U.S. ELITE T&T SPECIAL REQUIREMENTS

TRAMPOLINE - TUMBLING - DOUBLE MINI
Valid from 8.1.2018–8.1.2019

The Fédération Internationale de Gymnastique (FIG) Code of Points is the governing document for all Elite Rules. This document contains the USA Gymnastics special requirements and policies that differ from the FIG Code. These special requirements and policies will apply at USA Gymnastics sanctioned Elite competitions and are to be used in conjunction with the FIG Code. In the case where a special requirement is unclear, the FIG interpretation will apply.

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U.S. ELITE T&T POLICIES

Valid from 8.1.2018 – 8.1.2019

U.S. SPECIAL REQUIREMENTS

1. Appeal Process
   1.1 Written appeals will only be accepted from the coach or athlete involved. The intention to file an appeal must reach the Meet Referee before the start of the next round. Following the final flight of a session or competition a coach must verbally declare a possible appeal to the Meet Referee within five minutes of the conclusion of the flight, and must submit a written appeal within 15 minutes of the conclusion of the final flight. A difficulty inquiry can be made at the judge’s table using the appropriate form. (See Rules and Policies for DD inquiry form)
   1.2 Inquiry Fees
      1.2.1 Local Competitions $25.00
      1.2.2 State Championships $50.00
      1.2.3 Regional Championships $75.00
      1.2.4 National Competitions $100.00
   1.3 At USA Gymnastics National events, the Jury of Appeal will consist of:
      1.3.1 The Meet Referee
      1.3.2 Two additional judges who serve on the TC or the Senior Judges Council
      1.3.3 All members of the Jury of Appeal must be free of conflict of interest and not involved in the original call.
   1.4 At other USA Gymnastics sanctioned events, the Jury of Appeal will consist of the Meet Referee, a Chair of Judges Panel from a panel that was not involved in the original decision, one other judge with the appropriate rating.
   1.5 All members of the Jury of Appeal must be free of conflict of interest and not involve in the original call.

2. Competition Cards
   2.1 Each routine or pass must be written on the competition card using FIG symbols complete with difficulty values. The competition card must be submitted at the time and place specified by the organizing committee. The Meet Director is responsible for ensuring the competition cards are available for the Difficulty Judges at least two (2) hours before the competition begins.
   2.2 Failure to submit a completed competition card (completely filled out with the
correct FIG symbols and difficulty values) by the specified time and place, will result in a 0.2 deduction to be taken from the Total score of the first routine or pass (Qualifying Rounds and Finals).

2.3 Changes to the elements written on the competition card are permitted without penalty.

3. **Dress Code**

3.1 The Male gymnast’s apparel consists of:

3.1.1 Trampoline

- A sleeveless or short sleeved leotard
- Gym trousers in any single color, or gym shorts with an inseam of no longer than 5”
- White trampoline shoes and/or white foot coverings must be worn.
- The foot coverings may be the same color as the gym trousers.

3.1.2 Tumbling and Double Mini

- A sleeveless or short sleeved leotard
- Gym shorts with an inseam of no longer than 5”
- White shoes and/or white foot coverings must be worn for Double Mini.
- White shoes and/or white foot coverings may be worn for Tumbling.

3.2 The Female gymnast’s apparel consists of:

3.2.1 Trampoline, Tumbling and Double Mini

- A leotard or unitard with or without sleeves (must be skin tight)
- Long tights may be worn (must be skin tight and be the same color as the leotard).
- Any other “dress” which is not skin tight is not allowed.
- For reasons of safety, covering the face or the head is not allowed.
- White trampoline shoes and/or white foot coverings must be worn for Trampoline and Double Mini.
- White trampoline shoes and/or white foot coverings may be worn for Tumbling.

3.3 The wearing of jewelry or watches is not permitted during the warm-ups and competition. Rings without gemstones may be worn if they are taped.

3.4 Bandages or support pieces may be black, tan or white.

3.5 Undergarments of any type must not be visible.

3.6 Any violation of §Rules 3.1-3.5 will result in a 0.2 deduction to be taken from the total score of each routine or pass where the violation occurs. Major violations may result in disqualification from the round. This decision is made by the Chair of Judges Panel.

3.7 The athlete dress code is in effect for all warm-ups and competitions.

3.8 Spotters and Coaches: The apparel for spotters and coaches is a track-suit with gym shoes. Hats are not allowed.

4. **Judging Panels**
4.1 Elite Mobility competition panels must be approved by the Technical Chair.

4.2 For Trampoline, Tumbling and Double Mini Trampoline when 3 judges are used for execution and total scores rather than skill by skill deductions are used. The three execution scores will be added for the total execution score. Additionally, the three execution scores will be evaluated to determine the median execution score. An execution score that exceeds the allowable deviation from the median score will be changed by the Chair of the Panel to be within maximum allowed range of the median score. The maximal allowed score ranges from the median score are the following:

4.2.1 Trampoline 0.3 from the median score
4.2.2 Tumbling 0.3 from the median score
4.2.3 Double Mini 0.3 from the median score
4.2.4 Out of range scores will only be considered on completed routines/passes.

5. Warm-up Procedures

5.1 The equipment selected for the competition must be placed in the competition hall at least two (2) hours prior to the start of the competition to enable the gymnasts to warm up on the competition apparatus. An assigned general warm-up period on the day before competition will be provided at the USA Gymnastics National Championships and may be provided at other competitions at the discretion of the Meet Director.

5.2 Qualifying Rounds and Finals: The warm-up options are listed below.

5.2.1 If a general training or session warm-up is offered and there is no comparable equipment provided in an adjacent facility for warm up, the following flight warm-up will be provided:

<table>
<thead>
<tr>
<th>YE, JR, O, SR</th>
<th>Trampoline - IND</th>
<th>Trampoline - SYN</th>
<th>Tumbling</th>
<th>Double-mini</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 touches</td>
<td>2 touches</td>
<td>3 touches</td>
<td>3 touches</td>
<td></td>
</tr>
</tbody>
</table>

5.2.2 If NO general training or session warm-up is offered and there is no comparable equipment provided in an adjacent facility for warm up, the following flight warm-up will be provided:

<table>
<thead>
<tr>
<th>YE, JR, O, SR</th>
<th>Trampoline - IND</th>
<th>Trampoline - SYN</th>
<th>Tumbling</th>
<th>Double-mini</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 touches</td>
<td>2 touches</td>
<td>4 touches</td>
<td>4 touches</td>
<td></td>
</tr>
</tbody>
</table>

5.2.3 If a general training or session warm-up is offered and there is comparable equipment provided in an adjacent facility for warm up, the following flight warm-up will be provided:

<table>
<thead>
<tr>
<th>YE, JR, O, SR</th>
<th>Trampoline - IND</th>
<th>Trampoline - SYN</th>
<th>Tumbling</th>
<th>Double-mini</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 touch</td>
<td>1 touch</td>
<td>2 touches</td>
<td>2 touches</td>
<td></td>
</tr>
</tbody>
</table>

5.2.4 For USA Gymnastics Championships, a session warm-up must be scheduled for all Levels.

5.2.5 Definitions:
* General training: provided in the days prior to competition
• Session warm-up: provided immediately prior to a session of competition (minimum 50 minutes plus minimum 15 minutes stretch time).
• Flight warm-up: provided immediately prior to each flight of competition
  o Trampoline: A flight warm-up is considered one (1) 30-second touch on the competition apparatus.
  o Tumbling and Double Mini: A flight warm up is considered one performance of a pass on the competition apparatus.
• Session: may not be longer than 3 hours, excluding any session warm-up.

References
Click here for all Elite Code of Points reference links.
Code of Points

U.S. ELITE TRAMPOLINE

Valid from 8.1.2018 – 8.1.2019

U.S. SPECIAL REQUIREMENTS

1. Competition Format for Individual Trampoline
   1.1 At the USA Gymnastics Championships, the Qualification Rounds will consist of:
       1.1.1 Senior Elite Qualification Rounds:
           1.1.1.1 Qualifying Round consists of two (2) routines as per Rules §2.1.1 and 2.1.1,2
       1.1.2 Open Elite, Junior Elite and Youth Elite Qualification Rounds:
           Two (2) routines as per Rules §2.1.2 - 2.1.6
   1.2 At the USA Gymnastics Championships, Finals will consist of:
       1.2.1 Senior Elite, Open Elite, Junior Elite and Youth Elite Finals:
           One (1) routine
       1.2.1.1 The eight (8) highest scores from the Qualifying Rounds will move forward to compete in Finals.
   1.3 At the USA Gymnastics Championships, the final rank order of finish is decided by the cumulative points obtained in all routines of the Qualifying and Final rounds
   1.4 At other USA Gymnastics sanctioned events, meet format and the decision for new life finals or a cumulative format must be published in the event directives.
   1.5 Awards will be presented to the gymnasts ranked 1-3. The remaining places may receive awards at the discretion of the Meet Director.

2. Special Requirements
   At USA Gymnastics sanctioned events, in addition to FIG rules §1.1 - 1.3 and 5.1 - 5.3.3, the following special requirements must be fulfilled for the individual trampoline voluntary routines.
   2.1 Qualifying Round 1 First Routine
       2.1.1 Senior Elite: The first routine consists of ten (10) different elements, each with a minimum of 270º somersault rotation.
       2.1.1.1 Four (4) elements will receive difficulty value and must be indicated with an asterisk (*) on the competition card. If any of the indicated elements are repeated in the second routine, the difficulty of these elements will not be counted.
       2.1.2 Open Elite (Ages 17 and older): The first routine consists of ten (10) different elements, with a minimum of 270º somersault rotation.
       2.1.2.1 Two (2) elements, marked with an asterisk (*) on the competition card, will have difficulty ratings. The difficulty will be added to the execution, time of flight and horizontal displacement scores to
give the total score for the first routine.

2.1.2.2 These two (2) elements may not be repeated in the second routine of the qualifying round; otherwise the difficulty will not be counted.

2.1.3 Junior Elite (Ages 15-16): The first routine consists of ten (10) different elements, with only one element allowed with less than 2700 somersault rotation.

2.1.3.1 The following requirements must be performed as separate elements, each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements:

2.1.3.1.1 One (1) element to the front or back
2.1.3.1.2 One (1) element from front or back, in combination with 2.1.3.1.1
2.1.3.1.3 One (1) double front or back somersault with or without twist
2.1.3.1.4 One (1) element with a minimum of 540º twist and a minimum of 360º of somersault rotation.

2.1.4 Youth Elite (Ages 13-14): The first routine consists of ten (10) different elements, with only one element allowed with less than 2700 somersault rotation.

2.1.4.1 The following requirements must be performed as separate elements, each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements:

2.1.4.1.1 One (1) element landing on the front or back of the body
2.1.4.1.2 One (1) element landing on the back of the body
2.1.4.1.3 One (1) double front or back somersault with or without twist
2.1.4.1.4 One (1) element with a minimum of 540º twist and a minimum of 360º of somersault rotation.

2.1.5 Youth Elite (Ages 11-12): The first routine consists of ten (10) different elements, with only two elements allowed with less than 2700 somersault rotation.

2.1.5.1 The following requirements must be performed as separate elements, each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements:

2.1.5.1.1 One (1) element landing on the front of the body
2.1.5.1.2 One (1) element landing on the back of the body
2.1.5.1.3 One (1) element with 360º somersault rotation with, at least, 360º of twist.

2.1.6 The penalty for not meeting special requirements will be a 2.0 deduction for each violation. This deduction will be taken from the total score.

2.1.7 All elements that meet the requirements must be marked with an asterisk (*) on the competition card.

2.2 Qualifying Round Second Routine

2.2.1 Open Elite (17 and older): The maximum single element difficulty will be 1.8 DD. If an element exceeds the maximum difficulty, only 1.8 will be counted.

2.2.2 Junior Elite (Ages 15-16): The maximum single element difficulty will be 1.8 DD. If an element exceeds the maximum difficulty, only 1.8 will be counted.

2.2.3 Youth Elite (Ages 13-14): The maximum single element difficulty will be 1.7 DD. If an element exceeds the maximum difficulty, only 1.7 will be counted.

2.2.4 Youth Elite (Ages 11-12): The maximum single element difficulty will be 1.5 DD. If an element exceeds the maximum difficulty, only 1.5 will be counted.

2.3 Finals

2.3.1 The maximum single element difficulty for Open Elite, Junior Elite and Youth Elite will apply as per Rules §2.2.1 and 2.2.2

3. Synchronized Trampoline

3.1 The Qualifying Round requirements for Synchronized Trampoline will follow the same requirements as for Individual Trampoline Qualifying Round, as per Rules §2.1-2.2.

3.2 The eight (8) highest scores from the Qualifying Rounds will move forward to compete in finals. Finals will follow the same rules as for Individual Trampoline, as per Rule §2.4.

3.3 Allowed Pairings

3.3.1 Both athletes are of the same Elite Division.

3.3.2 One athlete is a Junior Elite and the other is an Open Elite. The pair will compete in the Open Division.

3.3.3 One athlete is a Youth Elite and the other is a Junior Elite, provided the Youth Elite has met the minimum difficulty requirements for Junior Elite in Individual Trampoline. The pair will compete in the Junior Elite Division.

4. Trampoline Spotters

4.1 Must be current USA Gymnastics professional members or age and physical size appropriate current athlete members

4.2 If a throw in mat spotter is not utilized, one spotter is required at each corner of trampoline.

4.3 If a throw in mat spotter is utilized, two spotters must be on each corner of the
side of the trampoline opposite the throw in mat and one spotter (in addition to the spotter holding the mat) must be on the side of the trampoline with the throw in mat.

4.4 If a throw mat is utilized, it may be used on either side of the trampoline at the discretion of coach or athlete.

4.5 The dimension of this mat must adhere to the FIG Equipment Specifications.

References
Click [here](#) for all Elite Code of Points reference links.
Code of Points

U.S. ELITE TUMBLING

Valid from 8.1.2018 – 8.1.2019

U.S. SPECIAL REQUIREMENTS

1. Competition Format
1.1 At the USA Gymnastics Championships the final rank order of finish is decided by the cumulative points obtained in all passes of the Qualifying and Final rounds. *(NO new life finals)*
1.2 At other USA Gymnastics sanctioned events, the decision for new life finals or a cumulative format must be published in the event directives.
1.3 Awards will be presented to the gymnasts ranked 1-3. The remaining places may receive awards at the discretion of the Meet Director.

2. Special Requirements
At USA Gymnastics sanctioned events, in addition to FIG rules §1.2, 1.3 and 5.1--5.4, 5.6-5.10, the following special requirements must be fulfilled in the voluntary passes.

2.1 First pass in the Qualifying Round
2.1.1 Senior Elite [Straight Pass]: No element may contain more than 180° of twist each. Elements containing more than 180° of twist will result in the difficulty of those elements not being counted in addition to Rule §2.1.5.
2.1.1.1 Senior Men only: the last [8th] element must be a double somersault.
2.1.1.2 One double somersault placed anywhere in the pass.
2.1.1.3 The pass must contain a minimum of four (4) somersaults.

2.1.2 Open Elite (Ages 17 and older): All elements may be performed with or without twist.
2.1.2.1 The last (8th) element must be a somersault.
2.1.2.2 One double somersault placed anywhere in the pass.
2.1.2.3 The pass must contain a minimum of four (4) somersaults.

2.1.3 Junior Elite (Ages 15-16): All elements may be performed with or without twist.
2.1.3.1 The last (8th) element must be a somersault.
2.1.3.2 One double somersault placed anywhere in the pass.
2.1.3.3 The pass must contain a minimum of four (4) somersaults.

2.1.4 Youth Elite (Ages 11-14): All elements may be performed with or without twist.
2.1.4.1 The last (8th) element must be a somersault.
2.1.4.2 One double somersault placed anywhere in the pass.
2.1.4.3 The pass must contain a minimum of four (4) somersaults.

2.1.5 The penalty for not meeting or exceeding the pass requirements, will be a
3.0 deduction for each violation. This deduction will be taken from the total score.

2.1.6 Youth Elite men and women, Junior Elite men and women, Open Elite men and women and Senior women: Regardless of whether a pass is complete or incomplete the second, third element etc., performed within one routine with a difficulty value of 2.0 or greater will each receive a bonus of 3.0 pts added to the difficulty score.

2.2 Second pass in the Qualifying Round

2.2.1 Senior Elite (Twisting Pass): A minimum of two (2) separate somersaults, each containing a minimum of 360° of twist, must be performed. If the last (8th) element contains less than 360° of twist, the difficulty will not be counted in addition to §Rule 2.2.5.

2.2.1.1 The last (8th) element must be a minimum of a double somersault with a minimum of 360° of twist.

2.2.1.2 The pass must contain a minimum of four (4) somersaults.

2.2.2 Open Elite (Ages 17 and older): The pass must contain a minimum of (a) one double somersault and (b) one somersault with a minimum of 360° of twist.

2.2.2.1 Conditions (a) and (b) may be combined into one element to satisfy the requirements.

2.2.2.2 The last (8th) element must be a somersault.

2.2.2.3 The pass must contain a minimum of four (4) somersaults.

2.2.3 Junior Elite (Ages 15-16): The pass must contain a minimum of (a) one double somersault and (b) one somersault with a minimum of 360° of twist.

2.2.3.1 Conditions (a) and (b) may be combined into one element to satisfy the requirements.

2.2.3.2 The last (8th) element must be a somersault.

2.2.3.3 The pass must contain a minimum of four (4) somersaults.

2.2.4 Youth Elite (Ages 11-14): The pass must contain a minimum of (a) one double somersault and (b) one somersault with a minimum of 360° of twist.

2.2.4.1 Conditions (a) and (b) may be combined into one element to satisfy the requirements.

2.2.4.2 The last (8th) element must be a somersault.

2.2.4.3 The pass must contain a minimum of four (4) somersaults.

2.2.5 The penalty for not meeting or exceeding the pass requirements, will be a 3.0 deduction for each violation. This deduction will be taken from the total score.

2.2.6 Youth Elite men and women, Junior Elite men and women, Open Elite men and women and Senior women: Regardless of whether a pass is complete or incomplete the second, third element etc. performed within one routine with a difficulty value of 2.0 or greater will each receive a bonus of 3.0 pts added to the difficulty score.

2.3 Finals
2.3.1 The eight (8) highest scores from the Qualifying Rounds will move forward to compete in finals.

2.3.2 Senior Elite, Open Elite, Junior Elite and Youth Elite: There will be two (2) free passes in the individual final, as per FIG rules §5.1, 5.3 - 5.

2.4 Maximum Skill Difficulty

2.4.1 **Open Elite (17 and older):** The maximum single element difficulty will be 4.3 DD. If an element exceeds the maximum difficulty, only 4.3 will be counted.

2.4.2 **Junior Elite (Ages 15-16):** The maximum single element difficulty will be 4.3 DD. If an element exceeds the maximum difficulty, only 4.3 will be counted.

2.4.3 **Youth Elite (Ages 13-14):** The maximum single element difficulty will be 3.5 DD. If an element exceeds the maximum difficulty, only 3.5 will be counted.

2.4.4 **Youth Elite (Ages 11-12):** The maximum single element difficulty will be 2.7 DD. If an element exceeds the maximum difficulty, only 2.7 will be counted.

References

Click [here](#) for all Elite Code of Points reference link.
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U.S. ELITE DOUBLE-MINI

Valid from 8.1.2018 – 8.1.2019

U.S. SPECIAL REQUIREMENTS

At USA Gymnastics sanctioned events, in addition to FIG rules the following special requirements must be fulfilled.

1. **Competition Format**
   1.1 At the USA Gymnastics Championships the final rank order of finish is decided by the cumulative points obtained in all passes of the Qualifying and Final rounds.
   
   *(NO new life finals)*
   
   1.2 At other USA Gymnastics sanctioned events, the decision for new life finals or a cumulative format must be published in the event directives.

2. **Maximum Skill Difficulty**
   2.1 **Open Elite (17 and older):** The maximum single element difficulty will be 4.6 DD. If an element exceeds the maximum difficulty, only 4.6 will be counted.

   2.2 **Junior Elite (Ages 15-16):** The maximum single element difficulty will be 4.6 DD. If an element exceeds the maximum difficulty, only 4.6 will be counted.

   2.3 **Youth Elite (Ages 13-14):** The maximum single element difficulty will be 4.4 DD. If an element exceeds the maximum difficulty, only 4.4 will be counted.

   2.4 **Youth Elite (Ages 11-12):** The maximum single element difficulty will be 3.6 DD. If an element exceeds the maximum difficulty, only 3.6 will be counted.

**References**

Click [here](#) for all Elite Code of Points reference link.