



USA GYMNASTICS®

U.S. ELITE T&T SPECIAL REQUIREMENTS

TRAMPOLINE - TUMBLING - DOUBLE MINI

Valid from 8.1.2015 – 8.1.2016

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 is unclear, the FIG interpretation will apply.

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U.S. ELITE T&T POLICIES

Valid from 8.1.2015 – 8.1.2016

U.S. SPECIAL REQUIREMENTS

1. Inquiry Process

- 1.1 Written inquiry will only be accepted from the coach or athlete involved. The intention to file an inquiry must reach the Meet Referee before the start of the next round. A difficulty inquiry can be made at the judge's table using the appropriate form. *(See Rules and Policies for DD inquiry form)*
- 1.2 Inquiry Fees
 - 1.2.1 Local Competitions \$25.00
 - 1.2.2 State Championships \$50.00
 - 1.2.3 Regional Championships \$75.00
 - 1.2.4 National Competitions \$100.00
- 1.3 At USA Gymnastics National events, the Jury of Inquiry will consist of:
 - 1.3.1 The Meet Referee
 - 1.3.2 A member from the Elite, Program, J.O. or Technical Committees
 - 1.3.3 A judge with the highest rank
 - 1.3.4 All members of the Jury of Inquiry must be free of conflict of interest and not involved in the original call.
- 1.4 At other USA Gymnastics sanctioned events, the Jury of Inquiry will consist of the Meet Referee and the two highest ranked judges free of conflict and not involved in the original call.

2. Competition Cards

- 2.1 Each routine or pass must be written on the competition card using FIG symbols complete with difficulty values. The competition card must be submitted at the time and place specified by the organizing committee. The Meet Director is responsible for ensuring the competition cards are available for the Difficulty Judges at least two (2) hours before the competition begins.
- 2.2 Failure to submit a completed competition card *(completely filled out with the correct FIG symbols and difficulty values)* by the specified time and place, will result in a 0.2 deduction to be taken from the Difficulty score of the first routine or pass *(Qualifying Rounds and Finals)*.
- 2.3 Changes to the elements written on the competition card are permitted without penalty.

3. Dress Code

- 3.1 The Male gymnast's 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 The Female gymnast's 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 may be worn (*must be skin tight and be the same color as the leotard*).
 - 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 warm-ups and competition. Rings without gemstones may be worn if they are taped.
- 3.4 Bandages or support pieces must not be colored, except for flesh tones.
- 3.5 Any violation of §Rules 3.1-3.4 will result in a 0.1 deduction to be taken from the total score of each routine or pass where the violation occurs. Major violations may result in disqualification from the round. This decision is made by the Chair of Judges Panel.
- 3.6 The athlete dress code is in effect for all warm-ups and competitions.
- 3.7 Spotters and Coaches: The apparel for spotters and coaches is a track-suit with gym shoes. Hats are not allowed.

4. Judging Panels

- 4.1 Prior approval for the judging panel assignments must be obtained from the Technical Committee if the minimum requirements for the judges panel composition, listed in Table 1, cannot be achieved.

Table 1: Composition of Judges Panels at USA Gymnastics Sanctioned Competitions

JUDGES	NATIONAL EVENTS	SANCTIONED EVENTS
TRAMPOLINE, TUMBLING & DOUBLE MINI		
Chair of Judges Panel	1 FIG	1 Cat.1 or FIG
Judges for Execution	5 FIG	3 Cat.2 or higher rated
Judges for Difficulty	2 FIG	1 Cat.2 + CJP
Time of Flight (<i>Trampoline</i>)	(1)	(1)
TOTAL:	8 (or 9)	5 (or 6)
SYNC		
Chair of Judges Panel	1 FIG	1 Cat.1 or FIG
Judges for Execution	4 FIG	4 Cat.2 or higher rated
Judges for Difficulty	2 FIG	1 Cat.2 + CJP
Judges for Synchronization	1 (or 3)	1 (or 3)
Assistant to the CJP	As available	
TOTAL:	8 (or 11)	7 (or 10)

4.2 A panel of judges may have 3 judges for execution at the discretion of the meet director. In the case of a panel of 3 execution judges, the three execution scores will be added for the total execution score. Additionally, the three execution scores will be evaluated to determine the median execution score. An execution score that exceeds the allowable deviation from the median score will be changed by the Superior Judge to be within maximum allowed range of the median score. The maximal allowed score ranges from the median score are the following:

4.2.1	Trampoline	9.5 – 10.0	0.1 from median score
		8.4 – 9.4	0.2 from median score
		7.6 – 8.4	0.3 from median score
		6.6 – 7.5	0.4 from median score
		6.5 & below	0.5 from median score
4.2.2	Tumbling	0.3 from the median score	
4.2.3	Double Mini	0.2 from the median score	

*Note: Definition of Median. One type of measuring an average in the set of scores. It is measured by arranging the scores in order from the smallest to the largest and then selecting the middle score. When there is an odd number of scores in the distribution, the median is simply the middle number

5. **Warm-up Procedures**

5.1 The equipment selected for the competition must be placed in the competition hall at least two (2) 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 the 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 Qualifying Rounds and Finals: The warm-up options are listed in Table 2.

Table 2: Elite Warm-up Options

A minimum of one of the following options must be provided for the warm up period:	
1 st Option:	A one (1) hour general warm up on the same day of the competition will be provided for every 4-5 flights. Additional warm-up as listed per Rules §5.3 - 5.5 will be allowed.
2 nd Option:	Each flight will be given a warm-up period immediately prior to their competition in a warm-up facility meeting appropriate requirements per USA Gymnastics Trampoline Rules and Policies located adjacent to the competition arena. Additional warm-up as listed per Rules §5.3 - 5.5 may be provided or eliminated as at the discretion of the Meet Director.

3 rd Option	A minimum of a one-hour general warm-up period on the day of the qualifying round will be provided with the last 15 minutes of this general warm-up designated solely to the first flight of competitors. More time may be allowed to this general warm up at the discretion of the Meet Director. Additional flights of elite athletes will receive a 15-minute warm up period on the competition apparatus prior to each flight. If finals are held in the evening or the following day, a second one-hour general warm up must be held
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- 5.3 Trampoline: Immediately prior to the Qualifying Rounds each gymnast will be allowed two (2) touch warm-ups on the competition apparatus, with approximately 30 seconds for each touch.
- 5.4 Trampoline: When 2nd Option is utilized: Immediately prior to the Senior Elite third routine and the Individual Finals, each gymnast will be allowed one (1) 30-second touch warm-up on the competition apparatus.
- 5.5 Tumbling and Double Mini: Immediately prior to the Qualifying Rounds and the Individual Finals, each gymnast will be allowed two (2) passes warm-up on the competition apparatus.

6. References

Table 3: A reference list of where to find additional information.

Looking for:	Where to find the information:
Elite Divisions	USA Gymnastics T&T Rules and Policies, Section VI - Elite Program https://usagym.org/PDFs/T&T/Rules/Rules%20and%20Policies/2014/vi_elite.pdf
Equipment	FIG Apparatus Norms, 09 May 2014 https://www.fig-gymnastics.com/publicdir/rules/files/app-norms/Apparatus%20Norms%202014-e.pdf
FIG Code of Points	2013 - 2016 FIG Code of Points for Trampoline Rules, 13 March 2013 https://www.fig-gymnastics.com/publicdir/rules/files/tra/TRA-CoP%202013-2016%20(English).pdf
FIG Technical Regulations	FIG Technical Regulations 2014, 26 June 2013 https://www.fig-gymnastics.com/publicdir/rules/files/main/Technical%20Regulations%202014%20(English).pdf
FIG World Age Group Rules	FIG TRA WAGC Rules 2013-2016, 27 March 2013 https://www.fig-gymnastics.com/publicdir/rules/files/tra/TRA%20WAGC%20Rules%202013-2016%20(English).pdf

Code of Points

U.S. ELITE TRAMPOLINE

Valid from 8.1.2015 – 8.1.2016

U.S. SPECIAL REQUIREMENTS

1. Competition Format for Individual Trampoline

- 1.1 At the USA Gymnastics Championships, the Qualification Rounds will consist of:
 - 1.1.1 **Senior Elite Qualification Rounds:** Three (3) routines
 - 1.1.1.1 Qualifying Round 1 consists of two (2) routines as per Rules §2.1.1 and 2.1.1,2
 - 1.1.1.2 Qualifying Round 2 consists of one (1) routine as per Rule §2.3.1.
 - 1.1.1.3 Two thirds (2/3) of the gymnasts and not more than twelve (12) and not less than four (4) with the highest scores from Round 1 will move forward to compete in Round 2 (Rounding up if needed).
 - 1.1.2 **Open Elite, Junior Elite and Youth Elite Qualification Rounds:** Two (2) routines as per Rules §2.1.2 - 2.1.6
- 1.2 At the USA Gymnastics Championships, Finals will consist of:
 - 1.2.1 **Senior Elite Finals:** One (1) routine
 - 1.2.1.1 Two thirds (2/3) of the gymnasts, not more than eight (8) and not less than four (4) with the highest scores from the Qualifying Round 2 (Rounding up if needed) will move forward to compete in Finals.
 - 1.2.2 **Open Elite, Junior Elite and Youth Elite Finals:** One (1) Routine
 - 1.2.2.1 The eight (8) highest scores from the Qualifying Rounds will move forward to compete in Finals.
- 1.3 At the USA Gymnastics Championships the final rank order of finish is decided by the cumulative points obtained in all routines of the Qualifying and Final rounds
- 1.4 At other USA Gymnastics sanctioned events, meet format and the decision for new life finals or a cumulative format must be published in the event directives.
- 1.5 Awards will be presented to the gymnasts ranked 1-3. The remaining places may receive awards at the discretion of the Meet Director.

2. At USA Gymnastics sanctioned events, in addition to FIG rules §1.1 - 1.3 and 5.1 - 5.3.3, the following special requirements must be fulfilled for the individual trampoline voluntary routines.

2.1 Qualifying Round 1 First Routine

- 2.1.1 **Senior Elite:** The first routine consists of ten (10) different elements, each with a minimum of 270° somersault rotation.
 - 2.1.1.1 Two (2) elements will receive difficulty value and must be indicated with an asterisk (*) on the competition card.

- 2.1.1.2 If either of the indicated elements are repeated in the second routine, the difficulty of these elements will not be counted.
- 2.1.2 **Open Elite** (Ages 17 and older): The first routine consists of ten (10) different elements, with only one element allowed with less than 270° somersault rotation.
- 2.1.2.1 The following requirements must be performed as separate elements:
- 2.1.2.1.1 One (1) element to the front or back
- 2.1.2.1.2 One (1) element from the front or back, in combination with Rule §2.1.2.1.1
- 2.1.2.1.3 One (1) double front or back somersault with or without twist
- 2.1.2.1.4 One (1) element with a minimum of 540° twist and a minimum of 360° somersault rotation.
- 2.1.3 **Junior Elite** (Ages 15-16): The first routine consists of ten (10) different elements, with only one element allowed with less than 270° somersault rotation.
- 2.1.3.1 The following requirements must be performed as separate elements:
- 2.1.3.1.1 One (1) element to the front or back
- 2.1.3.1.2 One (1) element from the front or back, in combination with Rule §2.1.3.1.1
- 2.1.3.1.3 One (1) double front or back somersault with or without twist
- 2.1.3.1.4 One (1) element with a minimum of 540° twist and a minimum of 360° somersault rotation
- 2.1.4 **Youth Elite** (Ages 11-14): The first routine consists of ten (10) different elements, with only one element allowed with less than 270° somersault rotation.
- 2.1.4.1 The following requirements must be performed as separate elements:
- 2.1.4.1.1 One (1) back somersault with a full twist
- 2.1.4.1.2 One (1) element landing on the front of the body
- 2.1.4.1.3 One (1) element landing on the back of the body
- 2.1.5 The penalty for not meeting special requirements will be a 1.0 deduction for each violation. This deduction will be taken from each Execution Judge's score upon completion of the first routine.
- 2.1.6 All elements that meet the requirements must be marked with an asterisk (*) on the competition card.

2.2 **Qualifying Round 1 Second Routine**

- 2.2.1 **Junior Elite** (Ages 15-16): The maximum single element difficulty will be 1.8 DD. If an element exceeds the maximum difficulty, only 1.8 will be counted.
- 2.2.2 **Youth Elite** (Ages 11-14): The maximum single element difficulty will be 1.7 DD. If an element exceeds the maximum difficulty, only 1.7 will be counted.

2.3 **Qualifying Round 2 Third Routine**

- 2.3.1 **Senior Elite**: The third routine consists of ten (10) different elements with difficulty value as per FIG Rule §1.2.3 and 5.1.3.
- 2.3.1.1 Elements may be repeated from the first or second routines without penalty.

2.4 **Finals**

- 2.4.1 The maximum single element difficulty for Junior Elite and Youth Elite will apply as per Rules §2.2.1 and 2.2.2

3. **Synchronized Trampoline**

- 3.1 The Qualifying Round requirements for Synchronized Trampoline will follow the same requirements as for Individual Trampoline Qualifying Round 1, as per Rules §2.1-2.2.
 - 3.1.1 There is **not** a Qualifying Round 2 for Senior Elite.
- 3.2 The eight (8) highest scores from the Qualifying Rounds will move forward to compete in finals. Finals will follow the same rules as for Individual Trampoline, as per Rule §2.4.
- 3.3 Allowed Pairings
 - 3.3.1 Both athletes are of the same Elite Division.
 - 3.3.2 One athlete is a Junior Elite and the other is an Open Elite. The pair will compete in the Open Division.
 - 3.3.3 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.

4. **Trampoline Spotters**

- 4.1 Must be current USA Gymnastics professional members or age and physical size appropriate current athlete members
- 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.

References

Table 4: A reference list of where to find additional information.

Looking for:	Where to find the information:
Elite Divisions	USA Gymnastics T&T Rules and Policies, Section VI - Elite Program https://usagym.org/PDFs/T&T/Rules/Rules%20and%20Policies/2014/vi_elite.pdf
Equipment	FIG Apparatus Norms, 09 May 2014 https://www.fig-gymnastics.com/publicdir/rules/files/app-norms/Apparatus%20Norms%202014-e.pdf
FIG Code of Points	2013 - 2016 FIG Code of Points for Trampoline Rules, 13 March 2013 https://www.fig-gymnastics.com/publicdir/rules/files/tra/TRA-CoP%202013-2016%20(English).pdf
FIG Technical Regulations	FIG Technical Regulations 2014, 26 June 2013 http://www.fig-gymnastics.com/publicdir/rules/files/main/Technical%20Regulations%202015_E.pdf
FIG World Age Group Rules	FIG TRA WAGC Rules 2013-2016, 27 March 2013 https://www.fig-gymnastics.com/publicdir/rules/files/tra/TRA%20WAGC%20Rules%202013-2016%20(English).pdf

Code of Points

U.S. ELITE TUMBLING

Valid from 8.1.2015 – 8.1.2016

U.S. SPECIAL REQUIREMENTS

1. Competition Format

- 1.1 At the USA Gymnastics Championships the final rank order of finish is decided by the cumulative points obtained in all passes of the Qualifying and Final rounds.
(NO new life finals)
- 1.2 At other USA Gymnastics sanctioned events, the decision for new life finals or a cumulative format must be published in the event directives.
- 1.3 Awards will be presented to the gymnasts ranked 1-3. The remaining places may receive awards at the discretion of the Meet Director.

2. At USA Gymnastics sanctioned events, in addition to FIG rules §1.2, 1.3 and 5.1-5.4, 5.6-5.10, the following special requirements must be fulfilled in the voluntary passes.

2.1 First pass in the Qualifying Round

- 2.1.1 **Senior Elite** (Straight Pass): No element may contain more than 180° of twist each. Elements containing more than 180° of twist will result in the difficulty of those elements not being counted in addition to Rule §2.1.5.
 - 2.1.1.1 The last (8th) element must be a minimum of a double somersault.
 - 2.1.1.2 The pass must contain a minimum of four (4) somersaults.
- 2.1.2 **Open Elite** (Ages 17 and older): All elements may be performed with or without twist.
 - 2.1.2.1 The last (8th) element must be a double somersault.
 - 2.1.2.2 The pass must contain a minimum of five (5) somersaults.
- 2.1.3 **Junior Elite** (Ages 15-16): All elements may be performed with or without twist.
 - 2.1.3.1 The last (8th) element must be a double somersault.
 - 2.1.3.2 The pass must contain a minimum of five (5) somersaults.
- 2.1.4 **Youth Elite** (Ages 11-14): All elements may be performed with or without twist.
 - 2.1.4.1 The last (8th) element must be a double somersault.
 - 2.1.4.2 The pass must contain a minimum of five (5) somersaults.
- 2.1.5 The penalty for not meeting or exceeding the pass requirements, will be a 1.0 deduction for each violation. This deduction will be taken from each Execution Judge's score upon completion of the first pass.

2.2 Second pass in the Qualifying Round

- 2.2.1 **Senior Elite** (Twisting Pass): A minimum of two (2) separate somersaults, each containing a minimum of 360° of twist, must be performed. If the last (8th) element contains less than 360° of twist, the difficulty will not be counted in addition to §Rule 2.2.5.

- 2.2.1.1 The last (8th) element must be a minimum of a double somersault with a minimum of 360° of twist.
- 2.2.1.2 The pass must contain a minimum of four (4) somersaults.
- 2.2.2 **Open Elite** (Ages 17 and older): The pass must contain a minimum of (a) one double somersault and (b) one somersault with a minimum of 360° of twist.
 - 2.2.2.1 Conditions (a) and (b) may be combined into one element to satisfy the requirements.
 - 2.2.2.2 The last (8th) element must be a somersault.
 - 2.2.2.3 The pass must contain a minimum of five (5) somersaults.
- 2.2.3 **Junior Elite** (Ages 15-16): The pass must contain a minimum of (a) one double somersault and (b) one somersault with a minimum of 360° of twist.
 - 2.2.3.1 Conditions (a) and (b) may be combined into one element to satisfy the requirements.
 - 2.2.3.2 The last (8th) element must be a somersault.
 - 2.2.3.3 The pass must contain a minimum of five (5) somersaults.
- 2.2.4 **Youth Elite** (Ages 11-14): The pass must contain a minimum of (a) one double somersault and (b) one somersault with a minimum of 360° of twist.
 - 2.2.4.1 Conditions (a) and (b) may be combined into one element to satisfy the requirements.
 - 2.2.4.2 The last (8th) element must be a somersault.
 - 2.2.4.3 The pass must contain a minimum of five (5) somersaults.
- 2.2.5 The penalty for not meeting or exceeding the pass requirements, will be a 1.0 deduction for each violation. This deduction will be taken from each Execution Judge's score upon completion of the second pass.

2.3 **Finals**

- 2.3.1 The eight (8) highest scores from the Qualifying Rounds will move forward to compete in finals.
- 2.3.2 **Senior Elite, Open Elite, Junior Elite and Youth Elite:** There will be two (2) free passes in the individual final, as per FIG rules §5.1, 5.3 - 5.4.

References

A reference list of where to find additional information.

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Elite Divisions	USA Gymnastics T&T Rules and Policies, Section VI - Elite Program https://usagym.org/PDFs/T&T/Rules/Rules%20and%20Policies/2014/vi_elite.pdf
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FIG World Age Group Rules	FIG TRA WAGC Rules 2013-2016, 27 March 2013 https://www.fig-gymnastics.com/publicdir/rules/files/tra/TRA%20WAGC%20Rules%202013-2016%20(English).pdf

Code of Points

U.S. ELITE DOUBLE MINI

Valid from 1.1.2015 – 7.31.2015

U.S. SPECIAL REQUIREMENTS

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

1. Competition Format

- 1.1 At the USA Gymnastics Championships the final rank order of finish is decided by the cumulative points obtained in all passes of the Qualifying and Final rounds.
(NO new life finals)
- 1.2 At other USA Gymnastics sanctioned events, the decision for new life finals or a cumulative format must be published in the event directives.

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Equipment	FIG Apparatus Norms, 09 May 2014 https://www.fig-gymnastics.com/publicdir/rules/files/app-norms/Apparatus%20Norms%202014-e.pdf
FIG Code of Points	2013 - 2016 FIG Code of Points for Trampoline Rules, 13 March 2013 https://www.fig-gymnastics.com/publicdir/rules/files/tra/TRA-CoP%202013-2016%20(English).pdf
FIG Technical Regulations	FIG Technical Regulations 2014, 26 June 2013 http://www.fig-gymnastics.com/publicdir/rules/files/main/Technical%20Regulations%202015_E.pdf
FIG World Age Group Rules	FIG TRA WAGC Rules 2013-2016, 27 March 2013 https://www.fig-gymnastics.com/publicdir/rules/files/tra/TRA%20WAGC%20Rules%202013-2016%20(English).pdf