

2026 USA Gymnastics Championships Trampoline & Tumbling Directives

DATE	June 22 – 27, 2026
VENUE	Arvest Convention Center 100 Civic Center, Tulsa, OK, 74103 BOK Center 200 S Denver Ave, Tulsa, OK, 74103
HOST	USA Gymnastics Events
CONTACT	For questions contact: Scott Cole, Event Director – scole@usagym.org or Alex Renkert, T&T Program Director – arenkert@usagym.org or Sydney Carlson, T&T Program Manager – scarlson@usagym.org
ELIGIBLE COMPETITORS	<p>All athletes who have met USA Gymnastics Championships qualifying scores and eligibility requirements at USA Gymnastics T&T sanctioned competitions may enter USA Gymnastics Championships. All entries are subject to verification by the State Chair. All competitors must enter USA Gymnastics Championships at the same competitive level where the qualifying score was achieved. If the athlete competes at a higher level after the qualifying score is reached, they may not compete at the previous level at USA Gymnastics Championships. See the Rules & Policies, Development Code of Points and Elite Code of Points for complete information.</p> <p>Non-citizen athletes are not allowed to compete in Elite divisions at USA Gymnastics Championships. Resident non-citizen athletes who are members of USA Gymnastics and have met all qualification requirements may compete in Development levels at USA Gymnastics Championships.</p> <p>Divisions: Development Level 8-10 & Open, Youth Elite, Junior Elite, Intermediate Elite, Senior Elite</p>
ENTRY INSTRUCTIONS	Registration deadline: May 18th, 2026 Click here for registration instructions.
ENTRY FEES & REFUNDS	<p>\$200 flat fee per athlete (one event or all). No fee for coaches.</p> <p>Entry fees must be paid with a credit card on the USA Gymnastics Meet Reservation system. Entries are not valid until payment is received.</p> <p>Refunds will not be given for athletes who entered but did not qualify to USA Gymnastics Championships.</p> <p>If the event is cancelled by USA Gymnastics, participants will receive a 100% refund on entry fees paid if the event is cancelled more than 60 days from the start of the event. If the event is cancelled by USA Gymnastics 60 days or less from the event, the participants will receive a 50% refund on the entry fees paid.</p>

If an athlete withdraws from the event due to an injury or any other reason more than 60 days from the event, she/he may receive a 100% refund on their entry fee. If the athlete withdraws within 60 days of the event, no refund will be given.

LATE ENTRY

Late entries on or after May 19th are subject to approval by the Program Director:

- New athlete added to meet or previously registered athlete adding additional discipline on May 19th: free of charge.
- New athlete added to meet between May 20th and May 23rd: \$400.00.
- Previously registered athlete adding additional discipline between May 20th and May 23rd: \$200.00.
- New athlete added to meet on or after May 24th: \$600.00.
- Previously registered athlete adding additional discipline on or after May 24th: \$300.00.

CHANGE ENTRY (INCOMPLETE OR INCORRECT)

- Changes to entries on May 19th: free of charge.
- Changes to entries between May 20th and May 23rd: \$25 per correction.
- Changes to entries between May 24th and June 1st: \$50 per correction.
- Changes to entries on or after June 2nd: \$75 per correction

[Click here](#) to submit changes and scratches.

All changes and scratches after June 8th must be made onsite.

COACHES & OFFICIALS

Coaches (registered through meet reservation), judges and officials who are current members will be issued credentials (no pending memberships).

JUDGES

Judges request for assignment due May 18th, 2026.

[Click here](#) for the request for assignment form.

Judges will be paid a session honorarium. Travel and accommodation will not be provided unless otherwise advised.

SCHEDULE

See the [USA Gymnastics Championships website](#) for schedule information.

SCORING

Routines will be scored by using the skill by skill method. Please see the appropriate code of points for specific details for each discipline.

VIDEO REVIEW

Video review will be provided for the following:

- Trampoline: Level 10 and above
- Tumbling: Intermediate & Senior Elite
- Double mini: Intermediate & Senior Elite

If coaches wish to video their athletes' routine in other levels, they must shoot the video from the designated spot set by the Meet Director.

APPAREL

The dress code found in the Development and Elite Codes of Points must be followed at all times.

Athletes and coaches may not wear National Team apparel, including anything with the USA flag or logo at any time during training or competition. USA attire may not be worn even if covering logo and flag. USA backpacks or duffle bags are also not allowed.

**COMPETITION
EQUIPMENT**

Arvest Convention Center (Level 8/9/10, Open, YE, JE)

- Eurotramp Ultimate trampolines
- Eurotramp Ultimate double mini trampoline
- Spieth rod tumbling floors

BOK Center (IE/SE)

- Eurotramp Ultimate trampolines
- Eurotramp Ultimate double mini trampoline
- Spieth rod tumbling floor

**COACHES'
ORIENTATION
MEETING**

Event details and information will be emailed to coaches and clubs 10 days before the event begins.

TRAINING GROUPS

Training opportunities will be designated after the registration deadline.

**COMPETITION
CARDS**

Competition cards will be due as follows. Any competition card that is not turned in by the respective deadline should be turned into the judges table prior to competition.

- Development Program (all disciplines):
 - Level 8 – by 8am on June 22nd, 2026
 - Level 9/10 – by 6pm on June 22nd, 2026
 - Synchro – by 6pm on June 23rd, 2026
 - Open – by 6pm on June 23rd, 2026
- Elite Program (all disciplines):
 - Synchro – by 6pm on June 23rd, 2026
 - SE and IE – by 6pm on June 24th, 2026
 - YE and JR – by 6pm on June 24th, 2026

[Trampoline](#)
[Tumbling](#)
[Double Mini](#)
[Synchro](#)

Competition cards must be filled out using the International Gymnastics Federation's FIG terminology. All competition cards should be on the correct color paper and must be filed correctly at the competition office or turned into the judges table prior to competition.

**TRAMPOLINE
SPOTTERS**

Current USA Gymnastics competitive coach/judge/meet director members or age and physical size appropriate current athlete members. One spotter is required at each corner, if a throw mat is not utilized. If a throw mat is utilized, one additional spotter must be on the same side that the mat is used.

WARM UP

Warm up procedures will be posted after the registration deadline.

**OPENING
CEREMONIES
(BOK Center)**

Afternoon sessions:

No opening ceremony will take place.

Evening sessions:

All gymnasts in the first flight of each session are required to participate in the Opening Ceremony prior to their competitive session. All other gymnasts in each session are requested to participate in their Opening Ceremony. Club/team warm-ups are the required attire. Athlete cooperation is requested in reporting promptly to the staging area in preparation for the march-in and introduction. All athletes are requested to follow the instructions given by the stage manager.

AWARDS CEREMONIES

Athletes competing in the BOK Center (IE/SE):
At the conclusion of competition, competing athletes should return to the staging area to prepare for the awards ceremonies and National Team announcements.

Athletes competing in Arvest Convention Center (Level 8/9/10, Open, YE, JE):
Exact dates, times and locations of all awards ceremonies will be released with the event schedule. At the conclusion of competition, competing athletes should return to the designated staging area in the awards room to prepare for the awards ceremonies and National Team announcements (Junior Elite sessions only). All athletes receiving an award are requested to cooperate.

AWARDS

Overall awards will be presented to the top six (6) competitors in each Development division, and to the top three (3) competitors in each Elite division. No flight awards will be given.

Overall awards for each session will be given immediately following the session, unless otherwise noted in the final schedule. Level 9,10, Open and Elite awards will be presented after finals. **If the session is running early, awards will be given early.** Athletes who place in the top six in Development divisions and top three in Elite divisions should go to the awards staging area immediately following the session. Athletes are required to wear competition apparel or full team sponsored warm up for awards ceremonies. Exact dates, times and locations of all awards ceremonies will be released with the event schedule.

The Junior National Team will be announced following Junior Elite finals in the awards room of the Arvest Convention Center. The Senior National Team will be announced following Senior Elite finals in the BOK Center.

The following awards will be presented at the 2026 USA Gymnastics Championships Senior Elite session. Details regarding the awards can be found in [Section VI](#) (Elite Program) of the Rules & Policies.

- George Nissen & Milton B. Davis Trampoline Coach of the Year
- James A. Rozanas Tumbling Coach of the Year
- Bob Bollinger Double Mini Coach of the Year
- Trampoline Athlete of the Year
- Tumbling Athlete of the Year
- Double Mini Athlete of the Year
- Sportsperson of the Year
- Star Service Award

NATIONAL TEAM MEETING

The 2026-2027 National Team meeting is scheduled for Sunday, June 28th. This meeting is required for all 2026-2027 National Team members and coaches. Parents are invited to attend. Exact dates, times and locations will be released shortly – please be mindful of this when booking flights.

DOPING CONTROL

The U.S. Anti-Doping Agency (USADA) will conduct doping controls for select athletes at the USA Gymnastics Championships. Athletes will be notified immediately following competition if they have been selected.

If an athlete is currently taking any medication that may be on the banned substance list, the athlete and/or parent/guardian should call the USADA drug reference phone line at 719-875-2000, or visit www.globaldro.com for verification. There are many over-the-counter medications, such as cold medicines, that are banned substances. It is important to call the drug reference line with any questions regarding this important issue or to speak with the medical doctor or trainer onsite at your venue. DO NOT leave this to chance. Use of methods or substances prohibited by any applicable anti-

doping rules may be subject to penalties including, but not limited to, disqualification and suspension. Possible doping violations will be managed by USADA protocol.

HOTELS

Link will be posted soon.

ADMISSIONS

See the [USA Gymnastics Championships website](#) for ticket information.

COACHES & JUDGES COURSES

Category 1 judges' courses are being held in conjunction with USA Gymnastics Championships.

June 21, 2026

Category 1 Judges Course:

- Tumbling: 8:00am-12:00pm
- Trampoline : 12:00pm-5:00pm
- Double Mini: 5:00pm-9:00pm