

USA
GYMNASTICS
TRAMPOLINE
&
TUMBLING

T210
2020-2021
Annual Update



USA GYMNASTICS



AS WE WATCH 2020 IN OUR REARVIEW MIRROR

Looking ahead to brighter things for our athletes and the Trampoline & Tumbling Program



MOBILITY
BEGINNING
AUGUST
2020

- Athletes may now enter the competitive system at level 8 or below
- Athletes may not skip levels once they enter the system
 - The athlete must compete each level once they enter the system. They can compete up to two levels at invitational, mobility and eligibility competitions, upon approval of the meet director. Competition may only consist of one level at State, Regional and National events.
- Mobility from Level 1 to 8 is now at the discretion of the coach
 - Suggested mobility scores and mobility skills are provided to aid coaches in the decision-making process (see the R&P Section V for more details)
 - Scores for live competitions
 - Scores for virtual competitions



MOBILITY
BEGINNING
AUGUST
2020

- Athletes level 8 – Open may continue to use live competitions and may now use the virtual mobility process through the end of November.
- Two remaining mobility windows
 - October 1 – 31
 - November 1 - 30
- T&T Page
 - Forms
 - Other Forms
 - https://usagym.org/PDFs/T&T/Elite/video_method.pdf
 - https://usagym.org/PDFs/T&T/Elite/video_mobility_form.pdf



**Trampoline & Tumbling
Video Submission for Elite Mobility
Submission Fee: \$30.00**

Video requirements:

- Must provide date verification – done by showing on camera a dated news article from that day on another device.
- The date should be within the relevant intake window.
- Filmed from as close to a normal judges' position as possible and cameraperson must be static.
 - Trampoline – from the side of trampoline, must capture the bed and athlete at all times (camera should not move up and down).
 - Tumbling / Double Mini – within 15' of floor/runup and approx. 2/3 down the length, video to pan and follow the athlete.
- Filmed in a minimum of 1080 pixels / 30 frames per second.
- Include one of each routine or pass, complete from salute to salute, with no cuts.
- Submitted via online link (dropbox, google form etc.). E-mail / text submission will not be accepted as it will lower the video quality.
- Routines will only be judged upon full submission including correct video, completed form and payment. A confirmation e-mail will be sent upon successful submission.

Date _____ **Contact E-mail** _____ **Contact Phone** _____

Submission window (check one):

- Routines performed between September 1-October 1 (submission due October 1)
- Routines performed between October 1-November 1 (submission due November 1)
- Routines performed between November 1-December 1 (submission due December 1)

Athlete Name _____ **Club** _____

Male Female TRA TUM DMT

Current Level _____ -> _____ **Level aiming to mobilize to**

Concerns with meeting video requirements: *(Meet Referee or Program Director will contact you to discuss)*

Card # _____	Exp. Date _____	Total Charge. \$ _____
Name on Card (printed) _____	Billing Address _____	
City _____	State _____	Zip _____
Date _____	Cardholder's email _____	Authorized Signature _____
		Phone _____

Send to: Sydney Carlson: trampolineandtumbling@usagym.org

FOR USE BY MEET REFEREE

E Score _____

D Score _____

Skills completed _____

Mobility: ACHIEVED NOT ACHIEVED

Meet Referee Name _____ **Date** _____

Video Submission for Elite Mobility

Athletes looking to mobilize into Elite or within the Elite levels may submit a video to be judged for mobility.

Video requirements:

- Must provide date verification – done by showing on camera a dated news article from that day on another device. *(example shown on right).*
- The date should be within the relevant intake window.
- Filmed from as close to a normal judges' position as possible and cameraperson must be static.
 - Trampoline – from the side of trampoline, must capture the bed and athlete at all times (camera should not move up and down).
 - Tumbling / Double Mini – within 15' of floor/runup and approx. 2/3 down the length, video to pan and follow the athlete.
- Double Mini – landing zones must be marked, and the video must include a tape-measured verification the measurements. (Landing zones are not essential for Tumbling).
- Filmed in a minimum of 1080 pixels / 30 frames per second (this setting is available on most current phones)
- Include one of each routine or pass, complete from salute to salute, with no cuts.
- Submitted via online link (dropbox, google form etc.) or to the following location: <https://www.dropbox.com/request/YN4ri05wuVXp1aZhEMg>. E-mail / text submission will not be accepted as it will lower the video quality.
- Routines will only be judged upon full submission including correct video, completed form and payment. A confirmation e-mail will be sent upon successful submission.



We recognize that some gyms may not have the space to meet all requirements – in this case a solution must be mutually agreed upon at least 2 days prior to submission deadline. The Meet Referee will contact you regarding this.

Payment of \$30 per submission will be required to cover judges' payments and processing.

There will initially be three intake windows:

- Routines performed between September 1-October 1 – submission due October 1
- Routines performed between October 1-November 1 – submission due November 1
- Routines performed between November 1-December 1 – submission due December 1

All submissions must be received by the close of each submission window. One submission per athlete per discipline per intake window.

Routines will be judged remotely by qualified panels and results provided within two weeks of the due date. Judges' decision is final.

Upon successful achievement of a mobility score, the standard mobility request process will apply. It remains the responsibility of the coach / gym to apply for mobility.

REQUEST TO INSTATE BEGINNING AUGUST 2020

- Beginning immediately, athletes who are moving from another discipline or sport and show proficiency may no longer request to the State Chair or JO Program Chair to instate at a level higher than level 8
- All athletes must enter at a minimum of level 8 and mobilize through the levels using the rules stated in the Rules and Policies
- Athletes may not skip levels
- Athletes may mobilize a maximum of one level at
 - State
 - Regionals
 - Nationals
- Athletes may mobilize a maximum of two levels at the discretion of the Meet Director at the following types of competitions
 - Invitationals
 - Mobility
 - Eligibility

RETURN TO
COMPETITION

WHAT TO
EXPECT IN 2021

FACE TO FACE COMPETITION?

Will they happen?

How will they happen?

When determining if a live competition is the right type of event for your area:

Thinking of live competition needs to be mindful of new

- Processes
- Procedures
- Safety Protocols
- Local and State guideline



As gymnastics clubs begin to re-open their doors and athletes begin to return to practice, we recognize that some may be beginning to consider when and how to return to the competition floor.

Providing a competitive environment is crucial to the athlete experience, but in these challenging times meet directors must ensure that these competitions are conducted in the safest environment possible.

Meet directors and clubs will be permitted to host sanctioned events this season, provided that the event can be conducted in a manner that is permitted by, and in compliance with, their local government guidelines.

To help, we have developed a list of meet director considerations that should be evaluated to determine when and how to host a sanctioned event.

However, we first want to clarify:

- While we intend for this information to be helpful as meet directors consider hosting an event, it is **not** intended to encourage meet directors or clubs to host or participate in a sanctioned event if local COVID-19 guidelines cannot be followed.
- In planning and holding a competition, meet directors and club owners should follow all applicable laws, rules and regulations in their state/county/city to ensure any meet is in compliance with relevant laws, and consider the risk affecting their local area. This determination will be highly location- and situation-specific for every gym, and we urge meet directors to make the call with caution.
- USA Gymnastics cannot offer legal advice or guidance specific to any particular location. Please refer to any federal, state, and local directives and guidance on hosting gatherings safely.
- The hosting considerations laid out below are not an exhaustive list. There may be other steps a meet director and clubs can (or must) take to help prevent the spread of viruses in the gym or at an event, including additional laws, rules, and regulations that must be followed depending on the meet's location.
- Of course, even when taking all precautions, there will still be a risk of transmitting illnesses. Everyone must stay vigilant about the health of members and be ready for potential additional business interruptions.
- The COVID-19 situation is rapidly changing. Because of that, these suggestions may quickly become outdated. Always review the latest information published by the CDC and applicable state and local governments and health authorities.

GENERAL INFORMATION

CDC: www.cdc.gov/coronavirus/2019-ncov/community/large-events/considerations-for-events-gatherings.html

WHO: www.who.int/health-topics/coronavirus#tab=tab_1

OSHA: www.osha.gov/SLTC/covid-19/

Competition Director Judges Checklist

Considerations for Judge Safety

USA Gymnastics T&T program appreciates the work you are doing to provide a safe environment at competitions in the upcoming year.

We look forward to working with you to help all participants have a safe and enjoyable experience. As you consider the modifications you will make to provide a safe environment, we thought it would be helpful if you had some ideas that our judges have suggested to facilitate their own safety as well as those with whom they interact. We recognize that different venues present different challenges and that conditions will vary.

Please complete this checklist and return it to your assigner so that judges can be prepared for different Competition settings.

We thank you in advance for doing the best you can to promote the safety of all participants.

Name of Competition: _____ Date: _____

Competition Venue: _____

Yes	No	CONSIDERATIONS
		Option 1 - Will it be possible to provide a separate table for each judge to allow for social distancing?
		Option 2 - Longer tables to provide more distancing?
		Option 3 - Plexiglass shields between judges at same table?
		Will it be possible to mark areas around/behind each judging table to prevent participants from standing in close proximity to the judges?
		If you are using electronic scorepads or iPads, will it be possible to provide devices for each judge to reduce the necessity of judges passing paper slips or verbally communicating their score?
		Will you be able to use scoring methods that reduce the need for staff to sit at the judging tables to input scores?
		If you are using electronic scoring devices, can you provide directions describing the cleaning methods judges should use to avoid potential damage to your devices?
		Will you be able to use a method to discourage volunteers and coaches from sitting at judging tables while judges are on break?

	Will temperature checks be required for entry into the building?
	Will masks/facial coverings be required?
	Will it be possible to provide hand sanitizer and/or disinfectant wipes at judging tables?
	Will it be possible to provide socially-distanced areas for the Judge's meetings and meals?
	Option 1 - Will it be possible to provide individually packaged, boxed, or bagged meals for judges rather than buffet services?
	Option 2 - Offer judges per diem in lieu of some meals (e.g. breakfast and lunch) and ask them to provide their own meals? If so, can refrigeration and/or microwaves be provided at the Competition site?
	If yes to Option 2 – Will refrigeration and/or microwaves be provided at the Competition site?
	Will it be possible to provide hotel accommodations that will allow for social distancing of judges, e.g., individual rooms, suite-type hotels with two separate sleeping areas?

**Please submit this completed form to the
Technical Representative assigning your competition.
Feel free to add explanatory notes if needed.**

The mission is to provide professional development for its members and to support and promote trampoline and tumbling gymnastics in the United States.

Documents Consulted:

- American Federation of Teachers. Safely Reopen America's Schools and Communities. <https://www.aft.org/reopen-schools>
- Bromage, Erin. The Risks: Know Them-Avoid Them. <https://www.erinbromage.com/post/the-risks-know-them-avoid-them>
- Centers for Disease Control and Prevention.
 - Corono Virus (COVID 19): How to Protect Yourself. <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
 - Workers Who May Have Potential Exposure: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/critical-workersimplementing-safety-practices.pdf>
- Gawande, Atul. Amid the Coronavirus Crisis, A Regimen for Reentry. The New Yorker. <https://www.newyorker.com/science/medicaldispatch/amid-the-coronavirus-crisis-a-regimen-for-reentry>

TRAMPOLINE & TUMBLING
JUDGES CONTRACT

Date of offer: _____
Competition name: _____ Dates: _____
Venue: _____ City /State: _____
Host Organization: _____
Meet Director: _____ Cell phone: _____
Contact Email: _____

COMPETITION AGREEMENT

Each meet may look a little different, but safety precautions will be put in place and monitored closely for protection against COVID-19. The organizing committee agrees to provide the protective measures detailed in the Competition Director Judges Checklist as among the terms and conditions for this competition.

Pay scale: USA Gym R&P ____ Other: _____

Other accommodations _____

Signature on this agreement will confirm the Meet Director's intention to utilize the services of the contracted judge in accordance with state and local governmental policies for the purposes of the meet as detailed above.

Meet Director's signature _____ Date _____

____ Yes, I accept this assignment ____ No, I cannot accept the assignment due to lack of safety measures

The undersigned judge acknowledges that she/he is bound by USA Gymnastics bylaws and Rules & Policies. Breach of this contract by the undersigned judge may, in addition to other remedies which may pertain, result in disciplinary action under such policies. The undersigned judge acknowledges that she/he has become familiar with these materials prior to the execution of this contract.

Your engagement as a judge for the contracted event is governed by the Competition Agreement and the Organization conducting the competition. If any unforeseen problems arise in the fulfillment of this contract, you must IMMEDIATELY contact the Meet Director or assigning official.

The judge's signature on this agreement acknowledges that they have read and understand the terms and conditions detailed in the competition agreement and accept the contract to judge the competition listed above.

Acceptance of contract for (Judge's printed name) _____

Judge's category rating (FIG / 1 / 2 / 3 / NR) TR _____ TU _____ DM _____

Member Number _____ Expiration _____ All certifications current? YES ____ NO ____

Address _____ City _____ ST _____ ZIP _____

Phone _____ Email _____

Signature _____ Acceptance Date _____

Signature of Parent or Guardian if the judge is a minor:
_____ Printed name _____ Phone _____

Emergency contact _____ Cell phone _____

Please scan and submit via email to the Meet Director

NEW
EVENT MEDICAL
REQUIREMENTS

- Athlete Health & Wellness Council
 - Type of medical personnel required
 - Number of medical personnel required based on number and level participants in each session
 - Meet director requirements
 - Safe Sport requirements
 - Resources
 - Consequences for not meeting the requirements at sanctioned events
 - Details are in the Rules and Policies Section IV

VIRTUAL COMPETITIONS

What are the Rules?

Is there a Platform we can use?

PLATFORMS?
PROCESS ?
WHAT & HOW?

- Virtual Sanction
- Confirm Team participation
- Confirm Judges
- Create Competition Directives
 - Entry Fee
 - Competition Process
 - Awards
- Be Creative with the Technology
 - Flyp10
 - Zoom
 - Microsoft meeting
 - Live streaming

TYPES OF
COMPETITIONS ALLOWED
TO
BE VIRTUAL

- Invitational
- Eligibility
- Mobility
- Live Stream
- Video submission

WHAT/WHO
DOES THE SANCTION
COVER?

- Host Gym
- Other Gyms participating
- Athletes registered via USA Gymnastics meet reservations
- Coaches registered via USA Gymnastics meet reservations
- Judges registered via USA Gymnastics meet reservations

VIRTUAL SCORING

- Scoring Challenges
 - Trampoline
 - Horizontal displacement
 - ToF
- Scoring Modifications
 - All Disciplines
 - $E + E + E - CJP = \text{Total Score}$
 - Routine 1 + Routine 2 = Total Score

RULES CHANGES AND CLARIFICATION

AUGUST 2020 - JULY 2021

Routines?

Rules?

ALL CURRENT ROUTINES

CURRENT CODE OF POINTS

JO * ELITE * FIG

AUGUST 2021 - JULY 2022

New Routines

New Code of Points

ALL NEW ROUTINES 2022 - 2024

NEW CODE OF POINTS
JO * ELITE * FIG

https://usagym.org/pages/tt/pages/jocop_2224.html

TRAMPOLINE & TUMBLING PROGRAM

Trampoline & Tumbling
News

Elite

Junior Olympics

HUGS T&T

Trampoline Development
Centers

Rules

Technical Updates / Errata

Rules & Policies

Elite Code of Points

J.O. Code of Points

2022-2024 Code of Points
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Members

Suspended Members

Gymnastics 101

Donate to the T&T Program

USA Gymnastics Safe Sport

2022-2024 Code of Points Information

- [2022-2024 JO Routine Summary - Trampoline](#)
- [2022-2024 JO Routine Summary - Tumbling](#)
- [2022-2024 JO Routine Summary - Double Mini Trampoline](#)
- [2022-2024 JO Mobility Skills - for use from January 2021](#)
- [2022-2024 JO and Elite Level Structure](#)
- [2022-2024 Mobility Structure](#)

JumpStart





JumpStart State Testing





- Selection procedures will be published late 2020 and will include
 - Selection will include
 - State testing results
 - Competition results
- JumpStart Tester Training
 - Sunday December 6 via zoom
 - Thursday February 25th live at VIP
- State Testing
 - Between respective State Championships and May 31, 2021
 - States may combine testing
 - Max entry fee \$50
 - Must use USA Gymnastics meet reservations
 - Must be sanctioned
 - https://usagym.org/PDFs/T&T/Rules/Rules%20and%20Policies/2020/iii_stateregionassociation_I00520.pdf

DEVELOPMENTAL ATHLETE PATHWAY

T&T 2021-2024 ELITE DEVELOPMENT PROGRAM

Pathway Overview

				
Goal of the Program / Goal of Camps	<ul style="list-style-type: none"> Bring together young athletes and coaches Develop a love of the sport – focus is fun and enjoyment Talent identification and development Introduce the national direction and processes Coach education – technical lectures 	<ul style="list-style-type: none"> Bring together developing athletes and coaches Continue focus on fun and enjoyment Prioritize teambuilding outside of training Talent identification and development Continue instilling National Team processes Coach education – technical lectures and insight into Elite developments Develop understanding of best practice techniques, progressions, routine composition, strength & conditioning Introduce goal setting Exposure to supplementary staff (e.g. athlete mentors, sports science experts) 	<ul style="list-style-type: none"> Prepare athletes and coaches for Senior competition Focus on performance Continue working on team cohesiveness Learn to work with and trust different athletes and coaches Refine understanding of National Team processes including National Team warmups, team schedules and expectations Coach education – insight into Elite developments, peer information sharing, round tables, sports science experts Introduce National Team reporting and results monitoring processes Exposure to supplementary staff (e.g. sports science, health & wellness experts) 	<ul style="list-style-type: none"> Focus on performance and results (measured against goals) A more individualized program tailored to the individual athlete and their training and competition plan All coaches and athletes work together Coach education – a collaborative approach insight into Elite developments, peer information sharing, round tables, sports science experts Expectations of role modelling and leadership behaviors Exposure to supplementary staff (e.g. sports science, health & wellness experts)
Ages	7-12 (as at 31 December)	11-14 (as at 31 December)	15-16 (as at 31 December)	17+ (as at 31 December)
Levels	<ul style="list-style-type: none"> Level 10 12U Level 9 10U Level 9 11-12 Level 8 10U 	<ul style="list-style-type: none"> Youth Elite 13-14 Youth Elite 11-12 Level 10 13-14 	Junior Elite	Senior Elite Intermediate Elite (from 2022)
Number of Camps	1 camp: <ul style="list-style-type: none"> JumpStart camp (may be combined with Elite Development) 	2 camps: <ul style="list-style-type: none"> Elite Development camp (may be combined with JumpStart) WAGC prep camp (for those selected for WAGC) 	2 camps: <ul style="list-style-type: none"> Junior National Team training camp (may be combined with Snr National Team) WAGC prep camp (for those selected for WAGC) 	3-5 camps: <ul style="list-style-type: none"> 1-3 Senior National Team training camps (may be combined with Jnr National Team) TRA: 2 Senior National Team training/prep camps Worlds prep camp
Athletes per Camp	Approx. 80 32 TRA / 24 TUM / 24 DMT	Approx. 80 32 TRA / 24 TUM / 24 DMT	Approx. 64 24 TRA / 20 TUM / 20 DMT	Approx. 52 20 TRA / 16 TUM / 16 DMT
Camp Staffing	National Coordinators to lead camp Assistant staff selected from attending coaches Personal coaches work with their athletes as well as all athletes in attendance	National Coordinators to lead camp Assistant staff selected from attending coaches Supplementary staff invited to lead sessions Personal coaches work with their athletes as well as all athletes in attendance	National Coordinators to lead camp Supplementary staff invited to take sessions Personal coaches work with their athletes as well as all athletes in attendance	National Coordinators to lead camp Supplementary staff invited to take sessions Personal coaches work with their athletes as well as all athletes in attendance

				
Selection of Athletes	Using USA Gym Champs scores and state fitness testing results: <ul style="list-style-type: none"> Rank order, requiring a minimum score. See Development Team selection procedures 	Using the higher of Elite Challenge and USA Gym Champs scores: <ul style="list-style-type: none"> Rank order, requiring a minimum score. Level 10 athletes in rank order, requiring a minimum score may be added See Development Team selection procedures 	See National Team selection procedures	See National Team selection procedures
Team Selection Meets	2 events: <ul style="list-style-type: none"> USA Gym Champs State fitness testing 	2 events: <ul style="list-style-type: none"> Elite Challenge USA Gym Champs 	2 events: <ul style="list-style-type: none"> Elite Challenge USA Gym Champs 	2 events: <ul style="list-style-type: none"> Elite Challenge USA Gym Champs
Additional Athletes	<ul style="list-style-type: none"> No petitions onto team No additional invites to camps 	<ul style="list-style-type: none"> No petitions onto team No additional invites to camps 	<ul style="list-style-type: none"> No petitions onto team YE 13-14 athletes may be added to team or invited to camp (see National Team selection procedures) 	<ul style="list-style-type: none"> No petitions onto team JE athletes may be added to team or invited to camp (see National Team selection procedures)
International Meets (for selected athletes)	N/A	1 meet: <ul style="list-style-type: none"> WAGC 	1-3 meets dependent on international calendar: <ul style="list-style-type: none"> TRA: Pacific Rim Accompanying competitions to World Cups (see annual calendar) WAGC 	Dependent on international calendar: <ul style="list-style-type: none"> TRA: Pacific Rim, Pan Am Champs, Pan Am Games Olympics / World Games World Cups World Championships or WAGC Other meets per annual calendar
Apparel	Training leotard/training apparel – athletes Team polo shirt – coaches	Training leotard/training apparel – athletes Team warmup – athletes Team polo shirt – coaches	National Team warmup (quad) – athletes WAGC apparel funded for selected athletes	National Team warmup (quad) – athletes and personal coaches National team apparel for traveling athletes and coaches WAGC apparel funded for selected athletes
Funding	No national funding State and region funding – see relevant state / region rules	No national funding State and region funding – see relevant state / region rules	TRA: prize money (see National Team athlete support document) State and region funding – see relevant state / region rules	TRA: National Team funding Prize money (See National Team athlete support document) State and region funding – see relevant state / region rules
Benefits	Team pin – athletes Certificate – athletes and coaches Group picture on website (from camp)	Team pin – athletes Certificate – athletes and coaches Group picture on website (from camp)	Plaque – athletes Certificate – coaches Individual picture and profile on website	Plaque – athletes Certificate – coaches Individual picture and profile on website



PROGRAM UPDATE

- Diversity, Equity & Inclusion
 - Undergarment Rule Modification
 - Removal of penalty from the developmental Code of Points
- Safe Sport
 - Snapshot of the new reporting guideline
 - <https://usagym.org/pages/education/safesport/>
- New Partnerships
 - Hyperice and Captain U
 - Include membership benefits in addition to event sponsorships

Home

Make a Report

Safe Sport Policy

Safe Sport Policy FAQs

Professional Photography and Medical Services at a Meet

U.S. Center for SafeSport

Clubs

Coaches/Judges

Parents

Member Responsibilities & Conduct

Permanently Ineligible Members

Suspended Members

Bar Date Notice

Sex Offender Registry

Hyperice
+
USA GYMNASTICS

USAG Clubs & Gyms Get
10% Off
Hyperice Recovery Tech

[SHOP NOW](#)

USA Gymnastics Safe Sport

The USA Gymnastics Safe Sport Policy is the foundation for rules, policies and responsibilities for athlete safety and well-being and the prevention of abuse. The policy encompasses the requirements of the "SafeSport Code for the U.S. Olympic and Paralympic Movements" and federal laws, including the "Protecting Young Victims and Safe Sport Authorization Act of 2017."

Safe Sport Policy, Snapshot and Frequently Asked Questions

Who To Contact

Gymnastics Club

For issues with the below, contact your club.

- Gym cleanliness
- Equipment issues
- Payment disputes

USA Gymnastics

For issues with the below, contact USA Gymnastics.

- Emotional misconduct
- Bullying
- Hazing
- Physical misconduct
- Retaliation related to safe sport

[Click here to make a report](#)

U.S. Center for SafeSport

For issues with the below, contact the U.S. Center for SafeSport.

- Sexual misconduct
- Sexual harassment
- Grooming
- Child abuse

[Click here to make a report](#)

Local Authorities

All instances of the below must be reported to law enforcement:

- Child abuse
- Sexual abuse or criminal activities involving a minor

USA Gymnastics mandates that all members follow state and federal laws governing reporting of child abuse. If you are 18 years of age or older and are subject to USA Gymnastics policy, you are required to report all instances of possible child abuse or neglect to law enforcement and state child services.

The United States Center for SafeSport

The U.S. Center for SafeSport was created by the United States Olympic Committee in March 2017 as a wholly independent body to investigate allegations of sexual misconduct in Olympic National Governing Bodies. The U.S. Center for SafeSport has exclusive jurisdiction over sexual misconduct allegations, which means USA Gymnastics and its members report any allegations of sexual misconduct they become aware of to the Center for investigation and resolution. More information on the U.S. Center for SafeSport is available throughout this website.



**PREVENT ABUSE
IN SPORTS**

[LEARN MORE](#)

[U.S. Center for SafeSport Policies and Procedures](#)

[U.S. Center for SafeSport Code](#)

CLARIFICATIONS
FROM THE
TECHNICAL
COMMITTEE

TRAMPOLINE

HORIZONTAL DISPLACEMENT

How HD Works

Why do we need to focus on HD

How to increase your athlete's score

- A horizontal displacement device measures the center of mass to determine the deduction taken for each landing during a routine
- When the device is not available, 1-2 HD judges will judge each bounce according to where the athlete lands each element.
- Judges will apply the deduction on the landing of each element according to the zones on the trampoline bed.
- On foot landings:
 1. Long side of the trampoline: at least one foot must be clearly over the line for a deduction to be taken
 2. Short side of the trampoline: the foot/feet must be at least 2/3 over the line for a deduction to be taken
- On front/seat/back landings: the hip-joint must be clearly over the line for a deduction to be taken
- A good rule of thumb: deductions should only be taken for HD when it is obvious/clear that the landing met the criteria for being in the greater zone. For questionable HD landings, benefit should be given to the athlete and the lesser deduction taken for that element.

0.3	0.2		0.3	
0.2	0.1	0.0	0.1	0.2
0.3	0.2		0.3	

HORIZONTAL DISPLACEMENT

Judges are watching

for

the athlete's obvious landings
when their feet are outside a zone

and watching for the hip joint

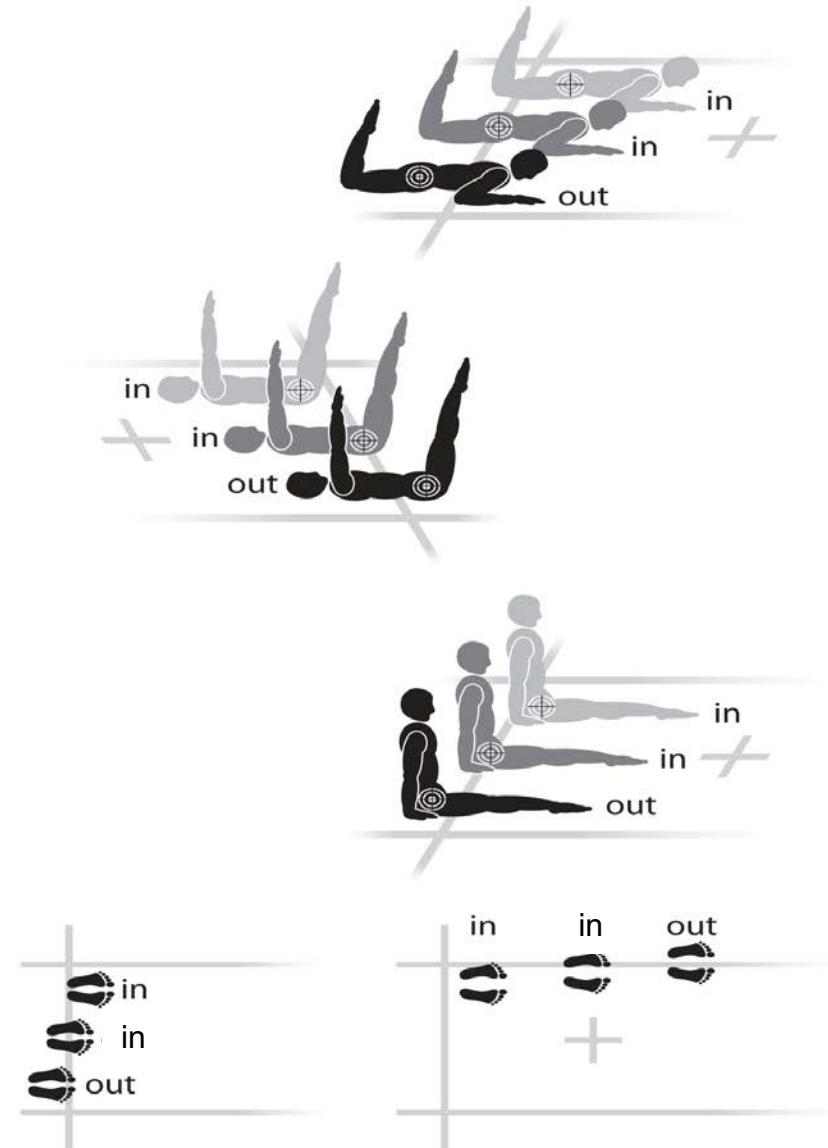
placement

when there is a

front or back

landing

HORIZONTAL DISPLACEMENT



TUMBLING

THE FINAL ELEMENT

LAST ELEMENT LANDING

- Did the athletes final element land
 - In the landing zone
 - On the track
 - Or on both

THE FINAL ELEMENT LANDING

Judges are watching

the final element for

where the athlete's feet initially

land on the track/zone

If any part of the foot lands on the

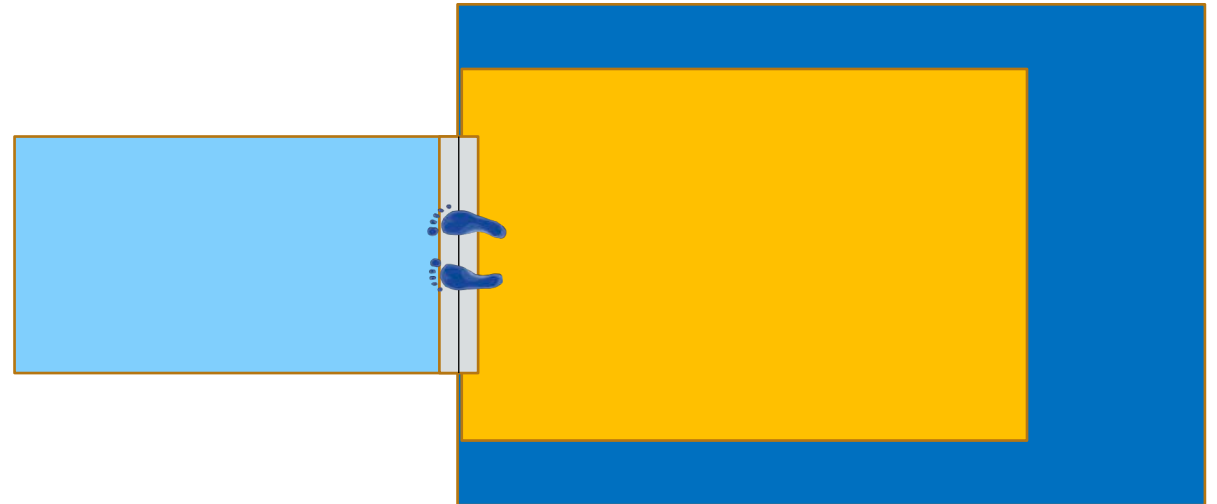
track, a 0.6 deduction for landing

on the track will be taken from

each Total Score

The line delineates the track from

the landing zone



LAST ELEMENT TAKE OFF

- Did the athletes final element take off
 - In the landing zone
 - On the track
 - Or on both

THE FINAL ELEMENT TAKE OFF

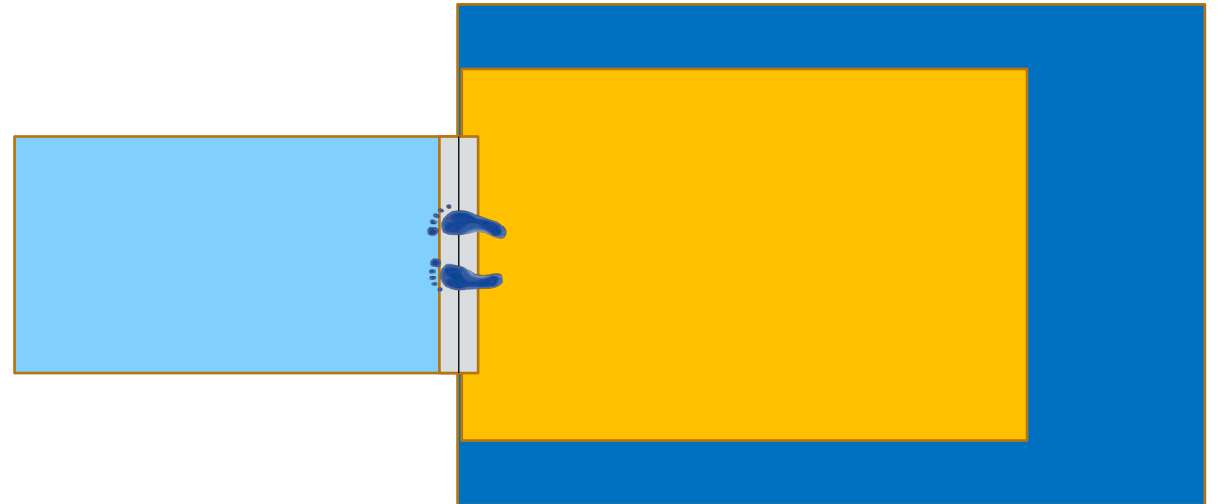
Judges are watching

the final element for

where the athlete's feet initially
take off from the track/zone

If any part of the foot is in the
landing zone on take off, the pass
is interrupted

The line delineates the track from
the landing zone



DOUBLE MINI

LANDING ZONE PENALTIES

How does the Chair of the Panel determine the landing zone penalty?

- Once the athlete has landed in the landing area/zone the Chair of the Panel will make calls based on what the athlete “touches” if the athlete lands and any part of the feet or body touches two zones. The chair will take a deduction for the greater zone. For example:
 - The athlete lands and his heels are touching outside of Zone A and are in Zone B. The chair would apply 0.9 for landing in the “greater” zone
 - Upon landing an athlete lands with one foot in Zone B and one foot in Zone C. The Chair would take a 1.5 penalty from the total score for landing in the greater zone.
 - In both situation the E judges would take any instability or landing deductions as well from their respective E Score for infractions such as steps or falls.

FOR ALL DISCIPLINES INSTABILITY

- The athlete should land in an upright position
 - Defined as a standing position with straight legs and no bend at the waist
- Feet should be no further than shoulder width apart
- If the athlete does not return to the upright position before saluting, then the athlete would incur an additional 0.1 in instability.

JUNIOR COUNCIL TERM

- Beginning in July of 2021 the Junior Council term will be increased to a two-year term. The application process will be posted on the website.
 - Increase the consistency of the council
 - Improves the ability to build on the structure and purpose of the council
 - Helps to create relationships in the states and regionals to ensure mentorship



**CURRENT
RULE
CHANGE**

ALL DISCIPLINES

- JO PROGRAM ONLY
 - Beginning immediately we have removed the deduction for undergarments showing at all JO levels.
- The Elite levels will still incur this deduction when any undergarment is visible to the judges



CATEGORY I JUDGES

- Category I Judges Retest
 - The retest for the new quad will be at Gym Championships 2021 and Stars & Stripes 2021
 - Those eligible to test up may do so at these two courses.
 - Reminder Category I testing is only offered at these two events.

SCHOLARSHIP PROGRAM

SCHOLARSHIP PROGRAM MODIFICATION

New application process


Distribution % Transparency

Selection process as been revised

- To be more prescriptive
- Sections are awarded points with a more objective process
- Better communication of application expectations

CALENDAR 2021

- Calendar
 - National Competition
 - Nationals
 - Stars & Stripes
 - Qualification events
 - National Teams
 - World Championships
 - World Age Group Competition
 - National Team Camps
 - International Competitions



CHECK THE
CALENDAR
ON THE T&T
WEB PAGE
OFTEN

RULES & POLICES REVISION

UPDATED CODE OF POINTS

NEW FORMS

T210 DEADLINE

All coaches and judges must complete the T210 no later than January 31, 2021. If they are scheduled to coach or judge a competition prior to January 31, 2021 the course must be completed prior to competition.

COMMITTEE REPRESENTATIVES

THE COMMITTEES THAT REPRESENT YOU

- **JO Program Committee**

- Nuno Merino – Chair
- Jared Olsen – Tumbling Representative
- Steven Gluckstein – Trampoline Representative
- Juwan Young – DMT Representative

- **Elite Committee**

- Chelsea Rainer – Chair
- Nuno Merino – Trampoline Representative
- Becky Brown – Interim Tumbling Representative
- Amber VanNatta – DMT Representative

THE COMMITTEES THAT REPRESENT YOU

- **Technical Committee**

- Deanna Hanford – Chair
- Dante Hebert – Trampoline Representative
- Billie Willis - Tumbling Representative
- Laurie Cavaretta – DMT Representative

- **Athlete Council**

- Michael Devine
- Alex Renkert

- **Program Committee Chair**

- Patti Conner