



SECTION V: USAG DEVELOPMENT PROGRAM

I. Program Description

A. Purpose

The Trampoline and Tumbling Development Committees (DCs) regulate the USA Gymnastics Development Program. The Development Program is designed to provide development and competitive Trampoline, Tumbling, and Double-Mini opportunities and provide a pool of talented athletes for State, Regional, and National Competitions.

B. Program Description

1. Preparatory Levels 1-4

- a. The preparatory levels are designed to help advance a gymnast from the day he/she enters the gym until he/she is prepared to participate in the Age Group Competition Program. Levels 1-4 may compete at local, state, and regional levels.

2. Age-Group Competition Program

- a. The Development Age Group Competition Program consists of seven levels. Levels 5-7 are compulsory. Levels 8 – Open are optional.
- b. The Adaptive Program runs in parallel with the Development Program. The T&T Program recognizes athletes with physical limitations that do not allow for them to perform routines in the typical way. Coaches may request modifications to the rules in each discipline to allow these athletes to participate with their age group in the level closest to the routines being performed.

3. HUGS

- a. The HUGS (Hope Unites Athletes with Special Abilities) program offers a competitive program for athletes with special needs. HUGS consists of Levels 1-4. Refer to the [HUGS Code of Points](#) for special requirements.

4. Age Determination

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

i. Individual Trampoline, Tumbling, and Double-Mini Trampoline

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

ii. Synchronized Trampoline

| Level 9 | Level 10 | Open |
|--------------|--------------|------|
| 12 and under | 14 and under | 22+ |
| 13 and over | 15-16 | |
| | 17-21 | |

- b. Age groups with three or fewer athletes may be combined with the age group immediately above or immediately below, at the Meet Director's discretion.
- c. Large age groups may be split into two (2) age groups provided that each age group has a minimum of thirty (30) athletes per age.

C. Competition Rules

- 1. The international Gymnastics Federation (FIG) Code of Points will be used except where superseded by rules found in the USA Gymnastics Development Code of Points (and approved updates). Therefore, the order of precedence when determining which rules to use in the event of conflict is:
 - a. The Development Code of Points and approved updates. Updates are posted on the USAG website.
 - b. The FIG Code of Points with approved USAG Trampoline and Tumbling Development and Technical Committees' interpretations per the Guide to Judging.
- 2. Athletes may not compete more than once at a single level at any sanctioned meet for the purposes of qualification or mobility.

D. Mobility System

[Click here](#) for the Mobility Request Form.

- 1. The highest level at which an athlete may enter the system is Level 8.
- 2. Once an athlete has entered the system, they must compete a minimum of one sanctioned event at each level (may not skip levels).
- 3. Athletes may compete up to two levels per event at invitational, mobility, and eligibility competitions at the discretion of the Meet Director.
- 4. At State, Regional, and National Championships athletes can only compete and mobilize one level.
- 5. Mobility at Levels 1-8 is at the discretion of the coach, however, coaches are encouraged to use recommended mobility scores, compulsories, and [mobility skills](#) to ensure proper progression.
- 6. Mobility from Level 8 to Level 9 onwards
 - a. To ensure proper progression from one level to another, athletes must achieve a designated mobility score at the USAG sanctioned competition.
 - i. The term "mobility season" is defined as August 1 until December 31 of the following calendar year. (For example, an athlete who earns a mobility score in January 2025 will have until December 31 of 2026 to verify and compete at the level).
 - ii. During the mobility season, a development athlete must verify his/her participation in the new level by competing in a USAG sanctioned competition at the newly approved level. If an athlete does not verify participation in the new level within the mobility season, then the mobility loses its value.
 - b. Coaches must submit a Mobility Request form to the State Chair to move an athlete from Level 8 to Level 9, Level 9 to Level 10 and Level 9 to Open. The State Chair must approve mobility before the athlete is eligible to compete at the higher level. The

Elite Committees Chair must approve mobility from Level 10 to the Elite Levels. See T&T Rules and Policies Section Vi: Elite Program.

- c. Athletes must meet the requirements in the qualification round at a designated mobility competition as follows:

7. Mobility Scores

| Trampoline | | Tumbling | | Double Mini | |
|------------|-------------|-----------|-------------|-------------|-------------|
| Level | Total Score | Level | Total Score | Level | Total Score |
| 4 to 5 | 15.0 | 4 to 5 | 36.6 | 4 to 5 | 37.1 |
| 5 to 6 | 15.0 | 5 to 6 | 34.8 | 5 to 6 | 37.1 |
| 6 to 7 | 15.0 | 6 to 7 | 33.8 | 6 to 7 | 37.1 |
| 7 to 8 | 15.0 | 7 to 8 | 33.8 | 7 to 8 | 37.1 |
| 8 to 9 | 53.0 | 8 to 9 | 36.8 | 8 to 9 | 40.3 |
| 9 to 10 | 54.5 | 9 to 10 | 39.5 | 9 to 10 | 41.4 |
| 9 to Open | 54.5 | 9 to Open | 39.5 | 9 to Open | 41.4 |

- a. It is recommended that coaches use the above scores to determine athlete's proficiency for Levels 5 -> 6, 6 -> 7, 7 -> 8.
- b. It is recommended that Meet Directors use sanctioned local recommended panels listed in the R&P Section VII for Levels 5-7.

8. Downward Mobility

- a. Under certain circumstances, an athlete may move down a level.
- b. Downward mobility may only occur through the invitational season, not during the Championship season.
- c. Coach must submit a formal written request to the State Chair.
- d. The State Chair must approve the request prior to the athlete competing at the requested level.
- e. Downward mobility will only be granted for extenuating circumstances, for example significant injury or hardship. This must be addressed in the request for downward mobility.
- f. Should an athlete wish to return to their original level after competing in the lower level, they are required to re-mobilize.
- g. Athletes that compete at a new level and then drop down to a previous level without the permission of the State Chair or Elite Chair will have to re-mobilize and all previous results at a higher level will be null and void.
9. If a Level 9-Open athlete does not compete for over one (1) year, they must re-enter the competitive system at one level below their prior competition level (i.e. Level 9 must re-enter as Level 8; Level 10 and Open must re-enter as Level 9).
10. The Development Chair must approve re-entry at Level 10 or Open for athletes who previously competed at the Elite Level.

E. Stars and Stripes Championships and USA Gymnastics Championships Qualifying Process

1. Development athletes competing in Levels 5-7 may attend Stars and Stripes Championships. Development athletes competing at Levels 8 – Open may attend the USA Gymnastics Championships.

2. Eligibility competitions
 - a. An eligibility competition is any USA Gymnastics Trampoline and Tumbling competition sanctioned as an eligibility competition that an athlete attends prior to the State or Regional Championships.
 - b. Athletes must compete in at least two (2) USA Gymnastics Trampoline and Tumbling eligibility competitions during the current competition season prior to State or Regional Championships.
 - c. Athletes must compete at both State and Regional Championships.
 - d. Winter Classic, State, and/or Regional Championships, may not be used as an eligibility competition.
 - i. An athlete may participate in State and Regional Championships without meeting eligibility requirements, but he/she may not qualify to Stars and Stripes Championship and/or USA Gymnastics Championships unless they have fulfilled the eligibility requirements.
 - ii. The Program Director may waive eligibility requirements for athletes who are unable to compete due to an injury. The two required eligibility competitions must be completed prior to the final qualification event (ie. Regional Championships)
 1. A doctors note along with the official exemption request form must be sent to the Program Director and must be approved prior to the eligibility competition.
 2. The Program Director is under no obligation to waive eligibility requirements if he/she feels it is not in the best Interest of the athlete.
 - e. The competitive season begins August 1 of each year.
 - f. Athletes are not required to compete in all events in which they wish to earn eligibility. Athletes in Levels 5 – Open who are injured and unable to compete who have the official approval form approved by the Program Director prior to the eligibility competition may enter, pay the appropriate entry fee, and salute to earn eligibility. A score of zero will be entered in the results to show participation, but the athlete will not receive an award.
 - g. The State Chair will determine eligibility based on the results submitted by the Meet Directors.
3. Qualifying procedures
 - e. Only Level 10 and Open competitors may enter by petition, upon approval, if all petition requirements are met.
 - f. Levels 5-7 must hit the qualifying score at State Championships, or Regional Championships, in addition to E.2.b and E.2.c.
 - g. Levels 8-Open must hit the qualifying at Winter Classic, State Championships, or Regional Championships, in addition to E.2.b and E.2.c.
 - h. For State or Regional competitions, it must be the state/region in which the competitor's club is a member.
 - i. Athletes with extenuating circumstances may apply to compete in another state or region. The petition must be sent to the Regional Chair, and will be voted upon by the Regional Chair, Development Chair, and Athlete Representative. All rules and/or directives of the replacement competition must be abided by.
 3. Athletes participating in another State or Regional Championships may do this only for the purposes of achieving a qualification score. They are not eligible to receive:
 1. State or Regional Championship titles
 2. Automatic qualification through I.E.6. below

- c. Synchronized pairs must qualify as individual trampoline athletes and declare themselves as a synchronized pair by the USA Gymnastics entry deadline.
- d. The competitor must compete in his/her own age group, or in the case of Synchronized Trampoline, the age group of the older partner.
- e. The competitor must compete in only one (1) level per discipline. For example, an athlete can compete at Level 7 in Trampoline and Level 8 in Tumbling, but never Level 7 and Level 8 in Tumbling.
- f. Entries to the Stars and Stripes Championships and/or USA Gymnastics Championships must be at the same level at which the athlete qualified at the last competition he/she attended. For example, if an athlete qualified at Level 8 in the first competition, but competed at Level 9 in the next competition and did not reach the qualifying score, then the athlete cannot enter their respective championships at that level.
- g. Athletes Level 5 – Open may enter the Stars and Stripes Championship and/or USA Gymnastics Championships if they meet the requirements for eligibility and meet the qualifying scores, set by the Trampoline and Tumbling Program Committee, at either the State or Regional Championships.

4. Stars and Stripes Championships qualifying scores

| Level | Trampoline | Tumbling | Double Mini |
|--------------|-------------------|-----------------|--------------------|
| 5 | 15.0 | 34.8 | 36.7 |
| 6 | 15.0 | 33.0 | 36.7 |
| 7 | 15.0 | 33.0 | 36.7 |

Note: all scores are total scores. Scores are for all age groups, boys, and girls.

5. USA Gymnastics Championships qualifying scores

| Level | Trampoline | Tumbling | Double Mini | Synchro |
|--------------|-------------------|-----------------|--------------------|----------------|
| 8 | 51.2 | 35.2 | 39.4 | N/A |
| 9 | 52.7 | 37.1 | 40.0 | Individual |
| 10 | 78.2* | 38.6 | 42.0 | Individual |
| Open | 79.2* | 38.6 | 42.0 | Individual |

* Scores include Time of Flight

Note: all scores are total scores from qualifications. Scores are for all age groups, boys, and girls

- 6. Athletes placing first in their division at their Regional Championships and having met all eligibility requirements will qualify for Stars and Stripes Championships and/or USA Gymnastics Championships regardless of whether they have achieved the qualification score. Qualification through this pathway may not apply under the following circumstances:
 - a. The first-place athlete is a resident of a different region who was granted participation in a Regional Championship outside of their own.
 - b. The athlete's score is listed as a 0.0 or DNS.
 - c. The athlete competed out of session.
 - d. The age groups are broken into two age groups.
- 7. Petitions
 - a. There are no petitions for Levels 5-7 to the Stars and Stripes Championships.
 - b. There are no petitions for Levels 8-9 to the USA Gymnastics Championships.
 - c. Level 10 and Open

- i. Current Level 10 and Open athletes are eligible to petition to the USA Gymnastics Championships. Athletes who competed Level 10 in the same discipline at the previous USA Gymnastics Championships but aged in to Open may petition. In this case, a video verification must be included with the petition, showing proficiency at the new at the new level.
- ii. Athletes who competed in a lower level in the same discipline at the previous USA Gymnastics Championships. where mobility is required to compete in their current level (for example, Level 9 – Level 10, are not eligible to petition to USA Gymnastics Championships.
- iii. Athletes who are unable to qualify due to illness, injury, or unforeseen circumstances may petition to enter the USA Gymnastics Championships. The petition must be submitted in accordance with the approved petition procedures.
- iv. Only athletes who placed 1st, 2nd, or 3rd in the same event at the previous USA Gymnastics Championships or who were in the top fifty (50) percent of those who competed in the last USA Gymnastics Championships will be allowed to petition is participate I the current USA Gymnastics Championships.
- v. The petition must be submitted in writing to the T&T Program Director using the official form as soon as possible after the athlete determines his/her inability to compete, and prior to the entry deadline. Petitions received after the entry deadline will be rejected. Athletes may not enter USA Gymnastics Championships until the petition is accepted (please allow up to 5 business days). Entry to USA Gymnastics Championships will be at the price point and conditions applicable when the entry is accepted.
- vi. The petition must state the specific injury, illness, or unusual circumstance, which prohibits the athlete from competing in the qualifying event (s) (a salute is not considered competing for this purpose; however, a substandard performance is considered competing). In the case of a petition based upon an injury or illness, a signed and dated letter must accompany the petition from a physician on physician's letterhead that states the diagnosis, previous limitations, and clearance to compete in the USA Gymnastics Championships.
- vii. A \$25.00 non-refundable administrative fee must accompany the petition.
- viii. Petitions will not be accepted if the athlete did not attend qualifiers to participate in another sport or event.
- ix. The Development Committee Chair, Program Director and Athlete Selection Representative will decide petitions. They will be considered as expeditiously as possible. The petitioner will be immediately notified once a decision has been reached. The decision of the Development Committee Chair, Program Director and Athlete Selection Representative is final.

F. Safety Rules

1. Trampoline

- a. Refer to the USA Gymnastics Safety Handbook, and the Rules and Policies for further safety information.
- b. No one should ever use the trampoline unless the activity is under the direct supervision of a USAG Trampoline and Tumbling registered coach.
- c. Opening or closing a trampoline can be dangerous; it must be done very slowly and carefully, preferably by more than one person who has experience and knowledge of the procedures.

- d. Before use, any trampoline should be checked for defects, proper set up, and overhead obstacles, or other hazards.
- e. It is important that the area where the trampolines are used is well lit and free of distractions such as excessive noise or flashing lights.
- f. Trampolines should never be used by a person who is dizzy, fatigued, or under the influence of drugs, alcohol, or medication which can inhibit coordination or perception.
- g. Trampolines are to be used for serious practice and sport, never for horseplay.
- h. Proper stretching and warm-up can help prevent strains and sprains. It is important that anyone who is going to use a trampoline warm-up properly, both off and on the apparatus before practice or competition begins.
- i. Trampolines should be properly mounted and dismounted. An athlete should never jump from or onto a trampoline.
- j. Students must not attempt somersaulting skills until the proper progressions have been completed under the supervision of a registered USAG Trampoline and Tumbling Coach.
- k. When using a trampoline, emphasis is on control. A good trampolinist is one who can maintain control while performing skills.
- l. Jumping high is a learned skill and must be done carefully.
- m. Beginning students can learn many skills with little or no actual bounce on the trampoline.
- n. Only one person should bounce on a trampoline at a time. The only exception is when a coach is physically spotting an athlete.
- o. Proper attire should be worn when using a trampoline. Avoid clothing that impedes movement such as street clothes, jeans, etc. When trampolines with a webbed bed are used, trampoline shoes or socks should be worn to avoid injury to the feet and toes.
- p. Jewelry, including watches, earrings, body piercings, and rings, should not be worn on the trampoline.
- q. Hair should be secured close to the head.
- r. To perform well, athletes should avoid long periods of time on the apparatus.
- s. Never run under a trampoline while someone is on the apparatus.
- t. Do not sit or lean with arms on the pads of a trampoline or on the end decks while someone is jumping.
- u. Athletes may not mount the apparatus with casts or hard splints while participating in trampoline and tumbling activities. Braces that have been prescribed by a licensed medical physician for a specific medical condition may be worn but must be solid in color. All tape must be solid white, tan, or black in color for all levels within the Development Program.

2. Tumbling

- a. Tumbling practice should take place in a facility where a USAG Trampoline and Tumbling registered coach is present to supervise the activity.
- b. Tumbling should take place only where a safe tumbling surface is provided. Tumbling surfaces should be sufficiently shock absorbent to reduce the risk of injury.
- c. Tumbling areas should be level and well-lit with the track placed well away from walls or other obstructions, or low ceilings. If space is short and the end of the tumbling track comes near a wall, the wall must be padded.

- d. Athletes should be aware of the safety rules and of their own limitations. Skills more easily done on trampoline or double mini trampoline may be more difficult or dangerous to attempt on a tumbling track.
- e. Most spring floors are designed for more shock-absorbency than for extra lift during a skill. Athletes should be aware of this difference and not assume that skills will be easier using such surfaces.
- f. The athlete or coach/spotter should not wear rings, hard hair decorations, earrings, body piercings, and or jewelry at any time during practice or competition.
- g. Hair should be secured close to the head.
- h. A proper attire should be worn to allow freedom of movement.
- i. A thorough warm-up and stretching period should precede tumbling practice and a proper cool down and stretching period should follow to reduce the risk of injury.
- j. Athletes and spotters must know and agree on all passes that will be attempted. Athletes must pay attention to the coach.
- k. Tumbling should not be attempted by persons under the influence of alcohol, drugs, or any medication that may hinder coordination or perception, those who are dizzy, over-tired, or who have undue fear.
- l. Successful tumbling depends on a great deal of concentration. When one is fatigued, angry, frustrated, or otherwise unable to concentrate, it may become futile or even dangerous to tumble.
- m. Crossing the tumbling track may be dangerous, look both ways before crossing.
- n. Athletes should perfect skills before trying harder skills or combinations. Use proper progressions to learn more difficult skills. Practice form, execution, and control.
- o. The use of a tumbling track is a highly specialized, potentially dangerous activity for athlete and coach alike. Both the coach and the athlete should first understand and practice progressions and drills to help the athlete to tumble safely.
- p. Athletes may not mount the apparatus with casts or hard splints while participating in trampoline and tumbling activities. Braces that have been prescribed by a licensed medical physician for a specific medical condition may be worn but must be solid in color. All tape must be solid white, tan, or black in color for all levels within the Development Program.

3. Double Mini

- a. No one should ever use a double mini trampoline unless the activity is under the direct supervision of a USAG Trampoline and Tumbling registered coach.
- b. Opening or closing a double mini trampoline can be dangerous. It must be done very slowly and carefully, preferably by more than one person with experience and knowledge in the procedures.
- c. Before use, any double mini trampoline should be checked for defects, proper set up, and for overhead obstacles or other hazards.
- d. It is important that the area where any double mini trampoline is used is well lit and free from distractions, such as excessive noise or flashing lights.
- e. Double mini trampolines should never be used by a person who is dizzy, fatigued, or under the influence of drugs, alcohol, or any medication (which can inhibit coordination or perception).
- f. Double mini trampolines are to be used for serious practice, never for horseplay.
- g. Proper stretching and warm-up can help prevent strains and sprains. It is important that anyone who is going to use a double mini trampoline warm-up properly, both on and off the apparatus.

- h. Students must not attempt somersaulting skills until the proper progressions have been completed under the supervision of a registered USAG Trampoline and Tumbling coach.
- i. When using a double mini trampoline emphasis should be on control. A good double mini trampoline athlete is one who can maintain control while performing skills well.
- j. Jumping high is a learned skill and must be done carefully.
- k. Beginning students can learn many skills with little or no actual bounce on the double mini trampoline.
- l. When a double mini is used, it must have a safety landing mat.
- m. Only two-foot landings should be done on the double mini trampoline, no knee, seat, front or back landings to the bed or landing area.
- n. Proper attire should be worn. Avoid clothing that impedes movement such as street clothes, jeans, etc. When double mini trampolines with a webbed bed are used, trampoline shoes or socks should be worn to avoid injury to the feet and toes.
- o. Jewelry, including watches, earrings, body piercings, and rings, should not be worn on the trampoline.
- p. Hair should be secured close to the head.
- q. Only one person should bounce on a double mini trampoline at a time.
- r. For safety reasons, only straight mounting jumps are allowed. Skills should not be performed from the floor onto the double mini trampoline.
- s. Athletes may not mount the apparatus with casts or hard splints while participating in trampoline and tumbling activities. Braces that have been prescribed by a licensed medical physician for a specific medical condition may be worn but must be solid in color. All tape must be solid white, tan, or black in color for all levels within the Development Program.

G. Program Awards

- 1. Development Coach of the Year
 - a. USAG will solicit nominations with a deadline identified prior to the Stars and Stripes Championships annual competition.
 - b. For a received nomination to be placed on the ballot, the coach or the coach's club must participate in that year's Stars and Stripes Championships.
 - c. Each registered and attending club at that year's Stars and Stripes Championships will be eligible to cast a ballot for this award.
 - d. This is awarded annually at the Stars and Stripes Championships.
- 2. Star Service Award
 - a. This award may be given annually by the USAG Trampoline and Tumbling Program Committee.
 - b. It is given in recognition to the individual whose selfless dedication to the sport and community of Trampoline and Tumbling creates the environment of growth and excellence. His or her service and stewardship exemplify the volunteerism that is indispensable to the USAG Trampoline and Tumbling membership.
 - c. This is awarded at USA Gymnastics Championships or the Stars and Stripes Championships, whichever is most appropriate for the individual named.