

## **Q&A on How to Start a Trampoline and Tumbling Program**

### **Q: My artistic gymnastics club is contemplating starting a Trampoline and Tumbling Program. What equipment do I need to begin Trampoline and Tumbling classes and start a basic developmental program?**

A: If you have an artistic men's and/or women's program in your gym, you most likely have what it takes to start a TT program. Basic equipment and apparatus will be all you need to get started and this could include the following:

Tumbling: panel mats and/or spring floor.

Trampoline: Standard black bed trampoline, skill cushions (to use for drills and progressions).

Double mini-trampoline: Double mini trampoline apparatus and/or mini trampolines, spring boards and landing mats.

Down the road, when your athletes become optional gymnasts which is Level 8 and up, a competition rod floor (for tumbling), webbed bed double mini-trampoline (for double mini), and competition trampolines (for trampoline and synchronized trampoline) are the optimal equipment needs for a competitive T&T program. The developmental equipment needs above can suffice to get started. Many smaller or beginning programs have developed national champions on basic trampolines, no double mini-trampoline, and a spring floor. Clubs may also choose to specialize in one area/apparatus due to space or time constraints.

### **Q: How is the TT program structured?**

A: TT has Levels 1-10 and then Elite. Levels 1-4 are developmental, Levels 5-7 are compulsory and Levels 8-10 are optional.

### **Q: I would like to start a TT program in my gym but I don't have a TT coach?**

A: There is a USA Gymnastics online educational course for trampoline called T200 that is perfect for Developmental Trampoline & Tumbling and Gymnastics Coaches as well as Recreational Instructors. The online course is \$39. Course T200 Trampoline & Tumbling Development Coaches Course (Level 1) covers a variety of topics including History of sport, discipline specific safety and risk management, communication, season/daily planning and instruction. It includes many videos on sport specific drills, athlete development and preparation, along with techniques used by top coaches in progression based skill learning. A downloadable handbook is available as part of the course.

Go to <https://usagym.org/pages/post.html?PostID=16879&prog=h>. There is much crossover between men's and women's artistic gymnastics coaches and TT coaches. There is also a T201, which is a hands on course.

### **Q: Who can participate in Trampoline and Tumbling?**

A: Athletes of all ages and body types can enjoy and benefit from trampoline, which also enhances skill development across all gymnastics disciplines. Trampoline may also retain athletes who are looking for something different from gymnastics or need to adjust to accommodate outside scheduling challenges. Additionally, the artistic gymnastics and trampoline competitive seasons complement one another, which makes it possible for an athlete to participate in both. Many gym clubs in the U.S. already have trampoline as part of their programming, which has proven to be very successful. Trampoline provides a fun segue for gymnasts who are looking for a change and it keeps them involved in the gym.

**Q: I have a Level 8 artistic gymnast who just can't do uneven bars. She is great on vault, floor and okay on beam but just has never been able to swing bars. How do I transition her to the Trampoline and Tumbling program?**

A: Trampoline and Tumbling is perfect for this type of artistic gymnast. She will be very successful in Trampoline and Tumbling! Teach her the routines and watch her rise to the top!

**Q: What is the requirement for ceiling height in my facility?**

A: The Trampoline and Tumbling R&P calls for the interior height of the hall to have a minimum clearance of 23 ft. for above ground trampolines for Levels 1-7 and 26.25 ft for Levels 8-Elite.

**Q: What is the requirement for length of tumbling track?**

A: For Levels 1-7 the Tumbling Track needs to be 72' long, 6' wide. For Levels 8-elite – the Tumbling Track is 84' long.

**Q: Who in my state can I call to talk about trampoline and tumbling or to let them know I am starting a program?**

A: In the R&P there is a Program Directory with a list of state and regional chair for Trampoline and Tumbling. This is located at [https://usagym.org/pages/tt/pages/rules\\_policies.html](https://usagym.org/pages/tt/pages/rules_policies.html)

**Q: What types of skills do the athletes do at each level?**

A: Click here

[https://usagym.org/PDFs/T&T/Rules/Rules%20and%20Policies/2015/v\\_juniorolympic.pdf](https://usagym.org/PDFs/T&T/Rules/Rules%20and%20Policies/2015/v_juniorolympic.pdf) to read mobility skills for all levels and events.

**Q: Where do I order equipment for Trampoline and Tumbling?**

A: USA Gymnastics sponsor AAI can supply all of your Trampoline and Tumbling equipment needs from beginner to the elite level.

Please contact your AAI Sales Territory Representative as listed below.

Ken Cysewski, 574-514-9555, [ken.cysewski@fotlinc.com](mailto:ken.cysewski@fotlinc.com)

States Covered: ND,SD,MN,WI,NE,IA,IL,IN,MO,OH,KY,

Terry Williams, 817-266-7939, [terry.williams@fotlinc.com](mailto:terry.williams@fotlinc.com)

States Covered: CO, KS, NM, TX, OK, AR,

Whitey Anson, 801-699-3654 [whitey.anson@fotlinc.com](mailto:whitey.anson@fotlinc.com)

States Covered: CA,NV,AZ,UT,ID,OR,WA,MT,WY,AK,HI

Andy Timm, 480-290-2876, [andy.timm@fotlinc.com](mailto:andy.timm@fotlinc.com)

States Covered: NC,SC,GA,TN,AL,MI, LA,FL

New Rep to be assigned to Northeast Territory (we'll advise as soon as we finalize) until then refer NE to:

Steve Cook, 610-618-0871, [steve.cook@fotlinc.com](mailto:steve.cook@fotlinc.com)

States Covered: ME,NH,VT,MA,CT,RI,NY,NJ,PA,,DE,MD,VA,WV

## Q&A on Competitive Trampoline and Tumbling

### Q: What is Trampoline and Tumbling?

A: There are four events included in the gymnastics discipline of Trampoline & Tumbling, often referred to as T&T -- trampoline, synchronized trampoline, double mini-trampoline, and power tumbling. Both girls and boys can participate in all four T&T events.

### Q: Explain the Trampoline and Tumbling events and equipment?

#### Power Tumbling

Power tumbling is performed on elevated spring runways that help tumblers propel themselves higher than a basketball goal as they demonstrate speed, strength and skill while executing a series of acrobatic maneuvers. Top-level contenders will perform explosive somersaults with multiple flips and twists.

#### Trampoline

Although even in the early years of trampolining, notable American and international athletes performed many of the difficult skills and combinations of skills that are seen today, modern trampoline competitions are quite different than those of the early developmental years -- due in part to advances in equipment design, changes in the rules and governance, and more systematic training of the athletes.

International competition trampolines are larger and more powerful than those utilized in the early years and a far cry from the "backyard" models that are found today in most American suburban neighborhoods. These modern trampolines can propel trained athletes as high as 30 feet in the air during performances. During two competitive routines of 10 skills each, upper-level athletes can easily demonstrate a graceful array of double, triple and twisting somersaults.

#### Synchronized Trampoline

Synchronized trampoline demands the same athletic skill as individual trampoline, while adding the element of precision timing. Using two trampolines, two athletes perform identical 10-skill routines at the same time. In this most artistic event in the sport, each performs as a mirror image of the other, doubling the visual beauty of trampoline competition.

#### Double Mini Trampoline

Double mini is a relatively new sport that combines the horizontal run of tumbling with the vertical rebound of trampoline. After a short run, the athlete jumps onto a small two-level trampoline to perform a rebounding trick immediately followed by a dismount element onto a landing mat. Double mini is similar in concept to springboard diving, using a mat instead of water.

### Q: What is the scoring like?

Click here

[https://usagym.org/PDFs/T&T/Rules/Rules%20and%20Policies/2015/v\\_juniorolympic.pdf](https://usagym.org/PDFs/T&T/Rules/Rules%20and%20Policies/2015/v_juniorolympic.pdf) to read mobility skills for all events.

#### JO Scoring for Trampoline, Tumbling & Double Mini

All completed routines are scored out of 10.0 pts. Each individual skill is worth 1.0 pts. Passes that do not include 10 skills for example in tumbling and double mini, there are "FREE" points that are added back to the score in order to show the total mark out of 10.0 pts. Each execution judge can take a maximum of 0.5 pts. from each skill that is performed during the routine.

Other deductions that are taken from the execution score are:

- 1) Landing deductions which includes instability and falls
- 2) Chair of the Judges panels deductions, including coaches assistance, exceeding or not meeting pass requirements, abuse of the warm up time, exceeding the time limit to begin the routine etc.

There are three execution judges for levels 1-7. The three execution scores are added together to determine the total score for the routine. In tumbling and double mini the athlete performs two passes, the two totals are added together to determine the final score for the athlete. Beginning at level 8 the athlete competes two routines and difficulty comes into play. If a compulsory is performed the three execution scores are the total score for the routine. If an optional routine is performed then the score is calculated by totaling the three execution scores along with the difficulty for the routine. Then the two totals are added together to determine the total score for the athlete's performance

Elite/International Scoring - The FIG determines the rules for scoring trampoline and tumbling events. All trampoline and tumbling events are scored two ways, for difficulty and aesthetics. Five aesthetic judges give a score up to 10.0. The high and low scores are deleted. For all events, the middle three scores are added. Each skill has a difficulty rating, and the total value of all the skills in a routine are then added to the scores given by the aesthetic judges for a total routine value.

**Q: What is the JO program overview for Trampoline and Tumbling?**

A: The National Junior Olympic (J.O.) Program is regulated by the Trampoline & Tumbling J.O. Program Committee (TJOPC). It is administered through the Regional and State Chairs. It consists of Levels 1 through 10. This is an integrated program designed to give a structured plan for training a gymnast from the day he/she enters the gym through Level 10 competition.

**Q: How is the elite program structured?**

Beyond level 10 is the elite level. There are four divisions within the Elite Program: Youth, Junior, Open, and Senior 2. Athletes must meet the age requirements in the year of competition to compete in their respective Elite Division. In order to compete at the Elite level, an athlete must achieve the mobility score from Level 10 to Youth, Junior, or Open Elite. See R&P for full details.

**Q: Do athletes have to compete in all the events?**

A: No, athletes/coaches can choose which events they would like to compete. In addition, an athlete can be a different level in all of the events. For example, she may be a Level 5 on trampoline but a Level 4 on tumbling.

**Q: Are there National Championships for Trampoline and Tumbling?**

A: Yes, there are two National Championships for Trampoline and Tumbling held in the spring/summer each year. The USA Gymnastics Championships is for both JO (Levels 8-10) and Elite. There is also a Level 5-7 JO National Championships held in a different location.

# USA Gymnastics Trampoline Development Center Program

## **Q: What is the Trampoline Development Center Program?**

A: The Trampoline Development Center Program is a USA Gymnastics initiative to incorporate competitive trampoline into the curriculum of gyms across the nation to expand its Olympic pipeline. Clubs can apply to become a TDC and, if awarded, will be given visits, materials and education to start a TT program in their club. To learn more about this program go to <https://usagym.org/pages/tt/tdc/>

## **Q: How do you get involved in the Trampoline Development Center (TDC)?**

A: If you are interested in starting a Trampoline and Tumbling program then you can go online and fill out the application at <https://usagym.org/pages/tt/tdc/> and apply to become a TDC. USA Gymnastics selects clubs they feel would be strongly suited to start a TT program. USA Gymnastics looks at many factors within a gym to determine TDC's including the location, gym, coaches, equipment, facility, and passion for the sport.

## **Q: I'm not sure if I want to start a TT program yet but would like to learn more information, what can I do?**

A: If you are interested in starting a Trampoline and Tumbling program but need more information; we suggest you attend one of Joy Umenhofer's sessions at a neighboring TDC site. We encourage clubs in the area to come and watch, listen and learn about Trampoline and Tumbling in hopes they would also like to start a program. Contact ??? at 317-829-XYZZ for more information on a clinic in your area. (WE CAN ADD WHOEVER HERE ...)

## **Q: If I'm selected as a TDC what does that mean?**

A: If selected as a TDC, you will receive assistance in incorporating a TT program into your gym. You will receive 3 visits from Joy Umenhofer, a member of the national trampoline coaching staff. During the visits, she will host clinics to educate the club's staff on scheduling, coaching and teaching trampoline, basic skills, conditioning and flexibility, and progressions; available talent identification development programs; and interactive coach and athlete training sessions. Each club will also receive marketing materials, operational guidelines and curriculum support. In addition, local area gyms will be able to attend one of the coaching and athlete workshops during each visit.

## **Q: What will my club be required to do if selected as a TDC?**

A: Your club will need to commit staff to participate in Umenhofer's sessions when she comes to your gym. Your club will need to be able to accommodate space for the program and commit to having TT equipment in your gym. Your club will need to commit to starting a TT competitive program. Your club will need to allow other clubs in the area to attend, observe and participate in the sessions.

## **Q: What is Joy Umenhofer's background?**

A: Joy Umenhofer, a member of the national trampoline coaching staff and junior men's coaching staff. She has coached several trampoline and tumbling national and World Age Group champions, as well as placing athletes on all trampoline and tumbling developmental teams. Umenhofer, a former gym club owner, is currently the head trampoline and tumbling coach at Matrix. She has a passion for the sport of Trampoline and Tumbling and an excellent teacher in all areas of the sport. She coaches preschool through elite levels.