SECTION IV: SANCTION & COMPETITION PROCEDURES

I. Sanction

In order to host USA Gymnastics Trampoline & Tumbling sanctioned competitions, all Meet Directors MUST be current USA Gymnastics Professional members with a current safety/risk management certification and criminal background check, T210, U100, and U110 SafeSport certification.

A. Sanctioning a Domestic USA Gymnastics Event

1. USA Gymnastics as the national governing body for the sport is responsible for the granting of sanctions.
2. Sanctions are required for all USA Gymnastics competitions.
3. Sanctions may also be obtained for clinics, workshops, education events, tours, and exhibitions.
4. Only a current USA Gymnastics Member Club may register athletes into a sanctioned event.
5. Only athletes/introductory athletes affiliated with USA Gymnastics Member Club may participate in a sanctioned event. Unaffiliated athletes may not participate in T&T sanctioned events.
6. A USA Gymnastics sanctioned event CANNOT be run concurrently in the same session with other non-USA Gymnastics sanctioned event.
7. It is recommended that invitationals not be held in April or May, due to the State and Regionals Championship and Elite Challenge’s season.

B. Procedures for requesting a Domestic sanction

1. Request for sanctions may be obtained either online or by faxing/mailing the sanction request form to the Member Services Department.
2. To apply for a sanction online or to access forms click here.
3. Only domestic sanctioned events may be applied for online.
4. When requesting a sanction, equipment/venue set-up/take down and training days must be included as well as competition days.
5. Only one gymnastics discipline per sanction is allowed. (i.e.: T&T, Women, Men, Acro, Rhythmic).
6. Events conducted in more than one location must have a separate sanction for each location.
7. Once a sanction has been granted, the USA Gymnastics Trampoline & Tumbling Rules and Policies must be followed and enforced.
8. Domestic Sanction Fee
a. A fee is required for ALL domestic sanctioned events. [Click here](#) for fee details. Sanction fees and any late fees are not refundable, regardless of the reason for canceling a meet.

9. Foreign Sanctions
   a. For events in which foreign athletes and coaches participate, a foreign sanction request form and fee must be sent via mail/fax/email to the Member Services department for processing. [Click here](#) for fee details.

10. Rush Fees
    a. Sanction requests for in-house processing 7 business days or less than the start date of the event will be assessed a rush fee. Online requests will not incur a rush fee.

C. Sanction Report Forms
1. An official USA Gymnastics Sanction Report Form is available online. To access the report forms, visit usagym.org/pages/membership, ‘My Sanctions’.
2. Keep a copy of the report form, then email, fax, or mail pages 1-6 of the Sanction Report form plus all the officials and coaches’ sign-in sheet(s) to the USA Gymnastics Member Services department within 72 hours.
   a. Email: sanctions@usagym.org
   b. Fax: 317-692-5212
   c. Mail to: USA Gymnastics Member Services Department, 130 E. Washington St., Suite 700, Indianapolis, IN 46204.
3. If an event is canceled, written notification must be submitted to USA Gymnastics Member Services prior to the start date of the event. Email sanctions@usagym.org or fax at 317-692-5212.

D. Sanction Violations and Penalties
Sanction violations may result in a fine, voiding of a competition and its results, and/or loss of future sanctioning privileges.
1. Sanction Violations
   When a Meet Director and/or Professional/Jr. Professional Members(s) fail to follow the USA Gymnastics Trampoline & Tumbling Rule and Policies, actions can be taken against the Meet Director, hosting institution and/or the individual offenders by the USA Gymnastics National Office.
2. Violations on the part of the Meet Director include:
   a. Allowing coaches, judges, and/or athletes on the floor without current, valid memberships, current safety certification current background check certification and U110 SafeSport certification.
   b. Membership and all requirements of event participating professional members, junior professional members, athletes, and introductory athlete members.
   c. Violations of any regulation within the published T&T Program Rules and Policies.
   d. Improper timing of competition.
   e. Failure to return required sanction forms and collected athlete scholarship fees by the designated deadline.
f. Altering USA Gymnastics language on sanction report form.
g. Failure to obtain signatures initials of officials coaches on the sanction report form sign-in sheet(s).

3. Consequence of athlete competitor violations that may be imposed:
   a. If a competing gymnast is in violation of meet or membership regulations, he/she will be disqualified and all awards returned. (Example: wrong level, wrong age division, non-current membership)
   b. Example of event violations on the part of a coach or judge:
      i. Non-current Professional or Jr. Professional Membership
      ii. Non-current required educational, safety certification or background check certification
      iii. Falsifies one of the above-mentioned memberships and/or requirements and attempts to participate on the field of play at USA Gymnastics sanctioned competitions.

4. Meet Director Penalties for Violations:
   a. A meet director may receive the following penalties for violating any of the above violations.
      i. A first-time violation results in a fine of $100 for one violation plus $100 for each additional violation associated with the same sanction.
      ii. A second time violation results in a fine of $500 for one violation plus $500 for each additional violation associated with the same sanction.
      iii. A third time violation results in a fine of $1000 for one violation plus $500 for each additional violation associated with the same sanction, and one-year suspension of sanctioning privileges.
   b. Hosting institutions may also be denied sanctioning privileges if violations are repeated with multiple Meet Directors.
   c. The State Administrative Committee Chairman and/or Regional Administrative Committee Chairman will be notified of any violations by email.
   d. If a fine is assessed to a Meet Director, but not paid by the deadline indicated, the ability to sanction an event will be denied until all balances are paid.
   e. If any violation is due to the lack of mandatory forms being returned, the ability to sanction an event will be denied until all mandatory forms are returned.
   f. If a fine is assessed but not paid by the deadline indicated, the Meet Director’s membership might be placed in a pending status.
   g. Escalating monetary penalties accrue during the current competitive season (August 1 – July 31).

5. Professional Member Penalties for Violations:
   a. A Professional Member may receive the following penalties for violating any of the above state violations.
      i. A first-time violation results in a fine of $100.
      ii. A second time violation results in a fine of $500.
iii. A third time violation results in a fine of $1000 and possible suspension of membership.

b. Fines apply only to the individual and/or the Meet Director.
c. The State Administrative Committee Chairman and/or Regional Administrative Committee Chairman will be notified of any violations by email.
d. If a fine is assessed to a Professional Member but not paid by the deadline indicated, their membership will go into a pending status until all balances are paid.
e. Escalating monetary penalties accrue during the current competitive season. (August 1st – July 31st).

E. Foreign Participants

The U.S. Olympic Committee recognizes USA Gymnastics as the governing body for the sport of gymnastics in the United States. As such, USA Gymnastics has authority over all gymnastics competitions, exhibitions, and training exchanges hosted in the United States.

USA Gymnastics is a member of the Federation of International Gymnastics (FIG), the International governing body for gymnastics. As such, USA Gymnastics and all its members are subject to the FIG rules and regulations governing gymnastics exchanges between countries. All exchanges involving foreign athletes are under the jurisdiction of the FIG and the host gymnastics federation.

With the increased opportunities for participation in events involving foreign athletes, both in the United States and abroad, USA Gymnastics has the responsibility to inform its professional members of the FIG regulations governing these activities. Violations of the FIG regulations can result in restrictions of the member federation and/or its athletes. USA Gymnastics realizes the cultural enrichment that these types of events provide to our members and dictates that strict compliance to the FIG Regulations MUST be followed.

The USA Gymnastics National office must be notified of any competitions in the U.S. involving athletes, coaches, and/or judges who are non-citizens and also reside in and/or represent a foreign country.

1. Foreign Memberships
   a. Athletes, coaches, and judges with residence in countries other than the United States are considered foreign participants.
   b. Foreign participants seeking to participate in a USA sanctioned event must become USA Gymnastics registered members.
   c. USA Gymnastics provides a discounted, insurance-only membership for a fee for foreign athletes, coaches and judges competing in USA Gymnastics sanctioned competitions. Click here for the fee details.
   d. Foreign memberships do NOT receive benefits of membership other than the required insurance coverage at the sanction event(s).
2. Duties and Responsibilities of USA Gymnastics Professional Members in regard to International Exchanges.
   a. Excerpt from the statutes of the Federation International de Gymnastique (FIG) vii. Relationships between federations, unions, groups, and the FIG.
      i. 34.3: Inter-Federation events and responsibilities of Federations.
          Federations may organize events among themselves in accordance with the Statutes and Regulations of the FIG. It is, however forbidden for gymnasts or judges of a federation to participate in competitions or demonstrations in the sphere of activity of another federation without prior consent of the federations involved. Likewise, the participation of gymnasts or judges of a federation in an event organized by a body other than a federation must be subject to the prior consent of any federations involved. Federations are also responsible to FIG for the behavior of their gymnasts, coaches, judges, and other officials and they act as guarantors to the FIG in respect of these responsibilities.
      ii. Article 28: Code of Discipline 28.1: The sanctions that may be imposed upon a federation or an individual for an act of misconduct are:
          b. A warning, possibly with publication in the FIG bulletin
          c. A suspension of the federation, or of a person, from participation in any official event of the FIG or form several such events
          d. Exclusion from any future participation in the activities of the FIG
          e. Refusal of admittance to any events of the FIG
          f. A financial imposition
          g. Exclusion of a federation, following resolution of the Congress
          h. Suspension from office of an elected member and possible exclusion of office following resolution of the Congress.
          i. USA Gymnastics must sanction any competition/exhibition conducted in the United States, which includes foreign athletes
          j. The sanction fee will be determined based upon the particulars of the event (up to $250,000.00).
          k. Do not send any invitations (foreign or domestic until the USA Gymnastics Member Services department has notified you that approval has been granted.
   b. Competitions and exhibitions conducted in the United States
i. Prior approval of foreign federation must be secured through request made by USA Gymnastics

ii. USA Gymnastics MUST approve all aspects of the event. This includes but is not limited to:
   - Sponsorships
   - Marketing/property rights
   - Equipment/format
   - Television
   - All promotional, marketing, and advertising materials

iii. The use of the world “INTERNATIONAL” in the title of a competition/exhibition is FORBIDDEN.

iv. Promotion or advertising depicting the event as a competition between two or more countries is FORBIDDEN (i.e., USA vs. Canada).

v. Athletes from a foreign country competing in the United States represent only their club at the exchange; they are NOT representing their country as a National Team member.

vi. Higher sanction fees may be assessed for galas or exhibitions depending upon the level of the participating athletes.

vii. FIG has a 5% tax on prize money awarded at an event.

b. Training Exchanges conducted in the United States

i. Prior approval of foreign federation must be secured through a request made by USA Gymnastics

ii. Only a letter of invitation with the specific information is required: however, it is not necessary to sanction.

iii. Proof of Insurance coverage:
   - It is the sole responsibility of the event host to secure proper insurance for the event. (Be aware that some insurance packages do not cover foreign athletes or coaches.)
   - Training exchanges may not be “USA Gymnastics sanctioned”; therefore, the athlete member insurance is not in effect.

iv. Prior notification to USA participants that they represent only their club at this exchange and they are not participating as official USA representatives.

c. Competitions, exhibitions and training exchanges conducted in another country

i. USA Gymnastics must receive communication from the host country requesting permission for USA Gymnastics members to attend.

ii. USA Gymnastics T&T Program Director must approve of club’s participation BEFORE club accepts an invitation to participate in another country’s event. Notification requesting permission to participate in a foreign competition, exhibition or training exchange must be provided to the T&T Program Director at the USA Gymnastics office.
iii. Events sponsored by and/or held in a foreign country CANNOT be “USA Gymnastics sanctioned”; therefore, the athlete member insurance is not in effect. Prior notification to USA participants that USA Gymnastics insurance does not cover their participation in an event sponsored by and held in a foreign country is required.

iv. A T&T USA judge must receive permission from the T&T Program Director before accepting an invitation to officiate a competition that is conducted outside USA.

v. USA participants may only represent their club at these events/exchanges and they may not participate as official USA representatives.
   o For example: Official results may not reflect “USA”.
   o Prior notification to USA participants that they represent only their club at this exchange and they are not there as official USA representatives is required.

vi. USA National Team members may not represent their club in an international event without the approval of the Program Director.

4. General Foreign Sanction Procedures
   a. Competitions/exhibitions conducted in the United States
      i. If the activity is a competition or exhibition, a USA Gymnastics Foreign Sanction is REQUIRED.
      ii. Submit a completed Request for Foreign Sanction form, with the application fee no later than 120 days prior to the event date to USA Gymnastics Member Services, Attention: FOREIGN SANCTIONS. Click here for the form.
      iii. If received less than 120 days, an additional late fee is due.
      iv. The final Foreign Sanction fee will be determined based upon the particulars of the event (up to $250,000.00). Do not send any invitations (foreign or domestic) until the USA Gymnastics Member Services department has notified you that approval has been granted.
      v. Higher sanction fees may be assessed for galas or exhibitions depending upon the level of the participating athletes.
      vi. After receiving the Foreign Sanction request form, USA Gymnastics will initiate contact with the foreign federation to request their approval for their athletes/coaches to participate.
      vii. Meet Directors may request to invite an unlimited number of countries, as long as the list of countries is submitted at the same time with the original Foreign Sanction request.
          o An additional request for adding countries after the original request has been processed will result in additional fee.
          o A request for adding countries must be received a minimum of 11 business days before event.
      viii. All Foreign athletes/coaches/judges must become USA Gymnastics registered members.
          o Click here for the Sanction Request Form
F. Types of Competition
1. Competitions give participants the opportunity to demonstrate their skill level and aid in their development through score-based achievement.
2. All official competitions must have a valid sanction obtained by a professional member.
3. Only member clubs may hold official competitions. All participants at official competitions must hold valid membership as described in Section I.
4. Coaches and judges must meet the minimum certification requirements required as stated in the certification section (Section VII & VIII) of the Rules and Policies.
5. The competitive season begins on August 1 of each year.
6. All Trampoline & Tumbling competitions including invitationals are required to finish by 10:00 pm.
7. Member Club Invitational Competitions
   a. There are three types of Member Invitational Club Competitions: Invitational, Eligibility, and Mobility.
8. Please refer to Section IX for Competition Guidelines for all types of competitions.

G. Professional Membership Credential Documentation Requirements for all USA Gymnastics T&T Sanctioned Competitions and Events
1. All USA Gymnastics Trampoline & Tumbling Professional Members must present a valid and current copy of their membership card at the time of event "check in" to be able to participate in any USA Gymnastics T&T sanctioned competition or event.
2. At meets or events that do not have a formal credentialing process, the membership card shall act as confirmation that all requirements are met to be eligible to participate as a Professional Member.
3. At events that issue credentials, the membership card shall be carried with the credential and becomes a required part of the credentialing process.

H. Junior Olympic Equipment Specifications
   Equipment that is not listed in the FIG Equipment Norms or the JO Rules and Policies is not allowed and will result in the interruption of a routine, unless approved by the Trampoline and Tumbling Program Committee.
1. Trampoline Levels 1-4
   a. A 6’ X 12’ trampoline with a 1” – 2” string bed is permitted. It must have proper frame pads and safety platforms (end decks)
   b. Carpet-bonded foam of equal thickness matting at least 6’ wide is required to cover the entire length of the trampoline sides to the end of each end deck.
   c. All trampoline competitions and clinics, utilizing above ground trampolines, must have a minimum of two (2) 5’ X 10’ X 8” mats behind the end decks
on the floor. These mats must be fixed to each other and the end deck frame.

d. When trampolines are end-to-end, the end decks must be flushed with no gaps. The outside end decks must have a minimum of two (2) 5’ X 10’ X 8’ mats behind the end decks on the floor. These mats must be fixed to each other and the end deck frame.

2. Trampoline Levels 5-10

a. Frame
   i. Interior measurements of the frame, with bed under tension, but without frame pads:
      o Length: 5050mm +/- 60mm
      o Width: 2910mm +/- 2"
      o Height of bed from floor: 1155mm +/- 5mm
   ii. An in-ground trampoline may be used provided the trampoline meets all of the requirements in equipment specification H. For safety reasons the frame must have rounded edges.

b. Trampoline Bed
   i. Dimensions of the bed under tension, ready for use:
      o Length: 4820mm +/- 2.25"
      o Width: 2140mm +/- 2"
      o The bed must be constructed from light colored bands, webs, strings, etc., which must be held together in such a way that they are not displaced during use.

c. Web construction:
   i. Width of web under tension: 5.5mm +/- 1.5mm
   ii. Distance between any two webs: 16mm (maximum)

d. String construction:
   i. Width of strings under tension: 3mm +/- 1mm
   ii. Distance between any two strings 10mm
   iii. The bed must be strong enough to withstand wear, and not tear when in use.
   iv. The jumping zone must be marked out clearly in red in the center of the trampoline bed.
   v. Length: 2150mm +/- 40mm
   vi. Width: 1080mm +/- 40mm
   vii. The center of the bed is indicated with a red cross
   viii. Dimensions: 700mm +/- 30mm

e. Suspension all Levels
   i. The bed must be suspended with springs in such a way as to present no danger to the users.
   ii. The tension of the bed should be such that the bed stabilizes within one second after contact.
   iii. The area beneath the bed must be free of obstruction.
   iv. The trampoline must be constructed so that the competitor will not touch any part of the frame beneath the bed.

f. HD markings
i. Two rectangular areas must be marked out clearly in red lines. Each area must be symmetrically oriented to the middle of the bed. The width of the delimitation lines must be between 13 and 24 mm. The lines belong to the marked areas:

- **Area A (rectangle 215 * 108):**
  - The delimitation lines for area A shall not only define the rectangle area of 215 * 108 cm, but shall also be continued to the end of the bed (see figure).
  - Length (cl1, cl2, cl3, see figure) 215 +/- 4 cm with: \( \max(cl1, cl2, cl3) - \min(cl1, cl2, cl3) < 2 \) cm
  - Width (dw1, dw2, dw3, see figure) 108 +/- 4 cm with: \( \max(dw1, dw2, dw3) - \min(dw1, dw2, dw3) < 2 \) cm

- **Area B (quadratic 108 * 108):**
  - Length (el1, el2, el3, see figure) 108 +/- 4 cm with: \( \max(el1, el2, el3) - \min(el1, el2, el3) < 2 \) cm
  - Width (dw1, dw2, dw3, see figure) 108 +/- 4 cm with: \( \max(dw1, dw2, dw3) - \min(dw1, dw2, dw3) < 2 \) cm
  - The center of the bed must be indicated by a red cross.
g. Safety Padding  
   i. The frame and springs must be entirely covered by a shock absorbent padding. The maximum thickness must not be greater than 55mm. The padding must not cover any part of the bed.
ii. The padding should be firmly fixed to the frame so as not to hinder the normal action of the bed and springs, nor should it cause noise during the course of a routine.

iii. The bottom of the padding at the side of the bed should not protrude above the Level of the bed by more than 50mm.

h. Safety Platform (End Decks)
i. Platforms must be placed at both ends of the trampoline. The platforms must be made of a framework that is firmly attached to the trampoline. The platforms must be constructed so that they are shock absorbent. The surfaces must be covered with a shock absorbent mat, and firmly fixed to the platforms.

ii. Safety Platforms (End Decks) mats must have the following dimensions:
   o Length: 3025mm +/- 25mm
   o Width: 2025mm +/- 25mm
   o Thickness at the bedside: 75mm +/- 5mm
   o Thickness at the end: 210mm +/- 10mm

iii. The platform dimensions must be such that the mats are sufficiently supported to ensure that, they support the weight of the competitor without collapsing or folding upon landing.

iv. The mats covering the platforms must extend to the edge of the bed (covering the springs).

v. The base of any wheel stands must also be covered with padding.

i. Spotter Mats (Throw-in Mats)

j. Spotter mats must be constructed of medium density foam and covered with a material that will slide easily.

i. Length: 1700mm +/- 300mm

ii. Width: 1000mm +/- 100mm

iii. Thickness: 100mm +/- 30m

iv. It is recommended that the athlete’s personal coach hold the spotter mat. This mat may be held on either side of the trampoline

v. The mats must be provided with two handles on one side of the mat.

k. Safety Mats on the Ground:

i. Level 1-7: Carpet-bonded foam of equal thickness matting at least 6’ wide is required to cover the entire length of the trampoline sides to the end of each end deck.

ii. Level 5-7: All trampoline competitions and clinics, utilizing above ground trampolines, must have a minimum of two (2) 5’ X 10’ X 8” mats behind the end decks on the floor. These mats must be fixed to each other and the end deck frame.

iii. Level 8-10: All trampoline competitions and clinics, utilizing above ground trampolines, must have a minimum of two (2) 5’ X 13.1’ X 8” mats behind the end decks on the floor. These mats must be fixed to each other and the end deck frame. All matting must meet FIG dimensions and be strictly adhered together.
iv. When trampolines are end-to-end, the end decks must be flushed with no gaps. The outside end decks must have a minimum of two (2) 5’ X 10’ X 8” mats behind the end decks on the floor. These mats must be fixed to each other and the end deck frame.

l. Synchronized Trampoline Competition
i. During Synchronized Competitions, the trampolines must be parallel and not staggered. The distance between them, measured from the other edges of the frames, must be 6.5’.

m. Height of the Hall
i. The interior height of the hall in which trampoline competitions take place must be
ii. Levels 1-7: Minimum (7 meters) 23 feet
iii. Levels 8-10: Minimum (8 meters) 26.25 feet
iv. In ground trampolines are measured from the surface of the bed
v. Levels 1-7: Minimum (6 meters) 19.75 feet

n. Levels 8-10: Minimum (7 meters) 23 feet
i. Judging Panel Placement
ii. The judge’s panel must be placed such that it is at a minimum of 6 feet from the proximal side of the trampoline or a maximum of 16 feet from the proximal side of the trampoline.
iii. The judge’s panel for trampoline must be set to the side of the trampoline, with the center of the panel no more than 2 feet left or right of the trampoline center.
iv. The panel must be raised a minimum of two feet from the floor and is permitted to be raised to a maximum of 6 feet.
v. Any panel that is raised more than the minimum of 2 feet must provide safety railing to the ends and back side of the platform.

3. Tumbling
a. Tumbling Track
i. Levels 1-3: Minimum of a single layer mat, 60’ long, 6’ wide and 1” thick.

ii. Levels 5-7: Minimum of spring/foam block floor with a single or double layer of mats, 72’ long, 6’ wide, 1”-2” thick.

iii. Levels 4-10: A tumbling track constructed with a sprung surface, which must be padded. If constructed of several units, the units must be firmly fixed together so they will not separate during use. They must not show any space between them. Flexi rolls may NOT be used to cover any layer of the tumbling surface.

iv. Dimensions:
   o Length: 26m (85’) +/- 1.0m
   o Width: 1.8.4m (6’) +/- 0.1m

v. Markings
   o Two lines, 50 mm (2”) wide in a contrasting color must mark the outer edge (boundary) of the track.
   o Distance (incl. lines): 150cm +/- 1cm
A centerline, 50mm (2") wide in a contrasting color, must mark the centerline on the tumbling track.

b. Springboard
i. There are no restrictions on the type of springboard or where the springboard is placed on the run up or tumbling floor.

c. Landing Area
ii. A shock absorbent surface must be used on the landing area to allow for a stable landing on the feet.
iii. If two or more mats are joined together to form the landing area:
   o They must have the same height and density
   o The must be held firmly together so as not to separate in use
   o A competitor may use an additional landing mat on top of the landing area.
iv. Dimension of the landing area must be
   o Length: 6m minimum
   o Width: 3m minimum
   o Thickness: 30cm +/- 10mm

d. Landing Zone
i. A landing zone must be marked out in the landing area with either the whole zone in a contrasting color or with lines 50mm (2") wide in a contrasting color. The outer edge of the landing zone (or lines) marks the boundary of the landing zone.
ii. Dimensions of the landing zone must be
   o Length: 4000mm (13') +/- 5mm
   o Width: 2000mm (6.5') +/- 5mm
iii. The velcro strip connecting the tumbling floor to the landing zone is considered part of the tumbling floor and part of the landing zone. A line should delineate the tumbling floor from the landing zone.

e. Run-Up
i. There must be a run-up of 10m (33') prior to the tumbling track. It must be the same level as the tumbling track. Competitors must start their run no further than the designated 33' run-up, otherwise an interruption will be called.

f. Safety Mats
i. Level 8 and above, carpet-bonded foam or equal thickness matting is required to cover the entire length of the tumbling track to the front of the landing area.
ii. Side mats are required to be 6' wide.
iii. One 5’x10’x8” mat is required on the floor beyond the back of the landing area. This mat should be “tethered/Velcro adhered” to the landing area.

g. Sting Mat
i. Only mats that are firmly adhered or attached to the full landing area may be used. Mats must have Velcro attachments or must be a complete covering of the landing area.

h. Height of the Hall
i. The interior height of the hall in which tumbling competitions take place must be
   o Levels 1-10 minimum 16 feet

i. Judging Panel Placement
i. The judge's panel must be placed such that it is at a minimum of 6 feet from the proximal side of the tumbling surface or a maximum of 16 feet from the proximal side of the tumbling surface.
ii. The placement of the tumbling panel must be no closer than 40 feet from the start of the tumbling surface and no farther than 52 feet from the start of the tumbling surface.

4. Double Mini Trampoline
a. Frame
i. No metal bars or other firm fixing are allowed across the ends of the double mini trampoline other than at floor level.
ii. The profile of the frame must have rounded edges.

b. Safety Padding
i. 8" matting measuring a minimum of 4'x6' is required to cover the floor the entire length of the double mini trampoline sides.
ii. 2" matting measuring a minimum of 20" x the length of the landing area is required, positioned both sides of the landing area.
iii. One 5'x10'x8" mat is required on the floor beyond the back of the landing area. This mat should be tethered/Velcro adhered to the landing area.
iv. The frame and springs must be entirely covered by shock absorbent padding, the maximum thickness of which must not be greater than 2". The padding must not cover any part of the bed.
v. The padding should be firmly fixed to the frame without hindering the normal action of the bed and springs, nor should it cause noise during the course of the pass.
vi. The bottom of the padding at the sides of the bed should not protrude above the level of the bed by more than 2".

vii. The bars beneath the bed must be padded. The frame ends on the dismount end must be covered with 2" pads firmly joined together with the other padding.

viii. Sting/spotter mats may NOT be used in the landing area during competition.

c. Bed
i. The bed must be constructed from light colored bands, webs, strings, etc., which must be held together in such a way that they are not displaced during use.

ii. Dimensions of the bed under tension:
   o Length: 2850mm +/- 50mm
   o Width: 920mm +/- 40mm
   o Height of the bed from the floor under tension:
     o Mounting end: 450mm +/- 150mm
     o Dismount end: 700mm +/- 150mm
o Width of the web under tension: 4mm min 13mm max
o Width of the strings under tension: 3mm +/- 1mm

iii. The strands of the webbing (strings) must be sewn together and the distance between any two strands must not be greater than 1.8cm".

iv. The tensile strength of a single strand must be greater than 175 kilos.

v. The center zone must be marked in red on the bed.

vi. The dimensions of the center zone are:
   o End markers: 130mm +/- 20mm
   o Center zone: 390mm +/- 10mm
   o Distance of the center zone: 900mm +/- 20mm

d. Landing Area
   i. A shock absorbent mat must be used as a landing area, and it must allow a stable landing on the feet. It two or more mats are joined together to form the landing area:
   ii. They must be the same height and density
   iii. They must be held firmly together so as not to separate in use.

Dimensions of the landing area must be:
   o Length: (landing mat, TRA 11) 600cm +/- 1cm
   o Width: (landing mat, TRA 11) 300cm +/- 1cm
   o Thickness: (landing mat, TRA 11) 30cm +/- 1cm

e. Landing Zone
   i. A landing zone must be marked out in the landing area with either the whole zone in a contrasting color or with lines 50mm (2") wide in a contrasting color. The outer edge of the landing zone or lines marks the boundary of the landing zone, the dimensions of which must be:
   o Length: 4000mm +/- 10mm
   o Width: 2000mm +/- 10mm

f. Judging Panel Placement
   i. The judge’s panel must be placed such that it is a minimum of 6 feet from the proximal side of the DMT or a maximum of 16 feet from the proximal side of the DMT.
   ii. The tables must be placed in such position that all judges can critically view the DMT and full landing area.

g. Double Mini landing zones & Chair of the Judge Panel deductions for landing
h. Run Up
   i. Floor mats must be provided:
      o Maximum length: 20m (66') N/A
      o Thickness: 25mm (1") +/- 5mm (.25")
   ii. Competitors may start their run at any point on the run up that they choose, but no further than the designated 66'.
   iii. Spotter Mats (Throw-in Mats)
      i. Spotter mats
         i. Spotter mats must be constructed of medium density foam and covered with a material that will slide easily.
            o Length: 1700mm +/- 300mm
            o Width: 1000mm +/- 100mm
            o Thickness: 100mm +/- 30mm
      j. Mounting Aid
         i. In Levels 1-3 a competitor may use a panel mat, incline, or springboard as a mounting aid in order to mount the double mini trampoline.
   k. Height of the Hall
      i. The interior height of the hall in which double mini trampoline competitions take place must be:
         o Levels 1-10: Minimum 19.5 feet

I. Elite Equipment Specifications
   Equipment that is not listed in the FIG Equipment Norms or the JO Rules and Policies is not allowed and will result in the interruption of a routine, unless approved by the Trampoline and Tumbling Program Committee.
   1. Trampoline Mats
      a. All trampoline competitions and clinics, utilizing above ground trampolines, must have a minimum of two (2) 5’ X 13.1’ X 8” mats behind the end decks on the floor. These mats must be fixed to each other and the end deck frame.
   2. Judging Panel Placement
      a. Tumbling
         i. The judge’s panel must be placed such that it is at a minimum of 6 feet from the proximal side of the tumbling surface or a maximum of 16 feet from the proximal side of the tumbling surface.
         ii. The placement of the tumbling panel must be no closer than 40 feet from the start of the tumbling surface and no farther than 52 feet from the start of the tumbling surface.
      b. Trampoline
         i. The judge’s panel must be placed such that it is at a minimum of 6 feet from the proximal side of the trampoline or a maximum of 16 feet from the proximal side of the trampoline.
         ii. The judge’s panel for trampoline must be set to the side of the trampoline, with the center of the panel no more than 2 feet left or right of the trampoline center.
iii. The panel must be raised a minimum of two feet from the floor and is permitted to be raised to a maximum of 6 feet.

iv. Any panel that is raised more than the minimum of 2 feet must provide safety railing to the ends and back side of the platform.

c. Double Mini Trampoline

i. The judge’s panel must be placed such that it is a minimum of 6 feet from the proximal side of the DMT or a maximum of 16 feet from the proximal side of the DMT.

ii. The tables must be placed in such position that all judges can critically view the DMT and full landing area.

J. Facilities

1. When selecting a facility for an event a site visit (evaluation) must be performed. The site inspection should consider placement for apparatus, judges stations, spectator seating and meet “traffic flow.” Location of the competition venue, airport proximity, hotel availability, parking, public restrooms availability, athlete restrooms location, vendor accommodations, concessions details, and equipment set up and tear down logistics should all be carefully scrutinized.

2. When hosting an in-gym competition, the current layout of the facility may not provide the required equipment set-up for a competition. However, by moving equipment in the facility to a different location, these requirements may be met.

3. It is strongly recommended that State and/or Regional Championships be held in a facility capable and location appropriate venue unaffiliated with any member club. Exceptions to this recommendation may well involve legitimate logistic and financial considerations. An exception to this recommendation must be approved by the Program Director prior to any communication to membership concerning the respective competition.

4. Elite mobility meets, national qualifiers (States / Regionals), and selection events are required to utilize an electronic scoring and display system.

* (note: for the first year of this rule (2020 competition season), Elite mobility meets and national qualifiers are recommended, but not required, to comply. for the 2021 competition season, all relevant meets must comply).