end of a session, it must be declared within 5 minutes and be handed in within 15 minutes of the completion of the session
- Only landing deductions, total score penalties, interruptions, difficulty, or errors in calculation can be appealed
- Coach can only file an appeal for their own personal athlete
- Athletes can only file an appeal for themselves
- Coaches and athletes can not file appeals regarding other athletes scores
- If the video used for an appeal is inconclusive the original judges call will stand

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## Apparel

- **Shorts & leggings**
  - Skin tight leggings solid color, flesh, black or the same color as the leotard
  - Skin tight solid color shorts over the leotard in any color that is found in the leotard or black. May only have a small manufacture logo
  - No designs, patterns, or words
  - A manufacturer logo of no more than 1" is allowed
- **Trampoline shoes**
  - When athletes are wearing a leotard for girls, or shorts for boys the shoes MUST be white. Colored shoes are only allowed when trampoline pants or a unitard or colored leggings are worn
- **Trampoline pants**
  - Are only allowed on trampoline for male competitors
- **Dress Code Violations**
  - Training and session warm-up violation can result in a warning
  - Deductions for dress code violations will be taken during flight warm-up and competition, where judges are present.
  - Undergarments: If visible (even clear) will receive a dress code violation, the penalty is taken from the total score on each routine where the infraction occurs.
  - A major dress code violation such as earrings or other piercings that are visible, jewelry or a hard cast could result in an interruption

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## Equipment

- Remember that a coaches decision to use equipment for something other than its intended purpose could result in an interruption of the routine for their athlete

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## Equipment

- May not be used for something other than its intended purpose.
- If it is not listed in the equipment norms for the level you are working with, it may not be used in any way
- Drills are for training, and equipment may not be used on the field of play for this purpose
- An interruption will be applied to each pass where the infraction occurs.




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**Equipment**

- Equipment may not be used to extend the length of the equipment
- The springboard in tumbling may be placed anywhere on the run-up or track. The first element must land inside the boundaries of the track



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**Equipment**

- Using markers on the tumbling floor to indicate where an athlete needs to start their routine is allowed
- They must be strictly adhered to the floor
- May be any color
- Should be removed each time after the athlete completes their pass. Markers that are left could cause confusion for the next athlete



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**Equipment**

- Coaches are not allowed to stand on the trampoline or the double mini trampoline to spot. This applies to all training sessions, session warm up, light warm up or competition
- EXCEPTION: For HUGS athletes when warming up or competing. The coach may be on the end deck for athletes who need visual cues to aid in the performance of their routine.



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**Equipment**

At all sanctioned competitions for level 8 and above where above ground trampolines are used, the matting around the trampoline **MUST**:

- meet FIG specs for height, length and width
- be strictly adhered together in some fashion



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**Equipment**



The velcro strip connecting the tumbling floor and the landing zone will be considered half part of the tumbling floor, and half part of the landing zone. It should have a line delineating the tumbling floor from the landing zone. The strip may be one color with a line or may be two colors to designate the appropriate area/zone

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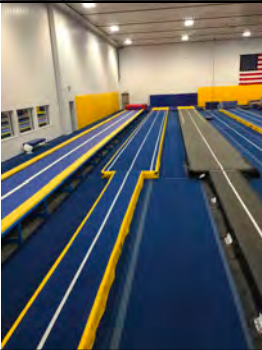
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During tumbling competition, athletes must always tumble from the run up towards the landing area. Passes that begin from the opposite direction will be interrupted. No exceptions



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### Equipment

For ALL Sanctioned competitions where above ground trampolines are used, the judges panel **MUST** be raised a minimum of 18" for JO competition and 39" for Elite Competitions



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### Eligibility for Injured Athletes

- Athletes who are unable to compete because of an injury
  - Are allowed to salute in order to obtain their eligibility status at the required one or both of the eligibility competitions
  - They must be dressed in competition attire and move to the field of play with their flight
  - There is no need for the hair to be pulled closed to the head
  - It is only necessary to salute once in the discipline where there are two routines.
  - It is only necessary to salute on one discipline
  - The athlete does not need to touch the equipment, simply salute the CJP

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### Mobility

- Mobility may only be achieved at competitions where the correct panel for each discipline has judges present and scoring
- Mobility scores are valid from the day the athlete achieves them, until December 31<sup>st</sup> of the following year
- Level 10 and above may only mobilize at approved mobility competitions and National events. Full, elite judging panels are required for level 10 and above.

Examples:

- Athlete achieves the score in January of 2020 – The score will be valid until December 31, 2021
- Athlete achieves the score in July of 2020 – The score will be valid until December 31, 2021

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## National Qualification

- Qualification rules require participation in both State and Regional Championships
  - What defines participation
    - If an athlete is injured they may salute. They must show in the results with a score of zero.
    - If an athlete has previously qualified at State they may salute, or only compete in one event.
    - If an athlete has previously qualified at State in all events, they do not have to participate in all events at Regionals

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## National Qualification

- Athletes with extenuating circumstances may apply to compete in another State or Region to meet their qualification process and as their second qualifier
  - The petition must be sent to the Regional Chair, and will be voted upon by the Regional Chair, Relevant Committee (JO or Elite) Chair and USA Gymnastics Athlete Representative. All rules and/or directives of the replacement competition must be abided

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## Warm Up Rules

Deductions for abuse of the warm up rules apply

- During the Flight Warm up
- If during the assigned training or session warm up, the meet director or event organizers witness the abuse of the warm up rules, the athlete will be given a warning. Should the abuse continue the meet director will inform the judges of the abuse for their consideration.




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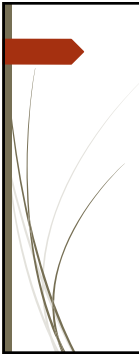
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### JO Mobility

- Beginning August 1, 2019
  - Coaches will be responsible for tracking mobility from level 4 through level 9
    - Coaches are encourage to use the mobility scores to ensure the athlete is ready to advance to the next level
  - Level 9 to 10 will need the approval of the State Chair to advance to Level 10
  - Level 10 will need the approval of the Elite Chair to advance into the Elite System

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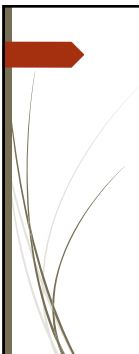
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### Elite Downward Mobility

- All competition results for athletes who move down a level after mobilizing and verifying at the new level without approval with be considered null and void.
  - The athlete will have to remobilize to the higher level

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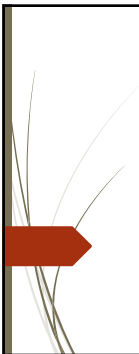
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### Did you know?

A judge communicates with the coach and the athlete after the routine is complete

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### Did You Know?

- A red flash card means the athlete did not perform the routine as written on the competition card, this indicates a change in elements performed or element position.
- Coaches should check with the Chair of the panel to see what call was made, because the change could possibly cause a repeat in the following passes.



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### Did You Know?

A yellow card indicates an interruption of the routine. The number shown indicates the elements that were counted as valid and scored by the judges.



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### Did You Know?

The following will be displayed until the completion of the next athlete's routine:

- Difficulty score awarded to the routine
- Time of flight
- Penalties applied to routine



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# Scoring

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## Scoring Method

Total Execution Score vs Element By Element Execution Score

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Meet Directors can choose which method will be used at their competition. Directives must state which process will be used to determine the E scores

- Total E Score

  - Each execution judge takes their total deductions from the maximum mark allowed for the routine.
  - The middle E score is multiplied times 3 for Tumbling and Double
  - The two E scores on trampoline are added together
- Element-by-Element E Score

  - Individual deductions are entered into the computer. The scoring program takes the median E deduction for each element, and totals the value of all elements to determine the valid E Score
  - This valid E score is multiplied times 3 for Tumbling and Double Mini
  - The valid E score is multiplied times 2 for Trampoline

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### How it works!

- Example Total Score
   
 $8.5 + 8.6 + 8.9 = 25.80$
- Example Element by Element
   
**Judge 1** - 1 1 1 1 2 2 1 2 3 3 3
   
**Judge 2** - 2 1 1 1 2 1 2 2 2 2 2
   
**Judge 3** - 1 1 2 1 2 2 2 2 3 2 2
   
**Counting** 1 1 1 1 2 2 2 3 2 2 = 1.9
   
 $8.1 \times 3 = 24.3$

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### Judges Scores

Score Range  
Judges for the JO and Elite levels are mandated to maintain a certain range when using a total score for the E Score

- Trampoline = 0.3
- Tumbling = 0.3
- Double Mini = 0.1

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### Judges Scores

The Number of Execution Judges Required

- The Rules and Policies dictates how many execution judges are required for different types of competitions
  - Eligibility – Minimum allowed
  - Mobility – Requirements depend on the level
  - Qualifying – Requirements depend on the level
  - Level 10 and above Mobility – 3 E-Judges for every discipline

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### When is a Judge Allowed to Change a Score?

<b>ALLOWED</b> <ul style="list-style-type: none"><li>• A calculating error</li><li>• Because of an appeal that changes the difficulty, landing deductions, or an interruption that was reversed on a previous routine</li></ul>	<b>NEVER ALLOWED</b> <p>Because an athlete missed a qualifying score by 0.1 or more</p> <p>The judge's rating is on the line and he/she can receive a disciplinary action if scores are changed without valid reasons</p>
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### Change of Score Process

- Other important info regarding score changes:
  - If a data entry error occurred
  - If a score was left out of the results
  - Changes because of judges error
  - An appeal overrules the judges call
  - No changes after the competition is complete
  - Judges must notify the Meet Director/Meet Referee and they will be responsible for making any needed changes and notify any relevant staff of the change so that correct results can be used for awards and posting final competition results.

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### Difficulty Reminders

All **JO** levels where difficulty is awarded

- Passes where an athlete exceeds maximum element DD
  - The pass will be interrupted
- Passes that exceed maximum pass DD
  - The pass will receive the maximum allowed at that level

At all **Elite** levels where difficulty is awarded

- Pass where an athlete exceeds maximum element DD
  - The maximum DD allowed for that level will be awarded

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**Elements considered complete**

- Elements should show the following in order to be considered complete
  - Land with the chest in a semi-upright position
  - Should show strength in the legs (take weight bearing steps)
  - Should show preparation for landing

Elements that do not show these requirements, will be considered incomplete and will cause an interruption of the routine

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**Difficulty Reminders**

- ❑ Judges will evaluate the position of an element, from the beginning of take-off to the remaining 135° before landing.
- ❑ When two positions are achieved in one element, the lesser of the two will be awarded difficulty
- ❑ In the code of points when the word "rotation" is used, it is always referring to somersaulting rotation. Twisting requirements are always noted with the word twist

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**Start of a Pass**

- The time the athlete has to begin a routine without deduction, begins when the Chair of the Judges panel salutes the athlete.
- All other penalties/deductions begin when the first element is initiated

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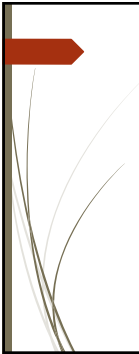
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### Landing Deductions / Penalties

- Landing deductions, judges will apply the greater of the two and are taken from the E Score
  - Tumbling Example: Athlete takes three steps backwards falls to the hands and knees
    - 1.0 for fall to the hands and knees
- Penalties including those for landing, can be combined and are applied to the total score of the pass
  - Tumbling Example: Athlete lands on the tumbling floor, takes multiple steps and steps to the floor
    - 0.6 for landing on the track,
    - 0.3 for traveling between zones
    - 0.9 for a coaching giving cues after the start of the pass
    - Total 1.8 penalty from the total score
    - Total 1.0 deduction from each E Score

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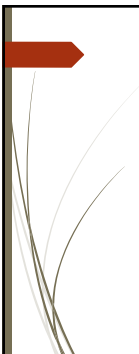
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### Pass Requirement

- Athletes who do not meet or exceed pass requirements will receive a Chair of the Judges penalty from the total score.
  - Trampoline = 2.0 pts
  - Tumbling = 3.0 pts
  - Double Mini = 3.0 pts

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### TRAMPOLINE

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0.3	0.2	0.3		
0.2	0.1	0.0	0.1	0.2
0.3	0.2	0.3		

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### Trampoline Program Goal

- HD was added as part of the scoring process to help coaches and athletes understand the importance of maintaining height and no traveling while learning skills.
- When athletes compete in the upper levels the ability to achieve a high time of flight score is a necessity for success.
- Learning skills properly keeps athletes from having to re-learn proper technique to help increase the time of flight when they reach a higher level of competition

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### Synchronized Trampoline

- Allowed pairing
  - Level 9 and 10 must compete the level they compete in individual trampoline
- For Elite Levels
  - Combination of a YE/JR – Compete JR
  - Combination of a JR/Open – Compete Open

Elite athletes will compete in the higher level and must follow all rules for that level

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### Synchronized Trampoline

- Tie Breaking Rules for all levels of Synchronized trampoline are:
  - The higher sum of the E Score
  - The higher sum of the S score
  - The higher sum of the HD score

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### TUMBLING

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### What to Look for:

- Rebound – This element should look very similar to the final phase of an element that is blocking for a somersault.
  - The element will show an immediate rebound out of the floor, not a stretch jump
  - The element will be tight out of the floor
  - The element will travel up and slightly backward

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**What to Look for:**

- Double Somersaults in the middle of a pass
  - Should show a greater height than the preceding or following elements
  - Should not break the rhythm of the pass to much
  - Do not require a kick out
  - Should show a good position

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**Repeated Elements**

- In tumbling when a element is considered a repeat the judges will
  - Not award difficulty to the repeated element
  - Execution deductions will be taken on the repeated element
  - No other deductions will be applied to the pass in regards to the repeated element, such as not meeting minimum pass dd because of the loss of DD

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**Last Element Requirements**

- The last element must be above shoulder height otherwise each execution judge will take an automatic deduction of 0.5 pts for the element
- The last element if a somersault should land in the landing area. Elements that land on the track receive a 0.6 penalty from the C.JP

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### Double Bonus

- The second, third etc. double within the same pass awarded a difficulty of 2.0 or greater for level 10 women, YE, JR, OE women and men and Sr women, will receive a bonus that is added to the difficulty score.
- Should the element be considered a repetition and lose the difficulty value, the bonus will not be awarded
- If the skill is interrupted due to a fall, the bonus will not be awarded.
  - No other penalties will be applied for the repetition

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### DOUBLE MINI TRAMPOLINE

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### Double Mini Final Requirements

- Finals for levels 9 and 10
  - Maximum element DD requirements
  - Maximum pass DD requirements
  - There are no somersaulting requirements
  - There are no minimum difficulty requirements

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### Out of Range Scores

- For all JO and Elite Level Double Mini Trampoline, scores that are more than 0.1 from the median must be brought within range

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### HUGS

Competition for Athletes with Special Needs

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### HUGS

- HUGS may be included in any sanctioned competition
- HUGS rules are a combination of our current JO Rules and the HUGS Exceptions to the JO Code of Points
- The following can be found on the HUGS tab on the Trampoline & Tumbling page of the USA Gymnastics website.
  - HUGS Exceptions to the JO Code of Points
  - Competition Cards
  - HUGS Education webinar for coaches / Judges
  - Meet Directors Guide

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**Program Communication**

This communication piece is for coaches, athletes and even parents

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**Nuggets of Knowledge**

- The Trampoline & Tumbling program is now offering coaches education.
- Coaches/National staff and other members from our community will provide short 1 to 5 minute videos regarding what works for them. Get tips to help you, or share with your coaching staff
- Use the link provided on the Trampoline & Tumbling page
- Nuggets of Knowledge will be short videos with everything from:
  - Drills
  - Progressions
  - Preschool
  - Warm up Ideas
  - Strength & Conditioning
  - Understanding Selection Procedure
  - Parents
  - Much More

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Thanks to all of the coaches and judges for what you do to make the Trampoline and Tumbling Program a success. You are the cornerstone of what we do. Your continued dedication to the sport does not go unnoticed and the athletes depend on us all to ensure a safe, and fair field of play at every single competition.

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