



2024 USA Gymnastics Championships Trampoline & Tumbling Directives

**DATE**

June 21st – 26th, 2024

VENUE

Minneapolis Convention Center
1301 2nd Ave S, Minneapolis, MN 55404

HOST

USA Gymnastics Events

CONTACT

For questions contact:
Scott Cole, Event Director – scole@usagym.org
or
Sydney Carlson, T&T Program Manager – scarlson@usagym.org

**ELIGIBLE
COMPETITORS**

All athletes who have met USA Gymnastics Championships qualifying scores and eligibility requirements at USA Gymnastics T&T sanctioned competitions may enter USA Gymnastics Championships. All entries are subject to verification by the State Chair. All competitors must enter USA Gymnastics Championships at the same competitive level where the qualifying score was achieved. If the athlete competes at a higher level after the qualifying score is reached, they may not compete at the previous level at USA Gymnastics Championships. See the Rules & Policies, Development Code of Points and Elite Code of Points for complete information.

Non-citizen athletes are not allowed to compete in Elite divisions at USA Gymnastics Championships. Resident non-citizen athletes who are members of USA Gymnastics and have met all qualification requirements may compete in Development levels at USA Gymnastics Championships.

Divisions: Development Level 8-10 & Open, Youth Elite, Junior Elite, Intermediate Elite, Senior Elite

**ENTRY
INSTRUCTIONS**

Registration deadline: May 13, 2024
[Click here](#) for registration instructions.

All coaches and club contacts registered in the sanction will receive a full export of competing athletes following the entry deadline. There will be a 24-hour grace period for changes to be made as a result of registration errors.

**ENTRY FEES &
REFUNDS**

\$175 flat fee per athlete (one event or all). No fee for coaches.

Entry fees must be paid with a credit card on the USA Gymnastics Meet Reservation system. Entries are not valid until payment is received.

Refunds will not be given for athletes who entered but did not qualify to USA Gymnastics Championships.

If the event is cancelled by USA Gymnastics, participants will receive a 100% refund on entry fees paid if the event is cancelled more than 60 days from the start of the event. If the event is cancelled by USA Gymnastics 60 days or less from the event, the participants will receive a 50% refund on the entry fees paid.

If an athlete withdraws from the event due to an injury or any other reason more than 60 days from the event, she/he may receive a 100% refund on their entry fee. If the athlete withdraws within 60 days of the event, no refund will be given.

LATE ENTRY

Late entries on or after May 14 are subject to approval by the Program Director:

- New athlete added to meet or previously registered athlete adding additional discipline on May 14: free of charge.
- New athlete added to meet between May 15 and May 19: \$300.00.
- Previously registered athlete adding additional discipline between May 15 and May 19: \$175.00.
- New athlete added to meet on or after May 20: \$600.00.
- Previously registered athlete adding additional discipline on or after May 20: \$300.00.

INCOMPLETE OR INCORRECT ENTRIES

- Changes to entries on May 14: free of charge.
- Changes to entries between May 15 and May 19: \$25 per correction.
- Changes to entries on or after May 20: \$50 per correction.

[Click here](#) to submit changes and scratches.

All changes and scratches after June 14 must be made onsite.

COACHES & OFFICIALS

Coaches, judges and officials who are current members will be issued credentials (no pending memberships).

Coaches must register online for the 2024 USA Gymnastics Championships.

JUDGES

Judges request for assignment due May 17.

[Click here](#) for the request for assignment form.

Judges will be paid a session honorarium. Travel and accommodation will not be provided unless otherwise advised.

SCHEDULE

See the [USA Gymnastics Championships website](#) for schedule information.

RULES

Rules from the current FIG Elite Code of Points with the USA Gymnastics T&T Special Requirements and Development Code of Points will be used.

Time of Flight will be used for Level 10-Open, and all Elite divisions.

All age groups are based on the age of the competitor on December 31, 2024.

VIDEO REVIEW

Video review will be provided for the following:

- Trampoline: Level 10 and above
- Tumbling: Intermediate & Senior Elite
- Double mini: Intermediate & Senior Elite

If coaches wish to video their athletes' routine in other levels, they must shoot the video from the designated spot set by the Meet Director.

APPAREL

The dress code found in the Development and Elite Codes of Points must be followed at all times.

Athletes and coaches may not wear National Team apparel, including anything with the USA flag or logo at any time during training or competition. USA attire may not be worn even if covering logo and flag. USA backpacks or duffle bags are also not allowed.

**COMPETITION
EQUIPMENT**

Minneapolis Convention Center Hall D (Development Hall)

- Eurotramp Ultimate trampolines
- Eurotramp Ultimate double mini trampoline
- Spieth rod tumbling floors

Minneapolis Convention Center Hall B (IE/SE Hall)

- Eurotramp Ultimate trampolines
- Eurotramp Ultimate double mini trampoline
- Spieth rod tumbling floor

**COACHES'
ORIENTATION
MEETING**

Orientation Meeting with competition information - TBD

TRAINING GROUPS

Training groups will be available after registration deadline.

**COMPETITION
CARDS**

Competition cards will be due as follows. Any competition card that is not turned in by the respective deadline will incur the deductions listed in the Code of Points.

- Development Program (all disciplines):
 - Level 9/10 – by 6pm on June 21st, 2024
 - Synchro – by 6pm on June 22nd, 2024
 - Open – by 6pm on June 24th, 2024
 - If not onsite, e-mail to trampolineandtumbling@usagym.org by the deadline smentioned above.
- Elite Program (all disciplines):
 - Synchro – by 6pm on June 22nd, 2024
 - SE and IE – by 6pm on June 23rd, 2024
 - YE and JR – by 6pm on June 24th, 2024
 - If not onsite, e-mail to trampolineandtumbling@usagym.org by the deadline smentioned above.

[Trampoline](#)
[Tumbling](#)
[Double Mini](#)
[Synchro](#)

Competition cards must be filled out using the International Gymnastics Federation's FIG terminology. All competition cards should be on the correct color paper and must be filed correctly at the competition office.

**TRAMPOLINE
SPOTTERS**

Current USA Gymnastics competitive coach/judge/meet director members or age and physical size appropriate current athlete members. One spotter is required at each corner, if a throw mat is not utilized. If a throw mat is utilized, one additional spotter must be on the same side that the mat is used.

WARM UP

Minneapolis Convention Center Hall D (Development Hall)

Each session will have a one 50-minute general warm up prior to the session, as well as the following:

[Trampoline](#)

Qualifications

Level 8-Open individual: 2 touches

YE & JE individual: 2 touches

Level 9 synchro: 1 touch

Level 10-Open synchro: 1 touch

SE, IE, JE, & YE synchro: 1 touch

Finals

Level 8: N/A

Level 9-Open individual: 1 touch

YE & JE individual: 1 touch

N/A

N/A

SE, IE, JE, & YE synchro: 1 touch

Tumbling

Qualifications

Level 8-Open: 3 touches

YE & JE: 3 touches

Finals

Level 8: N/A

Level 9: 2 touches

Level 10-Open: 3 touches

YE & JE: 3 touches

Double Mini

Qualifications

Level 8-Open: 3 touches

YE & JE: 3 touches

Finals

Level 8: N/A

Level 9: 2 touches

Level 10-Open: 3 touches

YE & JE: 3 touches

Minneapolis Convention Center Hall B (IE/SE Hall)

General warmup

- Intermediate & Senior Elite Trampoline
 - Each athlete will have a one hour general warm up in Minneapolis Convention Center Hall D that ends 10 minutes prior to their designated flight time in the arena. Athletes will travel to the arena directly following their general warm-up.
- Intermediate & Senior Elite Tumbling and Double Mini
 - Each athlete will have a one hour general warm up in Minneapolis Convention Center Hall D that ends 10 minutes prior to their designated flight time in the arena. Athletes will travel to the arena directly following their general warm-up.

Touch warmup

	Qualification	Final 1	Final 2
Trampoline:	1 touch	1 touch	N/A
Tumbling:	3 touches	3 touches	No touches
Double Mini:	3 touches	3 touches	No touches

OPENING CEREMONIES (HALL B)

Afternoon sessions:

No opening ceremony will take place.

Evening sessions:

All gymnasts in the first flight of each session are required to participate in the Opening Ceremony prior to their competitive session. All other gymnasts in each session are requested to participate in their Opening Ceremony. Club/team warm-ups are the required attire. Athlete cooperation is requested in reporting promptly to the staging area in preparation for the march-in and introduction. All athletes are requested to follow the instructions given by the stage manager.

AWARDS CEREMONIES

Athletes competing in the Minneapolis Convention Center Hall B (IE/SE Hall):

At the conclusion of competition, competing athletes should return to the staging area to prepare for the awards ceremonies and National Team announcements.

Athletes competing in Minneapolis Convention Center Hall D (Development Hall):

Exact dates, times and locations of all awards ceremonies will be released with the event schedule. At the conclusion of competition, competing athletes should return to the designated staging area in the awards room to prepare for the awards ceremonies

and National Team announcements (Junior Elite sessions only). All athletes receiving an award are requested to cooperate.

AWARDS

Overall awards will be presented to the top eight competitors in each Development division, and to the top three competitors in each Elite division. No flight awards will be given.

Overall awards for each session will be given immediately following the session. Level 9,10, Open and Elite awards will be presented after finals. If the session is running early, awards will be given early. Athletes who place in the top eight in Development divisions and top three in Elite divisions should go to the staging area immediately following the session. Athletes are required to wear competition attire for awards ceremonies. Exact dates, times and locations of all awards ceremonies will be released with the event schedule.

The Junior National Team will be announced following Junior Elite finals in the awards room of the Minneapolis Convention Center. The Senior National Team will be announced following Senior Elite finals in the Minneapolis Convention Center Hall B.

The following awards will be presented at the 2024 USA Gymnastics Championships Senior Elite session. Details regarding the awards can be found in [Section VI](#) (Elite Program) of the Rules & Policies.

- George Nissen & Milton B. Davis Trampoline Coach of the Year
- James A. Rozanas Tumbling Coach of the Year
- Bob Bollinger Double Mini Coach of the Year
- Trampoline Athlete of the Year
- Tumbling Athlete of the Year
- Double Mini Athlete of the Year
- Sportsperson of the Year
- Star Service Award

NATIONAL TEAM MEETING

The 2024-2025 National Team meeting is scheduled for Thursday, June 27. This meeting is required for all 2024-2025 National Team members and coaches. Parents are invited to attend. Exact dates, times and locations will be released shortly – please be mindful of this when booking flights.

DOPING CONTROL

The U.S. Anti-Doping Agency (USADA) will conduct doping controls for select athletes at the USA Gymnastics Championships. Athletes will be notified immediately following competition if they have been selected.

If an athlete is currently taking any medication that may be on the banned substance list, the athlete and/or parent/guardian should call the USADA drug reference phone line at 719-875-2000, or visit www.globaldro.com for verification. There are many over-the-counter medications, such as cold medicines, that are banned substances. It is important to call the drug reference line with any questions regarding this important issue or to speak with the medical doctor or trainer onsite at your venue. DO NOT leave this to chance. Use of methods or substances prohibited by any applicable anti-doping rules may be subject to penalties including, but not limited to, disqualification and suspension. Possible doping violations will be managed by USADA protocol.

HOTELS

See the [USA Gymnastics Championships website](#) for hotel information.

ADMISSIONS COACHES & JUDGES COURSES

See the [USA Gymnastics Championships website](#) for ticket information. Category 1 judges' courses are being held in conjunction with USA Gymnastics Championships. These courses will be Thursday, June 20th, 2024 at the Minneapolis Convention Center.

Category 1 Judges Course:

- Tumbling: 8:00am-12:00pm
- Trampoline : 12:00pm-5:00pm
- Double mini: 5:00pm-9:00pm

Other education sessions will be held throughout the week, with a schedule being released at a later date.