



U.S. ELITE T&T SPECIAL REQUIREMENTS

TRAMPOLINE - TUMBLING - DOUBLE MINI Valid from 8.1.2017 – 8.1.2018

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 8.1.2017 – 8.1.2018

U.S. SPECIAL REQUIREMENTS

1. Inquiry Process

- 1.1** Written inquiry will only be accepted from the coach or athlete involved. The intention to file an inquiry must reach the Meet Referee before the start of the next round. An inquiry regarding difficulty only 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** A member from the Elite, Program, J.O. or Technical Committees
 - 1.3.3** A judge with the highest rank
 - 1.3.4** 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 and the two highest ranked judges free of conflict and not involved 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 prior to the beginning of competition.
- 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 Round or Final)*.
- 2.3** Changes to the order in which the elements are 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 must be white, tan or black in color.
- 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** Rules 3.1 – 3.5 must be adhered to during all warm-ups and competitions sessions.
- 3.8** Spotters and Coaches: The apparel for spotters and coaches is a track-suit with gym shoes. Hats are not permitted on the competition floor.

4. Judging Panels

- 4.1** If the judges' panel composition listed in Table 1 cannot be achieved, approval from the national Technical Committee must be obtained prior to assignments being made.
- 4.1.1** Elite Competition Judging Panels
- Below are the requirements for judging panels at all sanctioned competitions within the elite levels.
 - Panels as listed are recommended whenever possible.
- 4.2** Judging Panel Placement
- 4.2.1** Tumbling
- 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.
 - 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.

4.2.2 Trampoline

- 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 judge's panel for trampoline must be set to the side of the trampoline, with the center of the panel no more than 2 feet left or right of the trampoline center.
- 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.

4.2.3 Double Mini Trampoline

- The judges' panel must be placed such that it is a minimum of 6 feet from the proximal side of the DMT or a maximum of 16 feet from the proximal side of the DMT.
- The tables must be placed in such position that all judges can critically view the DMT and full landing area.

4.3 Table 1: Composition of Judges' Panels at all USA Gymnastics National Events including Elite Mobility Competitions and all other USA Gymnastics sanctioned Invitational Competitions

Judges	National Events	Sanctioned Events
Trampoline, Tumbling and Double Mini Trampoline		
Chair of Judges Panel	(1) FIG	1 Cat 2
Judges for Execution	(3) 1 FIG, 2 Cat 1	2 Cat.2 or higher rated
Judges for Difficulty	(2) FIG + CJP	1 Cat.2 + CJP
	(2) Category 2	1 Category 3
Time of Flight (<i>Trampoline</i>)	(1) any category	(1) any category
TOTAL:	8 (or 9)	5 (or 6)
Synchronized Trampoline		
Chair of Judges Panel	(1) FIG	1 Cat.1 or FIG
Judges for Execution	(4) 2 FIG, 2 Cat 1	4 Cat.2 or higher rated
Judges for Difficulty	(2) FIG	1 Cat.2 + CJP
Judges for Synchronization	(1) Machine (or 3)	1 Machine (or 3)
Assistant to the CJP	As available	
TOTAL:	8 (or 11)	7 (or 10)

5. Out of Range Scores

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:

- 4.3.1 Trampoline 9.5 – 10.0 0.1 from median score
 8.4 – 9.4 0.2 from median score
 7.6 – 8.3 0.3 from median score
 6.6 – 7.5 0.4 from median score
 6.5 & below 0.5 from median score
- 4.3.2 Tumbling 0.3 from the median score
- 4.3.3 Double Mini 0.2 from the median score
- 4.3.4 Out of range scores will be considered only on completed routines/passes.

6. Warm-up Procedures

6.1 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.

6.2 Table 2: Elite Warm-up Options

A minimum of one of the following options must be provided for the warm up period:	
1 st Option:	A one (1) hour general warm up on the same day of the competition will be provided for every 4-5 flights. Additional warm-up as listed per Rules §6.3 - 6.5 will be allowed.
2 nd Option:	Each flight will be given a warm-up period immediately prior to their competition in a warm-up facility meeting appropriate requirements per USA Gymnastics Trampoline Rules and Policies located adjacent to the competition arena. Additional warm-up as listed per Rules §6.3 - 6.5 may be provided or eliminated as at the discretion of the Meet Director.
3 rd Option	A minimum of a one-hour general warm-up period on the day of the qualifying round will be provided with the last 15 minutes of this general warm-up designated solely to the first flight of competitors. More time may be allowed to this general warm up at the discretion of the Meet Director. Additional flights of elite athletes will receive a 15-minute warm up period on the competition apparatus prior to each flight. If finals are held in the evening or the following day, a second one-hour general warm up must be held. Rules 6.3 – 6.5 do not apply to this option.

6.3 Trampoline: Immediately prior to the qualifying rounds, each gymnast will be allowed two (2) touch warm-ups on the competition apparatus prior the qualification round, and one touch prior to the final, with approximately 30 seconds for each touch.

- 6.4 Trampoline: When 2nd option is utilized: Immediately prior to the qualifying rounds and finals, each gymnast will be allowed one (1) 30-second touch warm-up on the competition apparatus.
- 6.5 Tumbling and Double Mini: Immediately prior to the qualifying rounds and the individual finals, each gymnast will be allowed two (2) passes warm-up on the competition apparatus.

REFERENCES

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

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U.S. ELITE TRAMPOLINE

Valid from 8.1.2017 – 8.1.2018

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 round:**
 - 1.1.1.1** Qualifying round consists of two (2) routines as per Rules §2.1.1- 2.1.1.2
 - 1.1.2 Open Elite, Junior Elite and Youth Elite qualification round:**
 - 1.1.2.1** Qualifying round consist of 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 finals:** One (1) routine.
 - 1.2.1.1** The eight (8) highest scores from the qualifying round will move forward to compete in finals.
 - 1.2.2 Open Elite, Junior Elite and Youth Elite Finals:** One (1) Routine
 - 1.2.2.1** The eight (8) highest scores from the Qualifying Round will move forward to compete in the finals.
- 1.3** At the USA Gymnastics Championships, the final score is determined by adding the scores 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. Qualification Round

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 270° somersault rotation.
 - 2.1.1.1** Four (4) elements will receive difficulty value and must be indicated with an asterisk (*) on the competition card.

- 2.1.1.2** 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 only one element allowed with less than 270° somersault rotation.
- 2.1.2.1** 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:
- 2.1.2.1.1** One (1) element to the front or back.
- 2.1.2.1.2** One (1) element from the front or back, in combination with Rule §2.1.2.1.1.
- 2.1.2.1.3** One (1) double front or back somersault with or without twist.
- 2.1.2.1.4** One (1) element with a minimum of 540° twist and a minimum of 360° somersault rotation.
- 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 270° 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 the front or back, in combination with Rule §2.1.3.1.1.
- 2.1.3.1.3** Full (back somersault with 1/1 twist).
- 2.1.3.1.4** Rudi or Rudi ball out, (front somersault or 1 ¼ from back, with 1 ½ twist).
- 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 270° 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** Full (back somersault with 1/1 twist).
- 2.1.4.1.2** One (1) element landing on the front of the body.
- 2.1.4.1.3** One (1) element landing on the back of the body.
- 2.1.5 Youth Elite** (Ages 11-12): The first routine consists of ten (10) different elements, with only one element allowed with less than 270° 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
- 2.1.6** 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 **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
- 2.2.2 **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.
- 2.2.3 **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.
- 2.2.4 **Open Elite** (Ages 17-21): The maximum single element difficulty will be 1.8 DD. If an element exceeds the maximum difficulty, only 1.8 will be counted.

2.3 Finals

- 2.3.1 The maximum single element difficulty for Junior Elite, Youth Elite and Open Elite will apply as per Rules §2.2.1 - 2.2.4

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 §2.3.
- 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 One spotter is required at each corner of trampoline if a throw mat is not utilized.
- 4.3 If a throw in mat 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.

5. Trampoline Mats

- 5.1 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.

References

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

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U.S. ELITE TUMBLING

Valid from 8.1.2017 – 8.1.2018

U.S. SPECIAL REQUIREMENTS

1. Competition Format

- 1.1 At the USA Gymnastics Championships, the final score is determined by adding the scores obtained in all routines 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. Qualification Round

At USA Gymnastics sanctioned events, in addition to FIG rules §1.2, 1.3 and 5.1-5.4, 5.6-5.9, 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. 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** The last (8th) element must be a somersault.
 - 2.1.1.2** A minimum of 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** A minimum of 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** A minimum of 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 11-12 & 13-14): 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** A minimum of one double somersault placed anywhere in the pass.
 - 2.1.4.3** The pass must contain a minimum of four (4) somersaults.
 - 2.1.4.4** A penalty of 3.0 for not meeting or exceeding the pass requirements, will be taken from the total score for each violation.
- 2.1.5** All Youth Elite, Junior Elite, Open Elite men and women and Senior Elite women: The second, third element etc. performed within one routine with a difficulty value of 2.0 or greater will receive a bonus of 3.0 points added to the difficulty score.

2.2 Second pass in the Qualifying Round

- 2.2.1.1 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. A minimum of a double somersault placed anywhere within the pass 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 11-12 & 13-14): 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 Qualifying Round**
 - 2.2.6.1** All Youth Elite, Junior Elite, Open Elite, men and women and Senior Elite women: The second, third element etc. performed within one routine, with a difficulty value of 2.0 or greater, will receive a bonus of 3.0 points added to the difficulty score.
 - 2.2.6.2 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.
 - 2.2.6.3 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.
 - 2.2.6.4 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.
 - 2.2.6.5 Open Elite** (Ages 17-21): The maximum single element difficulty will be 4.3 DD. If an element exceeds the maximum difficulty, only 4.3 will be counted.

2.3 Finals

- 2.3.1** The eight (8) highest scores from the qualifying round 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.
- 2.3.3** The maximum single element difficulty for Junior Elite, Youth Elite and Open Elite will apply as per Rules §2.2.6.1 - 2.2..6.5

References

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Code of Points

U.S. ELITE DOUBLE MINI

Valid from 8.1.2017 – 8.1.2018

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 cumulative points obtained in all passes of the qualifying and final rounds decide the final rank order of finish. (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.

References

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