

DEVELOPMENT PROGRAM



TUMBLING
CODE OF
POINTS

— 2021-2024 —

USA 
Trampoline
& Tumbling

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Section 1 – Tumbling Quick Reference

For complete information, refer to the Trampoline & Tumbling Rules & Policies on the USA Gymnastics website:
www.usagym.org

1.1. Age Determination

1.1.1. Each level of the Development Program is divided into age groups. The age of the competitor on December 31 of the current year determines the age group in which he/she competes.

1.1.2. Age groups:

Levels 1-4	Levels 5-9	Level 10	Open
6 & U	8 & U	10 & U	17-21
7-8	9-10	11-12	22+
9-10	11-12	13-14	
11-12	13-14	15-16	
13-14	15+		
15+			

* Note: Note: Groups of three or less may be combined with the age group immediately above or immediately below at the Meet Directors discretion.

1.2. Competition Cards

1.2.1. Levels 1-8

1.2.1.1. No competition cards are required at these levels.

1.2.2. Levels 9-Open

1.2.2.1. All routines, including finals, must be written on the competition card. Voluntary routines must include difficulty value, position and total value of the routine in order to avoid additional penalties.

1.2.2.2. In the voluntary routine, changes to the elements and the order in which they are written on the competition card are permitted without penalty.

1.2.2.3. Competition cards must be completed using only the FIG numeric system.

1.2.2.4. Failure to turn in a competition card filled out using the FIG numeric system, will result in a DNS.

1.3. Dress Code

1.3.1. Athletes: The dress code must be followed during all training, warm up and competition at all sanctioned events. Any violation identified during training and session warm up may receive a warning. Any violation during flight warm up or competition could result in a Chair of the Judges Panel penalty as per Rule 2.4.1.3.

1.3.1.1. For safety reasons, covering the face or head is NOT allowed. However, if an athlete regularly trains in a face mask and chooses to wear this mask during competition, they will not be penalized so long as the mask is tightly secured. Athletes who require a head covering for religious reasons, may request an exception from the Program Committee.

1.3.1.1. The wearing of jewelry or watches is not permitted. All piercings should be removed; alternatively, if piercings are not removed they must be completely covered. If outside of the leotard, the covering must be tape affixed to the body, and be tan, black or white. "Untaped 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.

1.3.1.2. Only rubber bands, ribbons, flat metal clips or soft hair decoration are allowed.

- 1.3.1.3. Long hair for both male and female competitors must be secured close to the head. If the hair touches the track or landing zone/area, the routine will be interrupted (see Guide to Judging).
- 1.3.1.4. Bandages or support pieces must be tan, black or white.
- 1.3.2. Male Competitors
- 1.3.2.1. Step-in or compression shirt, with or without sleeves. T-shirts are not acceptable. Compression shirts must be skin tight and made of lycra or spandex.
- 1.3.2.2. Competition shorts in a single color with no more than a 5" inseam may be worn.
- 1.3.2.3. Any length skin tight leg covering (not including trampoline pants) of one solid color that matches a color found in the step-in or compression shirt, black, or skin color may be worn. Designs, patterns, images, words or symbols are not allowed. A manufacturer's logo of no more than 1" is allowed.
- 1.3.2.4. White foot covering of no more than ankle length or bare feet are allowed.
- 1.3.3. Female Competitors
- 1.3.3.1. Leotard with or without sleeves (must be skin tight).
- 1.3.3.2. Any length skin tight leg covering (not including trampoline pants) of one solid color that matches a color found in the leotard, black, or skin color may be worn. Designs, patterns, images, words or symbols are not allowed. A manufacturer's logo of no more than 1" is allowed.
- 1.3.3.3. A full length one-piece leotard (unitard) may be worn (must be skin tight).
- 1.3.3.4. Gym shorts that are a solid color to match the leotard, match the pattern of the leotard or black may be worn (must be skin tight).
- 1.3.3.5. White foot covering or bare feet are allowed. If a unitard or long tights are worn, shoes/foot covering may be in the same color as the unitard/long tights. Foot covering may not be more than ankle length.
- 1.3.4. Coaches
- 1.3.4.1. Coaches are required to dress in attire reflecting the best image of USA Gymnastics:
- Collared shirts, business casual shirts or t-shirt with team logo
 - Track suit, "docker-style" pants
 - Shorts with a minimum of a 3 inch inseam are allowed during assigned or open training days only.
 - Athletic shoes with rubberized soles
 - Warm up jackets are optional
- 1.3.4.2. The following is NOT allowed on the field of play:
- Denim
 - Caps or hats
 - Tank tops
 - Sleeveless shirts
- 1.3.5. Any violation of Rules 1.3.1.1-1.3.3.5 during flight warm up or competition may result in a 0.2 penalty taken from the total score of each routine where the offense occurs per Rule 2.4.1.3.
- 1.3.6. A major violation could result in the disqualification from the round in which the offense occurs.
- 1.3.7. For any violation of Rules 1.3.4.1-1.3.4.2, the coach will be asked to leave the floor.
- 1.4. Flights
- 1.4.1. Competitors will be scheduled in flights of no more than 12.
- 1.5. Spotters
- 1.5.1. Athletes must execute routines without any external help.
- 1.5.2. If the Chair of the Judges Panel determines that assistance was given, the routine will be interrupted.

1.5.3. Coaches are allowed to spot, or stand with the intention to spot, from either side of the floor or landing area for Tumbling.

1.6. Start of a Routine

- 1.6.1. The starting order is decided by a random draw. Competitors will remain in the same order for the second routine.
- 1.6.2. Each competitor will start on a signal from the Chair of the Judges Panel.
- 1.6.3. After the signal has been given, the competitor must initiate the first element within 20 seconds, otherwise the Chair of the Judges Panel penalty will be applied as per Rule 2.4.1.9.
- 1.6.4. If the time limit is exceeded as a result of faulty equipment or other substantial cause, no penalties will be applied. The Chair of the Judges Panel makes this decision. The athlete may restart upon the signal from the Chair of the Judges Panel.
- 1.6.5. A competitor's routine will be considered started once the first element is initiated.
 - 1.6.5.1. A routine is initiated when the hands touch the tumbling floor.
 - 1.6.5.2. If the first element is an element such as a barani, the routine is initiated when the athlete's feet leave the tumbling floor to initiate the element/somersault.
- 1.6.6. A springboard may be used only to initiate the first element. It may be placed anywhere on the tumbling track or run up as long as the first element lands within the lines of the tumbling track.
- 1.6.7. Second attempts are not allowed.
 - 1.6.7.1. If a gymnast is obviously disturbed (faulty equipment or substantial external influence), the Chair of the Judges Panel in conference with the meet referee and/or meet director, may allow another attempt. A gymnast's clothing cannot be classified as "equipment".
 - 1.6.7.2. Spectator noise, applause and the like would not normally constitute a disturbance.

1.7. Termination of a Routine

- 1.7.1. The routine must end under control, on the tumbling track or landing zone/area with feet together or at a distance smaller than shoulder width. Only those elements that are considered complete elements will be evaluated. (See Guide to Judging)
- 1.7.2. A routine is deemed to have ended after the three seconds has elapsed. Competitors must stand upright for approximately three seconds, otherwise there will be a deduction for lack of stability as per Rule 2.5.8.2.1. This deduction will be taken from each E score (see Guide to Judging).

1.8. Warm-Up

- 1.8.1. All competitors will be allowed warm-up touches during their flight warm-up prior to competition.
- 1.8.2. Warm-up minimum requirements:

Local/State/Regional/National		
Warm-up Option A		
If a general training or warm-up session is offered prior to competition, the following warm-up will be provided immediately prior to flight competition.		
Levels	Qualification	Finals
Levels 1-4	2 Touches	N/A
Levels 5-7	2 Touches	N/A
Level 8	3 Touches	N/A
Level 9	3 Touches	2 Touch
Levels 10 / Open	3 Touches	3 Touches
Local/State/Regional/National		
Warm-up Option B		
If NO general training or warm-up sessions are provided prior to competition, the following warm-up will be provided immediately prior to flight competition		
Levels	Qualification	Finals
Levels 1-4	2 Touches	N/A
Levels 5-7	2 Touches	N/A
Level 8	4 Touches	N/A
Level 9	4 Touches	2 Touches
Levels 10 / Open	4 Touches	4 Touches
National Events		
Warm-up Option C		
When session warm-ups are provided, they must be a minimum of 50 minutes in length and provide a minimum of 15 minutes stretch time.		

- 1.8.3. No general warm-up period is required, however if time allows one may be provided.
- 1.8.4. When specific session warm-ups are provided, athletes are only allowed to warm-up on the apparatus on which they compete in that session.
- 1.8.5. In the event a competitor abuses the warm-up, a 0.3 penalty as per Rule 2.4.1.2 will be taken from the total score of each routine in which the offense occurs.
- 1.8.6. Warm-up on the competition hall equipment may be eliminated if equivalent equipment is provided in an adjacent hall.
- 1.8.7. Competition dress codes must be followed during all flight warm-up and competition.

SECTION 2 – Judges Duties and Competition Details

2.1. Judges

- 2.1.1. Judges must sit a minimum of 6 feet and a maximum of 16 feet from the proximal side of the tumbling surface. The placement should be a minimum of 40 feet and a maximum of 52 feet from the start of the tumbling surface.
- 2.1.2. If a judge fails to carry out his/her duties in a satisfactory manner, he/she may be replaced. This decision will be made by the Jury of Inquiry upon the recommendation of the Chair of the Judges Panel and must be documented with the T&T Technical Committee.
- 2.1.3. If the judge in question is also a member of the Jury of Inquiry, he/she will not participate in the decision taken.

2.2. Duties of the Chair of the Judges Panel (CJP)

- 2.2.1. Control the facility and electronic judging system.
- 2.2.2. Organize the judges' conference and trial scoring.
- 2.2.3. Place and supervise all judges, spotters and data recorder.
- 2.2.4. Direct the competition.
- 2.2.5. Convene the judge's panel.
- 2.2.6. After conferring with Meet Referee and/or Meet Director, decide if a second attempt should be allowed.
- 2.2.7. Decide about a gymnast dress.
- 2.2.8. Decide if a judge fails to show his/her mark immediately.
- 2.2.9. Instruct the E judges to take any instability or landing deductions on completed routines.
- 2.2.10. Decide if assistance given by a spotter was necessary.
- 2.2.11. Assist the D judge in checking routine requirements.
- 2.2.12. Declare the maximum mark in the case of an interrupted routine.
- 2.2.13. Direct the E judges to reevaluate their score, if the 0.5 range is not met.
- 2.2.14. Decide and display all Chair of the Judges Panel penalties taken from the total score.
- 2.2.15. Supervise and control all scores, calculations and the final results and intervene if he/she recognizes obvious calculation errors.

2.3. Interruption of a Routine

- 2.3.1. A routine will be considered interrupted if the competitor:
 - 2.3.1.1. Is touched by a spotter.
 - 2.3.1.2. Falls to the track/zone/area during a routine.
 - 2.3.1.3. Touches outside the outer lines of the tumbling track with any part of the body on elements 1 - 7.
 - 2.3.1.4. At level 3 or higher, takes intermediate steps or stops.
 - 2.3.1.5. Does not perform the compulsory routine as prescribed at each level.
 - 2.3.1.6. Performs elements that are not allowed (see Routine Requirements for each level).
 - 2.3.1.7. Touches the track/zone/area with any part of the body other than the hands and feet (Levels 3 – Open).
 - 2.3.1.8. Routine changes direction. Exception; a reversal as the last element in level 8 - Open
 - 2.3.1.9. Does not initiate the run for the routine on the designated run up or track.
 - 2.3.1.10. Does not begin a routine initiating the first element from the run-up end of the floor towards the landing area.
 - 2.3.1.11. Initiates any element with any part of the foot in the landing zone/area.
 - 2.3.1.12. Performs an incomplete element or fails to land on two feet. (see Guide to Judging).
 - 2.3.1.13. Uses equipment for something other than its intended purpose.

- 2.3.2. Athletes will be judged only on the number of elements completed on both feet on the tumbling track or landing zone/area.
- 2.3.3. Landing deductions are taken on completed routines only.
- 2.3.4. Penalties that are taken from the total score are taken on both complete and incomplete routines.
- 2.3.5. The Chair of the Judges Panel will determine the maximum mark and apply any appropriate penalties for an incomplete routine.
- 2.3.6. No credit will be given for the element in which the interruption occurs with respect to Rules 2.3.1.1 – 2.3.1.13.

2.4. Judges Penalties – Total Score

- 2.4.1. Chair of the Judges Panel penalties are taken from the total score of each routine where the offense(s) occurs.
 - 2.4.1.1. Talking to or giving any form of a signal to a competitor by his/her own coach or spotter during a routine 0.6
 - 2.4.1.2. Abusing the warm-up time 0.3
 - 2.4.1.3. Violation of the dress code 0.2
 - 2.4.1.4. Levels 8-Open: Fails to end in a somersault 2.0
 - 2.4.1.5. Not completing the required number of elements (see Guide to Judging) 2.0
 - 2.4.1.6. For routines that end in a somersault: landing on the track 0.4
 - 2.4.1.6.1. Elements that are performed in the reverse direction may land on the track with no penalty
 - 2.4.1.7. After landing in the landing zone, touching or falling outside the landing zone with any part of the body 0.2
 - 2.4.1.8. Landing outside the outer lines of the track or landing zone on the last element 1.0
 - 2.4.1.9. Not initiating the first element within 20 seconds after the signal from the Chair of the Judges Panel 0.2
 - 2.4.1.9.1. 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.
 - 2.4.1.9.2. If there is a faulty start, the gymnast may re-start on a signal given by the Chair of the Judges Panel.
- 2.4.2. Difficulty judges’ penalties are given to the Chair of the Judges Panel and are taken from the total score of each routine where the offense(s) occurs
 - 2.4.2.1. Levels 8-Open, voluntary routines failing to meet or exceeds routine requirements, per occurrence. 2.0
 - 2.4.2.2. Fails to turn in a competition card, or the card is incomplete as per Rule 1.2.2.4. 0.2

2.5. Duties of the Judges for Execution (E Judge)

- 2.5.1. Evaluate the execution of each element in the range of 0.0-0.5 and write their deductions independently of the other judges.
- 2.5.2. Subtract their deductions from the maximum mark indicated by the Chair of the Judges Panel.
- 2.5.3. Display their Execution score.
- 2.5.4. Evaluation of Execution (E Score)
 - 2.5.4.1. Lack of form, control, height and rhythm in each element.
 - 2.5.4.2. Evaluate the execution of each element in the range of 0.0-0.5 as per Rule 2.5.5.
- 2.5.5. Execution deductions
 - 2.5.5.1. Slight faults, for each occurrence 0.1-0.2
 - 2.5.5.2. Substantial faults, for each occurrence 0.3-0.4
 - 2.5.5.3. Major faults, for each occurrence 0.5

- 2.5.6. On all routines, when using total E scores, the two E scores must be within 0.5 and the three “E” scores must be within 0.5 of the median score. Should the scores not be within range, the Chair of the Judges Panel will instruct the judge what is deemed best and fairest, so the 0.5 range requirement is met.
- 2.5.7. The Chair of the Judges Panel will determine the maximum mark.
- 2.5.8. Landing deductions
- 2.5.8.1. Instability and landing deductions are taken from the E score upon the instruction of the Chair of the Judges Panel on completed routines only.
- 2.5.8.2. Lack of stability after a completed routine
- 2.5.8.2.1. Landing on both feet but lacking stability and not standing still for approximately 3 seconds (see Guide to Judging). 0.1-0.3
- Routines will receive an instability deduction OR a landing deduction. The two are never applied to the same routine, E judges will take the greater of the two.**
- 2.5.8.3. Landing deduction after a completed routine
- 2.5.8.3.1. After landing, touching the track/zone/area with one or both hands 0.5
- 2.5.8.3.2. If the hands are used to support the whole body. 1.0
- 2.5.8.3.3. After landing, touching with or falling to the knees, hands & knees, seat, front or back on the tumbling track or landing area/zone. 1.0
- 2.5.8.3.4. After landing in the landing zone/area or on the track, leaving the landing zone/area or track, or touching outside the landing area or track with any part of the body. 1.0
- 2.5.8.3.5. Performing an additional element. 1.0
- 2.5.8.3.6. Assistance from a spotter after landing. 1.0

2.6. Duties of the Judges for Difficulty (D Judge)

- 2.6.1. Collect the competition cards.
- 2.6.2. Check the elements and difficulty values entered on the competition cards.
- 2.6.3. Confirm with the Chair of the Judges Panel that compulsory routines were performed correctly.
- 2.6.4. Check the required elements/requirements for voluntary routines.
- 2.6.5. Determine and record all elements performed, and its difficulty value on the competition card.
- 2.6.6. Notify the Chair of the Judges Panel of any penalties per Rule 2.4.2.
- 2.6.7. Display the score for difficulty.
- 2.6.8. Display in public (red flag) if a gymnast executed other elements than those indicated on the competition card, or change in their order for the voluntary routine.
- 2.6.9. Evaluation of Difficulty (D score)
- 2.6.9.1. The difficulty of each element is calculated based on the amount of somersault and twist. Only elements terminating on the feet will be evaluated. The difficulty is determined based on the following:
- 2.6.9.1.1. Cartwheels have no difficulty value
- 2.6.9.1.2. Aerials, back handspring, roundoffs and front handsprings 0.1
- 2.6.9.1.3. Whipback 0.2
- 2.6.9.1.4. Somersaults:
- 2.6.9.1.4.1. Each somersault (360°) 0.5
- 2.6.9.1.4.2. Front somersaults bonus 0.1
- 2.6.9.1.5. Somersaults with twist
- 2.6.9.1.5.1. Each ½ twist of a somersault (180°) 0.2
- 2.6.9.1.5.2. Each ½ twist more than two (2) twist (720°) 0.3

- | | | |
|--------------|---|-----|
| 2.6.9.1.5.3. | Each ½ twist more than three (3) twist (1080°) | 0.4 |
| 2.6.9.1.5.4. | Single somersaults with twist must twist in one continuous direction, otherwise, no difficulty will be awarded the element. For elements, which do not meet this requirement, an additional deduction for not meeting routine requirements may be taken from the total score for the routine. | |
| 2.6.9.1.6 | Double somersaults | |
| 2.6.9.1.6.2 | Each ½ twist (180°) | 0.1 |
| 2.6.9.1.6.3 | Each ½ twist more than one (1) twist (360°) | 0.2 |
| 2.6.9.1.6.4 | Each ½ twist more than two (2) twist (720°) | 0.3 |
| 2.6.9.1.6.5 | Each ½ twist more than three (3) twist 1080° | 0.4 |
| 2.6.9.1.7 | Triple somersaults | |
| 2.6.9.1.7.2 | Each ½ twist (up to 360°) | 0.3 |
| 2.6.9.1.7.3 | Each ½ twist more than one (1) twist (360°) | 0.4 |
- 2.6.9.2. In elements combining somersault and twist, the difficulty value of the somersault and twist are added together.
- 2.6.9.3. Position Bonus
- 2.6.9.3.1. Single somersaults with 360° of rotation without twist that are executed in the straight or pike position will be awarded an additional 0.1.
- 2.6.9.3.2. Double somersaults performed in the pike position will receive a bonus of 0.1 points, triple somersaults in the pike position will receive a bonus of 0.2 points.
- 2.6.9.3.3. Double somersault performed in the straight position will receive a bonus of 0.2 points, and triple somersault in the straight position will receive a bonus of 0.4 points.
- 2.6.9.3.4. In double somersaults the value of the somersault including the twist and the position bonus will be doubled.
- 2.6.9.3.5. In triple somersault the value of the somersault, including the twist and position bonus will be tripled.
- 2.6.9.4. Double Bonus
- 2.6.9.4.1. Level 9 – Elements performed at the 8th element of a routine with a difficulty value of 2.0 or higher will receive a bonus of 1.0 added to the difficulty score of completed routines only.
- 2.6.9.4.2. Level 10 – Elements performed as elements 2-7 with a difficulty value of 2.0 or higher, will receive a transition bonus of 2.0 each added to the difficulty score of completed routines only.
- 2.6.9.4.3. Open – Two elements performed and awarded a difficulty value of 2.0 or higher within the same routine, a bonus of 2.0 will be added to the difficulty score of completed routines only.

Section 3 – Tumbling Routines and Requirements

3.1. Required Positions During an Element

- 3.1.1. In all positions, the feet and legs should be kept together and the feet and toes pointed.
- 3.1.2. Depending on the requirements of the movement, the body should be tucked, piked or straight.
- 3.1.3. In the tuck and pike positions, the thighs should be close to the upper body, except in the twisting phase of multiple somersaults.
- 3.1.4. In the tuck position, the hands should touch the legs below the knee.
- 3.1.5. In the pike position, the hands should touch the tops of the feet.
- 3.1.6. The arms should be straight and/or close to the body whenever possible.
 - 3.1.6.1. In single somersaults with 360° of twist or less and double somersaults with 180° of twist, the arms may be away from the body 45° with no deduction (see Guide to Judging).
 - 3.1.6.2. In single somersaults with more than 360° of twist and all other twisting double somersaults, the arms may be straight and away from the body 90° with no deduction (see Guide to Judging).
- 3.1.7. The following defines the minimum requirements for a particular body shape:
 - 3.1.7.1. Straight position: The angle between the upper body and the thighs must be greater than 135° (see Guide to Judging).
 - 3.1.7.2. Pike Position: The angle between the upper body and the thighs must be equal to or less than 135° and the angle between the thighs and the lower legs must be greater than 135° (see Guide to Judging).
 - 3.1.7.3. Tuck position: The angle between the upper body and thighs must be equal to or less than 135° and the angle between the thighs and the lower leg must be less than 135° (see Guide to Judging).
 - 3.1.7.4. When two positions are achieved in one element, the Difficulty judge will assess the element based on the least difficult body position prior to one o'clock. Once the athlete reaches between 180° and 150° remaining of the element, any change in position will be treated as a "keeping/holding" deduction. (see Guide to Judging).
 - 3.1.7.5. In the tuck and pike position, the thighs should be as close as possible to the upper body.
 - 3.1.7.6. The phases in multiple somersaults are
 - 3.1.7.6.1. In somersaults of 540° or less, one phase is recognized.
 - 3.1.7.6.2. In somersaults of 630°- 900°, two phases are recognized, early and late, and equate to the degrees of rotation divided by two.
 - 3.1.7.6.3. In somersaults of 900° or more, each somersault is recognized as a separate phase.

3.2. Repetition of an Element

- 3.2.1. With the exception of back handsprings, whipbacks, roundoffs and full twisting back somersaults, no element may be repeated within or over two qualification routines, or within or over the final routines. Routines performed in the qualification round may be performed in the final round.
 - 3.2.1.1. Elements within the same routine other than round off, back handspring and whip-back and full twisting back somersaults will not be considered a repeat if preceded by a different element.
 - 3.2.1.2. Elements may not be repeated within or between the two eight-element routines at levels 8-open **during a specific round of competition (Qualification or Final)**. An element will be considered a repeat if it is performed in combination with the same preceding element more than once.

- 3.2.1.3. Repeated elements within the same routine will not be awarded difficulty credit by the difficulty judge.
- 3.2.1.4. Repeated elements over both routines of the preliminary round will not be awarded difficulty credit by the difficulty judge.
- 3.2.1.5. Repeated elements over both routines of the final round will not be awarded difficulty credit by the difficulty judge.
- 3.2.1.6. If the loss of difficulty due to a repetition causes the difficulty to drop below the minimum required difficulty, an additional 2.0 penalty will be taken from the total score, as per Rule 2.4.2.1.
- 3.2.2. Elements having the same amount of rotation, but performed in either the tuck, pike or straight positions are considered to be different elements and are not considered a repetition.
- 3.2.3. Multiple somersaults of 720° or more, having the same number of twists and somersaults will not be considered a repetition if the twist is located in different phases of the element (see Guide to Judging).
- 3.2.4. Elements or routines from the qualification round may be repeated in the final.

3.3. Tumbling Levels 1-4 Routine Definition

- 3.3.1. Competition is comprised of two compulsory routines.
- 3.3.2. All completed routines are scored out of 10.0.
- 3.3.3. Routines beginning with a run may begin on the run up. The first element must land within the boundaries of the track and must end with a landing on the track or landing zone/area.
- 3.3.4. No finals are held at this level.
- 3.3.5. Compulsory routines:

LEVEL 1 Routine 1

Forward roll tuck
Forward roll tuck step-out
Cartwheel step-in

LEVEL 2 Routine 1

Handstand forward roll step-out
Cartwheel
Cartwheel step-in
Back roll tuck

LEVEL 3 Routine 1

Power hurdle roundoff
Back handspring
Rebound

LEVEL 4 Routine 1

Power hurdle, roundoff
Back handspring
Back handspring
Rebound

LEVEL 1 Routine 2

Back roll tuck
Back roll tuck
Back roll pike

LEVEL 2 Routine 2

Power hurdle, roundoff
Rebound
Back roll tuck
Back roll tuck
Back extension roll pike down

LEVEL 3 Routine 2

Run, roundoff
Back handspring
Rebound

LEVEL 4 Routine 2

Run, roundoff
Back handspring
Back handspring
Back handspring
Back handspring
Rebound

3.3.5.1. Deviation from the compulsory routine will result in an interruption of the routine at the point of change. See Rule 2.3.1.5.

3.4. Tumbling Levels 5-7 Routine Definition

- 3.4.1. Competition is comprised of two compulsory routines.
- 3.4.2. All completed routines are scored out of 10.0.
- 3.4.3. Beginning at Level 5, routine two, the last element must land in the landing zone, otherwise a penalty of 0.4 will be taken from the total score as per Rule 2.4.1.6 and or 2.4.1.8.
- 3.4.4. No finals are held at this level.
- 3.4.5. Compulsory routines:

LEVEL 5 Routine 1

Run, roundoff
 Back handspring
 Back handspring
 Back handspring
 Back handspring
 Back handspring
 Back handspring
 Back handspring
 Rebound

LEVEL5 Routine 2

Run, roundoff
 Back handspring
 Back handspring
 Back handspring
 Back somersault tuck

LEVEL 6 Routine 1

Run, roundoff
 Back handspring
 Back handspring
 Back handspring
 Back handspring
 Back handspring
 Back handspring
 Back handspring
 Back somersault tuck

LEVEL 6 Routine 2

Run, roundoff
 Back handspring
 Back handspring
 Back handspring
 Back handspring
 Back handspring
 Back handspring
 Back handspring
 Back somersault pike

LEVEL 7 Routine 1

Run, roundoff
 Whipback
 Back handspring
 Back handspring
 Back handspring
 Back handspring
 Back handspring
 Back somersault straight

LEVEL 7 Routine 2

Run, roundoff
 Whipback
 Whipback
 Back handspring
 Back handspring
 Back handspring
 Back handspring
 Back somersault pike

3.4.5.1. Deviation from the compulsory routine will result in an interruption of the routine at the point of change. See Rule 2.3.1.5.

3.5. Tumbling Levels 8-Open – Routine Requirements

- 3.5.1. Competition is comprised of two voluntary routines.
- 3.5.2. All completed routines are scored out of 10.0.
- 3.5.3. Changes to elements and the order in which they are written on the competition card are permitted without penalty.
- 3.5.4. All routines must end in a two foot landing per Rule 2.3.1.12.

- 3.5.5. All routines must end in a somersault.
- 3.5.6. The last (8th) element of all routines must land in the landing zone otherwise a penalty will be applied as per Rule 2.4.1.6 and or 2.4.1.8.
- 3.5.7. If a competitor does not meet or exceeds the routine requirements, a 2.0 penalty will be taken from the total score for each occurrence. Only one 2.0 penalty is taken for missing any or all requirements listed in the same line or bullet. This penalty is taken only on completed routines (see Guide to Judging).
 - 3.5.7.1. If a competitor exceeds the maximum routine difficulty, then the maximum difficulty allowed will be the valid difficulty score for the routine, and no additional penalties pertaining to routine difficulty requirements will be taken from the total score.
 - 3.5.7.2. Elements which exceed the maximum element difficulty allowed will result in an interruption of the routine and will receive a Chair of the Judges Panel penalty as per Rule 2.3.1.6.
- 3.5.8. Repeats are not allowed within or over the two voluntary routines in qualification or within or over the two finals routines.
 - 3.5.8.1. Repeated elements will not be awarded difficulty. As per Rule 3.2.1.
 - 3.5.8.2. Penalties regarding minimum routine difficulty may be applied if the loss of difficulty causes the routine to not meet routine requirements.

3.6. Level 8 Competition – Two Voluntary Routines

- 3.6.1. First routine – 1st voluntary routine requirements
 - 3.6.1.1. Minimum of four somersaults, one of which must be the last (8th) element and be performed in the straight position.
 - 3.6.1.2. Minimum routine difficulty 1.6.
 - 3.6.1.3. Maximum routine difficulty 1.9.
 - 3.6.1.4. Maximum element difficulty 0.6.
- 3.6.2. Second routine – 2nd voluntary routine requirements
 - 3.6.2.1. Eighth element must be a somersault with a minimum of 360° of twist.
 - 3.6.2.2. Minimum routine difficulty 1.8.
 - 3.6.2.3. Maximum routine difficulty 3.3.
 - 3.6.2.4. Maximum element difficulty 1.3.

3.7. Level 9 Competition – Two Voluntary Routines

- 3.7.1. First routine – 1st voluntary routine requirements
 - 3.7.1.1. Must perform bounding somersaults, one of which must be a back somersault with 1/1 twist, performed within elements 2-7.
 - 3.7.1.2. The last (8th) element must be a somersault.
 - 3.7.1.3. Minimum routine difficulty 2.4.
 - 3.7.1.4. Maximum routine difficulty 2.9.
 - 3.7.1.5. Maximum element difficulty 0.9.
- 3.7.2. Second routine – 2nd voluntary routine requirements
 - 3.7.2.1. The last (8th) element must be a somersault.
 - 3.7.2.2. Minimum routine difficulty 2.9.
 - 3.7.2.3. Maximum routine difficulty 4.2.
 - 3.7.2.4. Maximum element difficulty 2.2.
 - 3.7.2.5. Elements performed as the 8th element with a difficulty value of 2.0 or higher will receive a difficulty bonus of 1.0 added to the difficulty score.

3.8. Level 10 Competition – Two Voluntary Routines

- 3.8.1. First routine – 1st voluntary routine requirements
 - 3.8.1.1. Eighth element must be a double somersault.
 - 3.8.1.2. Minimum routine difficulty 3.0.
 - 3.8.1.3. Maximum routine difficulty 7.5.
 - 3.8.1.4. Maximum element difficulty 3.2.
- 3.8.2. Second routine – 2nd voluntary routine requirements
 - 3.8.2.1. Eighth element must be a somersault.
 - 3.8.2.2. One double somersault placed anywhere in the routine.
 - 3.8.2.3. Minimum routine difficulty 3.0.
 - 3.8.2.4. Maximum routine difficulty 7.5.
 - 3.8.2.5. Maximum element difficulty 3.2.
- 3.8.3. Elements 2-7 with a difficulty value of 2.0 or higher will receive a transition bonus of 2.0 added to the difficulty score for each transition. This bonus is awarded on completed routines only.

3.9. Open Competition – Two Voluntary Routines

- 3.9.1. First routine – 1st voluntary routine requirements
 - 3.9.1.1. Eighth element must be a double somersault.
 - 3.9.1.2. Minimum routine difficulty 3.0.
 - 3.9.1.3. Maximum element difficulty 4.8.
- 3.9.2. Second routine – 2nd voluntary routine requirements
 - 3.9.2.1. Eighth element must be a somersault.
 - 3.9.2.2. One double somersault placed anywhere in the routine.
 - 3.9.2.3. Minimum routine difficulty 3.0.
 - 3.9.2.4. Maximum element difficulty 4.8.
- 3.9.3. Routines that have two somersaults performed in and awarded a difficulty value of 2.0 or higher will receive a bonus of 2.0 added to the difficulty score. This bonus is awarded on completed routines only.

3.10. Finals Levels 9-Open

- 3.10.1. Finals must be held at National Championships, but are optional at all other competitions.
- 3.10.2. Level 8: No finals.
- 3.10.3. Level 9: Finals will consist of one voluntary routine with the same requirements as the 2nd voluntary routine of the qualification round.
- 3.10.4. Levels 10-Open: Finals will consist of two voluntary routines with the same requirements as the 1st and 2nd voluntary routines of the qualification round.
- 3.10.5. A competitor may perform the same routines as performed in the qualification round.
- 3.10.6. The competitors with the eight best scores from the qualification round will go forward to the final.
- 3.10.7. The starting order for finals will be by random draw.

Section 4 – Calculation of the Score

4.1. Types of Scores

- 4.1.1. “D” scores are the total for the degree of difficulty in one routine
 4.1.2. “E” scores are the total for the execution in one routine.

4.2. Calculations of the Scores

- 4.2.1. The evaluation of the execution of elements and difficulty, is done in tenths of a point.
 4.2.2. Judges must write down their deductions independently of each other.
 4.2.3. When signaled by the Chair of the Judges Panel, the Execution and Difficulty judges’ scores must be shown simultaneously.
 4.2.4. Missing marks will be replaced using the following criteria.
 4.2.4.1. If any of the judges for execution fails to show their mark when signaled by the Chair of the Judges Panel, the remaining mark(s) will be averaged and used for the missing mark.
 4.2.5. For all levels and all competitions, the Meet Director can choose to utilize either the element-by-element or total E score process. This must be declared in the competition directives provided prior to competition.

4.3. Calculation of the Score for Execution (E Score)

- 4.3.1. On completed routines the judges will add the appropriate number of points to show their marks out of 10.0
 4.3.2. On incomplete routines, the execution judges will add the appropriate points to show their marks out of a maximum score determined by the Chair of the Judges Panel.
 4.3.3. To determine the E score, all execution and landing deductions are subtracted from the maximum mark as declared by the Chair of the Judges Panel.
 4.3.4. When using a total E score, the two/three scores must have a range of no more than 0.5 from each other or the median score. If E scores are not within 0.5, the Chair of the Judges Panel will advise the judges to move their scores in a manner that is deemed best and fairest until they are in range.
 4.3.5. Element-by-element average or median scoring does not require a range.

4.4. E Score Options and Calculation Methods

Eligibility Only	Invitational Eligibility Mobility Level 8 & 9	Mobility Level 10 & Open to Elite	State Championship	Regional Championship	National Championship	Stars & Stripes
1 Judge Multiply x 2	2-Judges Add	2-Judges Add	2-Judges Add Levels 1-4	2-Judges Add Levels 1-4		
	3-Judges Average X 2	3-Judges Average X 2	3-Judges Average X 2	3-Judges Average X 2 Levels 5-Open	3-Judges Average X 2 All levels	3-Judges Average X 2 Levels 5-7
	3-Judges Median X 2	3-Judges Median X 2	3-Judges Median X 2	3-Judges Median X 2 Levels 5-Open	3-Judges Median X 2 All levels	3-Judges Median X 2 Levels 5-7

- 4.4.1. Meet Directors may choose among the scoring methods shown in Rule 4.4. Scoring methods that will be used at the competition must be stated in meet directives / registration packet.
 4.4.2. When only one Execution judge is used, the judge’s total mark is multiplied times two.

- 4.4.3. In all levels using two Execution Judges and the total E score method, the two scores are added together to determine the total E score for the routines.
- 4.4.4. In all levels using three Execution judges and the total E score method, the three scores are either averaged or the median used and multiplied times two to determine the total E score for the routine.
- 4.4.5. In all levels, when two Execution judges and the element-by-element method is used. The deductions are added together and subtracted from the maximum mark to determine the total E score.
- 4.4.6. In all levels, when three Execution judges and the element-by-element method is used, the average of each deduction or the median deduction is added together and subtracted from the maximum mark then multiplied times two to determine the total E score for the routine.
- 4.4.7. E scoring calculations
- 4.4.7.1. 2 Judge total score
- $(E1 + E2) + DD - \text{penalties}$
- 4.4.7.2. 3 Judge average:
- $((\text{Average total score of } E1, E2, E3) \times 2) + DD - \text{penalties}$
 - $((\text{Sum of the average of each element score of } E1, E2, E3, \text{ subtracted from the maximum mark}) \times 2) + DD - \text{penalties}$
- 4.4.7.3. 3 Judge median:
- $(\text{Drop high and low score of } E1, E2, E3, \text{ median } \times 2) + DD - \text{penalties}$
 - $(\text{Drop high and low deduction of each element of } E1, E2, E3, \text{ take the sum of the median deductions and subtract from the maximum mark } \times 2) + DD - \text{penalties}$

4.5. Calculation of the Score for Difficulty (D Score) Levels 8-10

- 4.5.1. Difficulty judges calculate the difficulty of the voluntary routines as per Rule 2.6.9.1.1 – 2.6.9.4.3. and enter it on the competition card.

4.6. Calculation of the Competitor's Score for the Qualification Round

- 4.6.1. Compulsory Routines
- 4.6.1.1. Levels 1-7, the valid execution score for routine 1 and routine 2 as per Rule 4.3, minus Chair of the Judges Panel penalties will be added together to determine the total score for the routine.
- 4.6.2. Voluntary Routines
- 4.6.2.1. 1st Voluntary – Levels 8-Open, the valid execution score, **added to the difficulty**, minus Chair of the Judges Panel and Difficulty judge's penalties will be the total score for the routine.
- 4.6.2.2. 2nd Voluntary – Levels 8-Open, the valid execution score, added to the difficulty, minus any Chair of the Judges Panel and difficulty penalties will be the total score for the routine.
- 4.6.2.3. The total score from routine 1 and routine 2 are added together to determine the competitor's total score for the qualification round.

4.7. Calculation of the Competitor's Final Score

- 4.7.1. Levels 1-8 – No finals are held.
- 4.7.2. Level 9
- 4.7.2.1. Final routine: Add the valid execution score to the difficulty, minus any Chair of the Judges Panel and Difficulty judge's penalties to determine the total score for the final round.

4.7.2.2. The total score from the Qualification and the Final round are added together to determine the valid Final score.

4.7.3. Levels 10-Open

4.7.3.1. Final routines: Add the valid execution score, plus the difficulty, minus any Chair of the Judges Panel and Difficulty judge's penalties from both routine 1 and routine 2. Add the two total scores together to determine the total score for the final round.

4.7.3.2. The total score from the Qualification and the Final round are added together to determine the valid Final score.

4.8. Final Score

4.8.1. The data recorder will notate the judges' scores and enter the score into the scoring system.

4.8.1.1. The score will be rounded to two decimal places. Such rounding will only be made with respect to the competitor's final total score.

4.8.2. The Chair of the Judges Panel is responsible for determining the validity of the Final score. Some competitions may require the Chair of the Judges Panel to verify and sign the official results.

4.9. Tie Breaking System

4.9.1. Levels 1-7:

4.9.1.1. The gymnast with the highest E-score of the 2nd routine.

4.9.1.2. The gymnast with the highest individual E-score of the 2nd routine.

4.9.1.3. The gymnast with the highest individual E-score of the 1st routine.

4.9.1.4. If there is still a tie, the tie will not be broken

4.9.2. Level 8 – Open Qualification (Ties are not broken in the final round)

4.9.2.1. The gymnast with the highest D score of the 2nd routine.

4.9.2.2. The gymnast with the highest E-score of the 2nd routine.

4.9.2.3. The gymnast with the highest sum of the total E-score of routine 1 and routine 2.

4.9.2.4. If there is still a tie, the tie will not be broken.

4.9.3. Examples of distribution of awards if ties cannot be broken.

4.9.3.1. Two competitors are tied for 2nd place.

4.9.3.2. Award the 1st place medal to the gymnast with the highest score.

4.9.3.3. The 2nd place medals are presented to the two gymnasts with the tied score.

4.9.3.4. NO 3rd place medal is awarded.

4.9.3.5. The 4th place award is presented to the next gymnast, and so on.