

ELITE PROGRAM

ELITE
**CODE OF
POINTS**

— 2025-2029 —





Code of Points
U.S. ELITE T&T
SPECIAL REQUIREMENTS

TRAMPOLINE - TUMBLING - DOUBLE MINI

Valid from 8.1.2025 – 7.31.2026

The Fédération Internationale de Gymnastique (FIG) Code of Points is the governing document for all Elite Rules. This document contains the USA Gymnastics special requirements and policies that differ from the FIG Code. These special requirements and policies will apply at USA Gymnastics sanctioned Elite competitions and are to be used in conjunction with the FIG Code.

Code of Points
U.S. ELITE T&T EXCEPTIONS
Valid from 8.1.2025 – 7.31.26
U.S. SPECIAL REQUIREMENTS

Preface:

The following documents govern elite competition in the United States:

- FIG Code of Points
- U.S. Elite Code of Points – U.S. Special Requirements
- FIG Guide to Judging
- FIG Technical Regulations
- USA Gymnastics Rules and Policies: Sections I, IV & VI
- FIG Apparatus Norms

This document establishes the rules and guidelines for domestic elite-level events, ensuring consistency and fairness in competition. In instances where the rules outlined in this document are unclear or do not specifically address a situation, the FIG Code of Points or FIG Technical Regulations will serve as the definitive reference for rule interpretation and application. This ensures alignment with international standards and provides a clear framework for judging and scoring in cases where domestic regulations may be ambiguous or incomplete.

1. Elite Competitive Divisions

- 1.1. Youth Elite (Age 11-12)
- 1.2. Youth Elite (Age 13-14)
- 1.3. Junior Elite (Age 15-16)
- 1.4. Intermediate Elite (Age 17-21)
- 1.5. Senior Elite (Age 17+)

2. Competition Cards

- 2.1. Failure to submit a completed competition card (completely filled out using the FIG numeric system and difficulty values) by the specified time and place, will result in an athlete not being allowed to start until it is submitted.
- 2.2. Changes to the elements written on the competition card are permitted without penalty.

3. Dress Code

- 3.1. Bandages or support pieces must be a solid color, tan, black or white.
- 3.2. Undergarments of any type must not be visible.
- 3.3. Head coverings are permitted, provided they are snug, secure, and do not pose a safety risk. The covering must fully conform to the head without loose or flowing material that could impede performance or cause entanglement. Accessories such as headbands, hats, or other non-skin-tight headwear are not permitted.
- 3.4. The wearing of jewelry or watches is not permitted. All rings without gemstones, piercings and permanent jewelry may be taped to the body and worn without penalty. If outside of the leotard, the covering must be tape affixed to the body. Untaped rings, permanent jewelry or uncovered piercings would constitute a major violation, and the athlete would not be allowed to start. All tape/covering must be tan, black or white.
- 3.5. The athlete dress code should be followed during all training, warm-up and competition. Any violation of Rules 3.1 - 3.4 will result in a 0.2 penalty to be taken from the Total Score of each routine where the violation occurs. Major violations may result in disqualification from the round. This decision is made by the Chair of Judges Panel.
- 3.6. At sanctioned events, any violation during training and session warm-up may receive a warning. Any violation during flight warm-up or competition will result in a penalty as per Rules 3.5.
- 3.7. Male gymnasts' apparel consists of:
 - 3.7.1. Trampoline
 - 3.7.1.1. A sleeveless or short sleeved leotard or compression shirt.
 - 3.7.1.2. Gym trousers in any single color, or gym shorts with an inseam of no longer than 5".
 - 3.7.1.3. White trampoline shoes and/or white foot coverings must be worn.
 - 3.7.1.4. The foot coverings may be the same color as the gym trousers.
 - 3.7.2. Tumbling and Double Mini
 - 3.7.2.1. A sleeveless or short sleeved leotard or compression shirt.
 - 3.7.2.2. Gym shorts with an inseam of no longer than 5".
 - 3.7.2.3. White shoes and/or white foot coverings must be worn for Double Mini.
 - 3.7.2.4. White shoes and/or white foot coverings may be worn for Tumbling.
- 3.8. Female gymnasts' apparel consists of:
 - 3.8.1. Trampoline, Tumbling and Double Mini
 - 3.8.1.1. A leotard or unitard with or without sleeves (must be skintight).
 - 3.8.1.2. Long tights or shorts may be worn (must be skintight).
 - 3.8.1.3. Any other "dress" which is not skintight is not allowed.
 - 3.8.1.4. White trampoline shoes and/or white foot coverings must be worn for Trampoline and Double Mini.

3.8.1.5. White trampoline shoes and/or white foot coverings may be worn for Tumbling.

3.9. Spotters and Coaches:

3.9.1. Coaches are required to dress in attire reflecting the best image of USAG.

3.9.1.1. Collared shirt, business casual shirts or t-shirt with team logo.

3.9.1.2. Track suit, "docker style" pants.

3.9.1.3. Shorts with a professional look and no less than a 5" inch inseam are allowed in all phases of training and competition except for the elite premier (arena) session at US Gymnastics Championships.

3.9.1.4. Athletic shoes with rubberized soles.

3.9.1.5. Warm-up jackets are optional.

3.9.2. The following is NOT allowed on the field of play:

3.9.2.1. Denim

3.9.2.2. Caps or hats

3.9.2.3. Tank tops

3.9.2.4. Sleeveless shirts

3.10. Teams

3.10.1. Members of a mixed synchronized pair during all competition phases should wear complimentary uniforms with like colors.

3.11. Awards Apparel

3.11.1. The following awards attire is at the discretion of the Meet Director for each competition.

3.11.1.1. Competition attire as per Rule 3.7.1 - 3.8.1.5

3.11.1.2. Full team sponsored warm-up.

4. Judging Panels / Scoring

4.1. For all disciplines, the Meet Director may determine whether E judges will use a total score or element-by-element deductions to determine the valid E score.

4.2. Meet Directors will declare which of the scoring processes will be used to determine the final score in the meet directives. The preferred method of scoring is with three E judges.

4.2.1. Method 1: When using a total E score and three E judges. The three marks are averaged and multiplied x 2 to determine the valid E Score.

4.2.2. Method 2: When using a total E score and two E judges. The two E scores are added together to determine the valid E Score.

4.2.3. Method 3: When using the element-by-element deduction method and three E judges, the three deductions for each element are averaged and used as the total deduction for that element. The total of the valid deductions is then multiplied x 2 and taken from the maximum score (20 pts) to determine the E Score.

4.2.4. Method 4: When using the element-by-element deduction method and two E

judges, the two deductions for each element are used as the total deduction for that element. The total deductions are added together and subtracted from the maximum score (20 pts) to determine the E Score.

- 4.2.5. Method 5: When using a total E score and four E judges. The highest and Lowest E score is dropped, and the two remaining scores are added together to determine the valid E Score.
- 4.2.6. Method 6: When using the element-by-element deduction method and four E judges, the highest and lowest deduction for each element is dropped and the remaining deductions are subtracted from the maximum score (20 pts) to determine the valid E Score.
- 4.3. When using total score, all E scores must be within an allowable range. When using two E scores they must be within the allowable range for the discipline. Should the scores not be within range, the Chair of the Judges Panel will determine what is best and fairest, so the allowable range requirement is met” then “If 3 judges are used, they must be within the allowable range from the median score. If the range is not met, the Chair of the Judges Panel should instruct the judge(s) that are out of range to move within the allowable range of the median score.
- 4.4. The Chair of the Judges Panel will evaluate the scores prior to flashing to determine if the allowable range has been met. An execution score that exceeds the allowable deviation from the remaining score(s) must be brought within range.
- 4.5. On all routines, when using total E scores, the two E scores must be within the allowable range for the discipline. Should the scores not be within range, the Chair of the Judges Panel will determine what is best and fairest, so the allowable range requirement is met. If 3 judges are used, they must be within the allowable range from the median score. If the range is not met, the Chair of the Judges Panel should instruct the judge(s) that are out of range to move within the allowable range of the median score.:
 - 4.5.1. Trampoline 0.5
 - 4.5.2. Tumbling 0.5
 - 4.5.3. Double Mini 0.2
- 4.6. Missing marks
 - 4.6.1. When an E judge fails to enter deductions/score into the scoring system the following process will be used to determine the judge’s score. This decision is made by the CJP.
 - 4.6.2. Individual Competition:
 - 4.6.2.1. If a total score is used the average of the remaining marks and/or landing will be taken and used for the missing score.
 - 4.6.2.2. If element by element scoring is used, the average of the other deductions per element and/or landing will be taken for the missing deduction(s) and used for the missing marks.
 - 4.6.3. Synchronized Competition:
 - 4.6.3.1. If a total score is used, the average of the remaining mark(s) and/or landing for the same trampoline will be taken and used

- for the missing score.
- 4.6.3.2. If element by element is used, the average of the other deductions per element and/or landing from the same trampoline will be taken for the missing deduction(s).
- 4.6.4. In individual and synchronized trampoline, if the TOF/HDMD or a H Judge fails to give a score, the score will be determined through an analysis of the official video by the CJP, with the assistance of the difficulty judge or an expert assigned by the Technical Committee Chair.
- 4.6.4.1. If official video is not available, the athlete may be allowed to compete again to determine the HD score only upon approval of the Chair of the Judges Panel. For this situation only, athletes may be allowed attempts until they complete the same number of elements as in their original routine.

5. Warm-up Procedures

- 5.1. The equipment selected for the competition must be placed in the competition hall at least two hours prior to the start of the competition to enable the gymnasts to warm-up on the competition apparatus.
- 5.2. Meet Directors must declare all training session and flight warm-up procedures in competition directives.
- 5.3. Warm-up minimum requirements:

	General Training or Session Warm-up	Comparable Equipment in Adjacent Hall	Level	TRA/IND	TRA/SYN	TUM	DMT
Q1	x	x	YE/JR	3 touches	2 touches	4 touches	4 touches
	x	x	INT/SR	3 touches	2 touches	4 touches	4 touches
	x	x	15 Minute Flight Warm-up				
F1*	x	x	YE/JR	2 touches	N/A	4 touches	4 touches
	x	x	INT/SR	2 touches	N/A	4 touches	4 touches
Q1	✓	x	YE/JR	2 touches	1 touch	3 touches	3 touches
	✓	x	INT/SR	2 touches	2 touches	3 touches	3 touches
F1*	✓	x	YE/JR	1 touch	N/A	3 touches	3 touches
	✓	x	INT/SR	1 touch	N/A	3 touches	3 touches
Q1	✓	✓	YE/JR	1 touch	1 touch	2 touches	2 touches
	✓	✓	INT/SR	1 touch	1 touch	2 touches	2 touches
F1*	✓	✓	YE/JR	1 touch	N/A	2 touches	2 touches
	✓	✓	INT/SR	1 touch	N/A	2 touches	2 touches
F2	✓	✓	YE/JR	N/A	N/A	N/A	N/A
	✓	✓	INT/SR	N/A	N/A	No touch	No touch

Regular finals and F1/F2 at USA Gymnastics Championships.

5.4. Definitions:

- 5.4.1. General training: provided in the days prior to competition.
- 5.4.2. Session warm-up: provided immediately prior to a session of competition (minimum 50 minutes plus minimum 15 minutes stretch time).
- 5.4.3. 15-minute warm-up: 15 minutes per flight with no additional touches. All athletes must get the minimum number of touches noted above that are required when a general warm-up or session warm-up is not offered. At the end of the 15 minutes if there are athletes who have not received the minimum number of touches, they will be allowed to continue the warm-up time until the minimum numbers are met.
- 5.4.4. Touch warm-up: provided immediately prior to each flight of competition
 - 5.4.4.1. Trampoline: A flight warm-up is considered one 45-second touch on the competition apparatus.
 - 5.4.4.2. Tumbling and Double Mini: A flight warm-up is considered a prescribed number of warm-ups of a routine on the competition apparatus immediately prior to competition.

6. Tie Breakers

	Q1	Final Round
TRA	1. SR & IE Higher sum of the scores of the 2 routines	Higher T-score
	2. Higher T-score	Higher H-score
	3. Higher H-score	Higher D-score
	4. Higher D-score	
	SR & IE – for tie breakers 2 – 4, use the counting routine YE & JR – for tie breakers 2 – 4, apply on the second routine	
If there is still a tie, the tie will not be broken		

	Q1	Final Round
SYN	1. Higher sum of the scores of the 2 routines	
	2. Higher S-score	Higher S-score
	3. Higher H-score	Higher H-score
	4. Higher D-score	Higher D-score
	If there is still a tie, the tie will not be broken	

	Q1	Final Round (when F1 and F2 are not used)
TUM/DMT	1. Higher D-Score sum of both routines	Higher D-score sum of both routines in the final
	2. Higher of all E-score sum of both routines	Higher of all E-scores of both routines in the final
	3. Lower sum of all CJP penalties of both routines	Lower of all CJP penalties of both routines in the final
	4. Higher D-score of one routine	Higher D-score of one routine in the final
	If there is still a tie, the tie will not be broken	

		Q1	F1	F2
TUM/DMT	1.	Higher D-Score sum of both routines	Higher D-score of the routine in F1	Higher D-score of the routine in F2
	2.	Higher of all E-score sum of both routines	Higher of all E-scores in F1	Higher of all E-scores in F2
	3.	Lower sum of all CJP penalties of both routines	Lower of all CJP penalties	Lower of all CJP penalties
	4.	Higher D-score of one routine		
If there is still a tie, the tie will not be broken				

7. Inquiries

- 7.1. An inquiry can be filed by an athlete for their own score, a coach for their own athlete's score. Spectators are not allowed to participate in the inquiry process.
- 7.2. Inquiries of execution or horizontal displacement scores are not permitted, except in respect to a clerical error.
- 7.3. A difficulty inquiry and/or questions about penalties displayed can be made at the judge's table prior to approaching the meet referee about an official inquiry.
- 7.4. The Meet Referee must be notified of a possible inquiry within 5 minutes after the completion of the flight or prior to the awards presentation for the competition in question. The written inquiry and supporting video must be officially filed within 10 minutes of the verbal notification. A credit card must be submitted, or the inquiry fee may be invoiced to the appellant.
- 7.5. During the final round of competition, an intent to file an inquiry should be submitted to the Chair of the panel, the Meet Referee or Meet Director immediately if a potential error is noticed. No intentions to inquire will be accepted after awards have been presented. coaches will have 5 minutes following their intention to inquire to submit the official inquiry.
- 7.6. Coaches and athletes are not allowed to approach the Jury of Inquiry. All information must be in writing on the inquiry form and presented to the Meet Referee.
- 7.7. The inquiry form, video, a difficulty sheet, the Code of Points, judging aids, and scratch paper may be presented to the Jury. The Jury will be instructed to judge each routine as a CJP or a DD judge would do to determine the outcome of the written inquiry.
- 7.8. Inquiries must be dealt with by the Jury of Inquiry as quickly as possible and the final decision announced to concerned parties.

8. Request for Review

- 8.1. A request for review of a personal or non-personal athlete may be requested by any coach, athlete or official on the field of play. Items that may be reviewed are an athlete's difficulty or any penalties displayed for a routine.
 - 8.1.1. Review may not be requested for execution scores, time of flight or horizontal displacement.

- 8.2. All review requests must be submitted before the start of the second routine of the athlete in questions or within five (5) minutes after the final competitor in the flight has completed their routine.
 - 8.2.1. The Chair of the Judges Panel and Meet Referee may use their discretion to grant or deny the request to review. Their decision is final unless a formal inquiry is filed by the personal athlete or the personal coach of an athlete.
 - 8.2.1.1. The Chair of the Judges Panel in consultation with members of the original judges panel may review any available video including official video or video from the appropriate angle provided by the requester.
 - 8.2.1.2. Should the members of the original panel disagree on the call, the Meet Referee will determine the correct call.
- 8.3. Should there be a change to the original call, the score will be corrected to reflect the correct difficulty or penalties applied to the routine in question.
- 8.4. Reviews cannot be requested if awards have already been given
- 8.5. Awards may not be given until the final decision for the requested review is complete

9. Video

- 9.1. At invitational competitions, eligibility/mobility competitions, State and Regional Championships the organizing committee is not required to have an official video. The Jury of Inquiry may review a video submitted by the coach or athlete filing the inquiry.
- 9.2. At all national sanctioned events the organizing committee may provide official video for Levels 8-Open. The Jury of Inquiry may use this video for the inquiry process. If needed, the Jury of Inquiry may also review a video submitted by the coach or athlete filing the inquiry. Official video will be used first, the Jury of inquiry may decide to review another video, if submitted.
- 9.3. Any video used by the Jury must clearly show the issue being investigated. If the video is of inadequate quality or at an inappropriate angle to be able to render a decision, the video and inquiry may not be accepted or presented to the Jury. If the Jury determines the video to be inconclusive, the original judges' decision will be sustained.
- 9.4. In all cases for appeals the video may be viewed in real time, slow motion, and or paused as needed to determine the final decision. Each member of the jury/ will judge the routine, determining number of valid elements, difficulty awarded, any interruptions, landing deductions and/or Chair of the Judges Panel penalties and/or Difficulty Judge penalties as needed to determine the outcome of the written inquiry.
- 9.5. In all cases of request for review, the video may be viewed in real time, slow motion and or paused as needed to determine the correct call.

10. Inquiry Fee

Competition	Inquiry Fee
Local competitions	\$25.00
State Championships	\$50.00
Regional Championships	\$75.00
National Competitions	\$100.00

11. Jury of Inquiry outcomes

- 11.1. Only the issues that are submitted on the written inquiry form will be reviewed by the Jury.
- 11.2. The majority opinion of the Jury will prevail, and their decision is final. The outcome may result in raising, lowering or no change to the original score. An outcome of inconclusive is also possible and would result in the original judge's decision being sustained.
- 11.3. If the judge's panel's original decision is overturned, the athlete's score will be raised or lowered to reflect the correction, and no fee will be charged to the applicant.
- 11.4. If the judge's panel's original decision is sustained, the athlete's score will not be changed, and the meet organizer will retain and process the inquiry fee.
- 11.5. If the Jury deems the video evidence to be inconclusive, the athlete's score will not be changed, and the meet organizer will process the inquiry fee.
- 11.6. In the case of a non-personal athlete inquiry, if the Jury decides that the judges panel missed applying a specific call, the athlete's score will be raised or lowered to reflect the correction, and no fee will be charged to the applicant.
- 11.7. In the case of non-personal athlete inquiry, if the Jury decides that the judges panel made the correct call, the athlete's score will not be changed, and the meet organizer will retain and process the inquiry fee.

12. Jury of Inquiry composition

- 12.1. Local, state and regional competitions
 - 12.1.1. Meet Referee (1) or a replacement with appropriate rating designated by the Meet Referee
 - 12.1.2. Chair of Judges Panel (1) from a panel that was not involved in the original decision.
 - 12.1.3. One (1) additional judge with the appropriate rating
 - 12.1.4. All members of the Jury of Inquiry must be free of conflict of interest and not involved in the original call. They may not be on the judges panel inquired about.
- 12.2. National Competitions
 - 12.2.1. Meet Referee (1) will act as coordinator to facilitate processing of the inquiry. Duties include:
 - 12.2.1.1. Address concerns and direct the coach to first consult

- with the Chair of the Judges Panel. The Meet Referee may consult with the Chair of the Judges Panel on the coach's behalf.
- 12.2.1.2. Determine if the Inquiry was submitted within the allowable timeframe.
 - 12.2.1.3. Collect all available video and verify that the video shows the issue in question and is from the appropriate angle.
 - 12.2.1.4. Place the results on hold through the scorekeeper.
 - 12.2.1.5. Notify the judges panel of the inquiry, confirm elements performed in both routines and collect the relevant judging sheets.
 - 12.2.1.6. Verify with the panel that the video shows the athlete/routine in question.
 - 12.2.1.7. Gather additional video to confirm no repeats exist if necessary.
 - 12.2.1.8. Assemble the Jury to independently view the video(s) and provide access to rules and scratch paper.
 - 12.2.1.9. Collect and tally the Jury's decisions and oversee necessary score changes.
 - 12.2.1.10. Notifies the coach, judges panel, and scorekeeper of the Jury's decision.
 - 12.2.2. Three (3) Judges will be appointed from the Technical Committee, Junior or Senior Judges Council or FIG Judges.
 - 12.2.3. All members of the Jury of Inquiry must be free of conflict of interest and not involved in the original call. They may not be on the judges panel inquired about.
 - 12.2.4. An appointed Jury member must recuse themselves if they have a personal conflict of interest.

Code of Points
U.S. ELITE TRAMPOLINE
Valid from 8.1.2025 – 7.31.2026

U.S. SPECIAL REQUIREMENTS

At USA Gymnastics sanctioned events, in addition to FIG rules the following special requirements must be fulfilled.

1. Competition Format

Competition Phase	Who Competes	# of Routines	Starting Order
Qualification	Youth Elite 11-12 Youth Elite 13-14 Junior Elite	2 routines 1 with requirements 1 voluntary routine	Draw
Qualification	Senior Elite Intermediate Elite	2 voluntary routines, best one counts	Draw
Final	Top 8 competitors from each division	1 routine (new life)	Rank + Draw

2. Special Requirements Individual Trampoline

2.1. Requirements for Senior Elite (SE), Intermediate Elite (IE), Junior Elite (JE), Youth Elite (YE) Trampoline Qualification and Finals

Senior & Intermediate Elite	
Qualification Round	
Routine 1	Routine 2
10-element routine	10-element routine
No repeats as per Rule 3.4.2	No repeats as per Rule 3.4.2
The highest score of the two routines will be considered the total score for the Qualification	
Final Round	
Final Routine	
10-element routine	
10 different elements	
No repeats as per Rule 3.4.2	

Junior Elite	
Qualification Round	
Routine 1	Routine 2
10-element routine	10-element routine
Only one element allowed with less than 270° somersault rotation.	Maximum element difficulty 2.1
One element landing on the front or back of the body.	The degree of difficulty for repeated elements will not be counted.
One element from front or back in combination with above requirement.	No repeats as per Rule 3.4.4.
One front or back somersault with 720° of rotation, with or without twist.	
One element with a minimum of 540° of twist and a maximum of 450° of somersault rotation.	
Requirements cannot be fulfilled by combining and must be performed as separate elements. Each element meeting the requirement must be marked with an asterisk (*) on the competition card.	
No repeats as per Rule 3.4.3	
Maximum element DD 2.1	
The penalty for not meeting special requirements in the first routine will be 2.0 pts. for each violation and is taken from the total score.	
Final Round	
Final Routine	
10-element routine	
Maximum element difficulty 2.1	
No repeats as per Rule 3.4.4	

Youth Elite 13-14		Youth Elite 11-12	
Qualification Round		Qualification Round	
Routine 1	Routine 2	Routine 1	Routine 2
10-element routine	10-element routine	10-element routine	10-element routine
Only one element allowed with less than 270° somersault rotation.	Maximum element difficulty 2.1	Only one element allowed with less than 270° somersault rotation.	Maximum element difficulty 1.7.
One element landing on the front or back of the body.	The degree of difficulty for repeated elements will not be counted.	One element landing on the front of the body.	No repetition of an element as per Rule 3.4.4.

One element from front or back in combination with above requirement.	No repetition of an as element per Rule 3.4.4.	One element landing on the back of the body.	
One double front or back somersault with or without twist.		One element with 360° somersault rotation with, a minimum of 360° of twist.	
One element with a minimum of 540° twist and a maximum of 450° of somersault rotation.		Requirements cannot be fulfilled by combining and must be performed as separate elements, each element meeting the requirement must be marked with an asterisk (*) on the competition card.	
Requirements cannot be fulfilled by combining and must be performed as separate elements. Each element meeting the requirement must be marked with an asterisk (*) on the competition card.		The penalty for not meeting special requirements in the first routine will be 2.0 pts. for each violation and is taken from the total score.	
The penalty for not meeting special requirements in the first routine will be 2.0 pts. for each violation and is taken from the total score.		No repeats as per Rule 3.4.3	
No repeats as per Rule 3.4.3			
Final Round		Final Round	
Final Routine		Final Routine	
10-element routine		10-element routine	
Maximum element difficulty 2.1		Maximum element difficulty 1.7	
No repeats as per Rule 3.4.4		No repeats as per Rule 3.4.4	

3. Special Requirements Synchronized Trampoline

3.1. Requirements for Senior Elite (SE), Intermediate Elite (IE), Junior Elite (JE), Youth Elite (YE) Trampoline Qualification and Finals

Senior and Intermediate Elite	
Qualification Round	
Routine 1	Routine 2
10-element routine	10-element routine
No repeats as per Rule 3.4.2	No repeats as per Rule 3.4.2
The highest score of the two routines will be considered the total score for the Qualification	
Final Round (when offered)	
Final Routine	
10-element routine	
No repeats as per Rule 3.4.2	
Junior Elite	
Qualification Round – No finals are held	
10 element routine using the same requirements as individual trampoline Qualification Routine 2	
No repeats as per Rule 3.4.4	
Maximum element difficulty 2.1	
No finals are held	
Youth Elite 13-14	
Qualification Round – No finals are held	
10-element routine using the same requirements as for the individual trampoline Qualification routine 2	
No repeats as per Rule 3.4.4	
Maximum element difficulty 2.1	
Youth Elite 11-12	
Qualification Round – No finals are held	
10-element routine using the same requirements as for the individual trampoline Qualification routine 2	
No repeats as per Rule 3.4.4	
Maximum element difficulty 1.7	

3.2. Allowed Pairings

Allowed pairings are only as follows:

- 3.2.1. Both athletes are of the same elite division (Same gender / Mixed pair).
- 3.2.2. One athlete is a Youth Elite 11-12, and the other is a Youth Elite 13-14. The pair will compete in the Youth Elite 13-14 Division (Same gender / Mixed pair).
- 3.2.3. One athlete is a Youth Elite 13 -14, and the other is a Junior Elite. The pair will compete in the Junior Elite Division (Same gender / Mixed pair).
- 3.2.4. One athlete is Junior Elite, and the other is Intermediate Elite. The pair will compete in the Intermediate Elite Division (Same gender / Mixed pair).
- 3.2.5. One athlete is Intermediate Elite, and the other is Senior Elite. The pair will

compete in the Senior Elite Division (Same gender / Mixed pair).

3.3. Maximum Element Difficulty

Level	Maximum Element Difficulty
Junior Elite	2.1
Youth Elite 13-14	2.1
Youth Elite 11-12	1.7

If an element exceeds the maximum difficulty, the maximum difficulty allowed for that level will be awarded.

3.4. Repetition of an Element:

Trampoline Elite Repetition Rules		
General		
3.4.1.	SE, IE, JR, YE	During a routine no element may be repeated.
Qualification		
3.4.2.	SE, IE	During a routine no element may be repeated, otherwise the difficulty of the repeated element is not counted.
3.4.3.	JE, YE	A 2.0 penalty for repeated elements in the first routine for Junior Elite and Youth Elite will be taken from the total score per occurrence.
3.4.4.		The degree of difficulty for elements repeated in the second routine will not be counted.
Finals		
3.4.5.	SE, IE, JR, YE	During a routine no element may be repeated, otherwise the difficulty of the repeated element is not counted.
Determination of a Repeat		
3.4.6.	SE, IE, JE, YE	Elements having the same amount of rotation but performed in the tucked, piked and straight positions are different elements and not repetitions.
3.4.7.		Multiple somersaults (of 630° or more) having the same number of twist and somersaults will not be considered a repetition if the twist is in different phases.
3.4.8.		All multiple somersaults with the same amount of twisting rotation, performed without a recognizable pause in twisting rotation or without defined positions, will be considered as repetitions if used more than once.
3.4.9.		When an element is performed in different body positions, two factors are considered when deciding if an element is a repetition – quantity and phase of twist and quantity of somersaults. See FIG Rule 14.5

4. Finals Competition Format

- 4.1. All finals will begin with a score of zero.
- 4.2. The winner is the gymnast with the highest score in the Final competition.
- 4.3. Awards will be presented to the gymnasts ranked 1-3. The remaining places may receive awards at the discretion of the Meet Director.
- 4.4. At the USA Gymnastics sanctioned events where finals are held including

selection events and USA Gymnastics Championships, Finals will consist of:

- 4.4.1. The eight highest scores from Qualification will move forward to compete in the final.
- 4.4.2. The starting order for Finals is decided by a draw based on rank.
- 4.4.3. Gymnasts ranked 5th to 8th after Qualification will be drawn for the starting order positions 1 to 4
- 4.4.4. Gymnasts ranked 1st to 4th after Qualification will be drawn for the starting order positions 5 to 8
- 4.4.5. When 9 or more advance to the final due to a tie, places 9, 10 etc. will go first in the rotation for finals. The draw done prior to competition will be used for the remaining spots.

5. Trampoline Spotters

- 5.1. Must be current USA Gymnastics Competitive Coach, Judge, Meet Director, Organization Owner/Managing Director member, meet director approved qualified volunteer or age and physical size appropriate current athlete member.
- 5.2. If a throw mat is not utilized, one spotter is required at each corner of trampoline.
- 5.3. If a throw mat is utilized, two spotters must be on each corner of the side of the trampoline opposite the throw mat and one spotter (in addition to the spotter holding the mat) must be on the side of the trampoline with the throw in mat.
- 5.4. If a throw mat is utilized, it may be used on either side of the trampoline at the discretion of coach or athlete.
- 5.5. The dimension of this mat must adhere to the FIG Equipment Specifications.

6. Start of a Routine

- 6.1. Each gymnast will start on a signal given by the CJP.
- 6.2. After the signal has been given, the gymnast must initiate the first element within one (1) minute, otherwise there will be a penalty from the CJP as follows:
 - 6.2.1. 61 seconds: 0.2 pts
 - 6.2.2. 91 seconds: 0.4 pts
 - 6.2.3. 121 seconds: 0.6 pts
 - 6.2.4. 181 seconds: the gymnast will not be allowed to start the routine; no score will be awarded.
 - 6.2.5. After 151 seconds, either the CJP or an automatic device will send a sound warning, so gymnast and coach notice about the risk of not being allowed to start the routine. If this time limit is exceeded because of a faulty equipment or other substantial cause, no penalty will be applied. This decision is made by the Chair of the Judges Panel.
- 6.3. If there is a faulty start, the gymnast may re-start on a signal from the CJP.
- 6.4. A synchronized routine is considered as started when both gymnasts perform an element.

- 6.5. After a routine is started, talking to or giving any form of signal to a gymnast by their own spotters during the routine will result in a penalty of 0.6 pts applied only once by the CJP.
- 6.6. If gymnasts / pairs are not ready to start at the time and in the order as laid down in the start list, no score will be awarded and a designation of Did Not Start will be given

7. Scoring

- 7.1. Senior Elite, Intermediate Elite Qualification (Q1)
 - 7.1.1. The highest score of the two routines will be considered the total score for the Qualification round.
- 7.2. Junior Elite and Youth Elite Qualification (Q1)
 - 7.2.1. The total of the two routines of the qualification round will be the total score for the Qualification round.
- 7.3. Senior Elite, Intermediate Elite, Junior Elite, Youth Elite Finals
 - 7.3.1. Finals starts with a score of zero. The total of the one routine in the final round is the total score for the final.

Code of Points
U.S. ELITE TUMBLING
Valid from 8.1.2025 – 7.31.2026
U.S. SPECIAL REQUIREMENTS

At USA Gymnastics sanctioned events, in addition to FIG rules the following special requirements must be fulfilled.

1. Competition Format:

Competition Phase	Who Competes	# of Routines	Starting Order
Qualification	Youth Elite 11-12 Youth Elite 13-14 Junior Elite	2 routines	Draw
Qualification	Senior Elite Intermediate Elite	2 routines	Draw
Final	Youth Elite 11-12 Youth Elite 13-14 Junior Elite Intermediate Elite Senior Elite Top 8 Competitors from each division	2 routines (new life)	Rank + Draw
*Final 1	Senior Elite Intermediate Elite Top 8 Competitors from each division	1 routine (new life)	Rank + Draw
*Final 2	Senior Elite Intermediate Elite Top 4 Competitors from F1 from each division	1 routine (new life)	Same order as F1

*F1/F2 held at USA Gymnastics Championships only.

2. Special Requirements

- 2.1. Requirements for Senior Elite (SE), Intermediate Elite (IE), Junior Elite (JE), Youth Elite (YE)
Tumbling Qualification and Finals

Senior & Intermediate Elite	
Qualification Round	
Routine 1	Routine 2
8-element routine	8-element routine
Last (8 th) element must be a somersault	Last (8 th) element must be a somersault
No element may be repeated during the two routines of qualification as per Rules 2.4.1, 2.4.3, 2.4.4, 2.4.5	
Final Round	
Routine 1	Routine 2
8-element routine	8-element routine
Last (8 th) element must be a somersault	Last (8 th) element must be a somersault
Elements or routines from qualification may be repeated in the final. No element may be repeated during the two routines as per Rules 2.4.1, 2.4.3, 2.4.4, 2.4.7, 2.4.9	
At USA Gymnastics Championships	
F1	F2
Final 1 Routine	Final 2 Routine
8-element routine	8-element routine
Last (8 th) element must be a somersault	Last (8 th) element must be a somersault
During F1 and F2 the same element may not be repeated as per Rules 2.4.1, 2.4.3, 2.4.4, 2.4.5	
Elements or routines from qualification may be repeated in the final	
Repetitions for all rounds of competition will be determined as per Rules 2.4.10 – 2.4.13	

Junior Elite	
Qualification Round	
Routine 1	Routine 2
8-element routine	8-element routine
Last (8 th) element must be a somersault	Last (8 th) element must be a somersault
One double somersault placed anywhere in a routine.	One double somersault placed anywhere in the routine.
Must contain a minimum of four somersaults.	One somersault with a minimum of 360° of twist. May be combined with *above requirement. Must contain a minimum of four somersaults.
Maximum Element Difficulty 4.3	Maximum Element Difficulty 4.3
No repeats during the two routines of qualification as per Rules 2.4.2, 2.4.3, 2.4.4, 2.4.6	
Final Round	
Final Routine 1	Final Routine 2
8-element routine	8-element routine
Last (8 th) element must be a somersault	Last (8 th) element must be a somersault
One double somersault placed anywhere in the routine	One double somersault placed anywhere in the routine

Must contain a minimum of four somersaults	Must contain a minimum of four somersaults
Maximum Element Difficulty 4.3	Maximum Element Difficulty 4.3
Elements or routines from qualification may be repeated in the final	
No repeats as per Rules 2.4.2, 2.4.3, 2.4.4, 2.4.8, 2.4.9.	
If an element exceeds the maximum difficulty, the maximum allowed at that level will be awarded.	
Repetitions for all rounds will be determined as per Rules 2.4.10 – 2.4.13	

Youth Elite 11-14	
Qualification Round	
Routine 1	Routine 2
8-element routine	8-element routine
Last (8 th) element must be a somersault	Last (8 th) element must be a somersault
One double somersault placed anywhere in the routine.	One double somersault placed anywhere in the routine.
Must contain a minimum of four somersaults	One somersault with a minimum of 360° of twist. May be combined with *above requirement
13-14: Maximum element difficulty 4.3 11-12: Maximum element difficulty 2.8	Must contain a minimum of four somersaults
	13-14: Maximum element difficulty 4.3 11-12: Maximum element difficulty 2.8
No repeats during the two routines of qualification as per Rules 2.4.2, 2.4.3, 2.4.4, 2.4.6	
Final Round	
Final Routine 1	Final Routine 2
8-element routine	8-element routine
Last (8 th) element must be a somersault	Last (8 th) element must be a somersault
One double somersault placed anywhere in the routine.	One double somersault placed anywhere in the routine
Must contain a minimum of four somersaults	Must contain a minimum of four somersaults
13-14: Maximum element difficulty 4.3 11-12: Maximum element difficulty 2.8	13-14: Maximum element difficulty 4.3 11-12: Maximum element difficulty 2.8
Elements or routines from qualification may be repeated in the final	
No repeats as per Rules 2.4.2, 2.4.3, 2.4.4, 2.4.8, 2.4.9.	
If an element exceeds the maximum difficulty, the maximum allowed at that level will be awarded.	
Repetitions for all rounds will be determined as per Rules 2.4.10 – 2.4.13	

Additional Routine Requirements and Penalties
Senior, Intermediate, Junior, Youth Elite
Qualification and Finals
A routine must move in only one direction: however, a single element in the reverse direction is allowed as the last 8 th element.
All elements may be performed with or without twist.
A 2.0 penalty for not meeting or exceeding the routine requirement will be taken from the total score for each violation.

2.2. Maximum Element Difficulty:

Level	Maximum Element Difficulty
Junior Elite	4.3
Youth Elite 13-14	4.3
Youth Elite 11-12	2.8

If an element exceeds the maximum difficulty, the maximum allowed at that level will be awarded.

2.3. Difficulty Bonus

2.3.1. Senior and Intermediate Elite

2.3.1.1. For women the second, third, etc. elements with a minimum awarded difficulty value of 2.0 in one routine will receive a bonus of 2.0 pts. This will be added as a bonus to the total D score for that routine, for each additional element.

2.3.2. Senior and Intermediate Elite

2.3.2.1. For men the second, third, etc. element with a minimum awarded difficulty value of 4.4 in one routine will receive a bonus of 1.0 pt. This will be added as a bonus to the total D score for that routine, for each additional element.

2.3.3. Junior Elite and Youth Elite

2.3.3.1. For both men and women, the second, third, etc. element with a minimum awarded difficulty value of 2.0 in one routine will receive a bonus of 2.0 pts. This will be added as a bonus to the total D score for that routine, for each additional element.

2.3.4. Regardless of whether a routine is complete or incomplete the second, third, etc. element will receive a bonus that will be added to the total D score for that routine, for each additional element.

2.4. Repetition of an Element:

Tumbling Elite Repetition Rules		
General		
2.4.1.	SE, IE	Except for cartwheels, round-offs, back handsprings, front handsprings, whipbacks, no element may be performed more than once during the two routines of the qualification or the final round otherwise, the difficulty of the repeated element will not be counted.
2.4.2.	JE, YE	Except for cartwheels, round-offs, back handsprings, front handsprings, whipbacks, no element may be repeated during the two routines of the qualification or the final round. Repetitions will be determined based on the preceding element.
2.4.3.	SE, IE, JE, YE	Full twisting back somersaults can be performed a maximum of three times per routine; otherwise, the difficulty of any extra full twisting back somersault will not be counted.
2.4.4.	SE, IE, JE, YE	A full twisting back somersault can be performed only in one of the two routines in qualification and F1 + F2 as the last eighth (8th) element; otherwise, the difficulty of the second full twisting back somersault as a last element will not be counted.
Qualification		
2.4.5.	SE, IE	No element may be repeated during the two routines of qualification or finals otherwise the difficulty of the repeated element will not be counted.
2.4.6.	JE, YE	No element may be repeated during the two routines of the qualification otherwise the difficulty of the repeated element will not be counted.
Finals		
2.4.7.	SE, IE	Except for cartwheels, round-offs, back handsprings, front handsprings, whipbacks, no element may be repeated during the two routines in the final (F1 and F2), otherwise the difficulty of the repeated element will not be counted.
2.4.8.	JE, YE	Except for cartwheels, round-offs, back handsprings, front handsprings, whipbacks, no element may be repeated during the two routines of the final round. Repetitions will be determined based on the preceding element.
2.4.9.	SE, IE, JE, YE	Elements or routines from the Q1 may be repeated in Final or (F1 and F2)
Determination of a Repeat		
2.4.10.	SE, IE, JE, YE	Elements having the same amount of rotation but performed in the tucked, piked and straight positions will be considered different elements and not repetitions.

2.4.11.	SE, IE, JE, YE	Multiple somersaults (720° or more) having the same number of twists and somersaults will be considered a repetition if the twist is not located in different phases.
2.4.12.	SE, IE, JE, YE	All multiple somersaults with the same amount of twisting rotation, performed without a recognizable pause in twisting rotation or without defined positions, will be considered as repetitions if used more than once.
2.4.13.	JE, YE	Elements preceded by a different element will be considered different elements and not repetitions.

3. Finals Competition Format

- 3.1. All rounds of the finals will begin with a score of zero.
- 3.2. The winner is the gymnast with the highest score in the final competition.
 - 3.2.1. When finals are held the total of the two routines in the final round is the total score for the final.
 - 3.2.2. When F1 and F2 are held: The total of the one routine in F1 is the total score for the F1 and the total of the one routine in F2 is the total score for F2.
 - 3.2.3. Awards will be presented to the gymnasts ranked 1-3. The remaining places may receive awards at the discretion of the Meet Director.
 - 3.2.4. At USA Gymnastics sanctioned events where finals are held including Selection events and except for USA Gymnastics Championships for Senior and Intermediate Elite, the final will consist of:
 - 3.2.4.1. The eight highest scores from Qualification will move forward to compete in the final.
 - 3.2.4.2. The starting order for Finals is decided by a draw based on rank.
 - 3.2.4.3. Gymnasts ranked 5th to 8th after Qualification will be drawn for the starting order positions 1 to 4
 - 3.2.4.4. Gymnasts ranked 1st to 4th after Qualification will be drawn for the starting order positions 5 to 8
 - 3.2.4.5. When 9 or more advance to the final due to a tie, places 9, 10 etc. will go first in the rotation for finals. The draw done prior to competition will be used for the remaining spots.
 - 3.2.5. At USA Gymnastics Championships for Senior and Intermediate Elite athletes the final will consist of:
 - 3.2.5.1. The eight highest scores from Qualification will move forward to compete in F1.
 - 3.2.5.2. The starting order for Finals is decided by a draw based on

- rank.
- 3.2.5.3. Gymnasts ranked 5th to 8th after Qualification will be drawn for the starting order positions 1 to 4
- 3.2.5.4. Gymnasts ranked 1st to 4th after Qualification will be drawn for the starting order positions 5 to 8
- 3.2.5.5. The gymnasts will perform one voluntary routine. The best four will qualify to F2, while the remaining four will be ranked from 5th to 8th according to their results in F1.
- 3.2.6. The top four gymnasts from F1 will advance and remain in the same order as F1
 - 3.2.6.1. The gymnasts will perform one voluntary routine and compete for the title and the remaining places 2nd to 4th.
 - 3.2.6.2. The winner is the gymnast with the highest score in F2

4. Start of a Routine

- 4.1. Each gymnast will start on the signal given by the CJP.
- 4.2. After the signal has been given the gymnast must initiate the first element within 20 seconds, otherwise a penalty of 0.2 points will be given by the Chair of the Judges Panel.
 - 4.2.1. 61 seconds: The gymnast will not be allowed to start; no score will be awarded and a designation of Did Not Start will be given.
If this time limit is exceeded because of faulty equipment or other substantial cause, no deduction will be applied. This decision is made by the CJP.
- 4.3. A springboard may be used only to initiate the first element. It may be placed anywhere on the tumbling track or the run-up.
- 4.4. Whether using a springboard or not, the first element must land on the tumbling track, though it may be initiated on the run-up.
- 4.5. After a routine is started, talking to or giving any form of signal to a gymnast by their own coach during the routine will result in a penalty of 0.6 pts applied only once by the CJP.

5. Scoring

- 5.1. Senior Elite, Intermediate Elite Qualification
 - 5.1.1. The total of the two routines of the qualification round will be the total score for the Qualification round.
- 5.2. Junior Elite, Youth Elite Qualification
 - 5.2.1. The total of the two routines of the qualification round will be the total score for the Qualification round.
- 5.3. Senior Elite, Intermediate Elite Finals
 - 5.3.1. Finals starts with a score of zero. The total of the two routines in the final round is the total score for the final (F1).
- 5.4. Junior Elite, Youth Elite Finals
 - 5.4.1. Final starts with a score of zero. The total of the two routines of the final will be the final score

- 5.5. Senior Elite, Intermediate Elite Finals held at USA Gymnastics Championships (F1 and F2)
 - 5.5.1. F1 Finals starts with a score of zero. The total of the one routine in F1 will be the total for the round.
 - 5.5.2. F2 finals starts with a score of zero. The total of the one routine in F2 will be the final score.

Code of Points

U.S. ELITE DOUBLE-MINI

Valid from 8.1.2025 – 7.31.2026

U.S. SPECIAL REQUIREMENTS

At USA Gymnastics sanctioned events, in addition to FIG rules the following special requirements must be fulfilled.

1. Competition Format

Competition Phase	Who Competes	# of Routines	Starting Order
Qualification	Youth Elite 11-12 Youth Elite 13-14 Junior Elite	2 routines	Draw
Qualification	Senior Elite Intermediate Elite	2 Routines	Draw
Final	Youth Elite 11-12 Youth Elite 13-14 Junior Elite Intermediate Elite Senior Elite Top 8 Competitors in each division	2 routines (new life)	Draw + Rank
*Final 1	Senior Elite Intermediate Elite Top 8 Competitors in each division	1 routine (new life)	Draw + Rank
*Final 2	Senior Elite Intermediate Elite Top 4 Competitors from F1	1 routine (new life)	Same as F1 order

*F1/F2 held only at USA Gymnastics Championships

2. Special Requirements

- 2.1. Requirements for Senior Elite (SE), Intermediate Elite (IE), Junior Elite (JE), Youth Elite (YE)
Double Mini Qualification and Finals

Senior & Intermediate Elite	
Qualification Round	
Routine 1	Routine 2
2-element routine	2-element routine
No repeats as per Rule 2.3.4	
Final Round	
Routine 1	Routine 2
2-element routine	2-element routine
No repeats as per Rule 2.3.6	
Elements or routines from the Qualification may be repeated in the Final	
OR	
F1	F2
Final 1 Routine 1	Final 2 Routine 1
2-element routine	2-element routine
No repeats as per Rule 2.3.7	
Elements or routines from the Qualification may be repeated in the Final	

Junior Elite	
Qualification Round	
Routine 1	Routine 2
2-element routine	2-element routine
Maximum Element Difficulty 4.6	Maximum Element Difficulty 4.6
No repeats as per Rule 2.3.5	
If an element exceeds the maximum difficulty, the maximum allowed at that level will be awarded.	
Final Round	
Routine 1	Routine 2
2-element routine	2-element routine
Maximum Element Difficulty 4.6	Maximum Element Difficulty 4.6
No repeats per Rule 2.3.5	
If an element exceeds the maximum difficulty, the maximum allowed at that level will be awarded.	

Youth Elite	
Qualification Round	
11-14	
Routine 1	Routine 2
2-element routine	2-element routine
13-14: Maximum Element Difficulty 4.6	13-14: Maximum Element Difficulty 4.6
11-12: Maximum Element Difficulty 4.0	11-12: Maximum Element Difficulty 4.0
If an element exceeds the maximum difficulty, the maximum allowed at that level will be awarded.	
No repeats as per Rule 2.3.5	
Final Round	

Final Routine 1	Final Routine 2
2-element routine	2-element routine
2 different elements	2 different elements
13-14: Maximum Element Difficulty 4.6	13-14: Maximum Element Difficulty 4.6
11-12: Maximum Element Difficulty 4.0	11-12: Maximum Element Difficulty 4.0
No repeats as per Rule 2.3.5	
If an element exceeds the maximum difficulty, the maximum allowed at that level will be awarded.	

2.2. Maximum Element Difficulty

Level	Maximum Element Difficulty
Junior Elite	4.6
Youth Elite 13-14	4.6
Youth Elite 11-12	4.0

If an element exceeds the maximum difficulty, the maximum allowed at that level will be awarded.

2.3. Repetition of an Element:

Double Mini Elite Repetition Rules		
General		
2.3.1.	SE, IE	All multiple somersaults with the same amount of twisting rotation, performed without a recognizable pause in twisting rotation or without defined positions, will be considered as repetitions if used more than once.
2.3.2.	JE, YE	All multiple somersaults with the same amount of twisting rotation, performed without a recognizable pause in twisting rotation in the same position, will be considered as repetitions if used more than once as a mounter, spotter, or dismount.
2.3.3.	SE, IE, JE, YE	Elements having the same amount of rotation but performed in the tucked, piked and straight positions will be considered different elements and not repetitions.
Qualification		
2.3.4.	SE, IE	No element may be repeated during the two (2) routines of Qualification, otherwise the difficulty of the repeated element will not be counted.
2.3.5.	JE, YE	An element will be considered a repetition when performed during any of the four routines of Qualification and Final more than once as a mount, spotter or dismount element.
Finals		
2.3.6.	SE, IE	In the Final the same element may not be repeated during the two (2) routines of the final otherwise the difficulty of the repeated element will not be counted.

2.3.7.	SE, IE	For F1 and F2; No element may be repeated during the two (2) routines of F1 and F2 otherwise the difficulty of the repeated element will not be counted.
2.3.8.	SE, IE	Elements or routines from the Qualification may be repeated in Final or (F1 and F2)
2.3.9.	JE, YE	An element will be considered a repetition when performed during any of the four routines of Qualification and Final more than once as a mount, spotter or dismount element.

3. Finals Competition Format

- 3.1. All rounds of the finals will begin with a score of zero.
- 3.2. The winner is the gymnast with the highest score in the final competition.
 - 3.2.1. When finals are held the total of the two routines in the final round is the total score for the final.
 - 3.2.2. When F1 and F2 are held: The total of the one routine in F1 is the total score for the F1 and the total of the one routine in F2 is the total score for F2.
- 3.3. Awards will be presented to the gymnasts ranked 1-3. The remaining places may receive awards at the discretion of the Meet Director.
- 3.4. At USA Gymnastics sanctioned events where finals are held including selection events and except for USA Gymnastics Championships for Senior and Intermediate athletes the final will consist of:
- 3.5. The eight highest scores from Qualification will move forward to compete in the final.
- 3.6. The starting order for Finals is decided by a draw based on rank.
 - 3.6.1. Gymnasts ranked 5th to 8th after Qualification will be drawn for the starting order positions 1 to 4
 - 3.6.2. Gymnasts ranked 1st to 4th after Qualification will be drawn for the starting order positions 5 to 8
 - 3.6.3. When 9 or more advance to the final due to a tie, places 9, 10 etc. will go first in the rotation for finals. The draw done prior to competition will be used for the remaining spots.
- 3.7. At USA Gymnastics Championships for Senior and Intermediate Elite athletes the final will consist of:
 - 3.7.1. The eight highest scores from Qualification will move forward to compete in F1.
- 3.8. The starting order for Finals is decided by a draw based on rank.
- 3.9. Gymnasts ranked 5th to 8th after Qualification will be drawn for the starting order positions 1 to 4
 - 3.9.1. Gymnasts ranked 1st to 4th after Qualification will be drawn for the starting order positions 5 to 8
 - 3.9.2. The gymnasts will perform one voluntary routine. The best four will qualify to F2, while the remaining four will be ranked from 5th to 8th according to their results in F1.

- 3.9.3. The top four gymnasts from F1 will advance and remain in the same order as F1.
- 3.10. The gymnasts will perform one voluntary routine and compete for the title and the remaining places 2nd to 4th.
- 3.11. The winner is the gymnast with the highest score in F2.

4. Start of a Routine

- 4.1. Each gymnast will start on the signal given by the CJP.
- 4.2. After the signal has been given, the gymnast must initiate the first element within 20 seconds, otherwise a penalty of 0.2 points will be given by the CJP.
- 61 seconds: the gymnast will not be allowed to start the routine. No score will be awarded and a designation of "Did Not Start (DNS)" will be given
- 4.3. If this time limit is exceeded because of faulty equipment or other substantial cause, no deduction will be applied. This decision is made by the CJP.
- 4.4. If there is a faulty start and the gymnast has not initiated the first element, then the gymnast may re-start on a signal from the CJP. A DMT routine is considered as started when the gymnast initiates the first element (take-off from DMT either at the mount or at the spotter zone).
- 4.4.1. A slight flexion of the knees is not considered as an element when an exercise is started with an element performed in the spotter zone.
- 4.5. After a routine is started, talking to or giving any form of signal to a gymnast by their own coach will result in a penalty of 0.6 pts applied only once by the CJP

5. Scoring

- 5.1. Senior Elite, Intermediate Elite Qualification (Q1)
- 5.1.1. The total of the two routines of the qualification round will be the total score for the Qualification round.
- 5.2. Junior Elite, Youth Elite Qualification (Q1)
- 5.2.1. The total of the two routines of the qualification round will be the total score for the Qualification round.
- 5.3. Senior Elite, Intermediate Elite Finals
- 5.3.1. Finals starts with a score of zero. The total of the two routines in the final round is the total score for the final.
- 5.4. Junior Elite, Youth Elite Finals
- 5.4.1. Final starts with a score of zero. The total of the two routines of the final will be the final score.
- 5.5. Senior Elite, Intermediate Elite Finals held at USA Gymnastics Championships (F1 and F2)
- 5.5.1. F1 Finals starts with a score of zero. The total of the one routine in F1 will be the total for the round.
- 5.5.2. F2 finals starts with a score of zero. The total of the one routine in F2 will be the final score.