

**DEVELOPMENT PROGRAM**

**GUIDE TO JUDGING**  
**CODE OF**  
**POINTS**

— 2021-2024 —

**USA**   
Trampoline  
& Tumbling



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## Section 1 – General Rule Interpretations

NOTE: The USA Gymnastics Trampoline & Tumbling Technical Committee has made the following interpretations. In all cases of dispute on the interpretation of rules, the Chair of the Judges Panel will make the final decision. These interpretations are to be used at all sanctioned competitions for Trampoline & Tumbling in order to better standardize judging and better prepare athletes for national and international competitions. Additions or request for re-evaluation of any of the following should be submitted in writing to the National Technical Chair for the committee's consideration.

USA Gymnastics Trampoline & Tumbling Code of Points rules govern USA Gymnastics Trampoline & Tumbling sanctioned events for all levels. If there is no rule that pertains to a circumstance in the respective Code of Points, the judges should refer to the FIG Code of Points and FIG Technical Regulations.

If a specific ruling cannot be found in the USA Gymnastics Trampoline & Tumbling Code of Points or in the FIG Code of Points, the Chair of the Judges Panel will rule in favor of the athlete and then request an interpretation from the National Technical Committee. This document is used for interpretations only.

### 1.1. Attire

- 1.1.1. Definition of Jewelry: Watches, rings, necklaces, ankle chains, earrings, any piercing that is visible, or anything worn for adornment. Hard balls on elastics in the hair will NOT be allowed. Soft items such as rubber bands, ribbons and flat metal clips will be allowed in the hair.
- 1.1.2. When improper attire, including jewelry, is noticed during competition warm up or during competition, the Chair of the Judges Panel will warn the competitor prior to competition that he/she must correct the infractions or be disqualified. If improper attire or jewelry is worn during competition, the Chair of the Judges Panel will take a 0.2 penalty from the total score in which the offense occurred. A major violation may result in the disqualification of the athlete from that respective round.
  - 1.1.2.1. Athletes are not mandated to remove piercings and may tape visible piercings during flight warm up and competition using the appropriate color bandage.
- 1.1.3. For both male and female athletes, long hair must be secured tight to the head (bun or tight braid). If the hair is long enough for a ponytail then it must be up, and if the hair is long enough to braid or make a bun, it must be secured in such a fashion. If the Chair of the Judges panel notices that the athlete has not complied with this rule, they will need to warn them during the warm up. If the hair touches the bed/floor etc. during a routine, this could cause an interruption of the routine except on elements where there should be contact with the bed/floor.
- 1.1.4. At all competitive levels 1-Elite, an injured athlete may salute in order to gain eligibility at a designated eligibility competition. At no time may an athlete mount the apparatus while wearing a cast or hard brace. All athletes who are saluting for eligibility must be in full competitive attire. He/she must pay the full entry fee, move to the competition floor with their designated competitive group and salute the judges panel to fulfill this requirement. The athlete is not eligible for awards and the final results will show participation with a score of zero.

### 1.2. Judging Processes

- 1.2.1. Judges should judge independently of each other. Any changes made to judges scores within a round must be approved by the Chair of the Judges Panel. All addition errors must be justified to the Chair of the Judges Panel.

- 1.2.2. Judges must not initiate a conversation with a competitor or coach about the possibility of a routine being repeated. They will note it on their judge's sheet in case there is a request from the competitor or coach at a later time.
- 1.2.3. If, during the course of a competition a judge fails to show his/her marks for any reason, the remaining mark(s) will be doubled or averaged and doubled.
- 1.2.4. Scores may not be changed after they have been flashed by the E and D judges, unless there has been an error in addition or calculation of the score, or if an inquiry has been overturned.
- 1.2.5. NO score may be changed to reflect a qualifying or mobility score, unless a legitimate addition error was made.
- 1.2.6. After scores have been posted, a Change of Score Request form must be filled out by the Chair of the Panel and turned into the Meet Director or Meet Referee. After a conference regarding the necessity of the change between the Meet Director, the Meet Referee, and the Chair of the Judges Panel, the Meet Director/Meet Referee will be responsible for making the correction to the score that is in question and informing coaches of the change that may have affected their respective athlete(s).
- 1.2.7. The Meet Director/Meet Referee may only make changes through the head score table or contract scoring person. All Change of Score Request forms must be sent to the National Technical Chair within 72 hours of the competition.
- 1.2.8. Judges who violate the rules could face probation, loss of a rating or expulsion. The Technical Committee will determine the type and length of any action.
- 1.2.9. Out of range scores must be brought within mandated range prior to flashing of the scores. The Chair of the Judges Panel will determine the best and fairest way to bring the scores within range. The Chair of the Judges Panel has the authority to change through the recorder if necessary.

### **1.3. Execution Judges**

- 1.3.1. An Execution judge may not take off more than a total of 0.5 per element.
- 1.3.2. Moving the arms away from the body is acceptable to stop twisting rotation. The maximum of the angle between the body and the arms should be:
  - Barani, full or multiple somersault with ½ out movements: 45°
  - More than one full twist and all other multiple twisting double somersaults: 90°
- 1.3.3. Touching bed (TRA), landing zone/area (TUM/DMT) with one or both hands: After a completed exercise, if the hands are used to support the whole body to avoid a fall, then a deduction of 1.0 pts will be applied instead of the 0.5 pts for touching the hand(s).

## 1.3.4. Evaluation of Execution

## 1.3.4.1. Trampoline &amp; Double Mini-Trampoline

Any of these deductions can be combined up to a total of 0.5:

- |                          |   |         |
|--------------------------|---|---------|
| <input type="checkbox"/> | Rotation of Flying Phase  |         |
| –                        | Position of the Arms  | 0.0-0.1 |
| –                        | Position of the legs (bent knees, toes not pointed, legs not together)  | 0.0-0.2 |
| –                        | Position of the body  | 0.0-0.2 |
| <input type="checkbox"/> | Opening and Landing Phase   |         |
| –                        | Opening of the somersault and keeping straight position (includes twisting rotation not completed at 90° (3 o'clock)) | 0.0-0.3 |
| –                        | No opening  | 0.3     |

## 1.3.4.2. Tumbling

Any of these deductions can be combined up to a total of 0.5:

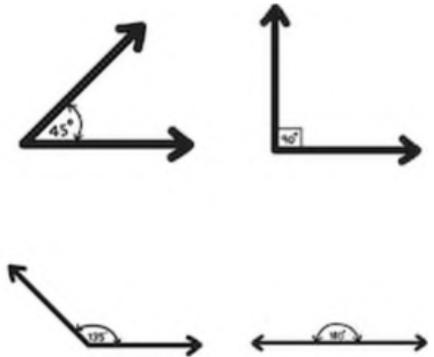
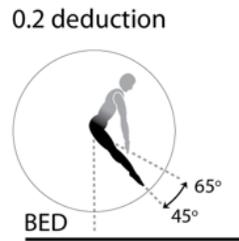
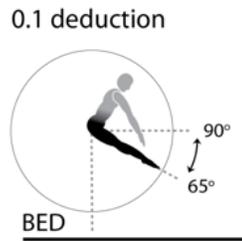
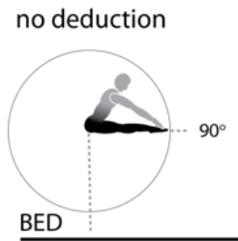
- |                          |   |         |
|--------------------------|---|---------|
| <input type="checkbox"/> | Rotation of Flying Phase  |         |
| –                        | Position of the Arms  | 0.0-0.1 |
| –                        | Position of the legs (bent knees, toes not pointed, legs not together)  | 0.0-0.2 |
| –                        | Position of the body  | 0.0-0.2 |
| <input type="checkbox"/> | Opening and Landing Phase   |         |
| –                        | Opening of the somersault and keeping straight position (includes twisting rotation not completed at 90° (3 o'clock)) | 0.0-0.3 |
| –                        | No opening  | 0.3     |
| –                        | Exception of multiple twisting and triple somersaults   | 0.2     |
| <input type="checkbox"/> | During a Routine  |         |
| –                        | Loss of speed   | 0.0-0.2 |
| –                        | Deviation from the axis   | 0.0-0.1 |

## 1.3.5. The following guidelines should be applied to the pike and straddle jumps for trampoline and double mini-trampoline in a compulsory routine.

- Judges will consider the angle between the feet and legs to determine if the athlete performed a straddle jump. If there is greater than 45° separation between the feet/legs, the element will be deemed a straddle jump. A hip angle is not required.
- If there is less than 45° separation between the feet/legs and the hip angle is 135° or less, the element will be deemed a pike jump.
- If there is less than 45° between the feet/legs and there is greater than 135° in the hip angle, the element will be deemed a straight jump.
- Depending on the compulsory requirements the routine may be interrupted if the incorrect element is performed.
- The E judges will take the appropriate execution deduction for flaws such as legs separation, legs not being horizontal to the bed or landing, bent knees, arms etc.

## PIKE AND PIKE STRADDLE JUMPS

Angle of legs with horizontal



### 1.4. Difficulty Judges

- 1.4.1. When applicable, difficulty penalties are taken from the total score of the routine in which the violation occurs for both complete and incomplete routines.
- 1.4.2. To determine the body shape (tuck, pike or straight) during an element, the Difficulty Judges will, in general terms assess the shape based on the least difficult shape adopted during the middle phase of the element. (straight is considered the most difficult position and tuck the least difficult position). In the case of multiple somersaults, the athlete may claim only one body position per element: tucked, piked or straight. The Difficulty Judges will assess the element based on the least difficult position adopted by the gymnast.
- 1.4.3. For single somersault, difficulty judges should evaluate the position of the element from the beginning of the take-off up to the remaining 150° (before landing).
- 1.4.4. For multiple somersaults, difficulty judges should evaluate the position of the element after take-off from:
- Backward somersault: 90° up to the remaining 180° (before landing)
  - Forward somersault: 135° up to the remaining 180° (before landing)
- 1.4.5. A full extension performed during a tucked or piked somersault is deemed as the end of the position phase and any shape change afterwards is considered as not keeping the straight position.
- 1.4.6. When determining difficulty value for elements with twist, the Difficulty Judge will evaluate the element based on the position of the feet at landing. Feet rotation of more than ¼ twist (90°) is considered a ½ twist. Feet rotation of more than ¾ twist (270°) will be considered a 1/1 (full) twist, etc.
- 1.4.7. Difficulty Limits:
- Maximum element difficulty defines the elements allowed at levels 8 - Open. If an athlete performs an element exceeding the maximum allowed at each level, the routine is interrupted for performing an illegal element.
  - If minimum routine difficulty is not achieved for any reason on a completed routine, a 2.0 penalty is taken from the total score for not meeting the routine requirements
  - If an athlete exceeds maximum routine difficulty performing legal elements, the difficulty is capped at the maximum, and no other penalties are applied for exceeding routine requirements.



- 1¼ front with ½ twist (Barani ball out) (T=180° S=450°) 3 positions possible

### 1.5.2. Twists of 360° or more

1.5.2.1. Three (3) positions are possible provided there is more than 450° of somersault.

1.5.2.2. Example:

- 1¼ front with 1½ twist (Rudy ball out) (T=540° S=450°) 1 position possible
- 1/1 back somersault, 1/1 twist (Full) (T=360° S=360°) 1 position possible
- 2/1 back somersault, 2/1 twist (Full in Full out) (T=720° S=720°)
- °) 3 positions possible

### 1.5.3. Multiple somersaults

1.5.3.1. In multiple somersaults the gymnast may claim only one (1) body position per element: tucked, piked or straight. The Difficulty Judges will assess the element based on the least difficult body position adopted by the performer, e.g.:

- Half out: If the first somersault is piked and the second tucked, then the Difficulty Judges would assess the element as having been performed in the tucked position.
- NOTE:** See FIG Code of Points

### 1.5.4. Twists in different phases of somersaults

1.5.4.1. In somersaults of 540° or less only one (1) phase is recognized and an element will be considered a repetition if it does not meet the criteria listed above in respect of different shapes.

1.5.4.2. Elements with 540° of rotation or less and with 360° of twist or more are only considered to be performed in the straight position.

1.5.4.3. In somersaults of 630°-900° two (2) phases are recognized, early and late.

1.5.4.4. All multiple twisting double somersaults in layout **or** pike positions 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.

1.5.4.5. Multiple somersault of 720° or more, having the same number of twist and somersaults will not be considered a repetition if the twist is located in different phases of the element.

## 1.6. Chair of the Judges Panel

1.6.1. The Chair of the Judges Panel must record the elements performed and confer with the difficulty judge to ensure the proper elements are noted.

1.6.2. If a competitor is allowed a second attempt due to a faulty start, the time will restart on the signal given by the Chair of the Judges Panel. A faulty start would be considered if there is something beyond the athlete's control. Dress and loud spectator noise will not constitute a faulty start.

1.6.3. Chair of the Judges Panel penalties are taken from total score in routines in which the violation occurs for both complete and incomplete routines.

## 1.7. Incomplete/Complete Elements

1.7.1. In all disciplines the athlete will receive credit for the element if the athlete lands simultaneously on the soles of both feet showing weight bearing strength in the legs before falling. Only those

elements that are considered complete elements, will be evaluated. Routines that are interrupted will have no additional landing deductions taken from the E Score.

- 1.7.2. Chair of the Judges Panel penalties will be taken from the total score where applicable. If the athlete met the requirements for a complete element and then falls, the element would be considered complete and the Chair of the Judges Panel will instruct the E judges to take the appropriate landing deduction from their score.

## 1.8. Landing Deductions and Instability

### 1.8.1. Lack of stability after a completed routine – Trampoline (Maximum 0.3)

- |                          |   |         |
|--------------------------|---|---------|
| <input type="checkbox"/> | Lack of control in the out-bounce   | 0.1     |
| <input type="checkbox"/> | Movement of arms while standing still   | 0.1     |
| <input type="checkbox"/> | Steps and bounces (no matter the size of the step)  | 0.1-0.2 |
| <input type="checkbox"/> | Not standing upright with legs together or shoulder width apart   | 0.1     |
| <input type="checkbox"/> | TR turning to the judges before being totally stabilized  | 0.2     |
| <input type="checkbox"/> | If the gymnast leaves the trampoline area, the Chair of the Judges Panel will decide whether the deduction should be 1.0 from each E score for leaving the area OR he/she simply forgot to stand still and apply a 0.1 – 0.2 for instability. |         |

### 1.8.2. Lack of stability after a completed routine – Tumbling and Double Mini (Maximum 0.3)

- |                          |   |         |
|--------------------------|---|---------|
| <input type="checkbox"/> | Movement of arms while standing still   | 0.1     |
| <input type="checkbox"/> | Steps and bounces (no matter the size of the step)  | 0.1-0.3 |
| <input type="checkbox"/> | Not standing upright with legs together or shoulder width apart   | 0.1     |
| <input type="checkbox"/> | Turning to the judges before being totally stabilized   | 0.3     |
| <input type="checkbox"/> | If the gymnast leaves the landing area, the Chair of the Judges Panel will decide whether the deduction should be 1.0 from each E score for leaving the landing area OR he/she simply forgot to stand still and apply a 0.1 -0.2 for instability.   |         |
| <input type="checkbox"/> | Note: The deduction for lack of stability is not connected to the length of the step or bounce, but to the number of steps or movements. When a step is taken, a deduction of 0.1 is taken from each E score. Stepping back to correct to a stable upright position with the same foot that took the original step will not be considered additional instability. |         |

- 1.8.3. Extra Element- Whenever an extra element is performed at the end of a routine after all valid elements, it will be considered as a 1.0 landing error and receive a 1.0 deduction from each execution judge. Execution and difficulty are awarded only on the first 10 elements for trampoline or the first 8 elements for tumbling. All routine requirements must be met within the prescribed number of elements for that discipline.

## 1.9. Penalties

- 1.9.1. Chair of the Judges Panel and difficulty judges penalties are taken from the total score of the routine in which the violation occurs on both complete and incomplete routines.
- 1.9.2. Landing zone penalties are only taken on completed routines in both tumbling and double mini trampoline.
- 1.9.3. Penalties for start of the routine: When determining if the athlete is abusing the time, the Chair of the Judges Panel should take into account:

- 1.9.3.1. The number of competitors in the flight and if there is appropriate time between the first and second routine to compete safely.
- 1.9.3.2. Athletes should be given instructions at the beginning of the flight warm up, of the Judges' expectations for competition. For safety reasons the Chair of the Panel may allow extra time between competitors because of the few number of athletes in the flight.
- 1.9.3.3. Athletes should receive a warning from the Chair of the Panel prior to competition if they will be timing the start of each routine.

**1.10. Warm-up**

- 1.10.1. A warm-up consists of a touch of one routine or combination of approximately the same number of elements within a routine. If a competitor abuses the warm-up time, the Chair of the Judges Panel will apply the penalty for abusing the warm-up from the total score of the first routine.
- 1.10.2. If a session warm-up is provided, athletes are only allowed to warm-up on the apparatus on which they will compete in that specified session. If they abuse this warm-up time, a penalty of 0.3 may be taken from the total score of the first routine.

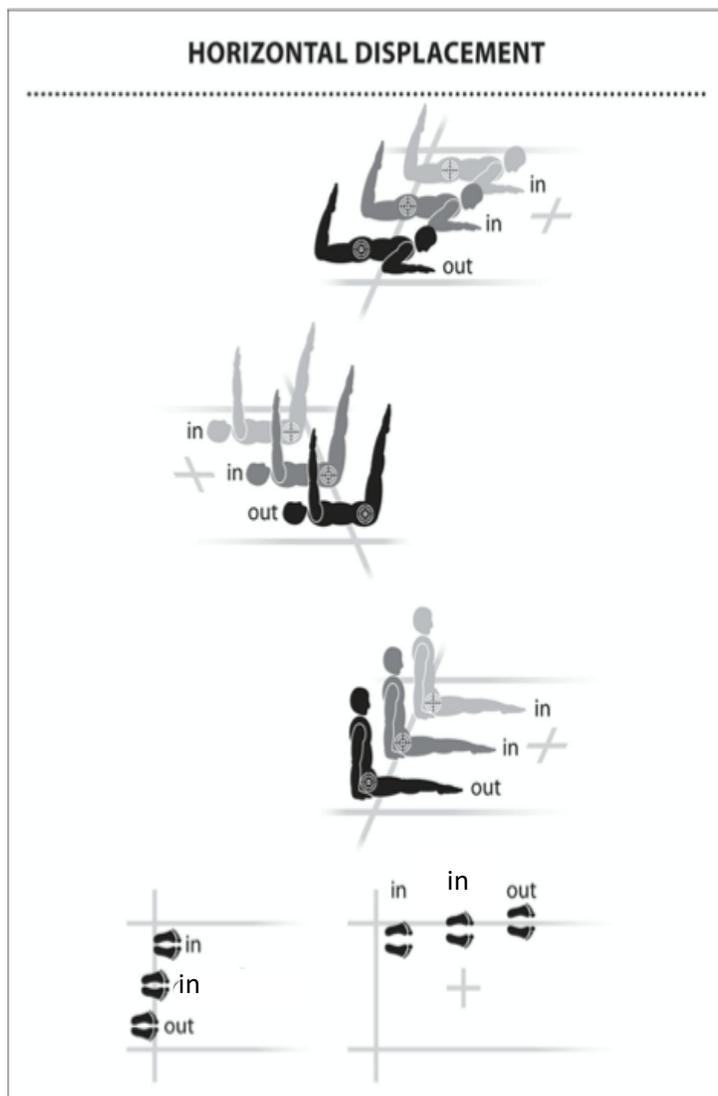
**1.11. Results**

- 1.11.1. No changes may be made to the results after the final awards are presented with the exception of changes based on an Inquiry.

## Section 2 – Trampoline Rule Interpretations

- 2.1. If an athlete begins his/her preliminary bounces prior to a trampoline routine and determines that he/she is facing the wrong direction, and turns to the opposite direction before initiating the first element, the routine will not be considered started until the first element is initiated. The ½ turn will not be considered the start of the routine unless, intentionally performed as an element.
- 2.2. An athlete does not have to bounce prior to initiating the first element of their routine. The lack of amplitude could affect the E score as he/she could have difficulty performing the remaining elements with proper form.
- 2.3. In a ½ twist jump or a full twist jump, the arms may be straight and above the head or straight and close to the body. If performed well, both could receive 0.0 deduction.
- 2.4. When performing a backdrop or stomach drop, the feet may touch the trampoline bed after the back or stomach. This is considered incidental contact with the bed, and will cause an execution deduction not an interruption of the routine.
- 2.5. In the transition from backdrop to front drop, if the athlete touches the trampoline with any part of the body the routine will be interrupted at that point. This will be considered an additional contact with the trampoline bed during the performance of a routine.
- 2.6. If an athlete touches the trampoline bed with their hands during a backdrop pullover, while the back is in contact with the trampoline bed, there is no additional deduction, unless it affects the execution of the element. If the hands remain on the trampoline bed once the back has left the bed, then the routine will be interrupted at that point.
- 2.7. When determining body position of elements with 180° or less of rotation, judges must consider the mechanical need to change the body shape. Elements that necessitate the landing on the front or back of the body, must change the body shape in order to make correct contact with the trampoline bed. If, at any time, the athlete achieves the required position after the initiation of the element, the element will be deemed valid and judged accordingly. Judges must keep in mind the athlete who performs the desired position longer and with better bodylines should receive a higher performance score for that particular element. A good reference point would be when the athlete's shoulders are at 2:00 o'clock he/she may change body shape to make contact with the trampoline bed.
- 2.8. Elements performed properly on trampoline should complete all position and extension no later than 1:00 o'clock. The last phase of the element should be straight and preparing to land in the trampoline bed. This is considered keeping or holding of the element. No deduction is applied if the competitor holds the straight position until horizontal. At this point the athlete is allowed to tuck or pike down to make preparation for landing.
- 2.9. When performing a pike or straddle jump, one leg may be straight and one leg may be bent meeting the minimum requirements for a tuck position. The Chair of the Judges Panel will deem the element pike or straddle and the E judges will take a major execution deduction for the poor form.
- 2.10. In synchronized trampoline the Chair of the Judges Panel will decide if the two competitors are more than ½ element apart and the routine should be interrupted at that point.

- 2.11. In synchronized trampoline, when the high and low execution marks are dropped, it is possible that the two middle scores could come from one trampoline competitor.
- 2.12. In synchronized competition the routine will be considered started when both gymnasts perform an element.
  - 2.12.1. When one athlete performs an element and one does not, the pair may stop and restart their bounces if they choose. No additional penalties will apply unless the athletes exceed the time limit allowed to start their exercise. If the competitors exceed the maximum time the routine will be considered a DNS.
  - 2.12.2. If one athlete performs an element and one continues bouncing, the routine is not deemed started until the second athlete performs an element. The synchronized routine will be judged out of the number of identical elements the pair performed.
- 2.13. Horizontal Displacement judges will apply the deduction at the landing of each element according to the zone of the bed. The majority of the foot/feet, front, back or seat must be in the greater zone to receive the deduction. On the long side, one foot must be clearly over, on the short side, clearly more than 2/3 must be over. Refer to the chart below for reference.



0.3	0.2		0.3
0.2	0.1	-0.0-	0.1
0.3	0.2		0.3

- 2.14. When ToF is missed using the ToF machine, the following formula will be used using real time video and a stop watch.

Number of Valid Elements	Deduct from the stop watch time
10 elements	2.75
9 elements	2.48
8 elements	2.20
7 elements	1.93
6 elements	1.65
5 elements	1.38
4 elements	1.10
3 elements	0.83
2 elements	0.55
1 element	0.28

- 2.15 All TOF scores will be truncated to two decimal places (0.00).

Examples:

- Score for Time of flight 1: 16.233 – truncated to: 16.23
- Score for Time of flight 2: 17.196 – truncated to: 17.19
- Score for Time of flight 3: 17.455 – truncated to: 17.45
- Score for Time of flight 4: 17.194 – truncated to: 17.19

### Section 3 – Tumbling Rule Interpretations

- 3.1. The first element of a tumbling routine may be initiated on the run-up as long as the feet land within the bounds of the tumble track. The inbound area should be marked with a solid line.
  - 3.1.1. A springboard may only be used when placed on the track or run-up and must be used only to initiate the first element.
  - 3.1.2. Extending the tumbling floor with additional equipment is not allowed and will cause an interruption of the routine and score of zero.
- 3.2. A tumbling routine should move quickly down the tumbling track in a continuous motion showing good rhythm, control, form, execution and maintenance of tempo without hesitation or stops in all levels. Judges should reward athletes who perform with progressive speed, not just rapid speed within a routine.
  - 3.2.1. For levels 1 and 2, if the athlete touches their hands to the track or stands up in between elements, then appropriate execution deductions apply for lack of fluid motion.
  - 3.2.2. For levels 1 and 2, if the athlete has up to two steps or a short pause of no more than two seconds, then appropriate execution deductions apply for lack of fluid motion. Two steps or a two second pause would result in a major deduction.
  - 3.2.3. If levels 1 and 2 take 3 steps or pauses for 3 seconds or more, the routine will be interrupted. For levels 3 and higher, any steps or stops between elements will cause an interruption.
  - 3.2.4. In levels 1 and 2 if the athlete falls to the track/zone/area with any part of the body other than the part of the body that should touch the track/zone/area such as the feet, hands, head or back when rolling. That would be considered a fall.
- 3.3. If an athlete runs to begin his/her routine and does not initiate the first element and decides to begin again, the 20-second time clock does not restart unless there are external causes for the restart, such as someone walking across the tumbling track, the lights going out etc.
- 3.4. Athletes must begin their routines on the track moving in the direction toward the landing area. If an athlete begins their routine in the wrong direction, moving towards the run-up, the routine will be interrupted and the athlete will receive a score of zero.
- 3.5. Athletes who do not perform the required number of elements prescribed in the Code of Points for level 1- Open will be scored using the appropriate rules for that level. In addition the Chair of the Judges Panel will take a 2.0 penalty from an incomplete/interrupted routine from the total. Examples:
  - Level 6 first routine: The athlete performs running round-off six back handsprings, stops and does not perform the back somersault tuck. The routine would be scored out of a maximum mark of 9.0. Each E judge will take deductions for the first seven elements. The 2.0 penalty will be taken from the total score for not completing the required number of elements.
  - Level 6 first routine: The athlete performs, running round-off, six back handsprings and the back somersault tuck. The athlete's hands touch out of bounds on the fifth element. The routine would be scored out of 6.0. Each E judge will take deductions for the first four elements. The 2.0 penalty will be taken from the total score for not completing the required number of elements.
- 3.6. Front roll tuck: When determining the position of a front roll, the athlete may change body shape to enhance the aesthetics or the fluidity of the routine. For example, the athlete may begin from a stand, or squat roll tuck, extend the legs in the middle of the element, and return to tuck when the feet make contact with the tumbling floor. The athlete may also start the front roll from a squat, remain in a tuck, and complete the element in a squat. If any of these choices are performed well, they will receive little

or no deduction. The athlete must begin the roll in the position mandated in the compulsory requirements. The routine will be interrupted for performing the wrong element if:

- The athlete lands a front roll step-out on both feet without showing a step-out.
- The athlete steps out of a front roll that was prescribed to land on both feet.

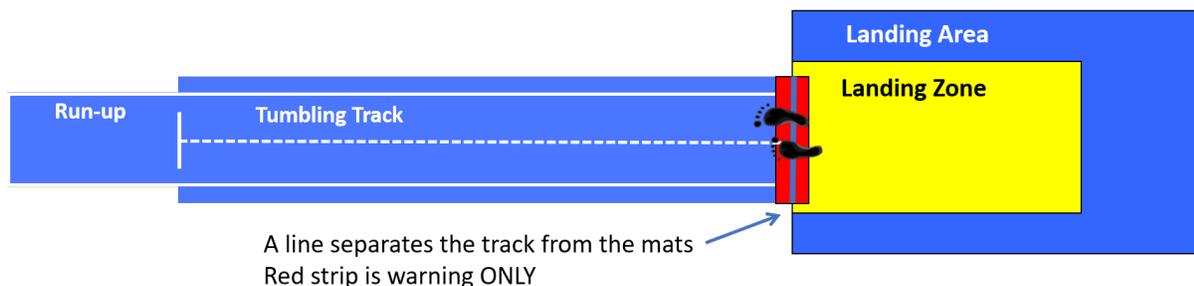
- 3.7. Front roll pike: The athlete's legs must remain straight until the feet leave the floor to avoid an interruption of the compulsory routine.
- 3.8. Handstand forward roll step-out: Should begin in a lunge with the arms tight by the ears, front leg bent and the back leg straight. Push off the front leg and drive the back leg upward to extend and join at vertical. The body should remain extended as the roll begins until 45° past vertical when the legs show a tuck position. The step forward begins with the back leg pushing the body forward while the lead leg stays straight with toes pointed. The element ends in a lunge. The routine will be interrupted and scored from zero if:
- The athlete attempts a kick up to a handstand but cannot complete the rollout and steps back down
  - The athlete falls from the handstand onto the back and cannot continue the roll out.
  - A minimal handstand position is not achieved. A minimal handstand is achieved when one leg kicks to above the height of the hips while the head and both feet are off the floor.
  - The athlete lands the rollout on both feet without showing a step-out
- 3.9. Back roll: When performing a position backroll the athlete must maintain at least the minimum position until the feet hit the floor to avoid interruption of the compulsory routine as prescribed.
- 3.10. Back extension roll pike down: Should begin with a backward roll that opens and extends to a tight handstand position at vertical. The pike down should be controlled with the legs straight and toes pointed until feet contact the track. The athlete should immediately extend their upper body to end in an upright standing position.
- 3.11. **When performing a back extension roll pike down**, the routine will be interrupted, and no additional landing deductions will be applied to the E score if:
- The head does not leave the track while inverted
  - The athlete does not show an opening of their rolling position at the height of the extension. The athlete maintains the same hip angle throughout the roll.
  - During pike down, a minimum pike position is not maintained until feet make contact.
  - During pike down, the athlete steps out
- Note: Interrupted routines will receive a 2.0 penalty off the total score for not performing the required number of elements.
- 3.12. Cartwheel step-in: The athlete must land with the feet parallel heel to toe, to meet the minimum requirements for the element. If there is side-by-side distance between the feet, the element will be valid but will receive an aesthetic deduction. The routine will be interrupted if:
- The athlete lands and steps backward with the front leg in order to step together.
  - If the athlete lands with the feet beyond the minimum of heel to toe and has to step forward to step-in, the element is deemed a cartwheel, not a cartwheel step-in.
  - If the athlete never makes contact with the floor with the back foot and continues on to the next element.
- 3.13. Minimal steps or small pauses between elements, including consecutive cartwheels, in Levels 1-2 will result in a deduction for each E score.

- 3.14. A competitor must take three or more steps with progressive speed to be considered a valid run, for routines that are required to begin with a run. A run can also be constituted as two steps and a hurdle.
- 3.15. If an athlete steps or hops prior to a power hurdle a deduction depending on the size and power of the step/hop will be applied to the power hurdle. A small step/hop would be a slight deduction where a major step or hop would result in a major deduction.
- 3.15.1. The routine will be interrupted and scored from zero if:
- A power hurdle routine begins with a run
  - No power hurdle is performed, the athlete just steps into the element.
- 3.16. A rebound in the middle of a tumbling routine, should travel slightly backwards.
- 3.17. A rebound performed at the end of a routine should be blocked and should be tight out of the floor and should not travel backwards. The routine will be interrupted if:
- The athlete does not land simultaneously on both feet
  - The athlete stops and loses the momentum of the routine before performing a rebound.
- 3.18. A rebound at any level should be blocked out of the floor and show a straight body with arms straight and above the head. On landing, the arms may be placed out in front or pressed out to the side at the completion of the rebound. The rebound should be quick out of the floor and travel slightly backwards.
- 3.19. If an athlete performs a rebound at the end of a routine where it is not mandated, the judges will take a deduction for instability. This would not be considered an additional element.
- 3.20. A front hand spring step-out is an allowable element for all voluntary levels.
- 3.21. For routines ending with a back handspring rebound, if there is no rebound after the back handspring, the routine will be interrupted at the point of change. No additional landing deductions will be applied to the E score. All Chair of the Judges Panel penalties will be taken from the total score where applicable.
- 3.22. For routines ending with a back handspring rebound to a one-foot landing, an interruption will occur and the rebound will not count. No additional landing deductions will be applied to the E score.
- 3.23. For routines ending with a somersault to a one-foot landing, an interruption will occur and the somersault will not count. No additional landing deductions will be applied to the E score. All Chair of the Judges Panels penalties will be taken from the total score where applicable.
- 3.22.1 Forward somersaulting elements with a step-out are allowed in voluntary routines and will NOT be interrupted for failure to land simultaneously on two feet unless it is performed as the last 8<sup>th</sup> element.
- 3.24. Any somersault with or without twist performed below shoulder height as the last element of a routine, will receive a major deduction from the E judges. If the preceding element was not performed in a manner to produce a block, a substantial deduction may apply to the previous element as well.
- 3.25. Athletes who perform a barani as the first element in routine 1 and routine 2 must perform them in different positions to not be deemed a repetition between the two routines.

## 3.26. Definitions:

- Bounders or bounding somersaults: Somersaults that are directly connected. The athlete does not touch the hands to the floor in bounding somersaults.
- Position somersaults: A somersault that is performed at the end of a routine that is at or above shoulder height.
- Whip back: Any non-twisting single somersault performed in the middle of a routine will be deemed a whipback and appropriate deductions will be taken from each E-score. When performed correctly, the whipback should travel rapidly down the tumbling floor with progressive speed at or below shoulder height similar to a back handspring, with no break in the rhythm of the routine. Somersaults that are performed too high because of an error in the execution of the element will be considered and evaluated as a whipback.

- 3.27. Elements that take-off from the landing zone/area will not be valid. If any part of the foot is over the line that delineates the difference in the track and the landing zone/area, the element will not count and the routine is interrupted. No additional landing deductions will be taken from the E-score.



**If the last element takes off from here...it does not count**

## 3.28. Landings

**If the last element lands here...it counts and 0.4 penalty for track landing**

- 3.28.1. If an athlete lands the last somersault with any part of the foot/feet over the line that delineates the track from the landing zone/area, then the element will be deemed as landing on the track and a 0.4 penalty will be taken from the total score.

- 3.29. Extra Element: Whenever an extra element is performed due to either a rebound-type mistake or a miscount the following considerations apply.

- 3.29.1. If an extra element is performed in a compulsory routine due to a miscount it would be interrupted at the point of change.

Example for level 6 tumbling, 1<sup>st</sup> pass: ( f f f f f f **f** 4°

The routine would be interrupted on the 8<sup>th</sup> element, 7 elements would count out of 9.0 maximum mark. A 2.0 penalty for not performing the required number of elements would be taken from the total score.

- 3.29.2. A 1.0 landing deduction would only apply if the compulsory routine was performed correctly and then an extra element is performed.

Example for level 6 tumbling, 1<sup>st</sup> pass: ( f f f f f f 4° **f**

The routine is scored out of 8 elements from a 10.0. And a 1.0 landing deduction is taken from each E judge's score. No other landing deductions would apply.

- 3.29.3. Level 8-Open: whenever an extra element is performed due to a miscount, only the first 8 elements will be considered for execution, difficulty and fulfilling routine requirements. A landing deduction of 1.0 is taken for the extra element. Additional penalties such as not meeting minimum routine DD may apply.

- 3.31. The 2.0 CJP Penalty for Tumbling, Levels 8-Open: Fails to end in a somersault. This applies to 8-element complete routines only. It does not apply to a complete routine with an extra element in which, due to a miscount, a somersault is performed as the 9<sup>th</sup> element instead of the 8<sup>th</sup>. It would apply, for example, if the athlete performed a back handspring as the 8<sup>th</sup> element and stopped.

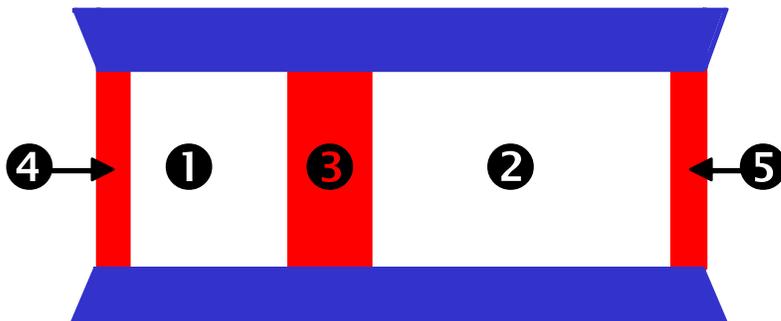
## Section 4 – Double Mini Rule Interpretations

- 4.1. If a competitor runs at the double mini-trampoline and does not mount the bed, but touches the bed with anything other than the feet, the routine would not be considered started, and would be allowed to restart. The 20 second clock does not restart unless there were external cause for the restart.
- 4.2. The only levels allowed to use a mounting aid for any purpose will be Level 1-3. This may be any type of incline mat, panel mat or vault board.
- 4.3. Athletes may begin farther than the 77' of designated run-up with no penalty.
- 4.4. Competitors may NOT use any type of additional mat on top of the landing area.
- 4.5. A double mini-trampoline routine will be interrupted if a competitor performs illegal elements including:
  - Elements which exceed the maximum element difficulty
  - Elements which initiate from the floor, such as round-off, barani or front flip as a mounter
  - Gainer, inward or reverse somersaults performed anywhere in the routine
- 4.6. If a competitor performs an element over the double mini and lands on the landing area, completely missing the dismount/spotter bed, the routine will be interrupted at that point and the athlete will not receive a score for the routine. The athlete must perform a mounter/spotter element, and a dismount element to and from the correct bed or area for the routine to be considered valid.
- 4.7. If a competitor completes a dismount element and on the way down hits his/her toes on the double mini bed, this would be considered an additional contact with the bed and the routine will be scored out of one element.
- 4.8. Landing or touching the pads will cause interruptions or Chair of the Judges Panel penalties.
  - If an athlete clearly lands an element completely on the pads of the double mini trampoline with any part of the sole of a foot, or with all of the feet, the routine will be interrupted at that point. If it is not clear, then the athlete will be deemed to have brushed the pad and a 0.2 penalty from the total score will be taken
  - If the pad is brushed on the way up or on the way down while performing an element, the Chair of the Judges Panel will take a 0.2 penalty form the total score for touching the pad.
  - The penalty is applied for each time the competitor touches the pad
- 4.9. A mounting jump over the red zone on the double mini trampoline should be done with a straight body position. If the jump is out of control, and inadvertently makes a pike or tuck body shape to regain control of the bounce, the jump will NOT be judged as a tuck or pike jump. If, however, it is obvious that the athlete intended to perform the element, it will be judged as the first element of the voluntary routine. In Levels 1-7 it would cause an interruption of the compulsory routine.
- 4.10. Landing and Zone Penalties for Double Mini:
  - Landing zone penalties are taken by the Chair of the Judges Panel from the total score on completed routines only.
  - If any part of the foot/feet is touching two zones, the athlete will be deemed in the zone with the greater penalty. If the athlete's foot is on the line, but does not touch outside the line the athlete will not be considered in the worse zone.

Changing zones (after landing in a zone, touching something in a worse zone)

Lands in:	Moves to:	Landing Deduction off each E Score	CJP Penalty off Total Score
Zone A	Steps to Zone B or Zone C	0.1-0.3 instability	0.2 maximum
Zone A	Falls to seat, hands touch in Zone B	1.0 fall	0.2
Zone B	Steps to Zone C	0.1-0.3 instability	0.6 & 0.2
Zone B	Steps to Zone A	0.1-0.3 instability	0.6 only
Zone B	Steps through Zone A and on the other side steps to Zone B	0.1-0.3 instability	0.6 only
Zone B	Jumps over Zone C without touching it to land on the floor	1.0 for jumping to floor	0.6 only
Zone C	Steps to Zone B or Zone A	0.1-0.3 instability	1.0 only

- 4.11. If a competitor lands and falls having to use the support of the hands to avoid a fall, it would be considered a fall, not a touch and would result in a 1.0 landing deduction from each of the E judges scores.
- 4.12. After the completion of a routine the Chair of the Judges Panel will inform the E judges of any instability and landing deductions that need to be taken from their E score. Only completed routines will receive landing/instability deductions.
- 4.13. Athletes who are touched by a spotter or spotter mat prior to landing on the double mini-trampoline or the landing area will cause an interruption of the routine.
- 4.14. General definition of the mount & dismount zones:
- Middle zone **(3)**
  - End markers **(4+5)**
  - The mounting zone is defined as the area of the bed in front of and including the middle zone **(4+1+3)**
  - The spotter/dismount zone is defined as the area of the bed to the rear of and including the middle zone **(3+2+5)**



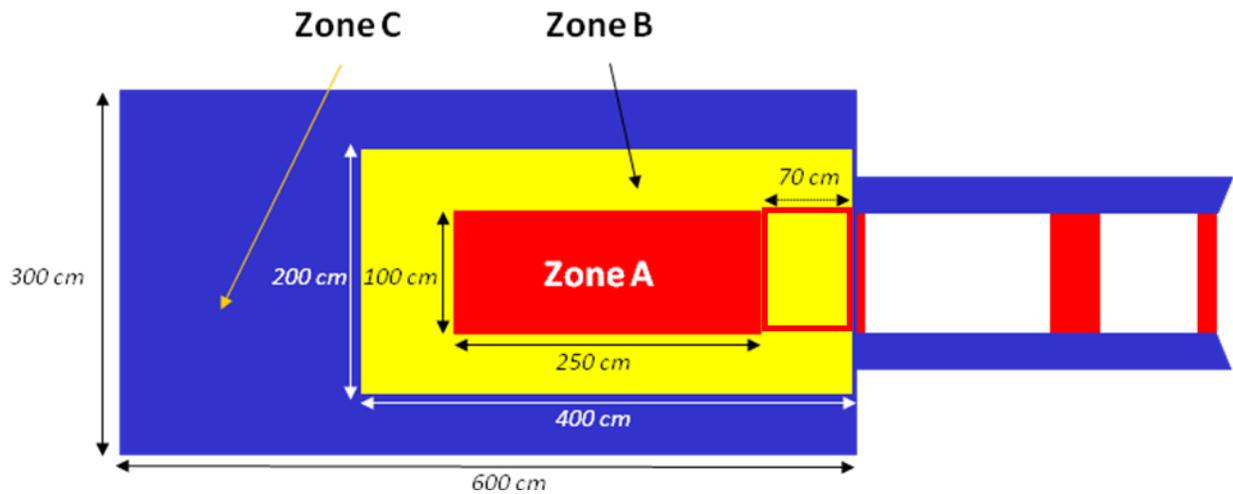
- 4.15. Mounter, Spotter, Dismount
- A straight mounting jump or mounting element must take off from the mounting area and land in the spotter/dismount area.
  - The spotter element must take off and land in the spotter/dismount area.
  - If any of these (mounting element or spotter element) are not executed in the correct area as detailed here, the exercise will be invalid (score 0).

- A dismount element not executed from a mounting element or spotter element is not valid.

**Example:** Mounting elements or spotter elements correctly executed from and to the prescribed areas on the DMT are always counted as elements, regardless of what happens in the dismount element (e.g. stop, landing on the DMT, not landing on both feet to landing area, straight jump).

#### 4.16. Landing zone - definition

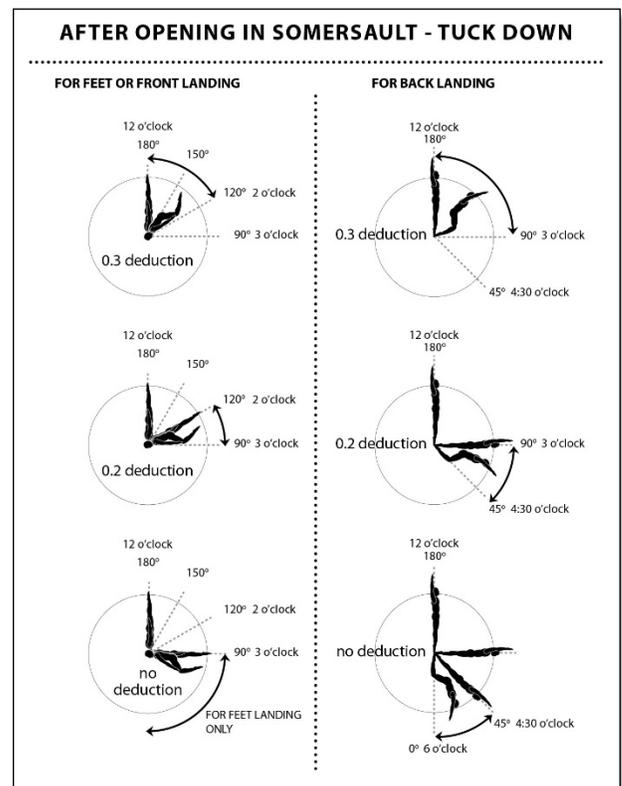
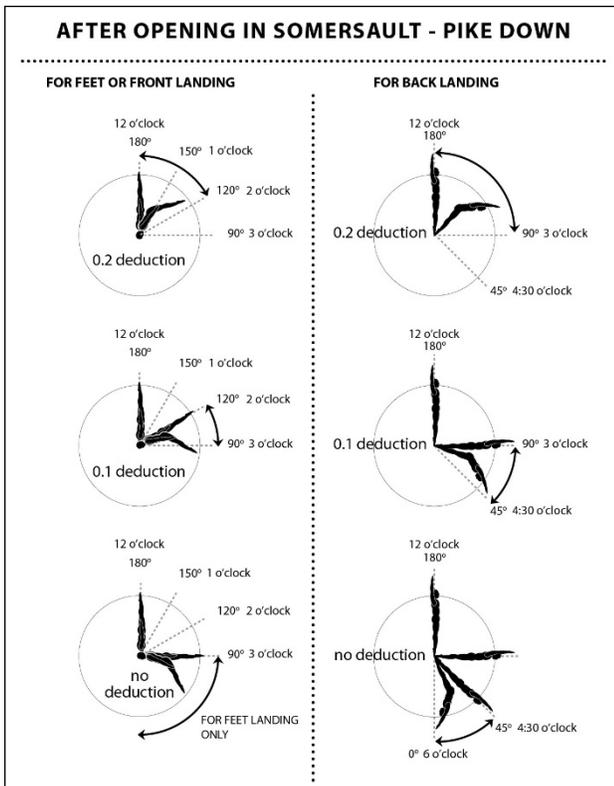
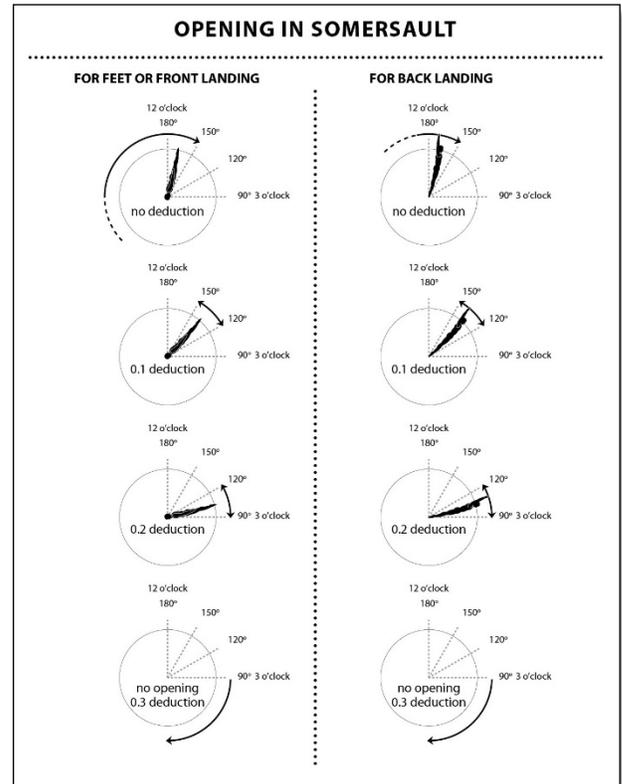
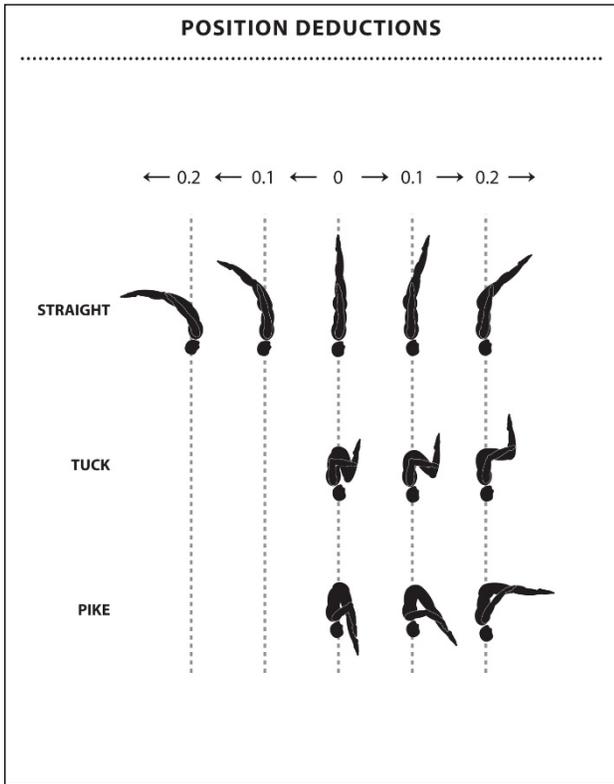
4.16.1. The outer edge of zone/area marks the boundary of the DMT landing zone/area. If any part of the body touches outside the boundary, it will result in a penalty. For Levels 1 – 7 athletes Zone A will be extended to the double mini and will not incur a penalty when the athlete lands in this extended area.



#### 4.17. Scoring:

Number of elements	Maximum Mark
2 elements	10.0 pts
1 element	7.0 pts

### Section 5 – FIG Drawings for Guidance



## MULTIPLE SOMERSAULTS TAKE-OFF

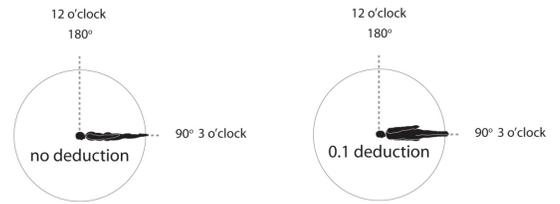
### Backward



### Forward



## END OF TWIST

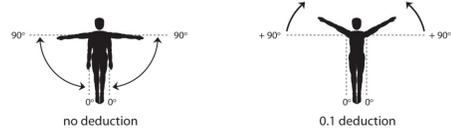


## ARMS TO STOP TWISTING ROTATION

### BARANI, FULL, MULTIPLE SOMERSAULTS WITH 1/2 OUT



### SINGLE SOMERSAULT WITH MORE THAN FULL TWIST AND ALL OTHER MULTIPLE TWISTING SOMERSAULTS



## O. CLARIFICATION FOR TUMBLING

AS WE ARE NOT EXPECTING TUMBLERS TO OPEN THE ELEMENTS WITH MULTIPLE TWISTING SOMERSAULT OR TRIPLE LIKE IN TRAMPOLINE, WE MUST LOOK AT THE PREPARATION FOR LANDING, ...

- ... if the upper body is clearly under 90° 0.2 
- ... if the upper body is close to 90° 0.1 
- ...if the upper body becomes clearly over 90° 0.0 

## DEVIATION FROM CENTER - TUMBLING

