



SECTION IV: SANCTION & COMPETITION PROCEDURES

I. Sanction

In order to host USAG Trampoline & Tumbling sanctioned competitions, all Meet Directors must be active T&T Meet Director members with all membership requirements. [Click here](#) to view the Meet Director membership requirements.

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 USAG competitions.
3. Sanctions may also be obtained for clinics, workshops, education events, tours, and exhibitions.
4. Only a current USAG Member Club may register athletes into a sanctioned event.
5. Only athletes affiliated with a USAG Member Club may participate in a sanctioned event. Unaffiliated athletes may not participate in T&T sanctioned events.
6. In non-Olympic years, it is recommended that invitationals not be held in April or May, due to the State and Regionals Championship and Elite Challenges season. In Olympic years this timeframe may change.

B. Concurrent Sanctioned Event Policy

1. USA Gymnastics is aware that meet directors of a USA Gymnastics sanctioned event may also be conducting sanctioned events of other gymnastics organizations (*i.e.*, AAU) in the same venue, date, and time. If meet directors choose to conduct a multi-gymnastics association event, they must adhere to the following policies. Violations of any of the below policies may result in sanction revocation.
2. USA Gymnastics sessions CANNOT be run concurrently in the same session with a non-USA Gymnastics sanctioned event. Any non-USA Gymnastics session(s) must be conducted either prior to or following all USA Gymnastics sanctioned sessions on each competitive day.
 - a. Permissible Gym Set Up:
 - i. **Events with one gym set-up:**
 - Sessions with USA Gymnastics competitors and non-USA Gymnastics competitors are NOT permitted to compete at the same time in the same competitive space, nor can they alternate sessions throughout the day.
 - ii. **Events with Multiple gym set-ups:**

- Dedicated field-of-play (*can be more than 1*) reserved to conduct only USA Gymnastics sessions.
 - Additional dedicated field-of-play (*can be more than 1*) reserved to conduct any non-USA Gymnastics sessions.
 - Each separate field-of-play should be clearly defined by signage, or separated by a specific, noticeable barrier i.e., airwall, curtain, stanchion, etc.)
 - Example: a Meet Director is hosting an event in large space that can be partitioned into 3 competitive fields-of-play areas; Field A, Field B and Field C.
 - Fields A and B are reserved for USA Gymnastics sessions
 - Field C conducts the non-USA Gymnastics sessions.
 - The Meet Director may use all the Fields A, B or C to conduct non-USA Gymnastics sessions provided that the non-USA Gym. sessions are conducted either prior to or following USA Gymnastics sessions on each competitive day.
- b. Meet Director must have an event plan that illustrates:
- i. A clear definition of the start and end times of each organization's competition sessions for the duration of the event.
 - ii. All event procedures that prohibit non-USA Gymnastics session participants (*athletes, coaches, judges*) from accessing the dedicated USA Gymnastics gyms/competition area during USA Gymnastics sessions.
- c. Meet Director must obtain a separate certificate of insurance from each gymnastics association whose sessions will be conducted in the same venue as the USA Gymnastics sanctioned event.

C. Procedures for Requesting a Domestic Sanction

3. To apply for a sanction online [click here](#).
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 USAG Trampoline & Tumbling Rules & 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. Virtual sanctions
 - a. Virtual sanctions may be applied for using a similar process as a standard domestic sanction.

- b. For virtual sanctions, only one sanction will be required to cover all locations listed.
 - c. Virtual sanctions may only be used for eligibility, but not qualification or mobility. *(note: Should COVID restrictions worsen, a wider use of virtual sanctions may be considered by the PC).*
10. 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.

D. Sanction Report Forms

- 1. An official USAG 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 USAG Member Services department within 72 hours.
 - a. Email: sanctions@usagym.org
 - b. Fax: 317-692-5212
 - c. Mail to: USA Gymnastics Member Services Department, 1099 N Meridian Street Ste 800, 46204
- 3. If an event is canceled, written notification must be submitted to USAG Member Services prior to the start date of the event. Email sanctions@usagym.org.

E. 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
 - a. When a Meet Director, Competitive Coach or Judge fails to follow the USAG Trampoline & Tumbling Rules & Policies, actions can be taken against the Meet Director, hosting institution and/or the individual offenders by USAG.
- 2. Violations on the part of the Meet Director include:
 - a. Allowing members on the floor without current, active memberships with all requirements completed.
 - b. Violations of any regulation within the published T&T Program Rules & Policies.
 - c. Improper timing of competition.
 - d. Failure to return required sanction forms and collected athlete scholarship fees by the designated deadline.
 - e. Altering USA Gymnastics language on sanction report form.
 - f. 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 Competitive Coach or Judge 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 USAG 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 Chair and/or Regional Administrative Committee Chair 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. Additional member penalties for violations:
 - a. A participating 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 Chair and/or Regional Administrative Committee Chair will be notified of any violations by email.
 - d. If a fine is assessed to a participating 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 1-July 31).

F. Foreign Exchanges and Sanctions

- 1. Duties & responsibilities of USAG 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 from 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 USAG Member Services department has notified you that approval has been granted.
- 2. Requirements for foreign exchanges: The following categories have been defined for participation of foreign athletes in this country and for participants of USA club athletes in a club exchange in a foreign country. All exchanges involving foreign athletes are under the jurisdiction of the FIG and the host federation. Every procedure must be followed to protect the athletes and participating federations.
 - a. 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 word “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 “USAG sanctioned” event; 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 USAG members to attend.
 - ii. The T&T Program Director must approve of club’s participation before the 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.
 - iii. Events sponsored by and/or held in a foreign country cannot be “USAG sanctioned”; therefore, the athlete member insurance is not in effect. Prior notification to USA participants that USAG 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.
 - For example: Official results may not reflect “USA”.
 - 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.
3. General Foreign Sanction Procedures
- a. Competitions/exhibitions conducted in the United States
 - i. If the activity is a competition or exhibition, a USAG 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 USAG 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 USAG 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.
 - An additional request for adding countries after the original request has been processed will result in additional fee.
 - A request for adding countries must be received a minimum of 11 business days before event.
 - viii. All foreign athletes/coaches/judges must become USAG members.
 - [Click here](#) for the Sanction Request Form
 - [Click here](#) for the Foreign Sanction Request Form
 - [Click here](#) for the Accident Insurance Report Form
 - [Click here](#) to request for Certificate of Insurance

G. 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 Meet Director.
3. Only USAG Organization Members 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 & Policies.
5. The competitive season begins on August 1 of each year.
6. All Trampoline & Tumbling competitions including invitationals are required to be scheduled to finish by 10:00pm. In the event of an extenuating circumstance, the final flight should start no later than 10:00 pm.
7. There are three types of competitions: Invitational, Eligibility, and Mobility.
8. Please refer to Section IX for competition guidelines for all types of competitions.

H. Membership Credential Documentation Requirements for all USAG Sanctioned Competitions and Events

1. All participating USAG 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 USAG 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 participating 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.

I. Development Program Equipment Specifications

Effective December 2021, a process has been identified to thoroughly reassess the current equipment specs and amend the R&P to a more realistic version that is still safe:

- For the remainder of the 2021-2022 season, the below interim modified equipment specifications will draft and approve a set of modified specifications that will be required to be met by all meet hosts. Any situations outside of these modifications will require an application to the PC for approval in advance of the meet, with approval given if the proposed modification is considered to be still safe.
- For the 2022-2023 season, a working group including equipment personnel will be assembled from January 2022 to create a final version of equipment specifications, keeping in mind the same constraints and requirements and based on best practice and expert opinion. The final equipment specs will be published as part of the 2022-2023 R&P.

Ideal / Full Specifications

Equipment that is not listed in the FIG Equipment Norms or the Rules & Policies is not allowed and will result in the interruption of a routine, unless approved by the Trampoline & 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.

Interim Modified Specifications

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 - 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. **Exceptions include:**
 - i. Other padded surfaces (e.g. adjacent trampolines, other matting) may replace the carpet bonded foam.
 - ii. If there is a wall immediately adjacent to the trampoline, this is acceptable.

Ideal / Full Specifications

- 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 flush 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-Open

- a. Frame
 - i. Interior measurements of the frame, with bed under tension, but without frame pads:

Interim Modified Specifications

- 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. Exceptions include:
 - i. Other matted surfaces may replace the matting.
 - ii. If there is a wall within the limits of the matting specifications, this is acceptable. Any protruding surfaces (e.g. pillars, other gymnastic equipment) must be padded with a minimum of carpet bonded foam.

- d. 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. Exceptions include:
 - i. Other types of matting may replace the matting.
 - ii. If there is a wall within the limits of the matting specifications, this is acceptable. Any protruding surfaces (e.g. pillars, other gymnastic equipment) must be padded with a minimum of carpet bonded foam.

2. Trampoline Levels 5-Open

- a. Frame
 - i. Interior measurements of the frame, with bed under tension, but without frame pads:

Ideal / Full Specifications

- Length: 5050mm +/- 60mm
 - Width: 2910mm +/- 2"
 - 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.1.2.b.i. For safety reasons the frame must have rounded edges.
- b. Trampoline bed
- i. Dimensions of the bed under tension, ready for use:
- Length: 4820mm +/- 2.25"
 - Width: 2140mm +/- 2"
 - 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

Interim Modified Specifications

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- 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

Ideal / Full Specifications

- 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):

Interim Modified Specifications

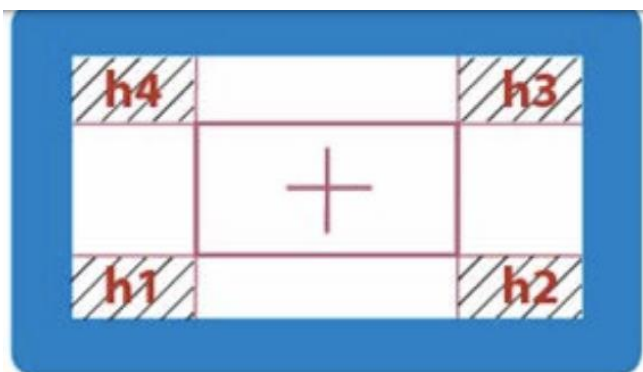
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 - i. Two rectangular areas must be marked out clearly in red lines. Each area must be symmetrically oriented to the middle of the bed. The width of the delimitation lines must be between 13 and 24 mm. The lines belong to the marked areas:
 - Area A (rectangle 215 * 108):

Ideal / Full Specifications

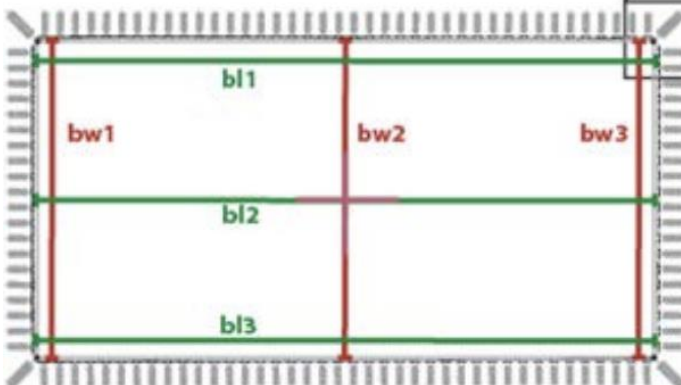
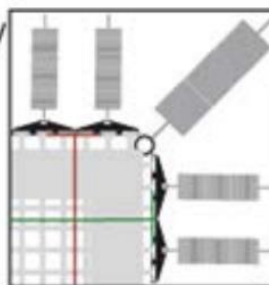
- The delimitation lines for area A shall not only define the rectangle area of 215 * 108 cm, but shall also be continued to the end of the bed (see figure).
- Length (cl1, cl2, cl3, see figure) 215 +/- 4 cm with:
max (cl1, cl2, cl3) – min(cl1, cl2, cl3) < 2 cm
- Width (dw1, dw2, dw3, see figure) 108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

Interim Modified Specifications

- 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
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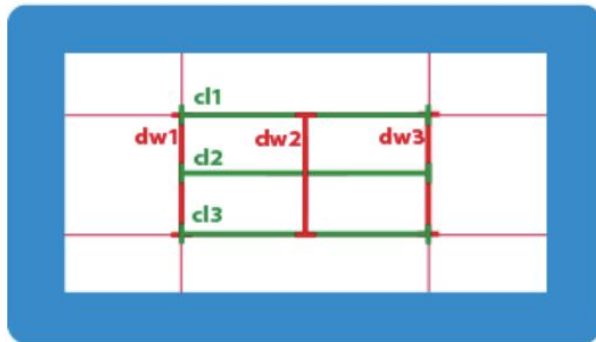
zones des mesures de la hauteur
 areas for height measurement
 Messbereiche für Höhenmessung



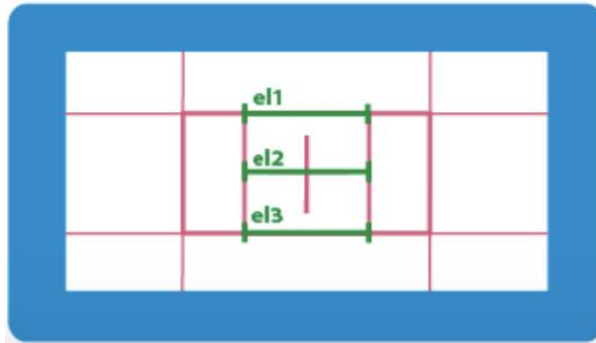
toile: Mesures de la longueur et de la largeur
 bed: Length and width measurements
 Tuch: Längen und Breitenmessungen

Ideal / Full Specifications

Interim Modified Specifications



secteur A: Mesures de la longueur et de la largeur
area A: Length and width measurements
Fläche A: Längen und Breitenmessungen



secteur B: Mesures de la longueur
area B: Length measurements
Fläche B: Längenmessungen

- 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.

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 - 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.

Ideal / Full Specifications

- 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 platform (end deck) mats must have the following dimensions:
 - Length: 3025mm +/- 25mm
 - Width: 2025mm +/- 25mm
 - Thickness at the bedside: 75mm +/- 5mm
 - 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).

Interim Modified Specifications

- 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. Trampoline competitions and clinics utilizing inground trampolines are not required to have end deck platforms. Other padded surfaces (e.g. adjacent trampolines, other matting) may replace the end deck area. If there is a wall within the limits of the end deck measurement specifications, this is acceptable. Any protruding surfaces (e.g. pillars, other gymnastic equipment) must be padded with a minimum of carpet bonded foam.
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 - 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).

Ideal / Full Specifications

- v. The base of any wheel stands must also be covered with padding.
- i. Spotter mats (throw-in mats)
 - i. Spotter mats must be constructed of medium density foam and covered with a material that will slide easily.
 - Length: 1700mm +/- 300mm
 - Width: 1000mm +/- 100mm
 - Thickness: 100mm +/- 30m
 - ii. It is recommended that the athlete's personal coach hold the spotter mat. This mat may be held on either side of the trampoline
 - iii. The mats must be provided with two handles on one side of the mat.
- j. 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

Interim Modified Specifications

- v. The base of any wheel stands must also be covered with padding.
- i. Spotter mats (throw-in mats)
 - i. Spotter mats must be constructed of medium density foam and covered with a material that will slide easily.
 - **Recommended** length: 1700mm +/- 300mm
 - **Recommended** width: 1000mm +/- 100mm
 - **Recommended** thickness: 100mm +/- 30m
 - ii. It is recommended that the athlete's personal coach hold the spotter mat. This mat may be held on either side of the trampoline
 - ~~iii. The mats must be provided with two handles on one side of the mat.~~
- j. 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-Open: 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. **Exceptions include:**

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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 flush 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.

- k. 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'.

Interim Modified Specifications

- Other matted surfaces may replace the matting.
- If there is a wall within the limits of the matting specifications, this is acceptable. Any protruding surfaces (e.g. pillars, other gymnastic equipment) must be padded with a minimum of carpet bonded foam.

- iii. When trampolines are end-to-end, 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. Exceptions include:

- Other types of matting may replace the matting.
- If there is a wall within the limits of the matting specifications, this is acceptable. Any protruding surfaces (e.g. pillars, other gymnastic equipment) must be padded with a minimum of carpet bonded foam.

- k. 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'.~~

Ideal / Full Specifications

- I. Height of the hall
 - i. The interior height of the hall in which trampoline competitions take place must be
 - Levels 1-7: Minimum (7 meters) 23 feet

 - Levels 8-10: Minimum (8 meters) 26.25 feet

 - ii. In ground trampolines are measured from the surface of the bed
 - Levels 1-7: Minimum (6 meters) 19.75 feet

 - Levels 8-10: Minimum (7 meters) 23 feet

Interim Modified Specifications

- I. Height of the hall
 - i. The interior height of the hall in which trampoline competitions take place must be
 - Levels 1-7:
 - Ideally minimum (7 meters) 23 feet
 - If height is between 20-23 feet, this is acceptable but must be communicated via the event directives.
 - Levels 8-Open:
 - Ideally minimum (8 meters) 26 feet
 - If height is between 23-26 feet, this is acceptable but must be communicated via the event directives.

 - ii. In ground trampolines are measured from the surface of the bed
 - Levels 1-7:
 - Ideally minimum (6 meters) 19 feet
 - If height is between 16-20 feet, this is acceptable but must be communicated via the event directives.
 - Levels 8-Open:
 - Ideally minimum (7 meters) 22 feet

Ideal / Full Specifications

Interim Modified Specifications

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|---|---|
| <p>iii. Judging panel placement</p> <ul style="list-style-type: none">• The judges 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.• The judges 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.• 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.• 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. <p>3. Tumbling</p> <p>a. Tumbling track</p> | <p>– If height is between 19-22 feet, this is acceptable but must be communicated via the event directives.</p> <p>iii. Judging panel placement</p> <ul style="list-style-type: none">• The judges panel must be placed on the proximal side of the trampoline, preferably 6-16 feet from the proximal side of the trampoline.• The judges panel for trampoline must be set to the side of the trampoline, preferably with the center of the panel no more than 2 feet left or right of the trampoline center.• Where above ground trampolines are used, the panel must be raised between 2 - 6 feet from the floor. Where inground trampolines are used, the panel may be positioned on the floor.• 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. <p>3. Tumbling</p> <p>a. Tumbling track</p> |
|---|---|

Ideal / Full Specifications

- i. Levels 1-3: Minimum of a single layer mat, 60' long, 6' wide and 1" thick.
- ii. Levels 4-Open: 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.
- iii. Dimensions:
 - Length: 26m (85') +/- 1.0m
 - Width: 1.8.4m (6') +/- 0.1m
- iv. Markings
 - Two lines, 50 mm (2") wide in a contrasting color must mark the outer edge (boundary) of the track.
 - 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

Interim Modified Specifications

- i. Levels 1-3: Minimum of a single layer mat, 60' long, 6' wide and 1" thick.
- ii. Levels 4-Open: 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.
- iii. Dimensions:
 - Length: 26m (85') +/- 1.0m
 - Width: 1.8.4m (6') +/- 0.1m
- iv. Markings
 - Two lines, 50 mm (2") wide in a contrasting color must mark the outer edge (boundary) of the track.
 - 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

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- i. A shock absorbent surface must be used on the landing area to allow for a stable landing on the feet.
- ii. If two or more mats are joined together to form the landing area:
 - They must have the same height and density
 - They must be held firmly together so as not to separate in use
 - A competitor may use an additional landing mat on top of the landing area.
- iii. Dimension of the landing area:
 - Length: 6m minimum
 - Width: 3m minimum
 - 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
 - Length: 4000mm (13') +/- 5mm
 - 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

Interim Modified Specifications

- i. A shock absorbent surface must be used on the landing area to allow for a stable landing on the feet.
- ii. If two or more mats are joined together to form the landing area:
 - They must have the same height and density
 - They must be held firmly together so as not to separate in use
 - A competitor may use an additional landing mat on top of the landing area.
- iii. Dimension of the landing area:
 - Length: 6m minimum
 - Width: 3m minimum
 - 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
 - Length: 4000mm (13') +/- 5mm
 - 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

Ideal / Full Specifications

- 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.

Interim Modified Specifications

- should delineate the tumbling floor from the landing zone.
- e. Run-up
- i. There must be a run-up 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 run-up, otherwise an interruption will be called.
- Ideally the runup will be minimum (10 meters) 33'.
 - If the runup is between 20-33 feet, this is acceptable but must be communicated via the event directives.
- 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.
- Exceptions include:
- Other padded surfaces may replace the carpet bonded foam.
 - If there is a wall within the limits of the matting specifications, this is acceptable. Any protruding surfaces (e.g. pillars, other gymnastic equipment) must be padded with a

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- iii. One 5' x 10' x 8" 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:
 - Levels 1-Open minimum 16 feet

Interim Modified Specifications

- iii. **minimum of carpet bonded foam**
One 5' x 10' x 8" mat is required on the floor beyond the back of the landing area. This mat should be "tethered/velcro adhered" to the landing area. **Exceptions include:**
 - **Other matted surfaces may replace the matting.**
 - **If there is a wall within the limits of the matting specifications, this is acceptable. Any protruding surfaces (e.g. pillars, other gymnastic equipment) must be padded with a minimum of carpet bonded foam.**

- 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:
 - **Levels 1-Open Ideally minimum 16 feet**
 - **If height is between 13-16 feet, this is acceptable but must be communicated via the event directives.**

Ideal / Full Specifications

- i. Judging panel placement
 - i. The judges 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' x 6' is required to cover the floor the entire length of the double mini trampoline sides.

Interim Modified Specifications

- i. Judging panel placement
 - i. The judges panel must be placed on the proximal side of the tumbling surface, preferably 6-16 feet from the proximal side of the tumbling surface.
 - ii. The placement of the tumbling panel must be 40-52 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' x 6' is required to cover the floor the entire length of the double mini trampoline sides. Exceptions include:
 - Other padded surfaces may replace the carpet bonded foam.
 - If there is a wall within the limits of the matting specifications, this is acceptable. Any protruding surfaces (e.g. pillars, other gymnastic equipment)

Ideal / Full Specifications

- 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' x 10' x 8" mat is required on the floor beyond the back of the landing area. This mat should be tethered/velcro adhered to the landing area.

Interim Modified Specifications

- must be padded with a minimum of carpet bonded foam.
- ii. 2" matting measuring a minimum of 20" x the length of the landing area is required, positioned both sides of the landing area. Exceptions include:
 - Other padded surfaces may replace the matting.
 - If there is a wall within the limits of the matting specifications, this is acceptable. Any protruding surfaces (e.g. pillars, other gymnastic equipment) must be padded with a minimum of carpet bonded foam.
- iii. One 5' x 10' x 8" mat is required on the floor beyond the back of the landing area. This mat should be "tethered/velcro adhered" to the landing area. Exceptions include:
 - Other matted surfaces may replace the matting.
 - If there is a wall within the limits of the matting specifications, this is acceptable. Any protruding surfaces (e.g. pillars, other gymnastic equipment) must be padded with a minimum of carpet bonded foam.

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- 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:
 - Length: 2850mm +/- 50mm
 - Width: 920mm +/- 40mm
 - iii. Height of the bed from the floor under tension:

Interim Modified Specifications

- 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:
 - Length: 2850mm +/- 50mm
 - Width: 920mm +/- 40mm
 - iii. Height of the bed from the floor under tension:

Ideal / Full Specifications

- Mounting end: 450mm +/- 150mm
 - Dismount end: 700mm +/- 150mm
 - Width of the web under tension: 4mm min 13mm max
 - Width of the strings under tension: 3mm +/- 1mm
- iv. The strands of the webbing (strings) must be sewn together and the distance between any two strands must not be greater than 1.8cm”
- v. The tensile strength of a single strand must be greater than 175 kilos
- vi. The center zone must be marked in red on the bed.
- vii. The dimensions of the center zone are:
- End markers: 130mm +/- 20mm
 - Center zone: 390mm +/- 10mm
 - 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. If 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:

Interim Modified Specifications

- Mounting end: 450mm +/- 150mm
 - Dismount end: 700mm +/- 150mm
 - Width of the web under tension: 4mm min 13mm max
 - Width of the strings under tension: 3mm +/- 1mm
- iv. The strands of the webbing (strings) must be sewn together and the distance between any two strands must not be greater than 1.8cm”
- v. The tensile strength of a single strand must be greater than 175 kilos
- vi. The center zone must be marked in red on the bed.
- vii. The dimensions of the center zone are:
- End markers: 130mm +/- 20mm
 - Center zone: 390mm +/- 10mm
 - 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. If 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:

Ideal / Full Specifications

- Length: (landing mat, TRA 11) 600cm +/- 1cm
 - Width: (landing mat, TRA 11) 300cm +/- 1cm
 - 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:
- Length: 4000mm +/- 10mm
 - Width: 2000mm +/- 10mm
- f. Judging panel placement
- i. The judge's panel must be placed on the proximal side of the DMT preferably 6-16 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.

Interim Modified Specifications

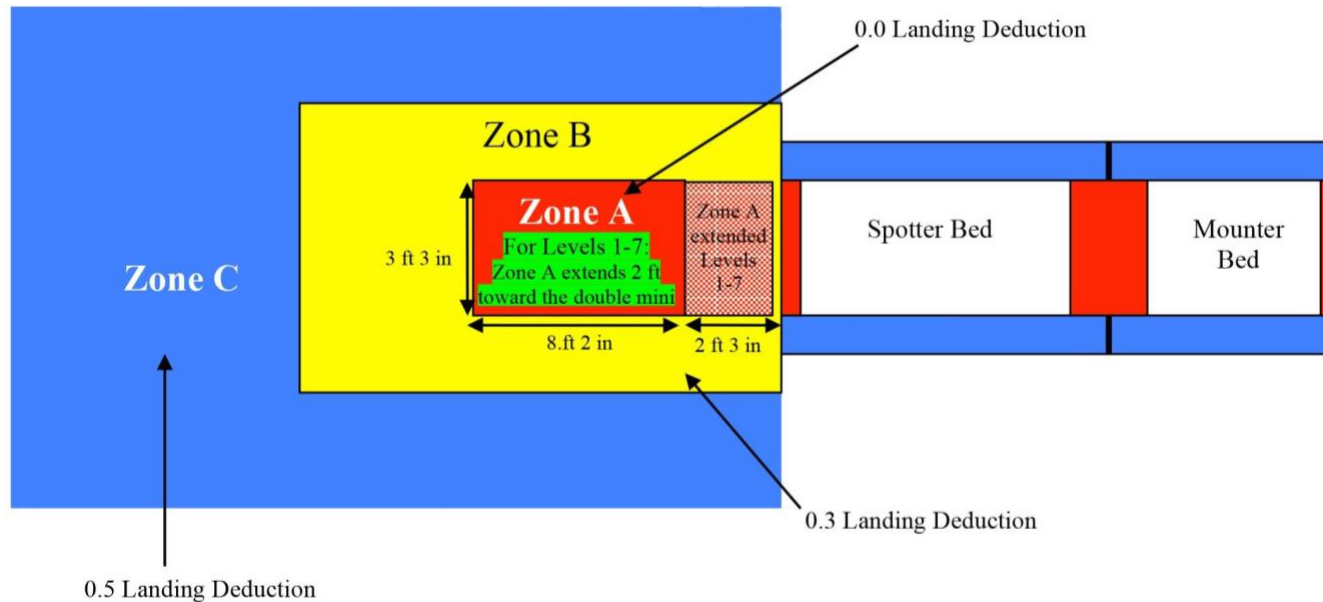
- Length: (landing mat, TRA 11) 600cm +/- 1cm
 - Width: (landing mat, TRA 11) 300cm +/- 1cm
 - Thickness: (landing mat, TRA 11) 30cm +/- 1cm
- e. Landing zone
- i. A landing zone must be marked out in the landing area with either the whole zone in a contrasting color or with lines 50mm (2") wide in a contrasting color. The outer edge of the landing zone or lines marks the boundary of the landing zone, the dimensions of which must be:
- Length: 4000mm +/- 10mm
 - Width: 2000mm +/- 10mm
- f. Judging panel placement
- i. The judge's panel must be placed on the proximal side of the DMT preferably 6-16 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.

Ideal / Full Specifications

Interim Modified Specifications

- g. Landing zones & Chair of the Judge Panel deductions for landing

- g. Landing zones & Chair of the Judge Panel deductions for landing



- h. Run up
- Floor mats must be provided:
 - Maximum length: 23m (74 feet) N/A
 - Thickness: 25mm (1") +/- 5mm (.25")
 - Competitors may start their run at any point on the run up that they choose, but no further than the designated 74'. Otherwise the routine will be interrupted.
- i. Spotter mats (throw-in mats)

- h. Run up
- Floor mats must be provided:
 - Maximum length: 23m (74 feet) N/A
 - Thickness: 25mm (1") +/- 5mm (.25")
 - Competitors may start their run at any point on the run up that they choose, but no further than the designated 74'. Otherwise the routine will be interrupted.
- i. Spotter mats (throw-in mats)

Ideal / Full Specifications

- i. Spotter mats must be constructed of medium density foam and covered with a material that will slide easily.
 - Length: 1700mm +/- 300mm
 - Width: 1000mm +/- 100mm
 - 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:
 - Levels 1-Open: Minimum 19.5 feet

Interim Modified Specifications

- i. Spotter mats must be constructed of medium density foam and covered with a material that will slide easily.
 - Recommended length: 1700mm +/- 300mm
 - Recommended width: 1000mm +/- 100mm
 - Recommended thickness: 100mm +/- 30m

- 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:
 - Levels 1-7
 - Ideally minimum 19 feet
 - If height is between 15-19 feet, this is acceptable but must be communicated via the event directives.
 - Levels 8-Open
 - Ideally minimum 19 feet
 - If height is between 17-19 feet, this is acceptable but must be communicated via the event directives.

Ideal / Full Specifications

Interim Modified Specifications

J. Elite Equipment Specifications

Effective December 2021, a process has been identified to thoroughly reassess the current equipment specs and amend the R&P to a more realistic version that is still safe:

- For the remainder of the 2021-2022 season, the below interim modified equipment specifications will draft and approve a set of modified specifications that will be required to be met by all meet hosts. Any situations outside of these modifications will require an application to the PC for approval in advance of the meet, with approval given if the proposed modification is considered to be still safe.
- For the 2022-2023 season, a working group including equipment personnel will be assembled from January 2022 to create a final version of equipment specifications, keeping in mind the same constraints and requirements and based on best practice and expert opinion. The final equipment specs will be published as part of the 2022-2023 R&P.

Ideal / Full Specifications

Equipment that is not listed in the FIG Equipment Norms or the Rules & Policies is not allowed and will result in the interruption of a routine, unless approved by the Trampoline and Tumbling Program Committee.

1. Trampoline
 - 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.

Interim Modified Specifications

Equipment that is not listed in the FIG Equipment Norms or the Rules & Policies is not allowed and will result in the interruption of a routine, unless approved by the Trampoline & Tumbling Program Committee.

1. Trampoline
 - a. Matting of at least 5" thick and 6' wide is required to cover the entire length of the trampoline sides to the end of each end deck. Exceptions include:
 - i. Other adequately padded surfaces (e.g. adjacent trampolines, other matting) may replace the matting.
 - ii. If there is a wall immediately adjacent to the trampoline, this is acceptable.
 - b. 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

Ideal / Full Specifications

Interim Modified Specifications

- be fixed to each other and the end deck frame. Exceptions include:
- i. Other matted surfaces may replace the matting.
 - ii. If there is a wall within the limits of the matting specifications, this is acceptable. Any protruding surfaces (e.g. pillars, other gymnastic equipment) must be padded with a minimum of carpet bonded foam.
- c. 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. Exceptions include:
- i. Other types of matting may replace the matting.
 - ii. If there is a wall within the limits of the matting specifications, this is acceptable. Any protruding surfaces (e.g. pillars, other gymnastic equipment) must be padded with a minimum of carpet bonded foam.
- d. Trampoline competitions and clinics utilizing inground trampolines are not required to have end deck platforms. Other padded surfaces (e.g. adjacent trampolines, other matting) may replace the end deck area.
- i. If there is a wall within the limits of the end deck measurement specifications, this is acceptable. Any protruding surfaces (e.g. pillars, other gymnastic

Ideal / Full Specifications

Interim Modified Specifications

- equipment) must be padded with a minimum of carpet bonded foam.
 - e. Spotter mats must be constructed of medium density foam and covered with a material that will slide easily.
 - i. Recommended length: 1700mm +/- 300mm
 - ii. Recommended width: 1000mm +/- 100mm
 - iii. Recommended thickness: 100mm +/- 30mm
 - f. The interior height of the hall in which trampoline competitions take place must be:
 - i. Ideally minimum 26 feet
 - ii. If height is between 23-26 feet, this is acceptable but must be communicated via the event directives.
 - g. In ground trampolines are measured from the surface of the bed
 - i. Ideally minimum 22 feet
 - ii. If height is between 19-22 feet, this is acceptable but must be communicated via the event directives.
- 2. Tumbling
 - a. There must be a run-up 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 run-up, otherwise an interruption will be called.
 - i. Ideally the runup will be minimum (10 meters) 33'

Ideal / Full Specifications

Interim Modified Specifications

- ii. If the runup is between 20-33 feet, this is acceptable but must be communicated via the event directives.
- b. Side mats are required to be 6' wide. Exceptions include:
 - i. Other padded surfaces may replace the carpet bonded foam.
 - ii. If there is a wall within the limits of the matting specifications, this is acceptable. Any protruding surfaces (e.g. pillars, other gymnastic equipment) must be padded with a minimum of carpet bonded foam.
- iii. One 5' x 10' x 8" mat is required on the floor beyond the back of the landing area. This mat should be "tethered/velcro adhered" to the landing area. Exceptions include:
 - Other matted surfaces may replace the matting.
 - If there is a wall within the limits of the matting specifications, this is acceptable. Any protruding surfaces (e.g. pillars, other gymnastic equipment) must be padded with a minimum of carpet bonded foam.
- c. Height of the hall
 - i. The interior height of the hall in which tumbling competitions take place must be:

Ideal / Full Specifications

Interim Modified Specifications

- Ideally minimum 16 feet
 - If height is between 13-16 feet, this is acceptable but must be communicated via the event directives.
3. Double mini
- a. 8" matting measuring a minimum of 4' x 6' is required to cover the floor the entire length of the double mini trampoline sides. Exceptions include:
 - i. Other padded surfaces may replace the carpet bonded foam.
 - ii. If there is a wall within the limits of the matting specifications, this is acceptable. Any protruding surfaces (e.g. pillars, other gymnastic equipment) must be padded with a minimum of carpet bonded foam.
 - b. 2" matting measuring a minimum of 20" x the length of the landing area is required, positioned both sides of the landing area. Exceptions include:
 - i. Other padded surfaces may replace the matting.
 - ii. If there is a wall within the limits of the matting specifications, this is acceptable. Any protruding surfaces (e.g. pillars, other gymnastic equipment) must be padded with a minimum of carpet bonded foam.
 - c. One 5' x 10' x 8" mat is required on the floor beyond the back of the landing area. This

Ideal / Full Specifications

Interim Modified Specifications

- 4. Judging panel placement
 - a. Trampoline
 - i. The judges panel must be placed such that it is at a minimum of 6 feet from the proximal side of the
- mat should be “tethered/velcro adhered” to the landing area. Exceptions include:
 - i. Other matted surfaces may replace the matting.
 - ii. If there is a wall within the limits of the matting specifications, this is acceptable. Any protruding surfaces (e.g. pillars, other gymnastic equipment) must be padded with a minimum of carpet bonded foam.
 - d. Spotter mats must be constructed of medium density foam and covered with a material that will slide easily.
 - i. Recommended length: 1700mm +/- 300mm
 - ii. Recommended width: 1000mm +/- 100mm
 - iii. Recommended thickness: 100mm +/- 30mm
 - e. Height of the hall
 - f. The interior height of the hall in which double mini trampoline competitions take place must be:
 - i. Ideally minimum 19 feet
 - ii. If height is between 17-19 feet, this is acceptable but must be communicated via the event directives.
- 4. Judging panel placement
 - a. Trampoline
 - i. The judges panel must be placed on the proximal side of the trampoline,

Ideal / Full Specifications

- trampoline or a maximum of 16 feet from the proximal side of the trampoline.
 - ii. The judges panel 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.
- b. Tumbling
 - i. The judges 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 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.
- c. Double Mini Trampoline
 - i. The judges panel must be placed such that it is a minimum of 6 feet

Interim Modified Specifications

- preferably 6-16 feet from the proximal side of the trampoline.
 - ii. The judges panel for trampoline must be set to the side of the trampoline, preferably with the center of the panel no more than 2 feet left or right of the trampoline center.
 - iii. Where above ground trampolines are used, the panel must be raised between 2 - 6 feet from the floor. Where inground trampolines are used, the panel may be positioned on the floor.
 - 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.
- b. Tumbling
 - i. The judges panel must be placed on the proximal side of the tumbling surface, preferably 6-16 feet from the proximal side of the tumbling surface.
 - ii. The placement of the tumbling panel must be 40-52 feet from the start of the tumbling surface.
- c. Double Mini Trampoline
 - i. The judge's panel must be placed on the proximal side of the DMT

Ideal / Full Specifications

- 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.

Interim Modified Specifications

- preferably 6-16 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.

K. 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.

L. Sanctioned Competitions Minimum Medical Requirements

1. 3 levels: High Risk, Moderate Risk, Low Risk:
 - a. High Risk: T&T: Levels 10-Open & Elite.
 - i. The performance of skills that pose a risk of severe injury, including fractures, dislocations, spinal cord injuries or deep wounds.
 - ii. Requires the following level of medical staff present during warm-up, practice and competition: Certified Athletic Trainer (ATC), EMT, Paramedic, Sports Med Fellowship trained MD/DO, or Sports Certified Physical Therapist (PT, SCS).
 - iii. Supplies: AED, splints, gauze pads, rolled gauze, sling, advanced first aid supplies, ice cooler/bags, crutches.
 - iv. Medical staff should complete incident report form.
 - v. For open training and competition, 1 practitioner is required for every 2 sets of equipment (up to 2 trampolines, 2 tumbling floors and 2 double mini trampolines) with up to 72 athletes competing at once (not including stretching) and 1 per gym.
 - Example: up to 72 athletes on the event floor at once in one room of a convention center (with up to 2 trampolines, 2 tumbling floor and 2 double mini trampolines) and up to 72 athletes on the event floor (with up to 2 sets of equipment) in a different room of a convention center would require 2 medical staff.
 - Medical practitioners reserve the right to stop the training session if they are responding to an injured athlete and unable to adequately oversee the gym.
 - b. Moderate Risk: T&T: Levels 8-9

- i. The performance of skills that pose a risk of injury likely limited to lacerations, concussions, sprains or strains.
 - ii. Requires a medical professional with first aid training (nurse, PT, ATC, MD/DO, EMT, Paramedic) present during practice and competition.
 - iii. Prefer practitioner who is familiar with signs and symptoms of concussion and is up to date on current concussion return to play guidelines.
 - iv. Medical staff should complete incident report form.
 - v. For open training and competition, 1 practitioner is required for every 2 sets of equipment (up to 2 trampolines, 2 tumbling floors and 2 double mini trampolines) with up to 72 athletes competing at once (not including stretching) and 1 per gym.
 - Example: up to 72 athletes on the event floor at once in one room of a convention center (with up to 2 trampolines, 2 tumbling floor and 2 double mini trampolines) and up to 72 athletes on the event floor (with up to 2 sets of equipment) in a different room of a convention center would require 2 medical staff.
 - Medical practitioners reserve the right to stop the training session if they are responding to an injured athlete and unable to adequately oversee the gym.
 - vi. Supplies: advanced first aid supplies with gauze pads to control bleeding, slings, ace wraps, ice cooler/bags.
 - c. Low Risk: T&T – Level 7 and below
 - i. The performance of skills that pose a risk of injury likely limited to bumps, bruises or abrasions.
 - ii. No medical personnel required. Coach or meet director should be comfortable with basic first aid.
 - iii. First Aid Kit with breakable ice packs.
 - iv. Meet director would complete incident report form.
2. All levels are required to submit a completed basic EAP for the gym or venue (USA Gymnastics can help create a template with checkboxes).
 3. [Click here](#) to review the SafeSport requirements for Medical personnel.
 4. Medical staff are responsible for following their state’s scope of practice and practice guidelines.
 5. How to find qualified medical personnel for your meet:
 - a. Ask parents at your gym if they have proper qualifications or know anyone in the community who does.
 - b. Search your local hospital or children’s hospital’s website for “Sports Medicine” and contact them via phone numbers or “Contact Us” form on the web page.
 - c. Call your local hospital or children’s hospital and ask for the Marketing and PR department and ask them if they have providers who would be willing to cover your event.

- d. Utilize a web-based service that matches ATCs to events such as Go4Ellis: <https://go4ellis.com/>
- e. To find a sports certified physical therapist go to <https://aptaapps.apta.org//APTAPTDirectory/FindAPTDirectory.aspx>.
 - i. In the search field “Find By Specialist”, choose “Sports”.
- f. Call your community’s fire department to see if they have EMTs or Paramedics available to work the event.
- g. Call your local orthopedics practice and ask to speak to the practice manager to see if their sports medicine physicians will provide event coverage.
- h. Use your search engine to search for “sports event medical professionals near me”.