



**USA GYMNASTICS®**

# **Junior Olympic Trampoline Code of Points 2016-2017**

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**SECTION 1 – QUICK REFERENCE**

## J.O. Code of Points

## Trampoline Quick Reference

For complete information, use the Rules & Policies on the USAG website [www.usagym.org](http://www.usagym.org)

## 1. Age Determination

1.1 Each Level of the J.O. Program is divided into age groups. The age of the competitor on December 31 of the current year determines the age group in which he/she competes.

## 1.2 Age Groups for:

| LEVELS 1-3 | LEVELS 4-7 | LEVELS 8-10 | Level 9 Sync | Level 10 Sync |
|------------|------------|-------------|--------------|---------------|
| 6 & Under  | 8 & Under  | 10 & Under  | 12 & Under   | 14 & Under    |
| 7-8        | 9-10       | 11-12       | 13 & Over    | 15 & Over     |
| 9-10       | 11-12      | 13-14       |              |               |
| 11 & Over  | 13-14      | 15 & Over   |              |               |
|            | 15 & Over  |             |              |               |

\*Note: Upon the approval of the Meet Director and personal coach, an athlete may move up to the next older age group if he/she is the only athlete competing in his/her age group.

## 2. Calculation of a Score

2.1 Four types of marks are used, "D" type marks, which is the total of the degree of difficulty in one routine, "E" type marks, which is the total given by an Execution Judge in one routine, "S" type marks, which is the total for the synchronization of the routine and "T" which is the time of flight when applicable.

## 2.2 Evaluation of Difficulty (D Score)

2.2.1 The difficulty of each skill is calculated based on the amount of somersault and twist

2.2.1.1 Per ¼ somersault (90<sup>0</sup>) 0.1 pt.

2.2.1.2 Completed single somersaults (360<sup>0</sup>) 0.5 pts.

2.2.1.3 Completed double somersaults (720<sup>0</sup>) 1.0 pts.

2.2.1.4 Per ½ twist (180<sup>0</sup>) 0.1 pt.

2.2.1.5 Elements without twist or rotation have no difficulty value. Side somersaults are not allowed.

2.2.1.6 Single somersaults with twist must twist in one continuous direction otherwise no difficulty value will be awarded and routine requirements may not be met.

2.2.1.7 In skills combining somersault and twist, the difficulty values of the somersault and twist are added together.

2.2.1.8 Single somersaults (360<sup>0</sup> to 630<sup>0</sup>) without twist that are executed in the straight or pike position will be awarded an additional 0.1 pt.

2.2.1.9 Multiple somersaults of 720<sup>0</sup> or more, with or without twist, executed in the straight or pike position, will be awarded an extra 0.1 pt. per somersault.

## 2.3 Evaluation of Execution (E Score)

2.3.1 Lack of form, consistency of height, and control in each skill

2.3.1.1 Evaluate the execution of each skill in the range of 0.0 to 0.5 pts. as per Rule 2.2.2 – 2.2.4

2.3.1.2 Subtract all deductions from the maximum mark indicated by the Chair of the Judges Panel as per Rule 9.5

2.3.2 Slight faults, for each occurrence 0.1-0.2 pts.

2.3.3 Substantial faults, for each occurrence 0.3-0.4 pts.

2.3.4 Major faults, for each occurrence 0.5 pts.

2.3.5 On all completed routines, the execution judges' scores must be no more than 0.3 pts. higher or 0.3 pts. lower than the median score, otherwise the out of range score will have to be re-evaluated.

2.3.6 The Chair of the panel will determine the maximum mark.

## 2.4 Landing Deductions

2.4.1 Upon instruction of the Chair of the Judge Panel, landing deductions are taken from the execution score, on completed routines only.

2.4.1.1 Instability after a completed routine

2.4.1.1.1 Uncontrolled out-bounce 0.1

2.4.1.1.2 Landing on both feet but lacking stability and not standing still for approximately three seconds 0.1-0.2

**In the event that one of the following occurs, and landing deductions are applied, instability will NOT be taken in addition to the landing deduction**

|     |  |   |         |
|-----|--|---|---------|
|     | 2.4.1.3                                    | After landing, touching the bed with one or both hands  | 0.5     |
|     | 2.4.1.4                                    | After landing, touching with or falling to the knees, hands & knees, front, back or seat on the bed   | 1.0     |
|     | 2.4.1.5                                    | Touching or stepping on anything other than the trampoline bed  | 0.5     |
|     | 2.4.1.6                                    | Landing or falling outside the trampoline bed or leaving the trampoline area.   | 1.0     |
| 2.5 | Chair of the Judges Panel Deductions (CJP) |   |         |
|     | 2.5.1                                      | Chair of the Judges Panel deduction are taken from the Total score of each routine where the offense occurs.  |         |
|     | 2.5.2                                      | Talking to or giving any form of signal to a competitor by his/her own coach or spotter during routine  | 0.9     |
|     | 2.5.3                                      | Performing more than 10 skills  | 3.0     |
|     | 2.5.4                                      | Levels 8-10 optional, failing to meet routine requirements per occurrence   | 3.0     |
|     | 2.5.5                                      | Levels 8-10 optional, exceeding the routine requirements, per occurrence  | 3.0     |
|     | 2.5.6                                      | Abusing the warm up time  | 0.3     |
|     | 2.5.7                                      | Dress Code Violation  | 0.2     |
|     | 2.5.8                                      | Exceeding the time limit as per Rule 11.3   |         |
|     |  | • 61 seconds  | 0.3     |
|     |  | • 91 seconds  | 0.6     |
|     |  | • 121 seconds   | 0.9     |
|     |  | • 181 seconds – will result in disqualification from the respective round of competition  |         |
| 2.6 | Deductions for Synchronization             |   |         |
|     | 2.6.1                                      | Evaluate the synchronization of each skill in the range of 0.0-0.5 pts. per Rule 2.6.3.1.1 – 2.6.3.1.2  |         |
|     | 2.6.2                                      | Subtract deductions from the maximum mark indicated by the Chair of the Judges Panel  |         |
|     | 2.6.2.1                                    | If the synchronized scores are evaluated electronically the appointed judge will supervise the electronic system.   |         |
|     | 2.6.2.1.1                                  | In the case of a breakdown of the device the Synchronized Judge will measure the synchro deviations using video analysis.   |         |
|     | 2.6.3                                      | Synchronization judges will record the following deductions for each un-synchronized landing.   |         |
|     | 2.6.3.1                                    | Difference in landing   |         |
|     | 2.6.3.1.1                                  | Landing difference under 30 inches in height  | 0.1-0.3 |
|     | 2.6.3.1.2                                  | Landing difference of 30 inches or more in height   | 0.4-0.5 |
|     | 2.6.3.1.3                                  | After the 10 <sup>th</sup> skill, not making the same landing, out-bounce or standing still (taken from synchro judge's scores)   | 0.2     |
|     | 2.6.4                                      | During synchronized competition, Judges 1 and 3 will evaluate the execution of the routine on Trampoline 1 and Judges 2 and 4 will evaluate the execution of the routine on Trampoline 2.   |         |
|     | 2.6.5                                      | The Chair of the Judges Panel will determine the maximum mark.  |         |
| 2.  | Calculations of the Score                  |   |         |
|     | 2.7.1                                      | The evaluation of the execution of skills, form, maintaining height, control, difficulty and synchronization is done in tenths of a point.  |         |
|     | 2.7.2                                      | Judges must write down their deductions independently of each other.  |         |
|     | 2.7.3                                      | When signaled by the Chair of the Judges Panel, the Execution and Synchronization judge's scores must be show simultaneously.   |         |
|     | 2.7.4                                      | If any of the Judges for Execution or Synchronization fail to show their marks when signaled by the Chair of the Judges Panel, the average of the other marks will be taken for the missing mark(s)   |         |
|     | 2.7.5                                      | Calculation of the Score of Execution. (E Score)  |         |
|     | 2.7.5.1                                    | All execution and landing deductions are subtracted from the maximum mark as declared by the Chair of the Judges Panel. (E Score)   |         |
|     | 2.7.5.2                                    | All Chair of the Judges Panel deductions are subtracted from the total score of the routine where the violation occurs.   |         |
|     | 2.7.5.3                                    | Execution judges' scores must be no more than 0.3 pts. higher or 0.3 pts. lower than the median score. The Chair of the Judges Panel will instruct the execution judges' to re- evaluate their scores if the score(s) are out-of-range.   |         |
|     | 2.7.5.4                                    | In individual competition, the three execution judges' scores are added together, minus CJP deductions to determine the total score for the round.  |         |
|     | 2.7.5.5                                    | In Levels 1-4, if only one execution judge is used, then the judge's total mark will be multiplied by three, minus CJP deductions to determine the total score for each routine.  |         |
|     | 2.7.5.6                                    | In all Levels of Synchronized competition, the highest and the lowest marks from the four execution judges' scores are dropped and the remaining marks are added together, the synchro score and difficulty score are added to the execution scores, minus CJP deductions to give the pair's total score. |         |
|     | 2.7.6                                      | Calculation of the Score for Difficulty (D Score) Levels 8-10   |         |
|     | 2.7.6.1                                    | The difficulty judges calculate the difficulty of the optional routine as per Rule 2.2.1.1-2.2.1.10 and enter it on the competition card.   |         |

- 2.7.7 Calculation of the Score for Synchronization (Levels 9-10)
- 2.7.7.1 The two Synchronization Judges' scores are added together and taken as the score for synchronization.
- 2.7.7.2 The deductions for lack of synchronization are subtracted from the maximum mark as declared by the Chair of the Judges Panel.
- 2.7.7.3 If an electronic scoring system is used; the mark generated by the system is doubled and taken as the score for synchronization.
- 2.7.8 Calculation of the Score for Time of Flight
- 2.7.8.1 The evaluation of the time of flight should be done electronically.  
The appointed judge is responsible for controlling the electronic scoring system.
- 2.7.8.2 The total time of flight in 1/1000 of seconds is considered as the score for the time of flight.
- 2.7.9 Calculation of the Competitor's Score for Each Routine
- 2.7.9.1 Individual compulsory routines, the sum of the three execution scores, minus CJP deductions will be the total score for the routine. (Level 10: + time of flight at all national events.)
- 2.7.9.2 Individual optional routines, the sum of three execution scores, added to the difficulty score, minus CJP deductions will be the total score for the routine. (Level 10: + time of flight at all national events.)
- 2.7.9.3 Synchronized competition, the sum of the two counting execution scores, added to the difficulty score and the two synchronization scores, minus CJP deductions, will be the total score for routine.
- 2.7.10 Calculation of the Competitor's Final Score
- 2.7.10.1 Level 1-7, Individual Trampoline: Add the execution judges' scores, minus CJP deductions to determine the total score
- 2.7.10.2 Level 8-9, Individual Trampoline: First Routine: add the execution judges' scores, minus CJP deductions to determine the total score for the round  
Second Routine: Add the execution judges' scores, to the difficulty score, minus CJP deductions to determine the total score for the round. Add the two totals together to determine the final score for the round.
- 2.7.10.3 Level 10, Individual First Routine: Add the execution judges' scores, minus CJP deductions to determine the total score for the round, (+time of flight at all national events)  
Second Routine: Add the execution judges' scores, to the difficulty score, minus CJP deductions to determine the total score for the round. Add the two totals together to determine the final score for the round. (+time of flight at all national events)
- 2.7.10.4 Level 9-10, Synchronized Trampoline: Add the two counting execution scores, two synchronization scores and the difficulty score, minus CJP deductions to determine the final score for the round.
- 2.7.10.5 Level 9-10 Individual Finals: Add the execution judges' scores to the difficulty scores, minus CJP deductions to determine the total score for the final round. Add the total score from the preliminary round to the total score from the final round to determine the total final score.
- 2.7.11 The recorder will notate the Judge's scores and enter the scores to determine the total score for each athlete.
- 2.7.12 All scores will be rounded to three decimal places. Such rounding will only be made with respect to the competitor's total score for each routine.
- 2.7.13 The Chair of the Judges Panel is responsible for determining the validity of the final scores and must sign the final score sheet before the final results are posted.

### 3. Competition Cards

- 3.1 Levels 1-7
- 3.1.1 No competition cards are required.
- 3.2 Levels 8-10
- 3.2.1 All routines, including finals, must be written on the competition card. Optional routines must include the difficulty value, position, and total value of the routine in order to avoid additional deductions.
- 3.2.1.1 In the compulsory routine, the competitors must execute the skills as written on the competition card; otherwise the routine will be interrupted at the point of change.
- 3.2.1.2 In the optional routine changes to the skills and the order in which they are written on the competition card are permitted with no penalty.
- 3.2.2 Competition cards must be completed using only the FIG numeric system.

- 3.2.3 Failure to turn in a competition card at the designated time and location, filled out using the FIG numeric system will result in a deduction of 0.2 pts. from the difficulty score of the optional routine.

#### 4. Dress Code

- 4.1 Athletes: The dress code must be followed during all training, warm-up and competition times.
- 4.1.1 Male Competitors
- 4.1.1.1 Step in or compression shirt, with or without sleeves, t-shirts are not acceptable. Compression shirts must be skin tight and made of lycra or spandex.
- 4.1.1.2 Competition pants in a single color or competition shorts, with no longer than a 5" inseam.
- 4.1.1.3 Trampoline shoes/and or foot covering in the same color as the competition pants or white. If shorts are worn, then the foot covering must be white and may not be more than ankle length.
- 4.1.2 Female Competitors
- 4.1.2.1 Leotard with or without sleeves may be worn (must be skin tight).
- 4.1.2.2 Long tights in the same color as the leotard may be worn (must be skin tight).
- 4.1.2.3 A full-length one-piece leotard (unitard) may be worn. (must be skin tight).
- 4.1.2.4 White Trampoline shoes/foot covering, if a unitard or long tights are worn shoes or foot covering may be in the same color as the unitard/long tights. Footwear may not be more than ankle length
- 4.1.2.5 For safety reasons, covering the face or head is not allowed.
- 4.1.3 The wearing of jewelry or watches is not permitted. Earrings must be removed and may NOT be taped. Rings without gemstones are permitted only if they are taped.
- 4.1.4 Only rubber bands, ribbons, flat metal clips or soft hair decorations are allowed.
- 4.1.5 Long hair for both male and female competitors must be secured close to the head. If the hair touches the bed, pads or spring covers, the routine will be interrupted. (See Guide to Judging)
- 4.1.6 Bandages or support pieces must not create big contrast with the skin color.
- 4.1.7 Undergarments of any type must not be visible
- 4.1.8 Any violation of Rule 4.1.1 – 4.1.7 may result in a penalty of 0.2 penalty, as per Rule 2.5.7. Major violations may result in disqualification from the routine in which the offense occurs. The Chair of the Judges' Panel makes this decision.
- 4.2 Coaches: The dress code must be followed during all training sessions, warm-up and competition times
- 4.2.1 Track suit, polo shirt or team t-shirt must be worn. Warm-up jackets are optional.
- 4.2.2 Gym shoes are required
- 4.2.3 The following is NOT allowed on the competition floor.
- Denim
  - Caps or hats
  - Capri pants
  - Tank tops
  - Shorts
- 4.2.4 Violators will be asked to leave the floor.

#### 5. Flights

- 5.1 The competitors will be divided into groups of approximately ten athletes per group.

#### 6. Interruptions of a Routine

- 6.1 A routine will be considered interrupted if the competitor
- 6.1.1 Obviously does not land simultaneously on both feet on the bed
- 6.1.2 Does not use the elasticity of the bed after landing for the immediate continuation of the next skill
- 6.1.3 Touches anything other than the trampoline bed with any part of the body
- 6.1.4 Is touched by a spotter or spotter mat
- 6.1.5 Leaves the trampoline due to lack of control or insecurity
- 6.1.6 Does not perform the compulsory routine as required. The routine is interrupted at the point of change
- 6.1.7 Performs an incomplete skill (see Guide to Judging)
- 6.1.8 Performs an intermediate straight jump
- 6.1.9 Level 9-10, Synchro, performs a different skill from that of his/her partner in a synchronized routine

- 6.1.10 In Synchronized Competition, if one of the competitors is more than 1/2 skill ahead of their partner, the Chair of the Judges Panel will deem they have performed different skills.
- 6.2 No credit will be given for the skill in which the interruption occurs in respect to Rules 6.1.1-6.1.10.
- 6.3 A routine will be judged only on the number of completed skills on the trampoline. The routine must end with both feet on the trampoline bed. See Guide to Judging, Rule 1.7
- 6.4 Landing deductions are taken only on completed routines. The Chair of Judges Panel deductions are taken on complete and incomplete routines.
- 6.5 The Chair of the Judges Panel will determine the maximum mark.

7. Judges Panel (Competition Jury)

- 7.1 Duties of the Chair of the Panel
  - 7.1.1 Control of the facility
  - 7.1.2 Organize the Judges' conference and the trial scoring
  - 7.1.3 Place and supervise all judges, spotters, and recorder
  - 7.1.4 Direct the competition
  - 7.1.5 Convene the Competition Jury
  - 7.1.6 Decide if a second attempt should be allowed
  - 7.1.7 Decide about a gymnast's dress
  - 7.1.8 Decide whether any assistance given by a spotter was necessary
  - 7.1.9 Declare the maximum mark in the case of an interrupted routine
- 7.2 Duties of Judges for Execution
  - 7.2.1 Evaluate the execution of each skill in the range 0.0 to 0.5 points and write their deductions independently of the other judges.
  - 7.2.2 Subtract their deductions from the maximum mark indicated by the Chair of the Judges' Panel.
- 7.3 Duties of Judges for Difficulty
  - 7.3.1 Collect the competition cards
  - 7.3.2 Check the skills and difficulty values entered on the competition cards.
  - 7.3.3 Check the required skills/requirements for the optional routine.
  - 7.3.4 Determine and record all skills performed, and its difficulty value on the competition card.
  - 7.3.5 Determine whether or not any of the skills were intermediate jumps and notify the Chair of the Judges Panel.
  - 7.3.6 Check that pairs in Synchronized Competition perform the same skills at the same time as per Rule 6.1.10 and notify the Chair of the Judges Panel if there are different skills.
  - 7.3.7 Display the difficulty score.
- 7.4 Duties of the Judges for Synchronization
  - 7.4.1 Evaluate the synchronized performance and record their deductions for each un-synchronized landing as per Rule 2.6.3.1.1-2.6.3.1.3.
  - 7.4.2 Subtract deductions for the maximum mark indicated by the Chair of the Judges Panel.
  - 7.4.3 Make and record deductions for each unsynchronized landing as per Rule 2.6.3.1.1 – 2.6.3.1.3
  - 7.4.4 When the synchronized scores are evaluated electronically the appointed judge supervises the electronic system.
  - 7.4.5 Display the synchronization score.
  - 7.4.6 Measure the synchro deviations of a routine in the case of a breakdown of the device with a video analysis.
  - 7.4.7 Determine the Synchro mark according to the number of skills/the maximum mark indicated by the Chair of the Judges Panel.
- 7.5 Duties of the Judge for the Time of flight
  - 7.5.1 Measure the time of flight of a routine with a time measurement device or, in the case of a breakdown of the device with a video analysis.
  - 7.5.2 Determine the time of flight according to the number of skills/the maximum mark indicated by the Chair of the Judges Panel.
- 7.6 Judges Panel Composition (Competition Jury)
  - 7.6.1 Levels 1-4
    - 7.6.1.1 One Chair Judge who also acts as the execution judge. (Who must be Category 2 or higher).
    - 7.6.1.2 One Chair Judge who also acts as an execution judge, in addition to two other execution judges. All Judges must be Category 3 or higher
  - 7.6.2 Levels 5-7
    - 7.6.2.1 One Chair Judge who also acts as an Execution Judge and Difficulty Judge. (Must be Category 2 or higher, along with two additional execution judges' who are Category 3 or higher).
  - 7.6.3 Levels 8-10

|         |   |            |          |
|---------|---|------------|----------|
| 7.6.3.1 | All Judges must be Category II or higher  | Individual | Synchro  |
| 7.6.3.2 | Chair of Judges Panel   | 1 Judge    | 1 Judge  |
| 7.6.3.3 | Judges for execution<br>Synchronized competition (Trampoline No. 1 Judge<br>1 & 3) (Trampoline No. 2 Judges 2 & 4)  | 3 Judges   | 4 Judges |
| 7.6.3.4 | Judges for Difficulty   | 1 Judge    | 2 Judge  |
| 7.6.3.5 | Judges for Synchronization  | --         | 2 Judges |
| 7.6.3.6 | Judges for Synchronization Electronic   | --         | 1 Judge  |
| 7.6.3.7 | Judge for Time of Flight  | 1 Judge    | --       |
| 7.6.3.8 | Video Judge (may be any category)   | 1 Judge    | 1 Judge  |
| 7.6.4   | Judges must sit on the judge's platform a minimum of 6 feet from Trampoline number one. The platform must be raised by a minimum of 18 inches from the floor.   |            |          |
| 7.6.5   | If a judge fails to carry out his/her duties in a satisfactory manner, he/she may be replaced. This decision will be made by the Jury of Appeal upon the recommendation of the Chair of the Judges Panel.   |            |          |
| 7.6.6   | If the judge in question is also a member of the Jury of Appeal, he/she will not participate in the process.  |            |          |
| 7.6.7   | If an Execution Judge or Synchronization Judge is replaced, the Jury of Appeal may decide that his/her previous marks will be replaced by the average of the remaining marks. (See Rules and Policies for information regarding the Jury of Appeal) |            |          |

#### 8. Repetition of a Skill

- 8.1 During an optional routine, no skill may be repeated; otherwise, the difficulty of the repeated skill will not be counted.
- 8.2 Elements having the same amount of rotation, but performed in either the tuck, pike and straight positions are considered to be different skills and are not a repetition.
- 8.2.1 The tuck and pike positions are considered to be the same position.
- 8.2.2 Multiple somersaults of more than 360<sup>0</sup>, having the same number of twists and somersaults, will not be considered a repetition if the twist is located in different phases of the skill.

#### 9. Required Positions During a Skill

- 9.1 In all positions, the feet and legs should be kept together (except in straddle jumps) and the feet and toes pointed.
- 9.2 Depending on the requirements of the movement, the body should be tucked, piked or straight.
- 9.3 In the tuck and pike positions, the thighs should be close to the upper body, except in the twisting phase of the multiple somersaults as per Rule 9.8.6
- 9.4 In the tuck position, the hands should touch the legs below the knee.
- 9.5 In the pike position, the hands should touch the tops of the feet.
- 9.6 Straddle Jump: The angle between the legs must be equal to or greater than 90<sup>0</sup> and the hands should touch the tops of the feet.
- 9.7 The arms should be straight and/or close to the body whenever possible.
- 9.8 The following defines the minimum requirements for a particular body shape:
- 9.8.1 Straight position: The angle between the upper body and the thighs must be greater than 135<sup>0</sup>
- 9.8.2 Pike position: The angle between the upper body and thighs must be equal to or less than 135<sup>0</sup> and the angle between the thighs and the lower legs must be greater than 135<sup>0</sup>
- 9.8.3 Tuck position: The angle between the upper body and thighs must be less than 135<sup>0</sup> and the angle between the thighs and the lower leg must be less than 135<sup>0</sup>.
- 9.8.4 Puck position: The angle between the upper body and thighs is between 90<sup>0</sup> and 135<sup>0</sup> and the angle between the thighs and lower leg is between 90<sup>0</sup> and 135<sup>0</sup>.
- 9.8.5 When two positions are achieved in one skill, the difficulty value of the lesser of the two values will be awarded for the skill.
- 9.8.6 In multiple somersaults with twists, the tuck and pike positions may be modified during the twisting phase as described in the FIG Guide to Judging. When the puck and tuck positions are used to perform a skill with the same number of rotations and twists, the skill will be deemed a repeat.
- 9.8.7 The phases in multiple somersaults are:
- In somersaults of 540<sup>0</sup> or less, one phase is recognized
  - In somersaults of 630<sup>0</sup> -900<sup>0</sup>, two phases are recognized, early and late, and equate to the degrees of rotation divided by two.
  - In somersaults of 900<sup>0</sup> or more, each somersault is recognized as a separate phase.

#### 10. Spotters

- 10.1 Current USA Gymnastics professional members or age and physical size appropriate current athlete members
- 10.2 One spotter is required at each corner, if a throw mat is NOT utilized.
- 10.3 If a throw in mat is utilized, the spotter may stand on either side of the trampoline. The coach with the mat will replace one of the spotters.

- 10.4 If a throw in mat is utilized, it may be used on either side of the trampoline, as desired by the athlete or coach. The dimensions of this mat must adhere to the equipment specifications.
11. Start of a Routine
- 11.1 The starting order is decided by a draw.
- 11.2 Each competitor will start on a signal of the Chair of the Judges Panel.
- 11.3 After the signal has been given, the competitor must initiate the first skill within one minute, otherwise the execution judges' will take the appropriate deduction as per Rule 2.5.8.
- 11.4 Second attempts are not allowed, unless determined by the Chair of the Judges Panel
- 11.5 A competitor's routine will be considered started once the first skill is initiated.
- 11.5.1 If the time limit is exceeded as a result of faulty equipment or other substantial cause, no deductions will be applied. The Chair of the Judges panel makes this decision. The athlete may restart upon the signal from the Chair of the Judges panel.
- 11.5.2 If a competitor is obviously disturbed in a routine due to faulty equipment or substantial external influence, the Chair of the Judges panel may allow another attempt. A competitor's apparel is not considered "equipment"
- 11.6 Spectator noise, applause and the like would not normally constitute a disturbance
12. Termination of a Routine
- 12.1 The routine must end under control, with both feet on the trampoline bed; otherwise Rule 6.1.7 will be applied. Only skills that make contact with the trampoline bed will be evaluated.
- 12.2 After the last skill in individual competitions, the competitor is allowed to do one additional jump in a straight position (out-bounce) using the elasticity of the bed.
- 12.3 In synchronized competition, both competitors must either do an out-bounce or they must both stand still; otherwise, they will be a 0.4 pts. deduction taken from the total score
- 12.4 If a competitor executes more than ten skills, a 3.0 pts. deduction will be taken from the total score of the routine where the offense occurs.
- 12.5 In the case of an interrupted routine, if the last bounce is a straight jump, it will be considered an out-bounce, not an intermediate jump.
- 12.6 A routine is deemed to have ended after the three seconds has elapsed. Competitors must stand upright for approx. three seconds otherwise, there will be a deduction for lack of stability as per Rule 2.4.1.1 – 2.4.1.2 (See Guide to Judging).
13. Tie-Breaking System
- 13.1 Levels 1-4: Ties are not broken at this Level
- 13.2 Levels 5-7: Add the two highest execution scores to break the tie. If there is still a tie, then you would drop the high and the low score and use the middle score in order to break the tie. If there is still a tie, then duplicate awards will be given.
- 13.3 Level 8:
- 13.3.1 The gymnast with the higher sum of the E score of both routines prevails
- 13.3.2 The gymnast with the higher sum of the E score of the second routine prevails
- 13.3.3 If there is still a tie, the tie will not be broken
- 13.4 Levels 9-10: Individual Preliminaries:
- 13.4.1 The gymnast with the higher sum of the E score of both routines prevails
- 13.4.2 The gymnast with the higher sum of the E score of the score routine prevails
- 13.4.3 If there is still a tie the tie will not be broken
- 13.5 Level 9-10: Finals:
- 13.5.1 Ties are not broken in the final round
- 13.6 Example of distribution of awards if a tie cannot be broken:
- Two competitors are tied for 2<sup>nd</sup> place.
  - Award the 1<sup>st</sup> place medal to gymnast with the highest score.
  - The 2<sup>nd</sup> place medals are then presented to the gymnast with the tied score
  - There is NO 3<sup>rd</sup> place medal
  - The 4<sup>th</sup> place award is then presented to the next gymnast, and so on.

14. Warm-Up

14.1 All competitors will be allowed warm up touches during their flight warm-up prior to competition.

14.1.1 Levels 1-7 Two touches

**Individual Trampoline**

Levels 8-10 Prelims Two touches – if any general training/warm-up is provided at any time prior to the competition.

Three touches - if there is NO general training/warm-up. All warm ups are prior to the compulsory routine.

Levels 9-10 Finals If there is a general warm-up provided prior to the session a one touch will be given. If NO general warm-up is provided, there will be two touches given prior to the final round

**Synchronized Trampoline**

Levels 9-10 Prelims One touch if any general training/warm up is provided at any time prior to the competition.

Two touches if there is NO general training/warm up.

Levels 9-10 If there is a general warm-up provided prior to the session a one touch will be given. If NO general warm-up is provided, there will be two touches given prior to the final round

14.2 No general warm-up period is required; however, if time allows one may be provided.

14.3 When specific session warm ups are provided, athletes are only allowed to warm up on the apparatus on which they compete in that session.

14.4 In the event a competitor abuses the warm up a deduction of 0.3 pts. will be taken from the total score

14.5 Warm-up on the competition hall equipment may be eliminated if equivalent equipment is provided in an adjacent hall.

14.6 The competition dress code must be followed during all training sessions and warm up times.

## SECTION 2 – Trampoline Routines and Requirements

### TRAMPOLINE LEVELS 1-4

#### 1. Routine Definition

- 1.1 Competition is comprised of a ten skill compulsory routine.
- 1.2 All completed routines are scored out of 10.0 pts.
- 1.3 After the last skill, the competitor is allowed to do one jump in a straight position (out-bounce) using the elasticity of the bed.
- 1.4 No finals are held at this Level.

#### 2. Compulsories

##### Level 1

Straddle jump  
 Tuck jump  
 Pike jump  
 Seat drop  
 Return to feet  
 Straddle jump  
 Tuck jump  
 Pike jump  
 Seat drop  
 Return to feet

##### Level 2

Pike jump  
 Seat drop  
 Hands and knees drop  
 Front drop  
 Return to feet  
 Tuck jump  
 Jump 1/2 twist  
 Straddle jump  
 Seat drop  
 Return to feet

##### Level 3

Seat drop  
 1/2 twist to seat drop  
 Front drop  
 Return to feet  
 Tuck jump  
 Jump 1/2 twist  
 Pike jump  
 Straddle jump  
 Backdrop free  
 Return to feet

##### Level 4

Backdrop free  
 Pullover to stomach  
 Return to feet  
 Straddle jump  
 Jump 1/2 twist  
 Pike jump  
 Seat drop  
 Hands and knees drop  
 2/4 front somersault to back  
 Return to feet

3. Deviation from the compulsory routine will result in an interruption of the routine at the point of change. See Rule 6.1.6

## TRAMPOLINE LEVELS 5-7

## 4. Routine Definition

- 4.1 Competition is comprised of a ten-skill compulsory routine.
- 4.2 All completed routines are scored out of 10.0 pts.
- 4.3 After the last skill, the competitor is allowed to do one more jump in a straight position (out-bounce) using the elasticity of the bed.
- 4.4 No finals are held at this Level

## 5. Compulsories

Level 5

Back somersault tuck  
 Tuck jump  
 Jump full twist  
 Straddle jump  
 ½ twist to front drop (airplane)  
 Seat drop  
 Return to feet  
 Jump ½ twist  
 Pike jump  
 Front somersault tuck

Level 6

Back somersault pike  
 Tuck jump  
 Back somersault tuck  
 Seat drop  
 Front drop  
 ½ twist to feet  
 Straddle jump  
 Jump ½ twist  
 Pike jump  
 Barani pike

Level 7

¾ back somersault tuck  
 ½ turn to stomach (cruise)  
 Return to feet  
 Pike jump  
 Back somersault tuck  
 Barani tuck  
 Tuck jump  
 Back somersault pike  
 Straddle jump  
 Barani straight

6. Deviation from the compulsory routine will result in an interruption of the routine at the point of change. See Rule 6.1.6

7. Routine Requirements for Levels 8, 9 & 10

- 7.1 Competition is comprised of one ten-skill compulsory routine and one ten-skill optional routine.
- 7.2 All routines are scored out of 10.0 pts.
- 7.3 After the last skill, the competitor is allowed to do one jump in a straight position (out-bounce) using the elasticity of the bed.
- 7.4 No finals are held for Level 8 competition.
  - 7.4.1 Finals for Levels 9 and 10 will consist of one ten-skill optional routine.

8. Level 8 Competition Requirements

8.1 First Routine - Compulsory Routine

- Back somersault straight
- Barani straight
- Pike jump
- Back somersault pike
- Barani pike
- Straddle jump
- Back somersault tuck
- Tuck jump
- $\frac{3}{4}$  front somersault straight
- Ball out tuck

8.1.1. Deviation from the compulsory routine will result in an interruption of the routine at the point of change. See Rule 6.1.6

8.2 Second Routine - Optional Routine

- 8.2.1 The routine must have one somersault with  $360^{\circ}$  of rotation, with a minimum of  $360^{\circ}$  of twist.
- 8.2.2 The routine may not contain any skills with more than  $540^{\circ}$  of twist.
- 8.2.3 The routine may not contain skills with more than  $450^{\circ}$  of rotation.
- 8.2.4 The minimum difficulty allowed is 4.0.
  - 8.2.4.1 If a competitor does not meet the minimum difficulty requirements for the optional routine a 3.0 pts. deduction will be taken from the total score. This deduction is only taken on completed routines
- 8.2.5 The maximum difficulty allowed is 6.0.
  - 8.2.5.1 If a competitor exceeds the maximum difficulty of 6.0, then 6.0 will be the valid difficulty score for the routine. No additional deductions will be applied
- 8.2.6 If a competitor performs skills not allowed at this level the routine will be interrupted at that point.
- 8.2.7 If a competitor does not meet or exceeds the routine requirements, a 3.0 pts. deduction will be taken from the total scores as per Rules 2.5.4 and 2.5.5. This deduction is taken only on completed routines. (See Guide to Judging).
- 8.2.8 No skill may be repeated. Any repeated skill will not receive difficulty credit.

9. Level 9 Individual Competition Requirements

9.1 First Routine - Compulsory Routine

- $\frac{3}{4}$  front somersault straight
- Barani ballout tuck
- Tuck jump
- Barani tuck
- Back somersault tuck
- Back somersault pike
- Barani pike
- Straddle jump
- Barani straight
- Back somersault straight

9.1.1. Deviation from the compulsory routine will result in an interruption of the routine at the point of change. See Rule 6.1.6

- 9.2 Second Routine - Optional Routine
- 9.2.1 The routine must have one somersault, with 360<sup>0</sup> of rotation, with a minimum of 540<sup>0</sup> of twist.
- 9.2.2 The routine may contain a maximum of two somersaults with 720<sup>0</sup> of rotation each with no more than 180<sup>0</sup> of twist.
- 9.2.3 The minimum difficulty allowed is 5.5.
- 9.2.3.1 If a competitor does not meet the minimum difficulty requirements for the optional routine a 3.0 pts deduction will be taken from the total score. This deduction is only taken on completed routines.
- 9.2.4 The maximum difficulty allowed is 7.1
- 9.2.4.1 If a competitor exceeds the maximum difficulty of 7.1, then 7.1 will be the valid difficulty score for the routine. No additional deductions will be applied.
- 9.2.5 No somersaults with more than 720<sup>0</sup> of rotation.
- 9.2.6 If a competitor performs skills not allowed at this level, the routine will be interrupted at that point.
- 9.2.7 If a competitor does not meet or exceeds the routine requirements, a 3.0 pts. deduction will be taken from the total score, as per Rule 2.5.4 and 2.5.5 This deduction is taken only on completed routines. For exceptions see Guide to Judging.
- 9.2.8 No skill may be repeated. Any repeated skill will not receive difficulty credit.
- 9.2.9 Finals will consist of one optional routine with the same requirements as preliminaries.
10. Level 10 Individual Competition Requirements
- 10.1 First Routine - Compulsory Routine
- ¾ back somersault straight  
Cody tuck  
Tuck jump  
Barani tuck  
Back somersault tuck  
Barani pike  
Back somersault pike  
Barani straight  
Back somersault straight  
Full twisting back somersault
- 10.1.1 Deviation from the compulsory routine will result in an interruption of the routine at the point of change. See Rule 9.1.6
- 10.2 Second Routine - Optional Routine
- 10.2.1 The routine must contain a minimum of one double somersault.
- 10.2.2 No more than one skill with less than 270<sup>0</sup> of rotation (may not be a straight jump)
- 10.2.3 The minimum difficulty allowed is 6.5.
- 10.2.3.1 If a competitor does not meet the minimum difficulty requirements for the optional routine a 3.0 pts. deduction will be taken from the total score as per Rule 3.4.1.2 and 3.4.1.4. This deduction is only taken on completed routines.
- 10.2.4 The maximum difficulty allowed for all ages groups for women is 10.5  
The maximum difficulty allowed for all age groups for men is 11.0
- 10.2.4.1 If a competitor exceeds the maximum difficulty of 10.5/11.0 then 10.5/11.0 will be the valid difficulty score for the routine. No additional deductions will be applied.
- 10.2.4.2 No triple somersaults.
- 10.2.5 If a competitor does not meet or exceeds the routine requirements, a 3.0 pts. will be taken from the total score, as per 2.5.4 and 2.5.5. This deduction is taken only on completed routines.
- 10.2.6 If a competitor performs skills not allowed at this level the routine will be interrupted at that point.
- 10.2.7 No skill may be repeated. Any repeated skill will not receive difficulty credit.
- 10.2.8 Finals will consist of one optional routine with the same requirements as preliminaries
11. Level 9 & 10 Individual Finals
- 11.1 Finals must be held at all National events, and are optional at all other events.
- 11.2 Finals will consist of one ten-skill optional routine with the same requirements as preliminaries.
- 11.3 A competitor may repeat skills or a routine performed in the preliminary round.
- 11.4 The competitors with the eight best scores from the preliminaries will go forward to the finals.
- 11.5 The starting order for finals will be in order of merit, meaning the competitor with the lowest preliminary score will compete first. In the event of a tie, the starting order will be decided by a random draw.

12. Levels 9 & 10 Synchronized Trampoline

12.1 Levels 9 & 10 consist of One Optional Routine

12.1.1 Requirements for the optional routine are the same as optional requirements for individual competition.

12.1.1.1 Level 9 as per Rules 9.2.1 – 9.2.8

12.1.1.2 Level 10 as per Rules 10.2.1 – 10.2.7

12.2 A synchronized pair consists of two women or two men.

12.3 A competitor may only compete in one synchronized pairing.

12.4 A competitor must compete in the same competitive Level as his/her individual competition.

12.5 Partners must do the same skill at the same time and must start facing in the same direction. They need not twist in the same direction.

12.6 The age of the older partner determines the competitive age group the team must enter.

12.7 Members of a synchronized pair must wear identical competition attire. Failing to do so will result in the disqualification of the pair.

12.8 No finals are held.