



## SECTION VI: ELITE PROGRAM

### I. Program Description

#### A. Purpose

The Elite Program's purpose is to provide developmental and competitive Trampoline, Tumbling, and Double-Mini opportunities and to provide a pool of talented athletes for national and international competitions. The Trampoline and Tumbling Elite Committees (ECs) regulate the USA Gymnastics Elite Program.

#### B. Divisions

1. There are five divisions within the Elite Program: Youth 11-12, Youth 13-14, Junior, Intermediate, and Senior.
2. Athletes must meet the age requirements on December 31 of the year of competition to compete in their respective Elite division.
3. Elite Divisions

| Divisions          | Ages        |
|--------------------|-------------|
| Youth Elite        | 11-12       |
| Youth Elite        | 13-14       |
| Junior Elite       | 15-16       |
| Intermediate Elite | 17-21       |
| Senior Elite       | 17 and Over |

#### C. Mobility System

1. Goals of the mobility system
  - a. To increase access to elite mobility opportunities, while
  - b. Maintaining the quality and prestige of the Elite Program; and
  - c. Ensuring the development of the Team USA pipeline for high performance at international events.
2. The mobility system has two parts:
  - a. Athletes must demonstrate proficiency in the previous level.
  - b. Submission of required skill / drill / combination performed with proficiency.
    - i. [Click here](#) for video submission instructions.
    - ii. After both steps have been achieved, apply for mobility by registering in meet reservation (virtual competitions) to participate in a mobility sanction.
    - iii. Once registration is complete, a mobility request form and link to submit videos, results, and details will be sent from [ttmobility@usagym.org](mailto:ttmobility@usagym.org).
    - iv. [Click here](#) for assessment criteria for the skills / drills / combinations.
    - v. [Click here](#) for video examples of all skills / drills / combinations.
3. The following levels can be mobilized from -> to:
  - a. Level 10 -> Youth Elite
  - b. Level 10 -> Junior Elite

- c. Level 10 -> Intermediate Elite
  - d. Level 10 -> Senior Elite
  - e. Open -> Intermediate Elite
  - f. Open -> Senior Elite
  - g. Junior Elite -> Senior Elite
  - h. Intermediate Elite -> Senior Elite
4. Exceptions
- a. Junior and Senior National Team athletes may automatically advance to Senior Elite in their National Team discipline(s), provided they are age-eligible (min 17 years old in the calendar year).
  - b. Athletes with medical reasons or other extenuating circumstances may apply to [ttmobility@usagym.org](mailto:ttmobility@usagym.org) for mobility outside the usual window.
  - c. Elite athletes seeking reinstatement may apply for mobility outside of the usual window.
  - d. Foreign elite athlete verification may be applied for outside of the usual window (see Clause V below).
5. Qualification
- a. Athletes must meet the national qualification requirements in the qualification round, one time, at any USAG sanctioned competitions with State and Regional Championship minimum panels.
  - b. Qualification scores
    - i. Athletes must have achieved the qualification score to nationals in the level they are currently competing (Section VI.II.A.10).
    - ii. Movement from Youth Elite to Junior Elite and from Junior Elite to Intermediate Elite is based on athlete age and does not have a mobility requirement.
    - iii. Qualification scores must be achieved no earlier than January 1 of the current year from the date of the mobility application, except in the case of applications in January or February, which can use scores achieved in the previous calendar year. Examples:
      - 1. An athlete applies for elite mobility in September 2024; they must have hit the USA Gymnastics Championships qualification score once any time from January 1, 2024, to the date of application.
      - 2. An athlete applies for elite mobility in February 2025: they must have hit the USA Gymnastics Championships qualification score once, any time from January 1, 2024, to the date of application.
6. Mobility
- a. Regisitation must be made online through the Meet Reservation System.
  - b. Registrations for the current window closes on the 21<sup>st</sup> day of that month.
  - c. Mobility requirements must be submitted to the Dropbox no later than the last day of each month (August – February).
  - d. Must only submit one video per requirement. Multiple unrequested submissions of videos for the same requirement will not be assessed and will result in failure to mobilize.
7. Mobility Submission

- a. Mobility windows are offered between August 1 until February 28. During the mobility window, an athlete must submit the required skills / drills / combinations via video, along with results outlined in H below.
  - b. Videos can be filmed any time during the calendar year. They must be date and time stamped. However, videos can only be submitted during a mobility window.
  - c. Athletes must complete the mobility table for the division of their current age (i.e. age as of December 31 of the year at the closing date of the mobility window) (for example, a Level 10 11-12 athlete wanting to mobilize in October 2025 will use YE 11-12 mobility table).
  - d. Results will be available no later than the 15<sup>th</sup> of the following month.
8. Elite mobility Skills and Drills
- a. Trampoline elite mobility Skills and drills
    - i. One option from every line in the table must be completed
    - ii. Skills separated by a comma are a sequence and must be performed together
    - iii. Single skills and final skills of connections may be done onto a throw mat.
    - iv. Skills to back must be done alone (not proceeded by another skill).
    - v. Skills to feet can be accompanied by a back tuck or barani before.
    - vi. A fall or leaving the trampoline bed uncontrolled is an automatic failure.

| <b>TRA LEVEL 10 → YOUTH ELITE 11-12 Male or Female</b> |  |
|--|--|
| 1  | <u>700o (FB)</u> _____                                   |
| 2  | <u>700&lt; (FB)</u>                                      |
| 3  | <u>801o</u>  |
| 4  | <u>801&lt;</u>   |
| 5  | <u>30/, 42o (FB)</u> or <u>30/, 42&lt; (FB)</u>          |
| 6  | <u>30/, 53o</u> or <u>30/, 53&lt;</u> or <u>30/, 53/</u> |
| 7  | <u>800o</u>  |
| 8  | <u>800&lt;</u>   |

| <b>TRA LEVEL 10 → YOUTH ELITE 13-14 Male</b> |  |
|--|--|
| 1  | <u>702o (FB)</u> or <u>720o (FB)</u>       |
| 2  | <u>702&lt; (FB)</u> or <u>720&lt; (FB)</u> |
| 3  | <u>803o</u> or <u>821o</u>                 |
| 4  | <u>803&lt;</u> or <u>821&lt;</u>           |
| 5  | <u>710o (FB)</u>                           |
| 6  | <u>710&lt; (FB)</u>                        |
| 7  | <u>811o</u> or <u>811&lt;</u>              |
| 8  | 801<, 800o, 801o, 800<                     |

| <b>TRA LEVEL 10 → YOUTH ELITE 13-14 Female</b> |                                      |
|--|--------------------------------------|
| 1  | <u>702o (FB)</u> or <u>720o (FB)</u> |

|   |  |
|---|--|
| 2 | <u>702&lt; (FB)</u> or <u>720&lt; (FB)</u> |
| 3 | <u>803o</u> or <u>821o</u>                 |
| 4 | <u>803&lt;</u> or <u>821&lt;</u>           |
| 5 | <u>710o (FB)</u>                           |
| 6 | <u>710&lt; (FB)</u>                        |
| 7 | <u>800/</u>                                |
| 8 | 801<, 800o, 801o, 800<                     |

| <b>TRA LEVEL 10 → JUNIOR ELITE 15-16 Male</b> |  |
|---|--|
| 1   | 803<, 800o, 803o or 821<, 800o, 821o or 821/, 800o, 821o |
| 2   | 801<, 811o, 801o, 800<                                   |
| 3   | <u>730o (FB)</u> or <u>712o (FB)</u> or                  |
| 4   | <u>730&lt; (FB)</u> or <u>712&lt; (FB)</u> or            |
| 5   | <u>30/, 800o (FB)</u>                                    |
| 6   | <u>30/, 901o</u>   |

| <b>TRA LEVEL 10 → JUNIOR ELITE 15-16 Female</b> |   |
|---|---|
| 1   | 803<, 40/, 803o or 821<, 40/, 821o or 821/, 40/, 821o |
| 2   | 801<, 800o, 801o, 800<                                |
| 3   | <u>710o (FB)</u> or <u>710&lt; (FB)</u>               |
| 4   | <u>811o</u> or <u>811&lt;</u>                         |
| 5   | <u>30/, 800o (FB)</u>                                 |

| <b>TRA 10 / OPEN → INTERMEDIATE ELITE Male</b> |  |
|--|--|
| 1  | 803<, 800o, 803o or 821<, 800o, 821o or 821/, 800o, 821o |
| 2  | 801<, 811o, 801o, 800<                                   |
| 3  | <u>730o (FB)</u> or <u>712o (FB)</u> or                  |
| 4  | <u>730&lt; (FB)</u> or <u>712&lt; (FB)</u> or            |
| 5  | <u>30/, 800o (FB)</u>                                    |
| 6  | <u>30/, 901o</u>   |

| <b>TRA 10 / OPEN → INTERMEDIATE ELITE Female</b> |   |
|--|---|
| 1  | 803<, 40/, 803o or 821<, 40/, 821o or 821/, 40/, 821o |
| 2  | 801<, 800o, 801o, 800<                                |
| 3  | <u>710o (FB)</u> or <u>710&lt; (FB)</u>               |
| 4  | <u>811o</u> or <u>811&lt;</u>                         |
| 5  | <u>30/, 800o (FB)</u>                                 |

| <b>TRA 10 / OPEN → SENIOR ELITE Male</b> |  |
|--|--|
| 1  | 803<, 811<, 803o, 811o                                       |
| 2  | 821<, 811<, 821o, 811o                                       |
| 3  | 801<, 831< or 801<, 822/                                     |
| 4  | 12001o, 811<   |
| 5  | <a href="#">12001&lt;</a>                                    |
| 6  | <a href="#">702o (FB)</a> or <a href="#">720o (FB)</a>       |
| 7  | <a href="#">702&lt; (FB)</a> or <a href="#">720&lt; (FB)</a> |

| <b>TRA 10 / OPEN → SENIOR ELITE Female</b> |  |
|--|--|
| 1  | 803<, 811<, 803o or 821<, 811<, 821o or 821/, 811<, 821o   |
| 2  | <a href="#">730o (FB)</a> or <a href="#">730&lt; (FB)</a> or <a href="#">712o (FB)</a> or <a href="#">712&lt; (FB)</a> |
| 3  | 801<, 811o, 801o, 811<, 801<, 800/   |
| 4  | <a href="#">12001o</a> or <a href="#">822/</a> or <a href="#">831&lt;</a> or <a href="#">823/</a>                      |
| 5  | <a href="#">702o (FB)</a> or <a href="#">720o (FB)</a>   |
| 6  | <a href="#">702&lt; (FB)</a> or <a href="#">720&lt; (FB)</a>   |

| <b>TRA JUNIOR ELITE / INTERMEDIATE ELITE → SENIOR ELITE Male</b> |                           |
|--|---------------------------|
| 1  | 803<, 811<, 803o, 811o    |
| 2  | 821<, 811<, 821o, 811o    |
| 3  | 801<, 831< or 801<, 822/  |
| 4  | 12001o, 811<              |
| 5  | <a href="#">12001&lt;</a> |

| <b>TRA JUNIOR ELITE / INTERMEDIATE ELITE → SENIOR ELITE Female</b> |  |
|--|--|
| 1  | 803<, 811<, 803o or 821<, 811<, 821o or 821/, 811<, 821o   |
| 2  | <a href="#">730o (FB)</a> or <a href="#">730&lt; (FB)</a> or <a href="#">712o (FB)</a> or <a href="#">712&lt; (FB)</a> |
| 3  | 801<, 811o, 801o, 811<, 801<, 800/   |
| 4  | <a href="#">12001o</a> or <a href="#">822/</a> or <a href="#">831&lt;</a> or <a href="#">823/</a>                      |

- b. Tumbling Elite Mobility Skills
- i. One option from every line in the table must be completed.
  - ii. All requirements must be done on a rod floor to a hard landing (track or landing mat).

- iii. Requirements may be done from any number of steps or power hurdle unless otherwise specified.
- iv. A skeleton pass is an 8-skill pass with one or more layouts performed in skills 2-6.
- v. Dismounts must be performed from ^ or F, and any number of preceding skills.
- vi. A fall is an automatic failure.

| <b>TUM LEVEL 10 → YOUTH ELITE 11-12 Male or Female</b> |                       |  |
|--|-----------------------|--|
| 1  | 8-skill skeleton pass | Minimum 4 somersaults with 2 layouts, one of which is the dismount<br><i>Examples:</i> ( F -/ ^ ^ ^ F -/ ( ^ F -/ ^ F F -/ ( ^ ^ -/ ^ F F -/ |
| 2  | Transition combo      | ( ^ F ^ ^ F ^  |
| 3  | 8-skill pass          | ( 2 ^ ^ ^ F F 4/ or ( 2 ^ ^ ^ ^ F 4/   |
| 4  | Dismount element      | Minimum DD 2.0   |

| <b>TUM LEVEL 10 → YOUTH ELITE 13-14 Male</b> |                       |  |
|--|-----------------------|--|
| 1  | 8-skill skeleton pass | Minimum 4 somersaults with 2 layouts, one of which is the dismount<br><i>Examples:</i> ( F -/ ^ ^ ^ F -/ ( ^ F -/ ^ F F -/ ( ^ ^ -/ ^ F F -/ |
| 2  | Transition combo      | ( ^ F ^ ^ F ^  |
| 3  | 8-skill pass          | ( 2 ^ ^ ^ F F 4/ or ( 2 ^ ^ ^ ^ F 4/   |
| 4  | Dismount element      | Minimum DD 2.2   |

| <b>TUM LEVEL 10 → YOUTH ELITE 13-14 Female</b> |                       |  |
|--|-----------------------|--|
| 1  | 8-skill skeleton pass | Minimum 4 somersaults with 2 layouts, one of which is the dismount<br><i>Examples:</i> ( F -/ ^ ^ ^ F -/ ( ^ F -/ ^ F F -/ ( ^ ^ -/ ^ F F -/ |
| 2  | Transition combo      | ( ^ F ^ ^ F ^  |
| 3  | 8-skill pass          | ( 2 ^ ^ ^ F F 4/ or ( 2 ^ ^ ^ ^ F 4/   |
| 4  | Dismount element      | Minimum DD 2.0   |

| <b>TUM LEVEL 10 → JUNIOR ELITE 15-16 Male</b> |                       |  |
|---|-----------------------|--|
| 1   | 8-skill skeleton pass | Minimum 4 somersaults (1 layout), to minimum 2.0 DD dismount<br><i>Examples:</i> ( F -/ ^ ^ ^ F -- o ( ^ F -/ ^ F F -- o ( ^ ^ -/ ^ F F -- o |
| 2   | Transition combo      | Power Hurdle ( ^ F ^ ^ F ^   |
| 3   | 8-skill pass          | ( 2 ^ ^ ^ F F 4/ or ( 2 ^ ^ ^ ^ F 4/   |
| 4   | Dismount element      | Minimum DD 2.2   |

| <b>TUM LEVEL 10 → JUNIOR ELITE 15-16 Female</b> |                       |  |
|---|-----------------------|--|
| 1   | 8-skill skeleton pass | Minimum 4 somersaults with 2 layouts, one of which is the dismount<br><i>Examples:</i> ( F -/ ^ ^ ^ F -/ ( ^ F -/ ^ F F -/ ( ^ ^ -/ ^ F F -/ |
| 2   | Transition combo      | ( ^ F ^ ^ F ^  |
| 3   | 8-skill pass          | ( 2 ^ ^ ^ F F 4/ or ( 2 ^ ^ ^ ^ F 4/   |
| 4   | Dismount element      | Minimum DD 2.2   |

| <b>TUM LEVEL 10 / OPEN → INTERMEDIATE ELITE Male</b> |                         |  |
|--|-------------------------|--|
| 1  | 8-skill skeleton pass   | Power hurdle to minimum 5 somersaults that includes 3 layouts<br><i>Example:</i> PH ( -/ ^ F -/ ^ F -/ |
| 2  | Double transition combo | Double transition with minimum DD 2.4 to ^ (may land ^ on landing mat)                                 |
| 3  | 8-skill pass            | Double transition with minimum DD 2.0 to a dismount minimum DD 2.0                                     |
| 4  | Dismount element        | Minimum DD 2.8   |

| <b>TUM LEVEL 10 / OPEN → INTERMEDIATE ELITE Female</b> |                       |   |
|--|-----------------------|---|
| 1  | 8-skill skeleton pass | Minimum 4 somersaults (1 layout), to minimum 2.0 DD dismount<br><i>Examples:</i> ( F -/ ^ ^ ^ F - - o ( ^ F -/ ^ F F - - o ( ^ ^ -/ ^ F F - - o |
| 2  | Transition combo      | Power Hurdle ( ^ F ^ ^ F ^  |
| 3  | 8-skill pass          | ( 2 ^ ^ ^ F F 4/ or ( 2 ^ ^ ^ ^ F 4/  |
| 4  | Dismount element      | Minimum DD 2.2  |

| <b>TUM LEVEL 10 / OPEN / JUNIOR / INTERMEDIATE → SENIOR ELITE Male</b> |                         |  |
|--|-------------------------|--|
| 1  | 8-skill skeleton pass   | Power hurdle to minimum 5 somersaults that includes 3 layouts<br><i>Example:</i> PH ( -/ ^ F -/ ^ F -/ |
| 2  | Double transition combo | Double transition with minimum DD 2.8 to ^ (may land ^ on landing mat)                                 |
| 3  | 8-skill pass            | Double transition with minimum DD 2.4 to a dismount minimum DD 2.4                                     |
| 4  | Dismount element        | Minimum DD 3.2   |

| <b>TUM LEVEL 10 / OPEN / JUNIOR / INTERMEDIATE → SENIOR ELITE Female</b> |                       |   |
|--|-----------------------|---|
| 1  | 8-skill skeleton pass | Minimum 4 somersaults (1 layout), to minimum 2.2 DD dismount<br><i>Examples:</i> ( F -/ ^ ^ ^ F - - < ( ^ F -/ ^ F F - - < ( ^ ^ -/ ^ F F - - / |
| 2  | Transition combo      | Power Hurdle ( ^ F ^ ^ F ^  |
| 3  | 8-skill pass          | ( 2 ^ ^ ^ F F 4/ or ( 2 ^ ^ ^ ^ F 4/  |

|   |                  |                |
|---|------------------|----------------|
| 4 | Dismount element | Minimum DD 2.4 |
|---|------------------|----------------|

c. Double Mini Elite Mobility Skills and Drills

- i. One option from every line in the table must be completed.
- ii. After landing on the feet to a mat on the DMT, athletes may perform a controlled out bounce or skill.
- iii. For requirement 4, athletes must dismount to a competition surface without additional mats.
- iv. A fall is an automatic failure

| <b>DMT LEVEL 10 → YOUTH ELITE 11-12 Male or Female</b> |                          |   |
|--|--------------------------|---|
| 1  | Flat back drill          | <a href="#">700o Mount to flat back to minimum 12" mat stack</a>  |
| 2  | Mounter building drill   | <a href="#">32o to flat back to min 24" mat stack</a> or <a href="#">32/ to flat back to min 24" mat stack</a>  |
| 3  | Skill 1 pass development | <a href="#">801o Mount to mat</a> or <a href="#">801o Spotter to mat</a> or <a href="#">800o Spotter to mat</a> |
| 4  | Connection proficiency   | Pass minimum DD 3.6   |

| <b>DMT LEVEL 10 → YOUTH ELITE 13-14 Male</b> |                          |  |
|--|--------------------------|--|
| 1  | Flat back drill          | <a href="#">700o Mount to flat back to minimum 24" mat stack</a>   |
| 2  | Mounter building drill   | <a href="#">702o to flat back to min 24" mat stack</a> or <a href="#">720o to flat back to min 24" mat stack</a>         |
| 3  | Skill 1 pass development | <a href="#">801&lt; Mount to mat</a> or <a href="#">801&lt; Spotter to mat</a> or <a href="#">800&lt; Spotter to mat</a> |
| 4  | Connection proficiency   | Pass minimum DD 4.8  |

| <b>DMT LEVEL 10 → YOUTH ELITE 13-14 Female</b> |                          |  |
|--|--------------------------|--|
| 1  | Flat back drill          | <a href="#">700o Mount to flat back to minimum 24" mat stack</a>   |
| 2  | Mounter building drill   | <a href="#">700&lt; Mount to flat back to min 24" mat stack</a>  |
| 3  | Skill 1 pass development | <a href="#">801&lt; Mount to mat</a> or <a href="#">801&lt; Spotter to mat</a> or <a href="#">800&lt; Spotter to mat</a> |
| 4  | Connection proficiency   | Pass minimum DD 4.4  |

| <b>DMT LEVEL 10 → JUNIOR ELITE 15-16 Male</b> |                 |  |
|---|-----------------|--|
| 1   | Flat back drill | <a href="#">702&lt; Mount to flat back to minimum 24" mat stack</a> or <a href="#">720&lt; Mount to flat back to minimum 24" mat stack</a> |

|   |                          |  |
|---|--------------------------|--|
| 2 | Mounter building drill   | <a href="#">803o Mount to mat</a> or <a href="#">821o Mounter to mat</a> |
| 3 | Skill 2 pass development | 41/, 820< or 41/, 820/ or 41/, 811< or 41/, 802/                         |
| 4 | Connection proficiency   | Pass minimum DD 5.6  |

|   |                          |   |
|---|--------------------------|---|
| <b>DMT LEVEL 10 → JUNIOR ELITE 15-16 Female</b> |                          |   |
| 1   | Flat back drill          | <a href="#">700&lt; Mount to flat back to minimum 24" mat stack</a> or <a href="#">700o Mount to flat back to minimum 32" mat stack</a> |
| 2   | Mounter building drill   | <a href="#">702o to flat back to min 24" mat stack</a> or <a href="#">720o to flat back to min 24" mat stack</a>                        |
| 3   | Skill 2 pass development | 41/, 820o or 41/, 820< or 41/, 811o or 41/, 800/  |
| 4   | Connection proficiency   | Pass minimum DD 4.8   |

|  |                          |  |
|--|--------------------------|--|
| <b>DMT LEVEL 10 / OPEN → INTERMEDIATE ELITE Male</b> |                          |  |
| 1  | Flat back drill          | <a href="#">702&lt; Mount to flat back to minimum 24" mat stack</a> or <a href="#">720&lt; Mount to flat back to minimum 24" mat stack</a> |
| 2  | Mounter building drill   | <a href="#">803o Mount to mat</a> or <a href="#">821o Mounter to mat</a>   |
| 3  | Skill 2 pass development | 41/, 820/ or 41/, 802/ or 41/, 822o  |
| 4  | Connection proficiency   | Pass minimum DD 6.0  |

|  |                          |   |
|--|--------------------------|---|
| <b>DMT LEVEL 10 / OPEN → INTERMEDIATE ELITE Female</b> |                          |   |
| 1  | Flat back drill          | <a href="#">700&lt; Mount to flat back to minimum 24" mat stack</a> or <a href="#">700o Mount to flat back to minimum 32" mat stack</a> |
| 2  | Mounter building drill   | <a href="#">702o to flat back to min 24" mat stack</a> or <a href="#">720o to flat back to min 24" mat stack</a>                        |
| 3  | Skill 2 pass development | 41/, 820o or 41/, 820< or 41/, 811o or 41/, 800/  |
| 4  | Connection proficiency   | Pass minimum DD 5.2   |

|  |                     |  |
|--|---------------------|--|
| <b>DMT LEVEL 10 / OPEN / JUNIOR / INTERMEDIATE → SENIOR ELITE Male</b> |                     |  |
| 1  | Skill 1 development | <a href="#">11000o Mount to flat back to minimum 24" mat stack</a> or <a href="#">720/ Mount to flat back to minimum 24" mat stack</a> |
| 2  | Skill 2 development | 41/, 822/ or 41/, 813< or 41/, 831< or 41/, 12000o   |

|   |                        |                                       |
|---|------------------------|---------------------------------------|
| 3 | Mounter Control        | 821<, 40< or 821/, 40< or 12001o, 40< |
| 4 | Connection proficiency | Pass minimum DD 7.6                   |

| <b>DMT LEVEL 10 / OPEN / JUNIOR / INTERMEDIATE → SENIOR ELITE Female</b> |                          |  |
|--|--------------------------|--|
| 1  | Flat back drill          | <a href="#">702&lt; Mount to flat back to minimum 24" mat stack</a> or <a href="#">720&lt; Mount to flat back to minimum 24" mat stack</a> |
| 2  | Mounter building drill   | 803 (o, <, /) Mounter to mat or 821 (o, <, /) Mounter to mat   |
| 3  | Skill 2 pass development | 41/, 820/ or 41/, 802/ or 41/, 811<  |
| 4  | Connection proficiency   | Pass minimum DD 5.6  |

9. Mobility assessment

- a. After registration, coaches will receive further instructions from [ttmobility@usagym.org](mailto:ttmobility@usagym.org). The Elite Program Chair must approve mobility before the athlete is eligible to compete at the higher level.
- b. Mobility will receive a pass/fail assessment. All lines of the mobility must be completed for mobility to be achieved.
- c. Mobility will be assessed independently by a designated non-conflicted Judges Council member and elite level coach. Training with the National Team Coordinators on how to judge mobility will be conducted in how to judge mobility skills (particularly those that are drills rather than competition elements), and all assessors must have taken this training. Equipment should meet the minimum standards set in the R&P, or be the equipment used for that athlete's day to day training. It may not provide any additional advantages to standard competition equipment (e.g. landing into a pit, additional matting), except where indicated.

10. During the Elite mobility season, an elite athlete must compete in their new level at a USAG sanctioned competition in the competitive season (USAG membership season) following their mobility window. If they do not complete this, the mobility loses its value.

11. Downward mobility

- a. Under certain circumstances, an athlete may move down a level from SE to Intermediate or Open.
  - i. Downward mobility may only occur through the invitational season, not during championship season.
  - ii. Coach must submit a formal written request to the Elite Committee Chair.
  - iii. The Elite Committee Chair must approve the request prior to the athlete moving down.
  - iv. Downward mobility will only be granted for extenuating circumstances, for example significant injury or hardship. This must be address in the application.
  - v. Should an athlete wish to return to their original level after competing in the lower level, they are required to re-mobilize.

- vi. Athletes who compete at a new level and then drop down to a previous level without the permission of the State Chair or the Elite Chair will have to re-mobilize and all previous results at the higher level will be null and void
- b. For movement from Elite to Level 10 and Open, see Section V,I.D.11.

#### **D. Competition Rules**

1. The rules used in the Elite Competition are the FIG rules with special requirements based on the developmental needs of the USAG Trampoline and Tumbling Program. The current [FIG Code](#) of Points and the U.S. [Elite T&T Special Requirements](#) may be found online at their respective sites.
2. Athletes may not compete more than once at a single level at any sanctioned meet for the purposes of qualification or mobility.
3. Where F1/F2 format is used, F2 athletes are not announced until all F1 results are verified.

## **II. Elite Qualifications to USA Gymnastics Championships**

### **A. Qualification Procedures**

- “Senior National Team” refers to Senior National Team members only.
- “Junior National Team” refers to Junior National Team members only.
- “National Team” refers to both Senior and Junior National Team members.

All athletes' competition at the Elite Level are eligible to enter USA Gymnastics Championships if they have met the following criteria:

1. Athletes must compete at three (3) of the four (4) qualification competitions as determined by the Elite Committee.
  - a. USA Gymnastics Winter Classic
  - b. State Championships
  - c. Regional Championships
  - d. Elite Challenge
2. Athletes who are injured and unable to compete may salute to meet the qualification requirements at the qualification competition provided they have received approval from the Program Director. All competition fees must be paid, the athlete is not eligible for awards but should show in the competition results with a score of zero (0.00).
  - a. **Medical documentation along with the [official exemption request form](#) must be submitted to the Program Director prior to the qualification competition for review.**
  - b. **The Program Director is under no obligation to waive requirements if they feel it is not in the best interest of the athlete.**
  - c. **Injuries occurring outside of a reasonable request window for prior approval (e.g., athlete becomes injured during the competition warm-up) may submit the [exemption request form](#) promptly after the qualification competition occurs.**
    - i. **The meet director or referee, and the Chair of the Panel at the qualification competition must be notified as to why prior approval was not received.**
    - ii. **Athlete may then salute to receive a zero (0.00) with official approval pending the decision of the Program Director.**
  - e. **Athletes who salute, that did not receive approval or do not qualify for an exception will be entered as a "Did Not Start" (DNS).**

3. Competitions must compete in only one (1) division per discipline. For example, an athlete can compete as a Senior Elite in Trampoline and an Intermediate Elite in Tumbling but never as a Senior Elite AND an Intermediate Elite in Tumbling.
4. Entries to 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 as a Junior Elite in the first competition, but competed as a Senior Elite in the next competition and did not reach the total score, the athlete is not qualified to enter the USA Gymnastics Championships as a Senior Elite.
5. The competitors must qualify at the State Championships or Regional Championships for the state/region in which the competitor's club is a member. 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, relevant committee (Development or Elite), and Athlete Representative. All rules and/or directives of the replacement competition must be abided by.
  - a. 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 State or Regional Champion titles.
6. Athletes must meet the requirements in the qualification round at one of the qualification competitions as follows:

a. Trampoline

| <b>Division</b>     | <b>R1+R2 Total Score (incl. ToF)</b> |
|---------------------|--------------------------------------|
| YE 11/12 Female     | 79.9                                 |
| YE 12/12 Male       | 79.9                                 |
| YE 13/14 Female     | 81.9                                 |
| YE 13/14 Male       | 82.4                                 |
| Junior Female       | 83.9                                 |
| Junior Male         | 85.4                                 |
| Intermediate Female | 46.4*                                |
| Intermediate Male   | 47.9*                                |
| Senior Female       | 47.9*                                |
| Senior Male         | 51.2*                                |

\* IE 17-21 and SE will follow FIG SE rules with only 1 routine to count

c. Tumbling

| <b>Division</b>     | <b>R1+R2 Total Score</b> |
|---------------------|--------------------------|
| YE 11/12 Female     | 40.0                     |
| YE 12/12 Male       | 40.0                     |
| YE 13/14 Female     | 40.0                     |
| YE 13/14 Male       | 40.5                     |
| Junior Female       | 40.5                     |
| Junior Male         | 41.0                     |
| Intermediate Female | 41.0                     |
| Intermediate Male   | 42.5                     |
| Senior Female       | 41.5                     |
| Senior Male         | 44.0                     |

d. Double Mini

| Division            | R1+R2 Total Score |
|---------------------|-------------------|
| YE 11/12 Female     | 43.5              |
| YE 12/12 Male       | 43.5              |
| YE 13/14 Female     | 44.5              |
| YE 13/14 Male       | 45.5              |
| Junior Female       | 45.5              |
| Junior Male         | 46.0              |
| Intermediate Female | 46.0              |
| Intermediate Male   | 47.0              |
| Senior Female       | 47.0              |
| Senior Male         | 50.0              |

7. Elite Synchronized pairs must qualify as individual trampoline athletes and declare themselves as a synchronized pair by the USA Gymnastics Championships entry deadline.
8. Elite level Regional Champions will not have automatic qualifications to USA Gymnastics Championships.
9. Current Senior National and Junior National Team members do not have to qualify to the USA Gymnastics Championships in the event(s) in which they were named to the team providing that they comply with the qualification requirements above. In other events, they must qualify using the established procedures.
  - a. Junior National members who age out of Junior Elite in the year they are on the Junior National Team must qualify for USA Gymnastics Championships by one of the following methods:
    - i. Aging up to Intermediate Elite and qualifying as an Intermediate Elite.
    - ii. Aging up to Intermediate Elite, mobilizing to Senior Elite, and qualifying as a Senior Elite.
    - iii. Mobilizing to Senior Elite and qualifying as a Senior Elite.
  - b. Senior and Intermediate Elite athletes having been named to the previous year's Junior National Team must qualify through the established procedures.
  - c. All delegation members who are attending a National Team assignment, competition/event, which conflicts with a USA Gymnastics Championship qualification competition, may use their attendance at the National Team assignment as substitution for the missed qualification competition with prior approval from the Program Director.
- B. National Team member qualification
  - a. Current National Team members or invited non-National Team athletes who are participating at a National Team training camp, which conflicts with a USA Gymnastics Championships qualification competition, may use their attendance at that National Team camp as substitution for the missed qualification competition.
  - b. In all cases, this substitution must be approved by the Program Director prior to the National Team training camp or assigned event.
- C. Intermediate and Senior Elite Session Qualification
  - a. 12 trampoline athletes per gender, and 10 tumbling / double mini athletes per gender qualify into the Premier qualification sessions – a maximum total of 64.
    - i. Qualification via:
      1. Senior National Team members qualify automatically.

2. The remaining spots filled using each athlete's best qualification score from Winter Classic and Elite Challenge (IE/SE both eligible).
  3. If there are 3 or fewer athletes per gender/discipline (SE/IE combined) entered who did not qualify through the bullets above (decided at the entry deadline), those athletes will also be added to the Premier Sessions.
- ii. Scratches:
1. Scratches made between the entry deadline and late entry deadline: the next ranked athlete(s) will be moved into the Premier Session, and if there are then 3 or fewer athletes remaining, the process in II.A.15.A.1.3 will apply
  2. Scratches made between the late entry deadline and one week prior to competition: the next ranked athlete(s) will be moved into the Premier session, however if there are then 3 or fewer athletes remaining, no further changes will take place.
  3. Scratches made between one week prior to competition and 24 hours before competition: the next ranked athlete(s) will be offered the choice to move or remain in the afternoon session. No further movements will take place.
  4. Scratches made 24 hours or less before competition: no further replacements will take place.
- b. The draw will be made following the USA Gymnastics Championships entry deadline. Any athletes entering after this deadline will compete in a non-premier qualification session.
  - c. An Intermediate Elite athlete qualifying to a Premier session may choose to decline that spot and compete in the afternoon session, at which time the next ranked athlete will be added to the Premier session. The deadline to decline a Premier session spot will be one week after the publication of qualifiers.
  - d. Senior Elite Finals will take place in a Premier session. Intermediate Elite finals will take place in a non-Premier session.

#### **D. Petitions to USA Gymnastics Championships**

1. The following athletes will be eligible to petition to USA Gymnastics Championships:
  - a. Athletes who competed in the same level in the same discipline at the previous USA Gymnastics Championships.
  - b. Athletes who competed in a lower level in the same discipline at the previous USA Gymnastics Championships but aged into their current level (for example YE 13-14 to JE; JE to IE). In this case, a video verification must be included with the petition, showing proficiency at the new level.
2. 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, IE to SR) are not eligible to petition to USA Gymnastics Championships.
3. Senior, Intermediate, Junior, and Youth elite athletes are required to have placed either 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup>, or in the top fifty (50) percent in the same discipline at the previous USA Gymnastics Championships to be allowed to petition to participate in the current USA Gymnastics Championships.
4. 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.

5. 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.
6. A \$25.00 non-refundable administrative fee must accompany the petition.
7. The Elite Committee Chair, Program Director, and Athlete Selection Representative will decide petitions. Petitions will be considered as expeditiously as possible. The decision of the Elite Committee Chair, Program Director, and Athlete Selection Representative is final.
8. Qualification events and trial events may have different petition requirements. Please refer to the event selection procedures for exact requirements.
9. The petitioner and his/her coach will be immediately notified once a decision has been reached.

### **III. National Team Program**

1. The National Team program seeks to create a year-round competitive and education support system for coaches and athletes. [Click here](#) for the National Team selection procedures.

### **IV. Instatement and Reinstatement**

#### **A. Reinstatement**

Former USAG athletes may be reinstated to the Elite Level.

1. Reinstatement to the Elite Levels for athletes that have been out for less than two full competitive cycles:
  - a. Athletes do not need to reinstate. They may enter the competition at the level previously competed prior to the injury or time off.
2. Reinstatement to Elite Levels for athletes that have been out for more than two full competitive cycles:
  - a. The athlete must submit an [Elite Athlete Reinstatement Form](#) with all requested documentation to the current Elite Committee Chair.
  - b. After receiving acknowledgement that the current Elite Committee Chair has approved the elite athlete reinstatement, the athlete may register to participate in a USAG sanctioned event at one level lower than their previous level.
  - c. Having competed in the lower level for at least two sanctioned competitions, a reinstated athlete may apply to mobilize to their original level (see section VI).

#### **B. Instatement**

1. U.S. resident athletes competing in Senior Elite in another country wanting to compete Senior Elite as a resident athlete within the U.S. system (i.e. not as a foreign athlete) are required to go through the elite mobility drill submission process, however they will not be required to complete the score requirements. This process will be known as foreign athlete elite verification. (Athletes who are already competition within the U.S. system as of August 1, 2023 will be grandfathered in).

## V. Elite Program Awards

Awards annually at the USA Gymnastics Championships.

1. Milton B. Davis and George Nissen Trampoline Coach of the Year
  - a. This award is presented to the elite trampoline coach of the year. This award is named in honor of Coach Milton B. Davis and Trampoline Pioneer George Nissen.
  - b. Trampoline Coach of the Year will be decided on by athlete achievements throughout the competitive season.
  - c. This award will be presented at the USA Gymnastics Championships Senior Elite Session.
2. James A. Rozanas Tumbling Coach of the Year
  - a. This award is presented to the elite tumbling coach of the year. This award is named in honor of James A. Rozanas, whose outstanding principles of competition, good sportsmanship, and high morals set the standard and expectation of excellence for the tumbling community.
  - b. Tumbling Coach of the Year will be decided on by athlete achievements throughout out the competitive season.
  - c. This award will be presented at the USA Gymnastics Championships Senior Elite Session.
3. Bob Bollinger Double Mini Coach of the Year
  - a. The award is presented to the Double Mini Coach of the Year. This award is named in honor of Bob Bollinger, whose career was defined by performance and demeanor of outstanding principles.
  - b. Double Mini Coach of the Year will be decided on by athlete achievements throughout the competitive season.
  - c. This award will be presented at the USA Gymnastics Championships Senior Elite Session.
4. Trampoline Athlete of the Year
  - a. Trampoline Athlete of the Year will be decided on by athlete achievements throughout the competitive season.
  - b. This award will be presented at the USA Gymnastics Championships Senior Elite Session.
5. Tumbling Athlete of the Year
  - a. Tumbling Athlete of the Year will be decided on by athlete achievements throughout the competitive season.
  - b. This award will be presented at the USA Gymnastics Championships Senior Elite Session.
6. Double Mini Athlete of the Year
  - a. Double Mini Athlete of the Year will be decided on by athlete achievements throughout the competitive season.
  - b. This award will be presented at the USA Gymnastics Championships Senior Elite Session.
7. Star Service Award
  - a. This award may be given annually by the USA Gymnastics 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 the USA Gymnastics Championships or the Stars and Stripes Championships; whichever is most appropriate for the individual named.
8. Sports Person of the Year

- a. The Sportsperson of the Year award is given to the Senior Elite athlete whose performance that year most embodies the spirit of sportsmanship and achievement – an athlete exhibiting the strongest positive voice of the discipline.
- b. All elite T&T athletes competing at that year's USA Gymnastics Championships will be eligible to cast a ballot for this award.
- c. USAG will solicit nominations with a deadline identified prior to USA Gymnastics Championships each year.
- d. This award will be presented at the USA Gymnastics Championships Senior Premier Session.