



## SECTION IV: SANCTION & COMPETITION PROCEDURES

### I. Sanction

To host USAG Trampoline & Tumbling sanctioned competitions, all Meet Directors must be active T&T Meet Director members with all membership requirements. [Click here](#) to view the Meet Director membership requirements.

#### A. Sanctioning a Domestic USA Gymnastics Event

1. USA Gymnastics as the national governing body for the sport is responsible for the granting of sanctions.
2. Sanctions are required for all USAG competitions.
3. Sanctions may also be obtained for clinics, workshops, education events, tours, and exhibitions.
4. Only a current USAG Member Club may register athletes into a sanctioned event.
5. Only athletes affiliated with a USAG Member Club may participate in a sanctioned event. Unaffiliated athletes may not participate in T&T sanctioned events.
6. In non-Olympic years, it is recommended that invitationals not be held in April or May, due to the State and Regionals Championship and Elite Challenge season. In Olympic years this timeframe may change.

#### B. Concurrent Sanctioned Event Policy

1. USA Gymnastics is aware that meet directors of a USA Gymnastics sanctioned event may also be conducting sanctioned events of other gymnastics organizations (*i.e.*, AAU) in the same venue, date, and time. If meet directors choose to conduct a multi-gymnastics association event, they must adhere to the following policies. Violations of any of the below policies may result in sanction revocation.
2. USA Gymnastics sessions CANNOT be run concurrently in the same session with a non-USA Gymnastics sanctioned event. Any non-USA Gymnastics session(s) must be conducted either prior to or following all USA Gymnastics sanctioned sessions on each competitive day.
  - a. Permissible Gym Set Up:
    - i. **Events with one gym set-up:**
      - Sessions with USA Gymnastics competitors and non-USA Gymnastics competitors are NOT permitted to compete at the same time in the same competitive space, nor can they alternate sessions throughout the day.
    - ii. **Events with Multiple gym set-ups:**
      - Dedicated field-of-play (*can be more than 1*) reserved to conduct only USA Gymnastics sessions.
      - Additional dedicated field-of-play (*can be more than 1*) reserved to conduct any non-USA Gymnastics sessions.
      - Each separate field-of-play should be clearly defined by signage, or separated by a specific, noticeable barrier *i.e.*, airwall, curtain, stanchion, etc.)
      - Example: A Meet Director is hosting an event in large space that can be partitioned into 3 competitive fields-of-play areas; Field A, Field B and Field C.
        - Fields A and B are reserved for USA Gymnastics sessions.

- Field C conducts the non-USA Gymnastics sessions.
  - The Meet Director may use all the Fields A, B or C to conduct non-USA Gymnastics sessions provided that the non-USA Gym. sessions are conducted either prior to or following USA Gymnastics sessions on each competitive day.
- b. Meet Director must have an event plan that illustrates:
    - i. A clear definition of the start and end times of each organization’s competition sessions for the duration of the event.
    - ii. All event procedures that prohibit non-USA Gymnastics session participants (*athletes, coaches, judges*) from accessing the dedicated USA Gymnastics gyms/competition area during USA Gymnastics sessions.
  - c. Meet Director must obtain a separate certificate of insurance from each gymnastics association whose sessions will be conducted in the same venue as the USA Gymnastics sanctioned event.

**C. Procedures for Requesting a Domestic Sanction**

3. [Click here](#) to apply for a sanction online.
4. When requesting a sanction, equipment/venue set-up/take down and training days must be included as well as competition days.
5. Only one gymnastics discipline per sanction is allowed. (i.e.: T&T, Women, Acro etc.).
6. Events conducted in more than one location must have a separate sanction for each location.
7. Once a sanction has been granted, the USAG Trampoline & Tumbling Rules & Policies must be followed and enforced.
8. Sanction fee
  - a. A fee is required for all domestic and foreign sanctioned events. [Click here](#) for fee details. Sanction fees and any late fees are not refundable, regardless of the reason for canceling a meet.
9. Virtual sanctions
  - a. Virtual sanctions may be applied for using a similar process as a standard domestic sanction.
  - b. For virtual sanctions, only one sanction will be required to cover all locations listed.
  - c. Virtual sanctions may only be used for eligibility, but not qualification or mobility.

**D. Sanction Report Forms**

1. An official USAG Sanction Report form is available online. To access the report forms, [click here](#), then on ‘My Sanctions’.
2. Keep a copy of the report form, then email, the sanction report form, safe sport event checklist, and all completed sign-in forms to [sanctions@usagym.org](mailto:sanctions@usagym.org) within 72 hours.
3. If an event is canceled, written notification must be submitted to USAG Member Services prior to the start date of the event. Email [sanctions@usagym.org](mailto:sanctions@usagym.org).

**E. Sanction Violations and Penalties**

Sanction violations may result in a fine, voiding of a competition and its results, and/or loss of future sanctioning privileges.

1. Sanction violations
  - a. When a member fails to follow the USAG Trampoline & Tumbling Rules & Policies, actions can be taken against the Meet Director, hosting institution and/or the individual offenders by USAG.
2. Violations on the part of the Meet Director include:
  - a. Allowing members on the floor without current, active memberships with all requirements completed.
  - b. Violations of any regulation within the published T&T Program Rules & Policies.
  - c. Improper timing of competition.

- d. Failure to return required sanction forms and collected athlete scholarship fees by the designated deadline.
  - e. Altering USA Gymnastics language on sanction report form.
  - f. Failure to obtain signatures/initials of officials/coaches on the sanction report form sign-in sheet(s).
3. Consequence of athlete competitor violations that may be imposed:
- a. If a competing gymnast is in violation of meet or membership regulations, he/she will be disqualified, and all awards returned. (Example: wrong level, wrong age division, non-current membership)
  - b. Example of event violations on the part of a coach or judge:
    - i. Non-current Competitive Coach or Judge membership
    - ii. Non-current required educational, safety certification or background check certification
    - iii. Falsifies one of the above-mentioned memberships and/or requirements and attempts to participate on the field of play at USAG sanctioned competitions.
4. Meet Director penalties for violations:
- a. A meet director may receive the following penalties for violating any of the above violations.
    - i. A first-time violation results in a fine of \$100 for one violation plus \$100 for each additional violation associated with the same sanction.
    - ii. A second time violation results in a fine of \$500 for one violation plus \$500 for each additional violation associated with the same sanction.
    - iii. A third time violation results in a fine of \$1000 for one violation plus \$500 for each additional violation associated with the same sanction, and one-year suspension of sanctioning privileges.
  - b. Hosting institutions may also be denied sanctioning privileges if violations are repeated with multiple Meet Directors.
  - c. The State Chair and/or Regional Chair will be notified of any violations by email.
  - d. If a fine is assessed to a Meet Director, but not paid by the deadline indicated, the ability to sanction an event will be denied until all balances are paid.
  - e. If any violation is due to the lack of mandatory forms being returned, the ability to sanction an event will be denied until all mandatory forms are returned.
  - f. If a fine is assessed but not paid by the deadline indicated, the Meet Director's membership might be placed in a pending status.
  - g. Escalating monetary penalties accrue during the current competitive season (August 1- July 31).
5. Additional member penalties for violations:
- a. A participating member may receive the following penalties for violating any of the above state violations.
    - i. A first-time violation results in a fine of \$100.
    - ii. A second time violation results in a fine of \$500.
    - iii. A third time violation results in a fine of \$1000 and possible suspension of membership.
  - b. Fines apply only to the individual and/or the Meet Director.
  - c. The State Chair and/or Regional Chair will be notified of any violations by email.
  - d. If a fine is assessed to a participating member but not paid by the deadline indicated, their membership will go into a pending status until all balances are paid.
  - e. Escalating monetary penalties accrue during the current competitive season. (August 1- July 31).

## **F. Foreign Exchanges and Sanctions**

1. Duties & responsibilities of USAG members regarding international exchanges:
  - a. Excerpt from the statutes of the Federation Internationale de Gymnastique (FIG) vii. Relationships between federations, unions, groups, and the FIG.
    - i. 34.3: Inter-Federation events and responsibilities of Federations. Federations may organize events among themselves in accordance with the Statutes and Regulations of the FIG. It is, however forbidden for gymnasts or judges of a federation to participate in competitions or demonstrations in the sphere of activity of another federation without prior consent of the federations involved. Likewise, the participation of gymnasts or judges of a federation in an event organized by a body other than a federation must be subject to the prior consent of any federations involved. Federations are also responsible to FIG for the behavior of their gymnasts, coaches, judges, and other officials and they act as guarantors to the FIG in respect of these responsibilities.
    - ii. Article 28: Code of Discipline 28.1: The sanctions that may be imposed upon a federation or an individual for an act of misconduct are:
      - b. A warning, possibly with publication in the FIG bulletin
      - c. A suspension of the federation, or of a person, from participation in any official event of the FIG or from several such events
      - d. Exclusion from any future participation in the activities of the FIG
      - e. Refusal of admittance to any events of the FIG
      - f. A financial imposition
      - g. Exclusion of a federation, following resolution of the Congress
      - h. Suspension from office of an elected member and possible exclusion of office following resolution of the Congress.
      - i. USA Gymnastics must sanction any competition/exhibition conducted in the United States, which includes foreign athletes.
      - j. The sanction fee will be determined based upon the particulars of the event (up to \$250,000.00).
      - k. Do not send any invitations (foreign or domestic until the USAG Member Services department has notified you that approval has been granted.
2. Requirements for foreign exchanges: The following categories have been defined for participation of foreign athletes in this country and for participants of USA club athletes in a club exchange in a foreign country. All exchanges involving foreign athletes are under the jurisdiction of the FIG and the host federation. Every procedure must be followed to protect the athletes and participating federations.
  - a. Competitions and exhibitions conducted in the United States
    - i. Prior approval of foreign federation must be secured through request made by USA Gymnastics
    - ii. USA Gymnastics must approve all aspects of the event. This includes but is not limited to:
      - Sponsorships
      - Marketing/property rights
      - Equipment/format
      - Television
      - All promotional, marketing, and advertising materials
    - iii. The use of the world "International" in the title of a competition/exhibition is forbidden.
    - iv. Promotion or advertising depicting the event as a competition between two or more countries is forbidden (i.e., USA vs. Canada).

- v. Athletes from a foreign country competing in the United States represent only their club at the exchange; they are not representing their country as a National Team member.
  - vi. Higher sanction fees may be assessed for galas or exhibitions depending upon the level of the participating athletes.
  - vii. FIG has a 5% tax on prize money awarded at an event.
  - b. Training exchanges conducted in the United States
    - i. Prior approval of foreign federation must be secured through a request made by USA Gymnastics.
    - ii. Only a letter of invitation with the specific information is required: however, it is not necessary to sanction.
    - iii. Proof of insurance coverage:
      - It is the sole responsibility of the event host to secure proper insurance for the event. (Be aware that some insurance packages do not cover foreign athletes or coaches.)
      - Training exchanges may not be “USAG sanctioned” event; therefore, the athlete member insurance is not in effect.
    - iv. Prior notification to USA participants that they represent only their club at this exchange, and they are not participating as official USA representatives.
  - c. Competitions, exhibitions, and training exchanges conducted in another country:
    - i. A T&T USA judge must receive permission from the T&T Program Director before accepting an invitation to officiate a competition that is conducted outside USA.
    - ii. USA participants may only represent their club at these events/exchanges, and they may not participate as official USA representatives.
      - For example: Official results may not reflect “USA”.
      - Prior notification to USA participants that they represent only their club at this exchange, and they are not there as official USA representatives is required.
    - iii. USA National Team members may not represent their club in an international event without the approval of the Program Director.
3. General Foreign Sanction Procedures
- a. Competitions/exhibitions conducted in the United States
    - i. If the activity is a competition or exhibition, a USAG Foreign Sanction is required.
    - ii. The final Foreign Sanction fee will be determined based upon the particulars of the event (up to \$250,000.00). Do not send any invitations (foreign or domestic) until the USAG Member Services department has notified you that approval has been granted.
    - iii. Higher sanction fees may be assessed for galas or exhibitions depending upon the level of the participating athletes.
    - iv. After receiving the Foreign Sanction Request form, USA Gymnastics will initiate contact with the foreign federation to request their approval for their athletes/coaches to participate.
    - v. Meet Directors may request to invite an unlimited number of countries, if the list of countries is submitted at the same time with the original Foreign Sanction request.
      - An additional request for adding countries after the original request has been processed will result in additional fee.
      - A request for adding countries must be received a minimum of 11 business days before event.
    - vi. All foreign athletes/coaches/judges must become USAG members.
      - [Click here](#) for the Accident Insurance Report Form

- [Click here](#) to request for Certificate of Insurance

#### **G. Types of Competition**

1. Competitions give participants the opportunity to demonstrate their skill level and aid in their development through score-based achievement.
2. All official competitions must have a valid sanction obtained by a Meet Director.
3. Only USAG Organization Members may hold official competitions. All participants at official competitions must hold valid membership as described in Section I.
4. Coaches and judges must meet the minimum certification requirements required as stated in the certification section (*Section VII & VIII*) of the Rules & Policies.
5. The competitive season begins on August 1 of each year.
6. All Trampoline & Tumbling competitions including invitationals are required to be scheduled to finish by 10:00pm. In the event of an extenuating circumstance, the final flight should start no later than 10:00 pm.
7. There are three types of competitions: Invitational, Eligibility, and Mobility.
8. Please refer to Section IX for competition guidelines for all types of competitions.

#### **H. Membership Credential Documentation Requirements for all USAG Sanctioned Competitions and Events**

1. All participating USAG members must present a valid and current copy of their membership card at the time of event "check in" to be able to participate in any USAG sanctioned competition or event.
2. At meets or events that do not have a formal credentialing process, the membership card shall act as confirmation that all requirements are met to be eligible to participate as a participating member.
3. At events that issue credentials, the membership card shall be carried with the credential and becomes a required part of the credentialing process.

## I. Equipment Specifications

Meet Directors are expected to provide equipment that meets at least the Minimum Specifications described in the right-hand column below as a condition of sanction. Meet Directors should aim for the Full Specifications described on the left, especially for elite-level competition.

It is suggested that any equipment not meeting the Full Specifications are outlined in the meet directives to ensure that all participants are aware.

It is understood that from time-to-time, unexpected situations arise in transit or onsite. In this case, it is a requirement for Meet Directors to conduct a coaches' meeting as soon as possible before each session to present possible solutions. If this is not acceptable to participants and they need to withdraw because of equipment limitations, it is suggested that a partial or full refund be considered.

### **Ideal / Full Specifications**

Equipment that is not listed in the FIG Equipment Norms or the Rules & Policies is not allowed and will result in the interruption of a routine, unless approved by the Trampoline & Tumbling Program Committee.

1. Trampoline apparatus
  - a. Trampoline Levels 1-4
    - i. A 6' x 12' trampoline with a 1"-2" string bed is permitted. It must have proper frame pads and safety platforms (end decks)
    - ii. Carpet-bonded foam or equal thickness matting at least 6' wide is required to cover the entire length of the trampoline sides to the end of each end deck.
  - v. 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.

### **Minimum Specifications**

Equipment that is not listed in the FIG Equipment Norms or the Rules & Policies is not allowed and will result in the interruption of a routine, unless approved by the Trampoline & Tumbling Program Committee.

1. Trampoline apparatus
  - a. Trampoline Levels 1-4
    - i. A 6' x 12' trampoline with a 1"-2" string bed is permitted. It must have proper frame pads and safety platforms (end decks)
    - ii. Carpet-bonded foam or equal thickness matting at least 5' wide is required to cover the entire length of the trampoline sides to the end of each end deck. Exceptions include:
    - iii. Other padded surfaces (e.g., adjacent trampolines, other matting) may replace the carpet bonded foam.
    - iv. If there is a wall immediately adjacent to the trampoline, this is acceptable but must be padded with a minimum of carpet bonded foam.
  - v. 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.

## Ideal / Full Specifications

These mats must be fixed to each other and the end deck frame.

- vi. When trampolines are end-to-end, the end decks must be flush with no gaps. The outside end decks 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.

## Minimum Specifications

These mats must be fixed to each other and the end deck frame. Exceptions include:

- Other matted or protective surfaces may replace the matting.
  - If there is a wall within the limits of the matting specifications, this is acceptable so long as it is either directly against the trampoline, or enough distance for a spotter to safely stand. Any protruding surfaces (e.g., pillars, other gymnastic equipment) must be padded with a minimum of carpet bonded foam.
- vi. The outside end decks 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. Exceptions include:
    - Other types of matting or protective surfaces may replace the matting. At least some area part trampoline needed (short end) before a wall.
    - If there is a wall within the limits of the matting specifications, this is acceptable so long as it is either directly against the trampoline, or enough distance for a spotter to safely stand.
    - Any protruding surfaces (e.g., pillars, other gymnastic equipment) must be padded with a minimum of carpet bonded foam and must not restrict the ability of a spotter to spot.



## Ideal / Full Specifications

- b. Trampoline Levels 5-Elite
  - i. Trampoline frame
    - Interior measurements of the frame, with bed under tension, but without frame pads:
      - Length: 16.5' +/- 2"
      - Width: 9.5' +/- 2"
      - Height of bed from floor: 3.8' +/- 2"
    - An in-ground trampoline may be used provided the trampoline meets all the requirements listed. For safety reasons the frame must have rounded edges or be built into a permanent surface, and all anchor points must be fully padded.
  - ii. Trampoline bed
    - Dimensions of the bed under tension, ready for use:
      - Length: 15.8' +/- 2"
      - Width: 7' +/- 2"
    - The bed must be constructed from light colored bands, webs, strings, etc., which must be held together in such a way that they are not displaced during use.
  - iii. Web construction:
    - The bed must be constructed from light colored bands, webs, strings, etc., which must be held together in such a way that they are not displaced during use.
    - Width of web under tension: 0.2" +/- 0.5"
    - Distance between any two webs: 0.6" (maximum)

## Minimum Specifications

- b. Trampoline Levels 5-Elite
  - i. Trampoline frame
    - Interior measurements of the frame, with bed under tension, but without frame pads:
      - Length: 16.5' +/- 2"
      - Width: 9.5' +/- 2"
      - Height of bed from floor: 3.8' +/- 2"
    - An in-ground trampoline may be used provided the trampoline meets all the requirements listed. For safety reasons the frame must have rounded edges or be built into a permanent surface, and all anchor points must be fully padded.
  - ii. Trampoline bed
    - Dimensions of the bed under tension, ready for use:
      - Length: 15.8' +/- 2"
      - Width: 7' +/- 2"
    - The bed must be constructed from light colored bands, webs, strings, etc., which must be held together in such a way that they are not displaced during use.

## Ideal / Full Specifications

- iv. String construction:
  - Width of strings under tension: 1" +/- 0.5'
  - Distance between any two strings 0.4"
  - The bed must be strong enough to withstand wear, and not tear when in use.
  - The jumping zone must be marked out clearly in red in the center of the trampoline bed.
  - Length: 7' +/- 1"
  - Width: 3.5' +/- 1"
  - The center of the bed is indicated with a red cross.
  - Dimensions: 2.3' +/- 1"
- v. Suspension (all Levels)
  - The tension of the bed should be such that the bed stabilizes within one second after contact.
  - The bed must be suspended with springs in such a way as to present no danger to the users.
  - The area beneath the bed must be free of obstruction.
  - The trampoline must be constructed so that the competitor will not touch any part of the frame beneath the bed.
- vi. HD markings
  - Two rectangular areas must be marked out clearly in red lines. Each area must be symmetrically oriented to the middle of the bed. The width of the delimitation lines must be 0.5". The lines belong to the marked areas:

## Minimum Specifications

- iv. String construction:
  - The bed must be strong enough to withstand wear, and not tear when in use.
  - The jumping zone must be marked out clearly in red in the center of the trampoline bed.
  - Length: 7' +/- 1"
  - Width: 3.5' +/- 1"
  - The center of the bed is indicated with a red cross.
  - Dimensions: 2.3' +/- 1"
- v. Suspension (all Levels)
  - The bed must be suspended with springs in such a way as to present no danger to the users.
  - The area beneath the bed must be free of obstruction.
  - The trampoline must be constructed so that the competitor will not touch any part of the frame beneath the bed.
- vi. HD markings
  - Two rectangular areas must be marked out clearly in red lines. Each area must be symmetrically oriented to the middle of the bed. The width of the delimitation lines must be 0.5". The lines belong to the marked areas:

## Ideal / Full Specifications

- Area A (rectangle 0.7' x 0.35'):  
The delimitation lines for area A shall not only define the rectangle area but shall also be continued to the end of the bed (see figure).  
Length (cl1, cl2, cl3, see figure) 215 +/- 4 cm with:  
max (cl1, cl2, cl3) – min (cl1, cl2, cl3) < 2 cm.  
Width (dw1, dw2, dw3, see figure) 108 +/- 4 cm with:  
max (dw1, dw2, dw3) – min (dw1, dw2, dw3) < 1.”
  - Area B (quadratic 0.35' x 0.35')  
Length (el1, el2, el3, see figure) 108 +/- 4 cm with:  
max (el1, el2, el3) – min (el1, el2, el3) < 2 cm.  
Width (dw1, dw2, dw3, see figure) 108 +/- 4 cm with:  
max (dw1, dw2, dw3) – min (dw1, dw2, dw3) < 1.”  
The center of the bed must be indicated by a red cross.
- c. Safety padding
- i. The frame and springs must be entirely covered by a shock absorbent padding. The maximum thickness must not be greater than 2”. The padding must not cover any part of the bed.
  - ii. The padding should be firmly fixed to the frame so as not to hinder the normal action of the bed and springs, nor should it cause noise during a routine.

## Minimum Specifications

- Area A (rectangle 0.7' x 0.35'):  
The delimitation lines for area A shall not only define the rectangle area but shall also be continued to the end of the bed (see figure).  
Length (cl1, cl2, cl3, see figure) 215 +/- 4 cm with:  
max (cl1, cl2, cl3) – min (cl1, cl2, cl3) < 2 cm.  
Width (dw1, dw2, dw3, see figure) 108 +/- 4 cm with:  
max (dw1, dw2, dw3) – min (dw1, dw2, dw3) < 1.”
  - Area B (quadratic 0.35' x 0.35')  
Length (el1, el2, el3, see figure) 108 +/- 4 cm with:  
max (el1, el2, el3) – min (el1, el2, el3) < 2 cm.  
Width (dw1, dw2, dw3, see figure) 108 +/- 4 cm with:  
max (dw1, dw2, dw3) – min (dw1, dw2, dw3) < 1.”  
The center of the bed must be indicated by a red cross.
- c. Safety padding
- i. The frame and springs must be entirely covered by a shock absorbent padding. The maximum thickness must not be greater than 2”. The padding must not cover any part of the bed.
  - ii. The padding should be firmly fixed to the frame so as not to hinder the normal action of the bed and springs.

## Ideal / Full Specifications

- iii. The bottom of the padding at the side of the bed should not protrude above the level of the bed by more than 2".
- d. Safety platform (end decks)
  - i. Platforms must be placed at both ends of the trampoline. The platforms must be made of a framework that is firmly attached to the trampoline. The platforms must be constructed so that they are shock absorbent. The surfaces must be covered with a shock absorbent mat, and firmly fixed to the platforms.
  - ii. Safety platform (end deck) mats must have the following dimensions:
    - Length: 10' +/- 1"
    - Width: 6.6' +/- 1"
    - Thickness at the bedside: 2.5" +/- 1"
    - Thickness at the end: 7" +/- 3"
  - iii. The platform dimensions must be such that the mats are sufficiently supported to ensure that, they support the weight of the competitor without collapsing or folding upon landing.
  - iv. The mats covering the platforms must extend to the edge of the bed (covering the springs).
  - v. The base of any wheel stands must also be covered with padding.
- e. Spotter mats (throw-in mats)
  - i. Spotter mats must be constructed of medium density foam and covered with a material that will slide easily.

## Minimum Specifications

- iii. The bottom of the padding at the side of the bed should not protrude above the level of the bed by more than 2".
- d. Safety platform (end decks)
  - i. Trampoline competitions and clinics utilizing inground trampolines are not required to have end deck platforms. Other padded or protective surfaces (e.g., adjacent trampolines, other matting) may replace the end deck area. If there is a wall within the limits of the end deck measurement specifications, this is acceptable but must be padded with a minimum of carpet bonded foam. Any protruding surfaces (e.g., pillars, other gymnastic equipment) must be padded with a minimum of carpet bonded foam.
  - ii. Safety platform (end deck) mats must have the following dimensions:
    - Length: 10' +/- 1"
    - Width: 6.6' +/- 1"
    - Thickness at the bedside: 2.5" +/- 1"
    - Thickness at the end: 7" +/- 3"
  - iii. The platform dimensions must be such that the mats are sufficiently supported to ensure that, they support the weight of the competitor without collapsing or folding upon landing.
  - iv. The mats covering the platforms must extend to the edge of the bed (covering the springs).
  - v. The base of any wheel stands must also be covered with padding.
- e. Spotter mats (throw-in mats)
  - i. Spotter mats must be constructed of medium density foam and covered with a material that will slide easily.

## Ideal / Full Specifications

- Length: 5.6' +/- 1'
  - Width: 3.3' +/- 4"
  - Thickness: 4" +/- 1"
- ii. It is recommended that the athlete's personal coach hold the spotter mat. This mat may be held on either side of the trampoline.
  - iii. The mats must be provided with two handles on one side of the mat.
- f. Safety mats on the ground:
- i. Level 1-5: Carpet-bonded foam or equal thickness matting at least 6' wide is required to cover the entire length of the trampoline sides to the end of each end deck.
  - ii. Level 6-7: 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. Carpet-bonded foam or equal thickness matting at least 6' wide is required to cover the entire length of the trampoline sides to the end of each end deck.
  - iii. Level 8-Open: 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. All matting must meet FIG dimensions and be strictly adhered together.

## Minimum Specifications

- Recommended length: 5.6' +/- 1'
  - Recommended width: 3.3' +/- 4"
  - Recommended thickness: 4" +/- 1"
- ii. It is recommended that the athlete's personal coach hold the spotter mat. This mat may be held on either side of the trampoline.
- f. Safety mats on the ground:
- i. Level 1-5: Carpet-bonded foam or equal thickness matting at least 6' wide is required to cover the entire length of the trampoline sides to the end of each end deck.
  - ii. Level 6-Open:
    - 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. Exceptions include:
      - Other matted or protective surfaces with a minimum of carpet bonded foam may replace the matting.
      - If there is a wall within the limits of the matting specifications, this is acceptable so long as it is either directly against the trampoline, or enough distance for a spotter to safely stand. Any protruding surfaces (e.g., pillars, other gymnastic

## Ideal / Full Specifications

## Minimum Specifications

- equipment) must be padded with a minimum of carpet bonded foam.
  - If there is another trampoline within the limits of the matting specifications, this is acceptable.
  - Carpet-bonded foam or equal thickness matting at least 6' wide is required to cover the entire length of the trampoline sides to the end of each end deck.
- iii. Elite: Matting of at least 5" thick and 6' wide is required to cover the entire length of the trampoline sides to the end of each end deck. Exceptions include:
- Other adequately padded or protective surfaces (e.g., adjacent trampolines, other matting) may replace the matting.
  - If there is a wall immediately adjacent to the trampoline, this is acceptable.
- iv. Elite 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. Exceptions include:
- Other matted or protective surfaces may replace the matting.
  - If there is a wall within the limits of the matting specifications, this is acceptable. Any protruding surfaces (e.g., pillars, other gymnastic equipment) must be

## Ideal / Full Specifications

- v. When trampolines are end-to-end, the end decks must be flush with no gaps. The outside end decks 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.
  
- g. Synchronized Trampoline competition
  - i. During synchronized competitions, the trampolines must be parallel and not staggered. The distance between them, measured from the other edges of the frames, must be 5'.
  
- h. Height of the hall
  - i. The interior height of the hall in which trampoline competitions take place must be:
    - Levels 1-7: Minimum 23'
    - Levels 8-Elite: Minimum 32'
  - ii. In ground trampolines are measured from the surface of the bed
    - Levels 1-7: Minimum 19.5'
    - Levels 8-Elite: Minimum 23'

## Minimum Specifications

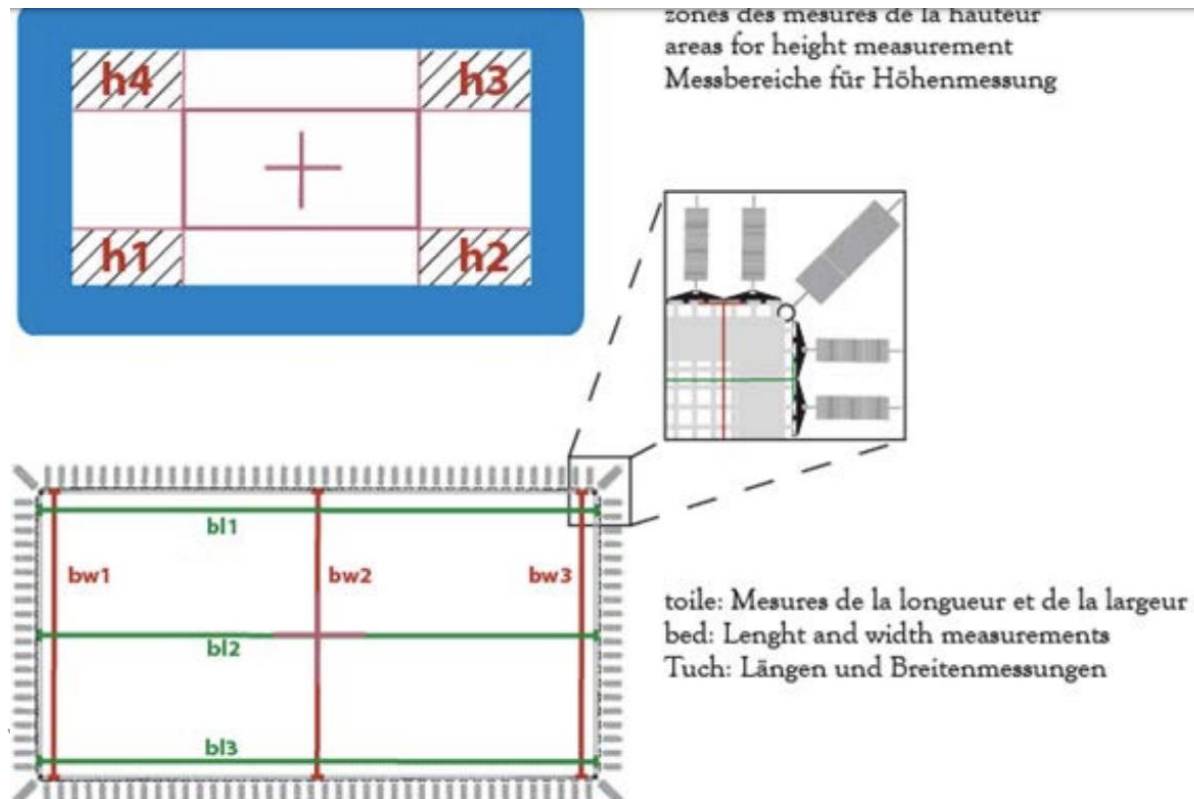
- v. padded with a minimum of carpet bonded foam. When trampolines are end-to-end, the outside end decks must have a minimum of two (2) 5' x 10' x 8" mats behind the end decks on the floor. These mats must be fixed to each other and the end deck frame. Exceptions include:
  - Other types of matting or protective surfaces may replace the matting.
  - If there is a wall within the limits of the matting specifications, this is acceptable. Any protruding surfaces (e.g., pillars, other gymnastic equipment) must be padded with a minimum of carpet bonded foam.
  
- g. Synchronized Trampoline competition
  - i. During synchronized competitions, the trampolines must be parallel and not staggered. The trampolines must either be directly connected to each other or with a stable surface at the same height as the trampoline or the distance between them must be enough distance for a spotter to safely stand.
  
- h. Height of the hall
  - i. The interior height of the hall in which trampoline competitions take place must be:
    - Levels 1-7: Minimum 18'
    - Levels 8-Open: Minimum 23'
    - Elite: Minimum 23'
  - ii. In ground trampolines are measured from the surface of the bed
    - Levels 1-7: Minimum 16'
    - Levels 8-Elite: Minimum 19'

## Ideal / Full Specifications

- iii. Judging panel placement
- The judges panel must be placed such that it is at a minimum of 5' from the proximal side of the trampoline or a maximum of 16' from the proximal side of the trampoline.
  - The judges panel for trampoline must be set to the side of the trampoline, with the center of the panel no more than 2' left or right of the trampoline center.
  - The panel must be raised a minimum of 2' from the floor and is permitted to be raised to a maximum of 6'.

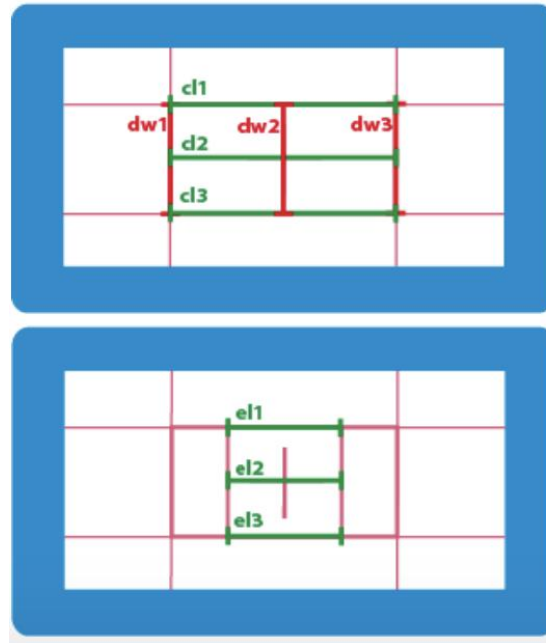
## Minimum Specifications

- iii. Judging panel placement
- The judges panel must be placed on the proximal side of the trampoline, preferably 5-16' from the proximal side of the trampoline.
  - The judges panel for trampoline must be set to the side of the trampoline, preferably with the center of the panel no more than 2' left or right of the trampoline center.
  - Where above ground trampolines are used, the panel must be raised between 2-6' from the floor. Where inground trampolines are used, the panel may be positioned on the floor.





## Ideal / Full Specifications



## Minimum Specifications

secteur A: Mesures de la longueur et de la largeur  
 area A: Length and width measurements  
 Fläche A: Längen und Breitenmessungen

secteur B: Mesures de la longueur  
 area B: Length measurements  
 Fläche B: Längenmessungen

2. Tumbling
  - a. Tumbling track
    - i. Levels 1-3: Minimum of a single layer mat, 60' long, 6' wide and 1" thick.
    - ii. Levels 4-Elite: A tumbling track constructed with a sprung surface, which must be padded. If constructed of several units, the units must be firmly fixed together so they will not separate during use. They must not show any space between them. Flexi rolls may NOT be used to cover any layer of the tumbling surface.
    - iii. Dimensions:
      - Length: 85' +/- 4'
      - Width: 6' +/- 1"
    - iv. Markings

2. Tumbling
  - a. Tumbling track
    - i. Levels 1-3: Minimum of a single layer mat, 40' long, 6' wide and 1" thick.
    - ii. Levels 4-Elite: A tumbling track constructed with a sprung surface, which must be padded. If constructed of several units, the units must be firmly fixed together so they will not separate during use. They must not show any space between them. Flexi rolls may NOT be used to cover any layer of the tumbling surface.
    - iii. Dimensions:
      - Length: minimum 78'
      - Width: 6' +/- 1"
    - iv. Markings

## Ideal / Full Specifications

- Two lines, 2" wide in a contrasting color must mark the outer edge (boundary) of the track.
  - Distance (incl. lines): 5' +/- 1'
  - A centerline, 2" wide in a contrasting color, must mark the centerline on the tumbling track.
- b. Springboard
- i. There are no restrictions on the type of springboard or where the springboard is placed on the run up or tumbling floor.
- c. Landing area
- i. A shock absorbent surface must be used on the landing area to allow for a stable landing on the feet.
- ii. If two or more mats are joined together longitudinally to form the landing area:
- They must have the same height and density.
  - They must be held firmly together so as not to separate in use.
  - A competitor may use an additional landing mat on top of the landing area (see g (Sting Mat) below).
- iii. Dimension of the landing area:
- Length: 19.5' minimum
  - Width: 10' minimum
  - Thickness: 1' +/- 2"
- d. Landing zone
- i. A landing zone must be marked out in the landing area with either the whole zone in a contrasting color or with lines 2" wide in a contrasting color. The outer edge of the landing zone (or lines) marks the boundary of the landing zone.
- ii. Dimensions of the landing zone must be:

## Minimum Specifications

- Two lines, 2" wide in a contrasting color must mark the outer edge (boundary) of the track.
  - Distance (incl. lines): 5' +/- 1"
  - A centerline, 2" wide in a contrasting color, must mark the centerline on the tumbling track.
- b. Springboard
- i. There are no restrictions on the type of springboard or where the springboard is placed on the run up or tumbling floor.
- c. Landing area
- i. A shock absorbent surface must be used on the landing area to allow for a stable landing on the feet.
- ii. If two or more mats are joined together longitudinally to form the landing area:
- They must have the same height and density.
  - They must be held firmly together so as not to separate in use.
  - A competitor may use an additional landing mat on top of the landing area (see g (Sting Mat) below).
- iii. Dimension of the landing area:
- Length: 19.5' minimum
  - Width: 10' minimum
  - Thickness: 1' +/- 2"
- d. Landing zone
- i. A landing zone must be marked out in the landing area with either the whole zone in a contrasting color or with lines 2" wide in a contrasting color. The outer edge of the landing zone (or lines) marks the boundary of the landing zone.
- ii. Dimensions of the landing zone must be:

## Ideal / Full Specifications

- Length: 13' +/- 1"
- Width: 6.5' +/- 1"
- iii. The velcro strip connecting the tumbling floor to the landing zone is considered part of the tumbling floor and part of the landing zone. A line should delineate the tumbling floor from the landing zone.
- e. Run-up
  - i. There must be a run up area (same level as tumbling track) prior to the tumbling track.
    - Length: 33' +/- 40"
    - Width: minimum 40"
- f. Safety mats
  - i. Level 8-Elite, carpet-bonded foam or equal thickness matting is required to cover the entire length of the tumbling track to the front of the landing area.
  - ii. Side mats are required to be 6' wide.
- iii. One 5' x 10' x 8" mat is required on the floor beyond the back of the landing area. This mat should be "tethered/velcro adhered" to the landing area.

## Minimum Specifications

- Length: 13' +/- 1"
- Width: 6.5' +/- 2"
- iii. The velcro strip connecting the tumbling floor to the landing zone is considered part of the tumbling floor and part of the landing zone. A line should delineate the tumbling floor from the landing zone.
- e. Run-up
  - i. There must be a run-up of minimum 20' prior to the tumbling track. It must be the same level as the tumbling track.
- f. Safety mats
  - i. Level 8-Elite, carpet-bonded foam or equal thickness matting is required to cover the entire length of the tumbling track to the front of the landing area.
  - ii. Side mats are required to be 5' wide. Exceptions include:
    - Other padded surfaces may replace the carpet bonded foam.
    - If there is a wall within the limits of the matting specifications, this is acceptable. Any protruding surfaces (e.g., pillars, other gymnastic equipment) must be padded with a minimum of carpet bonded foam.
  - iii. One 5' x 10' x 8" mat is required on the floor beyond the back of the landing area. This mat should be "tethered/velcro adhered" to the landing area. Exceptions include:
    - If the landing area backs into a wall, then an 8" mat may be placed vertically against the wall.

## Ideal / Full Specifications

- g. Sting mat / 4" mat
    - i. Only mats that are firmly adhered or attached to the full landing area may be used. Mats must have velcro attachments or must be a complete covering of the landing area (with zone markings). The landing zones must be clearly visible.
  - h. Height of the hall
    - i. The interior height of the hall in which tumbling competitions take place must be:
      - Levels 1-Elite minimum 16'
  - i. Judging panel placement
    - i. The judges panel must be placed such that it is at a minimum of 6' from the proximal side of the tumbling surface and a maximum of 16' from the proximal side of the tumbling surface.
    - ii. The placement of the tumbling panel must be no closer than 40' from the start of the tumbling surface and no farther than 52' from the start of the tumbling surface.
3. Double Mini Trampoline
- a. Frame
    - i. No metal bars or other firm fixing are allowed across the ends of the double mini trampoline other than at floor level.
    - ii. The profile of the frame must have rounded edges.
  - b. Safety padding

## Minimum Specifications

- Other matted surfaces may replace the matting.
  - If there is a wall within the limits of the matting specifications, this is acceptable. Any protruding surfaces (e.g., pillars, other gymnastic equipment) must be padded with a minimum of carpet bonded foam.
- g. Sting mat / 4" mat
    - i. Only mats that are firmly adhered or attached to the full landing area may be used. Mats must have velcro attachments or must be a complete covering of the landing area (with zone markings). The landing zones must be clearly visible.
  - h. Height of the hall
    - i. The interior height of the hall in which tumbling competitions take place must be:
      - Levels 1-Elite minimum 13'
  - i. Judging panel placement
    - i. The judges panel must be placed on the proximal side of the tumbling surface, preferably 5-16' from the proximal side of the tumbling surface.
    - ii. The placement of the tumbling panel should preferably be 40-52' from the start of the tumbling surface.
3. Double Mini Trampoline
- a. Frame
    - i. No metal bars or other firm fixing are allowed across the ends of the double mini trampoline other than at floor level.
    - ii. The profile of the frame must have rounded edges.
  - b. Safety padding

## Ideal / Full Specifications

- i. 8" matting measuring a minimum of 4' x 6' is required to cover the floor the entire length of the double mini trampoline sides.
- ii. Carpet-bonded foam or equal thickness matting measuring a minimum of 20" x the length of the landing area is required, positioned both sides of the landing area.
- iii. One 5' x 10' x 8" mat is required on the floor beyond the back of the landing area. This mat should be tethered/velcro adhered to the landing area.

## Minimum Specifications

- i. 8" matting measuring a minimum of 4' x 6' is required to cover the floor the at the sides of the double mini trampoline. Exceptions include:
  - Other padded surfaces may replace the carpet bonded foam.
  - If there is a wall within the limits of the matting specifications, this is acceptable so long as it is enough distance for a spotter to safely stand. Any protruding surfaces (e.g., pillars, other gymnastic equipment) must be padded with a minimum of carpet bonded foam.
- ii. Carpet-bonded foam or equal thickness matting measuring a minimum of 20" x the length of the landing area is required, positioned both sides of the landing area. Exceptions include:
  - Other padded surfaces may replace the matting.
  - If there is a wall within the limits of the matting specifications, this is acceptable. Any protruding surfaces (e.g., pillars, other gymnastic equipment) must be padded with a minimum of carpet bonded foam.
- iii. One 5' x 10' x 8" mat is required on the floor beyond the back of the landing area. This mat should be "tethered/velcro adhered" to the landing area. Exceptions include:
  - Other matted surfaces may replace the matting.
  - If there is a wall within the limits of the matting specifications, this is acceptable. Any protruding

## Ideal / Full Specifications

- iv. The frame and springs must be entirely covered by shock absorbent padding, the maximum thickness of which must not be greater than 2". The padding must not cover any part of the bed.
  - v. The padding should be firmly fixed to the frame without hindering the normal action of the bed and springs, nor should it cause noise during the pass.
  - vi. The bottom of the padding at the sides of the bed should not protrude above the level of the bed by more than 2".
  - vii. The bars beneath the bed must be padded. The frame ends on the dismount end must be covered with 2" pads firmly joined together with the other padding.
  - viii. Sting/spotter mats may not be used in the landing area during competition.
- c. Bed
- i. The bed must be constructed from light colored bands, webs, strings, etc., which must be held together in such a way that they are not displaced during use.
  - ii. Dimensions of the bed under tension:
    - Length: 9.5' +/- 2"
    - Width: 3' +/- 1"
  - iii. Height of the bed from the floor under tension:
    - Mounting end: 1.5' +/- 0.5'
    - Dismount end: 2.3' +/- 0.5'
    - Width of the web under tension: 0.1" min 0.5 max
    - Width of the strings under tension: 0.1 +/- 0.05"

## Minimum Specifications

- surfaces (e.g., pillars, other gymnastic equipment) must be padded with a minimum of carpet bonded foam.
- iv. The frame and springs must be entirely covered by shock absorbent padding, the maximum thickness of which must not be greater than 2". The padding must not cover any part of the bed.
  - v. The padding should be firmly fixed to the frame without hindering the normal action of the bed and springs, nor should it cause noise during the pass.
  - vi. The bottom of the padding at the sides of the bed should not protrude above the level of the bed by more than 2".
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- i. The bed must be constructed from light colored bands, webs, strings, etc., which must be held together in such a way that they are not displaced during use.
  - ii. Dimensions of the bed under tension:
    - Length: 9.5' +/- 2"
    - Width: 3' +/- 1"
  - iii. Height of the bed from the floor under tension:
    - Mounting end: 1.5' +/- 0.5'
    - Dismount end: 2.3' +/- 0.5'

## Ideal / Full Specifications

- iv. The strands of the webbing (strings) must be sewn together and the distance between any two strands must not be greater than 7.”
  - v. The center zone must be marked in red on the bed.
  - vi. The dimensions of the center zone are:
    - End markers: 5” +/- 8”
    - Center zone: 1.3’ +/- 4”
    - Distance of the center zone: 3’ +/- 8”
- d. Landing area
- i. A shock absorbent mat must be used as a landing area, and it must allow a stable landing on the feet. If two or more mats are joined together longitudinally to form the landing area:
    - They must be the same height and density.
    - They must be held firmly together so as not to separate in use.  
Dimensions of the landing area must be:
      - Length: (landing mat, TRA 11) 600cm +/- 1cm
      - Width: (landing mat, TRA 11) 300cm +/- 1cm
      - Thickness: (landing mat, TRA 11) 30cm +/- 1cm
- e. Landing zone
- i. A landing zone must be marked out in the landing area with either the whole zone in a contrasting color or with lines 2” wide in a contrasting color. The outer edge of the landing zone or lines marks the boundary of the landing zone, the dimensions of which must be:
    - Length: 13’ +/- 4”

## Minimum Specifications

- v. The center zone must be marked in red on the bed.
  - vi. The dimensions of the center zone are:
    - End markers: 5” +/- 8”
    - Center zone: 1.3’ +/- 4”
    - Distance of the center zone: 3’ +/- 8”
- d. Landing area
- i. A shock absorbent mat must be used as a landing area, and it must allow a stable landing on the feet. If two or more mats are joined together longitudinally to form the landing area:
    - They must be the same height and density.
    - They must be held firmly together so as not to separate in use.  
Dimensions of the landing area must be:
      - Length: (landing mat, TRA 11) 600cm +/- 1cm
      - Width: (landing mat, TRA 11) 300cm +/- 1cm
      - Thickness: (landing mat, TRA 11) 30cm +/- 1cm
- e. Landing zone
- i. A landing zone must be marked out in the landing area with either the whole zone in a contrasting color or with lines 2” wide in a contrasting color. The outer edge of the landing zone or lines marks the boundary of the landing zone, the dimensions of which must be:
    - Length: 13’ +/- 4”

## Ideal / Full Specifications

- Width: 6.5' +/- 4"
- f. Judging panel placement
  - i. The judges panel must be placed such that it is at a minimum of 6' from the proximal side of the DMT and a maximum of 16' from the proximal side of the DMT.
  - ii. The tables must be placed in such position that all judges can critically view the DMT and full landing area.
- g. Run up
  - i. Floor mats must be provided:
    - Minimum length: 74'
    - Thickness: 1" +/- .25"
  - ii. Competitors may start their run at any point on the run up that they choose, but no further than the designated 74'. Otherwise, the routine will be interrupted.
- h. Spotter mats (throw-in mats)
  - i. Spotter mats must be constructed of medium density foam and covered with a material that will slide easily.
    - Length: 5.6' +/- 1'
    - Width: 3.3' +/- 4"
    - Thickness: 4" +/- 1"
- i. Mounting aid
  - i. In Levels 1-3 a competitor may use a panel mat, incline, or springboard as a mounting aid to mount the double mini trampoline.
- j. Height of the hall
  - i. The interior height of the hall in which double mini trampoline competitions take place must be:
    - Levels 1-Elite: Minimum 19.5'

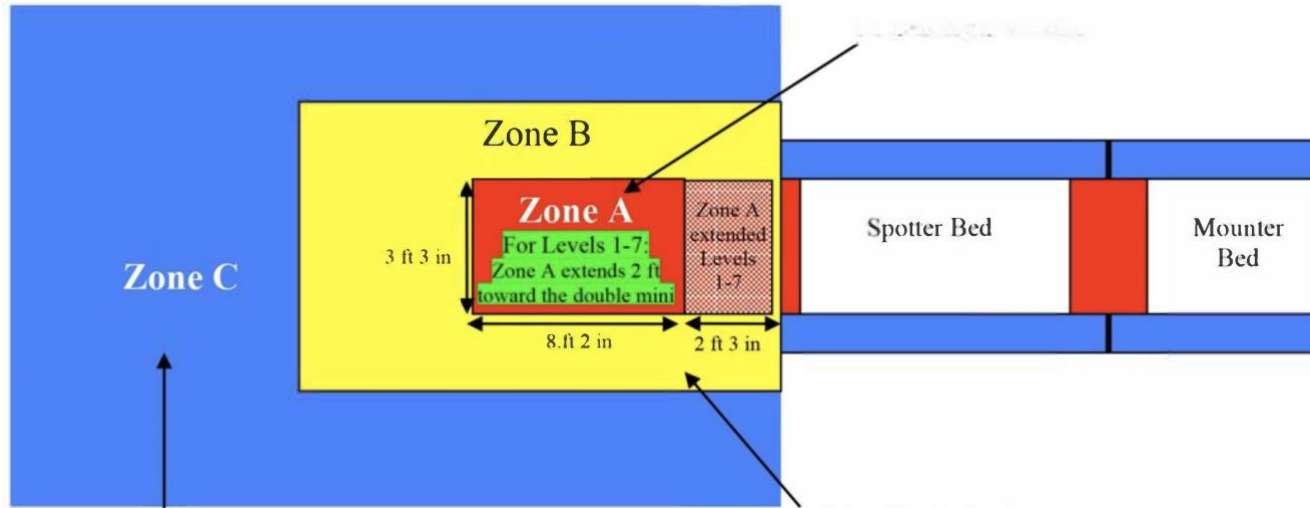
## Minimum Specifications

- Width: 6.5' +/- 4"
- f. Judging panel placement
  - i. The judge's panel must be placed on the proximal side of the DMT preferably 5-16' from the proximal side of the DMT.
  - ii. The tables must be placed in such position that all judges can critically view the DMT and full landing area.
- g. Run up
  - i. Floor mats must be provided:
    - Level 1-7:
      - Minimum length: 40'
    - Level 8-Elite:
      - Minimum length: 60'
      - Thickness: 1" +/- 0.25"
  - ii. Competitors may start their run at any point on the run up that they choose, but no further than the designated 74'. Otherwise, the routine will be interrupted.
- h. Spotter mats (throw-in mats)
  - i. Spotter mats must be constructed of medium density foam and covered with a material that will slide easily.
    - Recommended length: 5.6' +/- 1'
    - Recommended width: 3.3' +/- 4"
    - Recommended thickness: 4" +/- 1"
- i. Mounting aid
  - i. In Levels 1-3 a competitor may use a panel mat, incline, or springboard as a mounting aid to mount the double mini trampoline.
- j. Height of the hall
  - i. The interior height of the hall in which double mini trampoline competitions take place must be:
    - Levels 1-Elite: Minimum 17'



**Ideal / Full Specifications**

**Minimum Specifications**



## **J. Facilities**

1. When selecting a facility for an event a site visit (evaluation) must be performed. The site inspection should consider placement for apparatus, judges' stations, spectator seating and meet "traffic flow." Location of the competition venue, airport proximity, hotel availability, parking, public restrooms availability, athlete restroom location, vendor accommodations, concessions details, and equipment set up and tear down logistics should all be scrutinized.
2. When hosting an in-gym competition, the current layout of the facility may not provide the required equipment set-up for a competition. However, by moving equipment in the facility to a different location, these requirements may be met.
3. It is strongly recommended that State and/or Regional Championships be held in a facility capable and location appropriate venue unaffiliated with any member club. Exceptions to this recommendation may well involve legitimate logistic and financial considerations. An exception to this recommendation must be approved by the Program Director prior to any communication to membership concerning the respective competition.
4. Elite mobility meets, national qualifiers (States/Regionals), and selection events are required to utilize an electronic scoring and display system.

## **K. Sanctioned Competitions Minimum Medical Requirements**

1. 4 levels: Extreme Risk, High Risk, Moderate Risk, Low Risk:
  - a. Extreme Risk: Junior Elite, Intermediate Elite, Senior Elite and Open.
    - i. The performance of skills that pose a risk of severe or catastrophic injury, including complex or open fractures, dislocations, spinal cord injuries or deep wounds.
    - ii. Requires the following level of medical staff present during warm-up, practice, and competition:
      - Certified Athletic Trainer (ATC), EMT, Paramedic, Sports Med Fellowship trained MD/DO, or Sports Certified Physical Therapist (PT, SCS), or
      - A licensed medical professional who has competence in all the following skills:
        - Assessment and stabilization of the cervical spine and spineboarding.
        - Assessment and stabilization of fractures (including open fractures) and dislocations.
        - Ability to determine, through use of a validated tool, whether a concussion has occurred.
        - Advanced first aid to control bleeding from deep wounds.
        - CPR with AED certification.
    - iii. Supplies: AED, Splints, Gauze pads, rolled gauze, sling, advanced first aid supplies, ice cooler/bags, crutches.
    - iv. Medical staff should complete incident report forms.
    - v. For open training and competition, a minimum of 2 medical professionals who meet the requirements noted above (A.1.a.i.) are required with at least 1 practitioner for every set of equipment (a trampoline, tumbling floor, and double mini trampoline) with up to 36 athletes competing at once (not including stretching) and 2 per gym.
      - Example: up to 72 athletes on the event floor at once in one room of a convention center (with up to 2 trampolines, 2 tumbling floor and 2 double mini trampolines) and up to 72 athletes on the event floor (with up to 2 sets of equipment) in a different room of a convention center would require 4 medical staff.
      - Medical staff reserve the right to stop the training session if they are responding to an injured athlete and unable to adequately oversee the gym.

- In the event that the meet director is unable to identify a sufficient number of qualified medical professionals to cover the meet as required, the meet director should contact Taryn Moore, ATC [tmoore@usagym.org](mailto:tmoore@usagym.org) or Kim Kranz, PT [kkranz@usagym.org](mailto:kkranz@usagym.org) at least 3 weeks prior to the event to determine an appropriate plan.
- vi. For meets with 5 or less Extreme Risk athletes competing in concurrent flights, the High-Risk level of cover may be applied.
- b. High Risk: T&T: Level 10 and Youth Elite.
- i. The performance of skills that pose a risk of severe injury, including fractures, dislocations, spinal cord injuries or deep wounds.
  - ii. Requires the following level of medical staff present during warm-up, practice, and competition:
    - Certified Athletic Trainer (ATC), EMT, Paramedic, Sports Med Fellowship trained MD/DO, or Sports Certified Physical Therapist (PT, SCS), or
    - A licensed medical professional who has competence in all the following skills:
      - Assessment and stabilization of the cervical spine and spineboarding.
      - Assessment and stabilization of fractures (including open fractures) and dislocations.
      - Ability to determine, through use of a validated tool, whether a concussion has occurred.
      - Advanced first aid to control bleeding from deep wounds.
      - CPR with AED certification.
  - iii. Supplies: AED, Splints, Gauze pads, rolled gauze, sling, advanced first aid supplies, ice cooler/bags, crutches.
  - iv. Medical staff should complete incident report forms.
  - v. For open training and competition, 1 practitioner is required for every 2 sets of equipment (up to 2 trampolines, 2 tumbling floors and 2 double mini trampolines) with up to 72 athletes competing at once (not including stretching) and 1 per gym.
    - Example: up to 72 athletes on the event floor at once in one room of a convention center (with up to 2 trampolines, 2 tumbling floor and 2 double mini trampolines) and up to 72 athletes on the event floor (with up to 2 sets of equipment) in a different room of a convention center would require 2 medical staff.
    - If only one medical provider is present at the competition and is responding to an injury on the field of play, the meet director will hold the competition until the medical provider is available to respond to a subsequent incident.
    - If more than one medical provider is present, medical staff reserve the right to stop the training session if they are responding to an injured athlete and unable to adequately oversee the gym.
- c. Moderate Risk: T&T: Levels 8-9
- i. The performance of skills that pose a risk of injury likely limited to lacerations, concussions, sprains, or strains.
  - ii. Requires a medical professional with first aid training (nurse, PT, ATC, MD/DO, EMT, Paramedic) present during practice and competition.
  - iii. Prefer a medical professional who is familiar with signs and symptoms of concussion and is up to date on current concussion return to play guidelines.
  - iv. Medical staff should complete incident report forms.
  - v. For open training and competition, 1 practitioner is required for every 2 sets of equipment (up to 2 trampolines, 2 tumbling floors and 2 double mini trampolines)

- with up to 72 athletes competing at once (not including stretching) and 1 per gym.
  - Example: up to 72 athletes on the event floor at once in one room of a convention center (with up to 2 trampolines, 2 tumbling floor and 2 double mini trampolines) and up to 72 athletes on the event floor (with up to 2 sets of equipment) in a different room of a convention center would require 2 medical staff.
  - Medical practitioners reserve the right to stop the training session if they are responding to an injured athlete and unable to adequately oversee the gym.
- vi. Supplies: advanced first aid supplies with gauze pads to control bleeding, slings, ace wraps, ice cooler/bags.
- d. Low Risk: T&T – Level 7 and below
  - i. The performance of skills that pose a risk of injury likely limited to bumps, bruises, or abrasions.
  - ii. No medical personnel required. Coach or meet director should be comfortable with basic first aid.
  - iii. First Aid Kit with breakable ice packs.
  - iv. Meet director would complete incident report form.
- 2. Injury clearance criteria for an injury that occurs at a sanctioned competition when a licensed medical provider is covering the event:
  - a. During a medical evaluation following an acute injury, the evaluating medical practitioner will determine if the gymnast can return to competition/training without significant risk for increased injury.
  - b. The decision of the medical provider to remove the athlete from competition is final. No coach, parent, member of the event staff, or other medical provider who is not working the event can override the medical provider’s decision.
- 3. Encouraging or knowingly permitting an athlete to return to training prematurely following a serious injury and without clearance of a medical professional is considered physical misconduct under the SafeSport Code.
- 4. All levels are required to submit a completed basic EAP for the gym or venue. [Click here](#) for an EAP template. The EAP should be shared with the medical team and key meet personnel.
- 5. [Click here](#) to review the SafeSport requirements for medical personnel.
- 6. Medical staff are responsible for following their state’s scope of practice and practice guidelines.
- 7. How to find qualified medical personnel for your meet:
  - a. Ask parents at your gym if they have proper qualifications or know anyone in the community who does.
  - b. Search your local hospital or children’s hospital’s website for “Sports Medicine” and contact them via phone numbers or “Contact Us” form on the web page.
  - c. Call your local hospital or children’s hospital and ask for the Marketing and PR department and ask them if they have providers who would be willing to cover your event.
  - d. Utilize a web-based service that matches ATCs to events such as [Go4Ellis](#).
  - e. [Click here](#) to find a sports certified physical therapist. In the search field “Find by Specialist”, choose “Sports”.
  - f. Call your community’s fire department to see if they have EMTs or Paramedics available to work the event.
  - g. Call your local orthopedics practice and ask to speak to the practice manager to see if their sports medicine physicians will provide event coverage.
  - h. Use your search engine to search for “sports event medical professionals near me”.
- 8. There may be crossover between two or more disciplines if disciplines are competing in the same room/hall. In the instance of cross-over, the practitioner to athlete ratio defaults to the lowest ratio.

9. The sole purpose of the practitioners must be medical (e.g., they may not also be performing judging or other competition duties).
10. Practitioners must be in a strategic place that allows them to see all apparatus in the room and have a clear path of mobility to the apparatus to respond to injury in a timely way. The medical practitioner will be able to work with the meet director to determine an appropriate location.

**L. Time Exemption for Medical Staff Evaluation – Injury During Competition Preparation**

\* NOTE: This Time Exemption for Medical Staff Evaluation is to be applied for predetermined USA Gymnastics elite-level competitions only. \*

5. If a gymnast is injured in warmups, one-touch, or in preparation immediately preceding a competition session, an assessment by the competition medical staff will be prioritized and the gymnast will be moved to the end of that division's lineup for the corresponding competition session. Following medical assessment, if the athlete has been cleared to compete, they will resume their participation at the end of the competition rotation.
6. After the immediate and corresponding competition rotation, if the medical staff has provided full clearance and no further medical assessment is necessary, and if the session has not already commenced, the gymnast will be placed back into their original place in the competition lineup. If the medical staff has determined that follow-up medical assessments are necessary after each rotation, then the gymnast will remain at the end of the competition lineup for the remainder of the competition.
7. Communication regarding the athlete's status and clearance to participate will be communicated to the Meet Referee to help facilitate adjustments to the competition lineup, if applicable. It will be the responsibility of the Meet Referee to alert the Meet Director and the Chair of the Judges Panel.