



### Development Committee Meeting

Elite Committee Chair	Nuno Merino	Voting
Elite Committee TRA Rep	Steven Gluckstein	Voting
Elite Committee TUM Rep	Jared Olsen	Voting
Elite Committee DMT Rep	Juwan Young	Voting
Athlete Representative	Paul Bretscher	Voting via email
Program Committee Chair	Patti Conner	Non-voting
Program Director	Amanda Casale	Non-voting
Program Manager	Sydney Carlson	Non-voting

*Meeting called to order via email by Nuno Merino at 3:10pm on Wednesday April 16<sup>th</sup>*

### Development Committee Meeting Agenda

#### 1. Welcome

All attendees were asked to disclose any actual or potential conflicts of interest based on a review of the agenda.

- It was agreed that all committee members have conflicts of interest as a result of being athletes, coaches, judges and/or club owners and/or receiving compensation at times from the T&T program. Except in the case of any items bulleted below, the individuals and committee share the view that members are able to act impartially and for the benefit of the program, and recusal is not necessitated for any other items.

#### 2. Development Program Routines 2025-2028

The committee discussed the proposed routines created for the development level to **start August 1<sup>st</sup>, 2025.**

**Motion: For TRA routines to be as listed in Appendix I:**

TRA

**Motion: Steven**

**Second: Nuno**

**Vote: Unanimous**

**Motion: For TUM routines to be as listed in Appendix II:**

TUM

**Motion: Jared**

**Second: Nuno**

**Vote: Unanimous**

**Motion: For DMT routines to be as listed in Appendix III:**

**DMT**

**Motion: Juwan**

**Second: Nuno**

**Vote: Unanimous**

# Appendix I

## Trampoline Routines 2025 - 2029

**Mobility for 2025 - 2029:** Athletes must enter the competitive system at level 8 or below.

Athletes who wish to mobilize to the next level, beginning level 8 to 9, must use the mobility scores listed in the applicable year's Rules & Policies. Mobility from levels 5 to 8 is at the discretion of the athletes coach. Athletes may not skip levels.

Level 1 - Compulsory	FIG
1. Tuck Jump	o
2. Pike Jump	<
3. Straddle Jump	v
4. Seat Drop	
5. Return to Feet	
6. Jump 1/2 Twist	- 1 /
7. Seat Drop	
8. Hands & Knees Drop	
9. Front Drop	
10. Return to Feet	

Level 2 - Compulsory	FIG
1. Seat Drop	
2. Front Drop (Free Position)	
3. Return to Feet	
4. Tuck Jump	o
5. 1/2 Twist to Seat Drop	
6. Return to Feet	
7. Pike Jump	<
8. Straddle Jump	v
9. Back Drop (Free Position)	1 - /
10. Return to Feet	1 - /

Level 3 - Compulsory	FIG
1. Front Drop	1 - /
2. Seat Drop	
3. Return to Feet	
4. Tuck Jump	o
5. Seat Drop	
6. 1/2 Twist Seat Drop	
7. 1/2 Twist to Feet	
8. Pike Jump	<
9. Straddle Jump	v
10. Front Somersault Tuck	4 - o

Level 4 - Compulsory	FIG
1. Back Somersault Tuck	4 - o
2. Tuck Jump	o
3. Jump 1/1 Twist	- 2 /
4. Straddle Jump	v
5. 1/2 Twist to Front Drop (Airplane)	11 /
6. Seat Drop	
7. Return to Feet	
8. Jump 1/2 Twist	- 1 /
9. Pike Jump	<
10. Front Somersault Pike	4 - <

Levels 1 - 4 Exceptions
- Non-Simultaneous Landing - 0.5
- 1 Intermediate Straight Jump - 1.0 per occurrence
- 2 Intermediate Straight Jumps (within a routine) - Interruption

Level 5 - Compulsory	FIG
1. Back Somersault Pike	4 - <
2. Tuck Jump	o
3. Back Somersault Tuck	4 - o
4. Straddle Jump	v
5. 1/2 Twist to Front Drop (Airplane)	11 /
6. Back Drop (Free Position)	
7. Return to Feet	
8. Jump 1/2 Twist	- 1 /
9. Pike Jump	<
10. Barani Pike	41 <

Level 6 - Compulsory	FIG
1. 3/4 Back Somersault Straight	3 - /
2. 1/2 Twist to Front Drop (Cruise)	21 /
3. Return to Feet	1 - /
4. Tuck Jump	o
5. Back Somersault Pike	4 - <
6. Barani Pike	41 <
7. Pike Jump	<
8. Straddle Jump	v
9. Barani Tuck	41 o
10. Back Somersault Straight	4 - /

Level 7 - Compulsory	FIG
1. Back Somersault Straight	4 - /
2. Barani Straight	41 /
3. Back Somersault Tuck	4 - o
4. Pike Jump	<
5. Back Somersault Pike	4 - <
6. Barani Pike	41 <
7. Tuck Jump	o
8. Straddle Jump	v
9. 3/4 Front Somersault Straight	3 - /
10. Ball Out Tuck or Barani Ball Out Tuck	5 - o or 51 o

**Level 5 - 7 are eligible to attend USA Gymnastics Stars & Stripes Championships**

### Level 8 - Open are eligible to attend USA Gymnastics Championships

Level 8 - Qualification: 2 Voluntary Routines / No Finals	
Routine 1	Routine 2
Maximum of 3 Non-somersaulting Elements	1 Somersault with a minimum of 360° Rotation and 360° Twist
7 Elements with Minimum of 270° Rotation	
Maximum Element DD 0.9	Maximum Element DD 0.9 Minimum Routine DD 4.0 Maximum Routine DD 6.0
Requirements	
Must contain 3/4 Back Somersault, Cody (3 - /, 5 - o) performed once across 2 routines	
Must contain 3/4 Front Somersault, Barani Ball Out Free (3 - /, 51) performed once across 2 routines	

Level 9 - Qualification: 2 Voluntary Routines / Finals: 1 Voluntary Routine	
Routine 1	Routine 2
Maximum of 2 Non-somersaulting Elements	Must contain 1 Double Somersault
8 Elements with Minimum 270° Rotation	
Must Contain 3/4 Back Somersault Free, Cody Free (3 - (o, <, /), 5 - (o, <, /)) or 3/4 Front Somersault Straight, Barani Ball Out Free (3 - /, 51 (o, <, /))	Maximum Element DD 1.3 Minimum Routine DD 5.5 Maximum Routine DD 7.5
Maximum Element DD 1.3	
Requirements	
Must contain Back Somersault Straight with 360° Twist (42 /) performed once across 2 routines	
Must contain Front Somersault Straight with 540° Twist (43 /) performed once across 2 routines	
Finals: Same requirements as Routine 2	

Level 10 - Qualification: 2 Voluntary Routines / Finals: 1 Voluntary Routine	
Routine 1	Routine 2
Maximum 1 Non-somersaulting Element	Forward Double Somersault with 1/2 Out Twist (Free Position) (8 - 1 (o, <, /))
9 Elements with Minimum 270° Rotation	
Must contain Front Somersault Straight with 540° Twist (43 /)	
Must Contain 3/4 Back Somersault Free, Cody Free (3 - (o, <, /), 5 - (o, <, /)) or 3/4 Front Somersault Straight, Barani Ball Out Free (3 - /, 51 (o, <, /))	Maximum Element DD 1.7 * Minimum Routine DD 7.0 Maximum Routine DD 11.5 *
Maximum Element DD 1.7 *	
17-21 Special Requirements	
* 17-21 Maximum Routine DD 13.5	
* 17-21 Maximum Element DD 2.0	
Finals: Same requirements as Routine 2	

Open - Qualification: 2 Voluntary Routines / Finals: 1 Voluntary Routine	
Routine 1	Routine 2
Maximum 1 Non-somersaulting Element	
9 Elements with Minimum 270° Rotation	
Must Contain 3/4 Back Somersault Free, Cody Free (3 - (o, <, /), 5 - (o, <, /)) or 3/4 Front Somersault Straight, Barani Ball Out Free (3 - /, 51 (o, <, /))	Maximum Element DD 2.0 Minimum Routine DD 7.0
Maximum Element DD 2.0	
Finals: Same requirements as Routine 2	

**Levels 8 - Open Routines are composed of Element Requirements only. Coaches are free to compose their routines as long as the requirements are met**

# Appendix II

# Tumbling Routines 2025 - 2029

**Mobility for 2025 - 2029:** Athletes must enter the competitive system at level 8 or below.

Athletes who wish to mobilize to the next level, beginning level 8 to 9, must use the mobility scores listed in the applicable year's Rules & Policies. Mobility from levels 5 to 8 is at the discretion of the athletes coach. Athletes may not skip levels.

Level 1 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Forward Roll Tuck		1. Cartwheel Step-in	
2. Forward Roll Tuck		2. Straight Jump (Rebound)	
3. Step, Cartwheel Step-in		3. Back Roll Tuck	
4. Straight Jump (Rebound)		4. Back Roll Tuck	

<b>Levels 1 - 2 Exceptions</b>	- 3 Steps between Elements or 3 sec stop - Interruption
<b>Levels 3 - Open Exceptions</b>	- Takes intermediate steps or stops - Interruption

Level 3 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Power hurdle, Round-off	(	1. Run, Round-off	(
2. Back Handspring	F	2. Back Handspring	F
3. Rebound		3. Rebound	

<b>Levels 1 - 4 Exceptions</b>	- Unsuccessful Handstand (1 Try) - 1.0
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Level 5 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Run, Round-off	(	1. Run, Round-off	(
2. Back Handspring	F	2. Back Handspring	F
3. Back Handspring	F	3. Back Handspring	F
4. Back Handspring	F	4. Back Handspring	F
5. Back Handspring	F	5. Back Somersault Tuck	- o
6. Back Handspring	F		
7. Back Handspring	F		
8. Rebound			

**Level 5 - 7 are eligible to attend USA Gymnastics Stars & Stripes Championships**

**Level 8 - Open are eligible to attend USA Gymnastics Championships**

**Levels 8 - Open Passes are composed of Element Requirements only. Coaches are free to compose their passes as long as the requirements are met**

Level 8 - Qualification: 2 Voluntary Routines / No Finals	
Routine 1: 8 Elements	Routine 2: 8 Elements
Minimum of 4 somersaults, one of which must be the last element (8th) with a minimum DD of 0.6	8th element must be a somersault with a minimum of 360° Twist
Maximum of 1 somersault with 360° Twist in elements 2-8	
Maximum Element DD 0.9	Maximum Element DD 1.3
Minimum Pass DD 1.6	Minimum Pass DD 1.8
Maximum Pass DD 2.6	Maximum Pass DD 4.0

Level 10 - Qualification: 2 Voluntary Routines / Finals: 2 Voluntary Routines	
Routine 1: 8 Elements	Routine 2: 8 Elements
Elements 2-7 with a difficulty awarded of 2.0 or higher will receive a transition bonus of 2.0 added to the difficulty score for each transition	Elements 2-7 with a difficulty awarded of 2.0 or higher will receive a transition bonus of 2.0 added to the difficulty score for each transition
Must contain 1 double somersault, placed anywhere in the pass	
The 8th Element must be a minimum of a single somersault	8th Element must be a double somersault
Maximum Element DD 3.2	Maximum Element DD 3.2
Minimum Pass DD 3.0	Minimum Pass DD 3.0
Maximum Pass DD 8.2	Maximum Pass DD 8.2
Note: max DD does not include any bonus awarded	
Bonus awarded on completed passes only	
Finals: 2 Voluntary Passes with the same requirements as Pass 1 & 2	

**For additional requirements, rules and guidelines please see the Trampoline & Tumbling Code of Points and Rules & Policies**

Updated 04.21.25

Level 2 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Handstand Forward Roll		1. Power Hurdle, Round-off	(
2. Step, Cartwheel		2. Rebound	
3. Cartwheel		3. Back Roll Tuck	
4. Round-off	(	4. Back Roll Tuck	
5. Rebound		5. Back Roll Pike to Push Up	
		6. Hollow Push Up for 3 Seconds	

Level 4 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Power Hurdle, Round-off	(	1. Run, Round-off	(
2. Back Handspring	F	2. Back Handspring	F
3. Back Handspring	F	3. Back Handspring	F
4. Rebound		4. Back Handspring	F
		5. Back Handspring	F
		6. Rebound	

Level 6 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Run, Round-off	(	1. Run, Round-off	(
2. Back Handspring	F	2. Whipback	^
3. Back Handspring	F	3. Back Handspring	F
4. Back Handspring	F	4. Back Handspring	F
5. Back Handspring	F	5. Back Handspring	F
6. Back Handspring	F	6. Back Handspring	F
7. Back Handspring	F	7. Back Handspring	F
8. Back Somersault Pike	- <	8. Back Somersault Tuck	- o

Level 7 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Run, Round-off	(	1. Run, Round-off	(
2. Whipback	^	2. Whipback	^
3. Back Handspring	F	3. Whipback	^
4. Back Handspring	F	4. Back Handspring	F
5. Whipback	^	5. Back Handspring	F
6. Back Handspring	F	6. Back Handspring	F
7. Back Handspring	F	7. Back Handspring	F
8. Back Somersault Tuck	- o	8. Back Somersault Straight	- /

Level 9 - Qualification: 2 Voluntary Routines / Finals: 1 Voluntary Routine	
Routine 1: 8 Elements	Routine 2: 8 Elements
Must perform bounding somersaults, one of which must be a back somersault with 360° Twist which must be performed in elements 2-7	Elements performed as the 8th element awarded a difficulty value of 2.0 or higher will receive a 2.0 bonus added to the difficulty score
	No Doubles allowed in Elements 1-7
The 8th Element must be a somersault	The 8th Element must be a somersault
Maximum Element DD 0.9	Maximum Element DD 2.2
Minimum Pass DD 2.4	Minimum Pass DD 2.9
Maximum Pass DD 3.6	Maximum Pass DD 4.9
Note: max DD does not include any bonus awarded	
Bonus awarded on completed passes only	
Finals: 1 Voluntary Pass with the same requirements as Pass 2	

Open - Qualification: 2 Voluntary Routines / Finals: 2 Voluntary Routines	
Routine 1: 8 Elements	Routine 2: 8 Elements
Elements 2-7 with a difficulty awarded of 2.0 or higher will receive a transition bonus of 2.0 added to the difficulty score for each transition	Elements 2-7 with a difficulty awarded of 2.0 or higher will receive a transition bonus of 2.0 added to the difficulty score for each transition
Must contain 1 double somersault, placed anywhere in the pass	
The 8th Element must be a minimum of a single somersault	8th Element must be a double somersault
Maximum Element DD 4.8	Maximum Element DD 4.8
Minimum Pass DD 3.0	Minimum Pass DD 3.0
Note: max DD does not include any bonus awarded	
Bonus awarded on completed passes only	
Finals: 2 Voluntary Passes with the same requirements as Pass 1 & 2	

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Level 1 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Spotter Tuck Jump	o	1. Spotter Straddle Jump	v
2. Dismount Tuck Jump	o	2. Dismount Straddle Jump	v

Level 2 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Mounter Tuck Jump	o	1. Spotter Straddle Jump	v
2. Dismount Tuck Jump	o	2. Dismount Pike Jump	<

Level 3 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Mounter Straddle Jump	v	1. Spotter Tuck Jump	o
2. Dismount Pike Jump	<	2. Dismount Jump 1/2 Twist	- 1 /

Level 4 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Mounter Tuck Jump	o	1. Spotter Straddle Jump	v
2. Dismount Front Somersault Tuck	4 - o	2. Dismount Front Somersault Pike	4 - <

Levels 1 - 4 Exceptions
- Non-Simultaneous Landing - 0.5
- 1 Intermediate Straight Jump - 1.0 per occurrence
- 2 Intermediate Straight Jumps (within a routine) - Interruption

Level 5 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Mounter Straddle Jump	v	1. Spotter Back Somersault Tuck	4 - o
2. Dismount Barani Pike	41 <	2. Dismount Straddle Jump	v

Level 5 - 7 are eligible to attend USA Gymnastics Stars & Stripes Championships

Level 6 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Mounter Barani Tuck	41 o	1. Spotter Back Somersault Tuck	4 - o
2. Dismount Back Somersault	4 - o	2. Dismout Barani Tuck	41 o

Level 7 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Mounter Barani Pike	41 <	1. Spotter Back Somersault Pike	4 - <
2. Dismount Back Somersault	4 - /	2. Dismount Barani Straight	41 /
Straight			

Level 8 - Open are eligible to attend USA Gymnastics Championships

Level 8 - Qualification: 2 Voluntary Routines / No Finals	
Maximum Element DD 1.5	Maximum Element DD 1.5
Minimum Pass DD 1.4	Minimum Pass DD 1.4
Maximum Pass DD 2.7	Maximum Pass DD 2.7
1 Somersault with minimum 360° Twist performed once across 2 passes	

Level 9 - Qualification: 2 Voluntary Routines / Finals: 1 Voluntary Routine	
All elements must contain 360° of Rotation	
Maximum Element DD 2.8	Maximum Element DD 2.8
Minimum Pass DD 1.7	Minimum Pass DD 1.7
Maximum Pass DD 3.7	Maximum Pass DD 3.7
1 Somersault with minimum of 540° Twist performed once across 2 passes	
1 Somersault with 720° Rotation performed once across 2 passes	

Levels 8 - Open Passes are composed of Element Requirements only.

Coaches are free to compose their passes as long as the requirements are met.

Finals: 1 Voluntary Pass
Maximum Element DD 2.8
Minimum Pass DD 1.7
Maximum Pass DD 3.7
No repeats over the 3 passes

Level 10 - Qualification: 2 Voluntary Routines / Finals: 2 Voluntary Routines	
All elements must contain 360° of Rotation	
Maximum Element DD 4.4	Maximum Element DD 4.4
Minimum Pass DD 2.7	Minimum Pass DD 2.7
Maximum Pass DD 8.4	Maximum Pass DD 8.4
Finals: 2 Voluntary Passes	
Maximum Element DD 4.4	
Minimum Pass DD 2.1	
Maximum Pass DD 8.4	
No repeats over the 4 passes	

Open - Qualification: 2 Voluntary Routines / Finals: 2 Voluntary Routines	
All elements must contain 360° of Rotation	
Maximum Element DD 5.7	Maximum Element DD 5.7
Minimum Pass DD 2.7	Minimum Pass DD 2.7
Finals: 2 Voluntary Passes	
Maximum Element DD 5.7	
Minimum Pass DD 2.7	
No repeats over the 4 passes	