



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

TRAMPOLINE - TUMBLING - DOUBLE MINI Valid from 8.1.2023–8.1.2024

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. In the case where a special requirement or rule is unclear, the FIG interpretation will apply.

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Code of Points

U.S. ELITE T&T

EXCEPTIONS

Valid from 8.1.2023 – 8.1.2024

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

In the case of a contradiction between these documents, the FIG Code of Points and FIG Technical Regulations prevail.

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 a DNS.
- 2.2 Failure to submit a completed competition card (completely filled out using the FIG terminology
- 2.3 Changes to the elements written on the competition card are permitted without penalty.

3. Dress Code

- 3.1 Male gymnasts' apparel consists of:
 - 3.1.1 Trampoline
 - A sleeveless or short sleeved leotard.
 - Gym trousers in any single color, or gym shorts with an inseam of no longer than 5".
 - White trampoline shoes and/or white foot coverings must be worn.
 - The foot coverings may be the same color as the gym trousers.
 - 3.1.2 Tumbling and Double Mini

- A sleeveless or short sleeved leotard.
 - Gym shorts with an inseam of no longer than 5”.
 - White shoes and/or white foot coverings must be worn for Double Mini.
 - White shoes and/or white foot coverings may be worn for Tumbling.
- 3.2 Female gymnasts’ apparel consists of:
- 3.2.1 Trampoline, Tumbling and Double Mini
- A leotard or unitard with or without sleeves (*must be skin tight*).
 - Long tights or shorts may be worn (*must be skin tight*).
 - Any other “dress” which is not skin tight is not allowed.
 - For reasons of safety, covering the face or the head is not allowed.
 - White trampoline shoes and/or white foot coverings must be worn for Trampoline and Double Mini.
 - White trampoline shoes and/or white foot coverings may be worn for Tumbling.
- 3.3 The wearing of jewelry or watches is not permitted during the flight warm-up and competition. 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.
- 3.4 Bandages or support pieces must be tan, black or white.
- 3.5 Undergarments of any type must not be visible.
- 3.6 Any violation of §Rules 3.1-3.5 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.
- 3.7 The athlete dress code should be followed during all training, warm-up and competition 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 3.6.
- 3.8 Spotters and Coaches:
- 3.8.1 Coaches are required to dress in attire reflecting the best image of USAG.
- Collared shirt, business casual shirts or t-shirt with team logo.
 - Track suit, “docker style” pants.
 - Shorts are allowed during open or assigned training only.
 - Athletic shoes with rubberized soles.
 - Warm-up jackets are optional.
- 3.8.2 The following is NOT allowed on the field of play:
- Denim.
 - Caps or hats.
 - Tank tops.
 - Sleeveless shirts.

4. Judging Panels / Scoring

- 4.1 Elite Mobility competition panels must be approved by the Technical Chair.

- 4.2 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.
- 4.3 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.
- 4.3.1 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.
- 4.3.2 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.
- 4.3.3 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 x2 and taken from the maximum score (20 pts) to determine the E Score.
- 4.3.4 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 multiplied x2 and subtracted from the maximum score (20 pts) to determine the E Score.
- 4.4 When using total score, all E scores must be within an allowable range. The Chair of the Judges Panel will evaluate the scores prior to flashing to determine if the allowable range as been met. An execution score that exceeds the allowable deviation from the remaining score(s) must be brought within range.
- 4.5 The allowed score range between the two E judges, and the range from the median score when using three E Judges are as follows:
- Trampoline 0.5
 - Tumbling 0.5
 - Double Mini 0.2
- 4.6 Out of range scores will only be considered on completed routines. The Chair of Judges Panel will determine what method is deemed best and fairest to bring out of range scores into range.

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. An assigned general warm-up period on a day before competition will be provided at the USA Gymnastics National Championships and may be provided at other competitions at the discretion of the Meet Director.
- 5.2 Meet Directors must declare all training session and flight warm-up procedures in competition directives.
- 5.3

	General Training or Session Warmup	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
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	✓	×	YE/JR	2 touches	1 touch	3 touches	3 touches
	✓	×	INT/SR	2 touches	2 touches	3 touches	3 touches
F1*	✓	×	YE/JR,	1 touch	N/A	3 touches	3 touches
	✓	×	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 at USA Gymnastics Championships.

5.4 For USA Gymnastics Championships, a session warm-up must be scheduled for all levels.

5.5 Definitions:

- General training: provided in the days prior to competition
- Session warm-up: provided immediately prior to a session of competition (minimum 50 minutes plus minimum 15 minutes stretch time).
- Flight warm-up: provided immediately prior to each flight of competition
 - Trampoline: A flight warm up is considered one 45-second touch on the competition apparatus.
 - Tumbling and Double Mini: A flight warm up is considered a prescribed number of performances of a routine on the competition apparatus immediately prior to competition.

6. Tie Breakers – See FIG CoP

References

[Click here](#) for all Elite Code of Points reference links.

Code of Points

U.S. ELITE TRAMPOLINE

Valid from 8.1.2023 – 8.1.2024

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	2 routines	Draw
	Youth Elite 13-14	1 with requirements	
	Junior Elite	1 voluntary routine	
Qualification	Intermediate Elite Senior Elite	2 Free routines, best one counts	Draw
Final	Top 8 competitors	1 routine (new life)	Draw

- 1.1 At all USA Gymnastics sanctioned events including USA Gymnastics Championships, Qualification 1 (Q1) will consist of:
 - 1.1.1 Senior Elite, Intermediate Elite:
 - 1.1.1.1 Two 10-element routines
 - 1.1.1.2 The highest score of the two routines will be considered the total score for the Qualification (Qualification Score)
 - 1.1.2 Junior Elite, Youth Elite:
 - 1.1.2.1 Two routines as per Rules §2.1.2 – 2.1.4.
 - 1.1.2.2 The total of the two routines is the total score of Qualification 1 (Q1).
- 1.2 At the USA Gymnastics sanctioned events and USA Gymnastics Championships, Final will consist of:
 - 1.2.1 Senior Elite, Intermediate Elite:
 - 1.2.1.1 One 10-element routine.
 - 1.2.2 Junior Elite, Youth Elite:
 - 1.2.2.1 One 10-element routine.
 - 1.2.3 The eight highest scores from the Qualification will move forward to compete in finals.
- 1.3 Finals
 - 1.3.1 All finals will begin with a score of zero.
 - 1.3.2 The winner is the gymnast with the highest score in the Final competition.
 - 1.3.3 Awards will be presented to the gymnasts ranked 1-3. The remaining places may receive awards at the discretion of the Meet Director.

2. Special Requirements

At USA Gymnastics sanctioned events, the following special requirements must be fulfilled for the individual trampoline voluntary routines.

- 2.1 Qualification 1 (Q1): First Routine
 - 2.1.1 Senior Elite, Intermediate Elite:
 - 2.1.1.1 The routine consists of ten different elements.

- 2.1.1.2 Repetition of elements:
 - 2.1.1.2.1 The degree of difficulty for repeated elements will not be counted.
- 2.1.2 Junior Elite:
 - 2.1.2.1 The first routine consists of ten different elements, with only one element allowed with less than 270° somersault rotation.
 - 2.1.2.2 The following requirements must be performed as separate elements, each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements:
 - 2.1.2.2.1 One element landing on the front or back.
 - 2.1.2.2.2 One element from front or back, in combination with 2.1.2.2.1
 - 2.1.2.2.3 One double front or back somersault with or without twist.
 - 2.1.2.2.4 One element with a minimum of 540° twist and a minimum of 360° of somersault rotation.
- 2.1.3 Youth Elite 13-14:
 - 2.1.3.1 The first routine consists of ten different elements, with only one element allowed with less than 270° somersault rotation.
 - 2.1.3.2 The following requirements must be performed as separate elements, each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements:
 - 2.1.3.2.1 One element landing on the front or back of the body.
 - 2.1.3.2.2 One element from front or back in combination with 2.1.3.2.1.
 - 2.1.3.2.3 One double front or back somersault with or without twist.
 - 2.1.3.2.4 One element with a minimum of 540° twist and a minimum of 360° somersault rotation.
- 2.1.4 Youth Elite 11-12:
 - 2.1.4.1 The first routine consists of ten different elements, with only two elements allowed with less than 270° somersault rotation.
 - 2.1.4.2 The following requirements must be performed as separate elements. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements:
 - 2.1.4.2.1 One element landing on the front of the body.
 - 2.1.4.2.2 One element landing on the back of the body.
 - 2.1.4.2.3 One element with 360° somersault rotation with, a minimum of 360° of twist.
- 2.1.5 The penalty for not meeting special requirements will be 2.0 pts. for each violation and is taken from the Total Score.
- 2.1.6 All elements that meet the requirements must be marked with an asterisk (*) on the competition card.
- 2.1.7 Repetition of elements

- 2.1.7.1 For Youth Elite and Junior Elite a penalty of 2.0 pts will be taken from the total score for each repeated element.
- 2.2 Qualification 1 Second Routine
 - 2.2.1 Senior Elite, Intermediate Elite:
 - 2.2.1.1 The second routine consists of ten different elements.
 - 2.2.2 Junior Elite:
 - 2.2.2.1 The maximum single element difficulty will be 1.8. If an element exceeds the maximum difficulty, only 1.8 will be awarded.
 - 2.2.3 Youth Elite 13-14:
 - 2.2.3.1 The maximum single element difficulty will be 1.8. If an element exceeds the maximum difficulty, only 1.8 will be awarded.
 - 2.2.4 Youth Elite 11-12:
 - 2.2.4.1 The maximum single element difficulty will be 1.6. If an element exceeds the maximum difficulty, only 1.6 will be awarded.
 - 2.2.5 Repetition of elements
 - 2.2.5.1 The degree of difficulty for repeated elements will not be counted.
- 2.3 Finals all levels (F1)
 - 2.3.1 One 10-element routine in the Final (F1).
 - 2.3.2 The maximum single element difficulty for Junior Elite and Youth Elite will apply as per Rules §2.2.2 – 2.2.4.
 - 2.3.3 Repetition of elements
 - 2.3.3.1 The degree of difficulty for repeated elements will not be counted.

3. Synchronized Trampoline

- 3.1 Senior and Intermediate Qualification 1 (Q1)
 - 3.1.1 Two 10-element routines using the same requirements as for the Individual trampoline Qualification 1 second routine, as per Rule §2.1.1
 - 3.1.2 The highest score of the two routines will be considered the total score for Qualification 1 (Q1). (Qualification Score)
- 3.2 Junior Elite and Youth Elite Qualification 1 (Q1)
 - 3.2.1 One 10-element routine using the same requirements as for the individual trampoline Qualification 1, second routine, as per Rules §2.2.2 - 2.2.4.
- 3.3 Final
 - 3.3.1 There are no finals for synchronized trampoline
- 3.4 Allowed Pairings
 - 3.4.1 Both athletes are of the same elite division.
 - 3.4.2 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.
 - 3.4.3 One athlete is a Youth Elite and the other is a Junior Elite, provided the Youth Elite has met the minimum difficulty requirements for Junior Elite in individual Trampoline. The pair will compete in the Junior Elite Division.
 - 3.4.4 One athlete is Junior Elite and the other is Intermediate Elite. The pair will compete in the Intermediate Elite Division.
 - 3.4.5 One athlete is Intermediate Elite and the other is Senior Elite. The pair will compete in the Senior Elite Division.

4. **Trampoline Spotters**

- 4.1 Must be current USA Gymnastics Competitive Coach, Judge, Meet Director, Organization Owner/Managing Director member, or age and physical size appropriate current athlete member.
- 4.2 If a throw in mat spotter is not utilized, one spotter is required at each corner of trampoline.
- 4.3 If a throw in mat spotter is utilized, two spotters must be on each corner of the side of the trampoline opposite the throw in 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.
- 4.4 If a throw mat is utilized, it may be used on either side of the trampoline at the discretion of coach or athlete.
- 4.5 The dimension of this mat must adhere to the FIG Equipment Specifications.

5. **Start of a Routine**

- 5.1 Each gymnast will start on a signal given by the CJP.
- 5.2 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 (see §20.13):
 - 61 seconds: 0.2 pts
 - 91 seconds: 0.4 pts
 - 121 seconds: 0.6 pts
 - 181 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.
 - 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 as a result of faulty equipment or other substantial cause, no deduction will be applied. This decision is made by the Chair of the Judges Panel.
- 5.3 If there is a faulty start, the gymnast may re-start on a signal from the CJP. A synchronized routine is considered as started when both gymnasts perform an element.
- 5.4 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.
- 5.5 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 (DNS)" will be given.

References

Click [here](#) for all Elite Code of Points reference links.

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U.S. ELITE TUMBLING

Valid from 8.1.2023 – 8.1.2024

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 (old repetition rule)	Draw
Qualification	Intermediate Elite Senior Elites	2 routines (new repetition rule)	Draw
Final	Youth Elite 11-12 Youth Elite 13-14 Junior Elite Top 8 Competitors	2 routines (new life) Old Repeat Rule	Draw
Final	Intermediate Elite Senior Elite	2 routines (new life) New Repeat Rule	Draw
Final 1 US Gym Champs Only	Intermediate Elite Senior Elite Top 8 competitors	1 routine (new life) New Repeat Rule	Draw
Final 2 US Gym Champs Only	Intermediate Elite Senior Elite Top 4 competitors*	1 routine (new life) New Repeat Rule	Same F1 order

* F2 held at USA Gymnastics Championships only.

- 1.1 At all USA Gymnastics sanctioned events including USA Gymnastics Championships. Qualification 1 (Q1) will consist of:
 - 1.1.1 Senior Elite, Intermediate Elite:
 - 1.1.1.1 Two 8-element routines as per FIG Rules §5.1, 5.2, 5.5, 5.6.
 - 1.1.1.2 The total of the two routines is the total score for Qualification (Qualification Score). (Q1)
 - 1.1.2 Junior Elite, Youth Elite:
 - 1.1.2.1 Two 8-element routines as per Rules §2.2 – 2.5
 - 1.1.2.2 The total of the two routines is the score for Qualification. (Qualification Score). (Q1)
- 1.2 At USA Gymnastics sanctioned events where finals are held including selection events and with the exception of USA Gymnastics Championships for Senior and Intermediate Elite athletes the final will consist of:
 - 1.2.1 The eight highest scores from Qualification 1 will move forward to compete in final.
 - 1.2.2 Finals will be in order of random draw
 - 1.2.3 Senior Elite, Intermediate Elite Final (F1):
 - 1.2.3.1 Two 8-element routines as per FIG Rules 5.1, 5.3, 5.4, 5.5, 5.6.
 - 1.2.3.2 The total of the two routines is the score for Final. (F1)

- 1.2.4 Junior Elite and Youth Elite Finals:
 - 1.2.4.1 Two 8-element routines as per USA Rule 2.5.
 - 1.2.4.2 The total of the two routines is the score for the Final (F1)
- 1.3 At USA Gymnastics Championships the final will consist of:
 - 1.3.1 Senior Elite, Intermediate Elite Final 1 (F1)
 - 1.3.1.1 The top eight competitors from the Qualification 1 (Q1) will advance to Final 1 (F1).
 - 1.3.1.2 One 8-element routine as per FIG Rules §5,1, 5.3, 5.4, 5.5, 5.6.
 - 1.3.1.3 Final will be in order of random draw.
 - 1.3.1.4 The total of the one routine is the score for Final. (F1)
 - 1.3.2 Senior and Intermediate Elite Final 2 (F2)
 - 1.3.2.1 The top four competitors from F1 based on rank order will advance to F2.
 - 1.3.2.2 One 8-element routine as per FIG Rules §5,1, 5.3, 5.4, 5.5, 5.6.
 - 1.3.2.3 Final 2 will remain in the same order as Final 1.
 - 1.3.2.4 The total of the one routine is the score for Final. (F2)
- 1.4 Finals
 - 1.4.1 All finals will begin with a score of zero.
 - 1.4.2 The winner is the gymnast with the highest score in the Final competition.
 - 1.4.3 Awards will be presented to the gymnasts ranked 1-3. The remaining places may receive awards at the discretion of the Meet Director.

2. Special Requirements

- 2.1 Senior Elite, Intermediate Elite Qualification 1 (Q1)
 - 2.1.1 Two 8-element routines.
 - 2.1.2 Repetition of an element:
 - 2.1.2.1 With the exception of back handsprings, whipbacks, roundoffs and full twisting back somersaults, no element may be repeated during the two routines of Qualification 1, otherwise the difficulty of the repeated element will not be counted.
 - 2.1.2.2 Elements having the same amount of rotation but performed in the tucked, piked and straight positions are considered to be different elements and not repetitions.
 - 2.1.2.3 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.
- 2.2 Junior Elite and Youth Elite Qualification 1 (Q1): At USA Gymnastics sanctioned events, the following special requirements must be fulfilled in the voluntary routines:
 - 2.2.1 Two 8-element routines as per USA Rule §2.3 – 2.5.
 - 2.2.2 Repetition of an element for Youth and Junior Elite:
 - 2.2.2.1 With the exception of back handsprings, whipbacks, roundoffs and full twisting back somersaults, no element may be repeated during the two routines of Qualification 1, otherwise the difficulty of the repeated element will not be counted.
 - 2.2.2.2 Repeats are determined based on the preceding element.
 - 2.2.2.3 Elements having the same amount of rotation but performed in tucked, piked and straight position are considered different elements and not repetitions.

- 2.2.2.4 Multiple somersaults (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.
- 2.3 First Routine Requirements in the Qualification 1
 - 2.3.1 Junior Elite: All elements may be performed with or without twist.
 - 2.3.1.1 The last (8th) element must be a somersault.
 - 2.3.1.2 One double somersault placed anywhere in the routine.
 - 2.3.1.3 The routine must contain a minimum of four somersaults.
 - 2.3.2 Youth Elite 11-14: All elements may be performed with or without twist.
 - 2.3.2.1 The last (8th) element must be a somersault.
 - 2.3.2.2 One double somersault placed anywhere in the routine.
 - 2.3.2.3 The routine must contain a minimum of four somersaults
- 2.4 Second Routine Requirements in Qualification 1:
 - 2.4.1 Junior Elite:
 - 2.4.1.1 The last (8th) element must be a somersault
 - 2.4.1.2 One double somersault placed anywhere in the pass.
 - 2.4.1.3 One somersault with a minimum of 360° of twist.
 - 2.4.1.4 Rules 2.4.1.2 and 2.4.1.3 may be combined into one element to satisfy the requirements.
 - 2.5.1.4. The routine must contain a minimum of four somersaults.
 - 2.4.2 Youth Elite 11-14: All elements may be performed with or without twist.
 - 2.4.2.1 The last (8th) element must be a somersault.
 - 2.4.2.2 One double somersault placed anywhere in the routine.
 - 2.4.2.3 One somersault with a minimum of 360° of twist.
 - 2.4.2.4 Rules 2.4.2.2. and 2.4.2.3 may be combined into one element to satisfy the requirements.
 - 2.4.2.5 The routine must contain a minimum of four somersaults.
- 2.5 A 2.0 penalty for each violation for not meeting or exceeding the routine requirement will be taken from the total score for Rules 2.3 – 2.4
- 2.6 Finals at USA Gymnastics sanctioned events including selection events, with the exception of USA Gymnastics Championships for Senior and Intermediate elite will consist of:
 - 2.6.1 The top eight competitors from the Qualification will advance to the Final.
 - 2.6.2 Senior Elite, Intermediate Elite
 - 2.6.2.1 Two eight-element routines.
 - 2.6.2.2 Repetition of elements
 - 2.6.2.2.1 In the two routines of the Final the same element may not be repeated, with the exception of back handsprings, whipbacks, roundoffs and full twisting back somersaults, otherwise the difficulty of the repeated element will not be counted.
 - 2.6.2.2.2 Elements having the same amount of rotation but performed in the tucked, piked and straight positions are considered to be different element and not repetitions.
 - 2.6.2.2.3 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.
 - 2.6.2.2.4 Routines from Q1 may be repeated in the Final.

- 2.6.3 Junior Elite, Youth Elite
 - 2.6.3.1 Two eight-element routines
 - 2.6.3.2 Repetition of elements:
 - 2.6.3.2.1 With the exception of back handsprings, whipbacks, roundoffs and full twisting back somersaults, no element may be repeated during the two routines of the Final, otherwise the difficulty of the repeated element will not be counted.
 - 2.6.3.2.2 Repeats are determined based on the preceding element.
 - 2.6.3.2.3 Elements having the same amount of rotation but performed in tucked, piked and straight position are considered different elements and not repetitions.
 - 2.6.3.2.4 Multiple somersaults (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 (see FIG Guide to Judging).
 - 2.6.3.2.5 Routines from the Qualification may be repeated in the final.
- 2.7 At USA Gymnastics Championships the Senior and Intermediate Elite final will consist of:
 - 2.7.1 Senior Elite, Intermediate Elite Final 1 (F1)
 - 2.7.1.1 One eight-element routine
 - 2.7.1.2 Senior Elite, Intermediate Elite Final 2 (F2)
 - 2.7.1.2.1 One eight-element routine
 - 2.7.1.3 Repetition of elements:
 - 2.7.2 In the Final the same element may not be repeated, within or over the two routines with the exception of back handsprings, whipbacks, roundoffs and full twisting back somersaults otherwise the difficulty of the repeated element will not be counted.
 - 2.7.3 Elements having the same amount of rotation but performed in the tucked, piked and straight positions are considered to be different elements and not repetitions.
 - 2.7.4 Multiple somersaults (720° or more) having the same number of twists and somersaults will be considered as repetition if the twist is not located in different phases.
 - 2.7.5 **Elements or routines** from the Q1 may be repeated in the Final.

3. Difficulty

- 3.1 Intermediate and Senior Elite Bonus
 - 3.1.1 Senior Elite: Per FIG Code of Points
 - 3.1.1.1 For women the second, third, etc. element with a minimum difficulty 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.
 - 3.1.2 Intermediate Elite: Per FIG Code of Points
 - 3.1.2.1 For women the second, third, etc. element with minimum difficulty 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.

- 3.1.3 Regardless of whether a routine is complete or incomplete the second, third, etc. element with a minimum difficulty of 2.0 in one routine will receive a bonus of 2.0 pts for each element. This will be added as a bonus to the total D score for that routine, for each additional element.
- 3.1.4 Junior Elite and Youth Elite: Per USA Elite Code of Points
 - 3.1.4.1 For both men and women the second, third, etc. element with a minimum difficulty 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.
- 3.2 Maximum element Difficulty:
 - 3.2.1 Junior Elite:
 - 3.2.1.1 The maximum single element difficulty will be 4.3. If an element exceeds the maximum difficulty, only 4.3 will be awarded.
 - 3.2.2 Youth Elite 13-14:
 - 3.2.2.1 The maximum single element difficulty will be 4.3. If an element exceeds the maximum difficulty, only 4.3 will be awarded.
 - 3.2.3 Youth Elite 11-12:
 - 3.2.3.1 The maximum single element difficulty will be 2.8. If an element exceeds the maximum difficulty, only 2.8 will be awarded.

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.
 - 61 seconds: The gymnast will not be allowed to start, no score will be awarded and a designation of "Did Not Start (DNS)" will be given. If this time limit is exceeded as a result 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 spring board 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 Chair of the Judges Panel

References

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Code of Points

U.S. ELITE DOUBLE-MINI

Valid from 8.1.2023 – 8.1.2024

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 (old repeat rule)	Draw
Qualification	Intermediate Elite Senior Elite	2 routines (new repeat rule)	Draw
Final	Youth Elite 11-12 Youth Elite 13-14 Junior Elite Top 8 Competitors	2 routines (new life) Old Repeat Rule	Draw
Final	Intermediate Elite Senior Elite	2 routines (new life) New Repeat Rule	Draw
Final 1 US Gym Champs Only	Intermediate Elite Senior Elite Top 8 competitors	1 routine (new life) New Repeat Rule	Draw
Final 2 US Gym Champs Only	Intermediate Elite Senior Elite Top 4 competitors*	1 routine (new life) New Repeat Rule	Same F1 order

*F2 held only at USA Gymnastics Championships

- 1.1 At all USA Gymnastics sanctioned events including USA Gymnastics Championships. Qualification 1 (Q1) will consist of:
 - 1.1.1 Senior Elite, Intermediate Elite:
 - 1.1.1.1 Two, 2-element routines as per FIG Rules §5.1 - 5.5.
 - 1.1.1.2 The total of the two routines is the total score for Qualification (Qualification Score).
 - 1.1.2 Junior Elite, Youth Elite:
 - 1.1.2.1 Two, 2-element routines.
 - 1.1.2.2 The total of the two routines is the total score for Qualification (Qualification Score).
- 1.2 At USA Gymnastics sanctioned events where finals are held including selection events and with the exception of USA Gymnastics Championships for Senior and Intermediate Elite athletes the final will consist of:
 - 1.2.1 The eight highest scores from Qualification 1 will move forward to compete in final.
 - 1.2.2 Finals will be in order of random draw
 - 1.2.3 Senior Elite, Intermediate Elite Final (F1):
 - 1.2.3.1 Two, 2-element routines
 - 1.2.3.2 The total of the two routines is the score of the Final (F1)

- 1.2.4 Junior Elite, Youth Elite:
 - 1.2.4.1 Two 2-element routines
 - 1.2.4.2 The total of the two routines is the score of the Final (F1)
- 1.3 At USA Gymnastics Championships, the finals will consist of:
 - 1.3.1 Senior and Intermediate Elite Final 1 (F1)
 - 1.3.1.1 The top eight competitors from Qualification 1 (Q1) will advance to Final 1 (F1).
 - 1.3.1.2 Final 1 (F1) will be in order of random draw.
 - 1.3.2 Senior and Intermediate Elite Final 2 (F2)
 - 1.3.2.1 The top four competitors from F1 based on rank order will advance to F2.
 - 1.3.2.2 Final 2 (F2) will remain in the same order as Final 1
 - 1.3.3 All finals will begin with a score of zero.
 - 1.3.4 The winner is the gymnast with the highest score in the Final competition.
 - 1.3.5 Awards will be presented to the gymnast ranked 1-3. The remaining places may receive awards at the discretion of the Meet Director.

2. Special Requirements

- 2.1 Senior Elite, Intermediate Elite Qualification 1 (Q1) FIG Rules §5.1 - 5.5.
 - 2.1.1 Two, 2- element routines.
 - 2.1.2 Repetition of elements:
 - 2.1.2.1 No element may be repeated during the two routines of Q1, regardless of the phase **of the routine** they are performed in, otherwise the difficulty of the repeated element will not be counted.
 - 2.1.2.2 Elements having the same amount of rotation but performed in the tucked, piked and straight position are considered to be different element and not repetitions
 - 2.1.2.3 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.
- 2.2 Junior Elite, Youth Elite Qualification 1 (Q1) FIG Rules §5.1 - 5.5.
 - 2.2.1 Two, 2-element routines
 - 2.2.2 Repetition of elements
 - 2.2.2.1 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.
 - 2.2.2.2 Elements having the same amount of rotation but performed in the tucked, piked or straight position are considered to be different element and not repetitions.
 - 2.2.2.2.1 Multiple somersaults (720° or more) having the same number of twist and somersaults will not be considered a repetition if the twist is located in a different phase.
 - 2.2.2.2.2 The degree of difficulty of the repeated element will not be counted.
- 2.3 Finals at USA Gymnastics sanctioned events including selection events, with the exception of USA Gymnastics Championships for Senior and Intermediate Elite will consist of:
 - 2.3.1 The top eight competitors from the qualification will advance to the Final.

- 2.3.2 Finals will be in order of random draw.
- 2.3.3 Senior Elite & Intermediate Elite:
 - 2.3.3.1 Two, 2-element routines as per FIG Rules §5.1 - 5.5.
 - 2.3.3.2 Repetition of elements
 - 2.3.3.2.1 In the Final the same element may not be repeated, otherwise the difficulty of the repeated element will not be counted.
 - 2.3.3.2.2 Elements having the same amount of rotation but performed in the tucked, piked and straight positions are considered to be different elements and not repetition.
 - 2.3.3.2.3 Multiple somersaults (720° or more) having the same number of twist and somersaults will be considered a repetition if the twist is not located in different phases.
 - 2.3.3.3 Elements or routines performed in Q1 may be repeated in F1 or F2.
- 2.3.4 Junior Elite, Youth Elite:
 - 2.3.4.1 Two two-element routines
 - 2.3.4.2 Repetition of elements
 - 2.3.4.2.1 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.
 - 2.3.4.2.2 Elements having the same amount of rotation but performed in the tucked, piked or straight position are considered to be different element and not repetitions.
 - 2.3.4.2.3 Multiple somersaults (720° or more) having the same number of twist and somersaults will not be considered a repetition if the twist is located in a different phase.
 - 2.3.4.2.4 The degree of difficulty of the repeated element will not be counted.
- 2.3.5 Final at USA Gymnastics Championships for Senior and Intermediate Elite will consist of:
 - 2.3.5.1 Final 1 (F1)
 - 2.3.5.1.1 One 2-element routine.
 - 2.3.5.2 Final 2 (F2)
 - 2.3.5.2.1 One 2- element routine.
 - 2.3.5.3 Repetition of elements:
 - 2.3.5.3.1 No element may be repeated during the two routines of the final, otherwise the difficulty of the repeated element will not be counted.
 - 2.3.5.3.2 Elements having the same amount of rotation but performed in the tucked, piked and straight position considered to be different element and not repetitions.

2.3.5.3.3 Multiple somersaults (720° or more) having the same number of twist and somersaults will not be considered a repetition if the twist is in a different phase.

2.3.5.4 Athletes may repeat routines performed in Qualification 1 (Q1).

3. Difficulty

3.1 Junior Elite 15-16:

3.1.1 The maximum single element difficulty will be 4.6. If an element exceeds the maximum difficulty, only 4.6 will be awarded.

3.2 Youth Elite 13-14:

3.2.1 The maximum single element difficulty will be 4.6. If an element exceeds the maximum difficulty, only 4.6 will be awarded.

3.3 Youth Elite 11-12:

3.3.1 The maximum single element difficulty will be 4.0. If an element exceeds the maximum difficulty, only 4.0 will be awarded.

4. Scoring

4.1 All completed routines are scored out of 10.0 pts

4.2 All interrupted routines with one valid element will be scored out of 7.0 pts

4.3 Each gymnast will start on the signal given by the CJP.

4.4 After the signal has been given (as per §13.1), the gymnast must initiate the first element within 20 seconds, otherwise a penalty of 0.2 points will be given by the CJP (see §20.12).

4.4.1 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

4.4.2 If this time limit is exceeded as a result of faulty equipment or other substantial cause, no deduction will be applied. This decision is made by the CJP.

4.5 If there is a faulty start and the gymnast has not touched the DMT with his/her foot, then the gymnast may re-start on a signal from the CJP.

4.6 After a routine has 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 (see §20.12).

References

Click [here](#) for all Elite Code of Points reference link.