

2022-2023
T210
TRAMPOLINE
&
TUMBLING

USA 
Trampoline
& Tumbling

1



USA 
Trampoline
& Tumbling

2022-2023 Update


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NEW Elite Mobility Process

- To be responsive to feedback that the current system is prohibitively expensive, time-consuming, and difficult for event organizers.
- To reduce cost to participants, both through a reduced participation cost and through reducing the risk of multi-day trips where an athlete has one chance to reach mobility and may not do so.
- To reduce pull on event organizers to provide full mobility panels, especially where there are multiple meets held in a short timeframe.

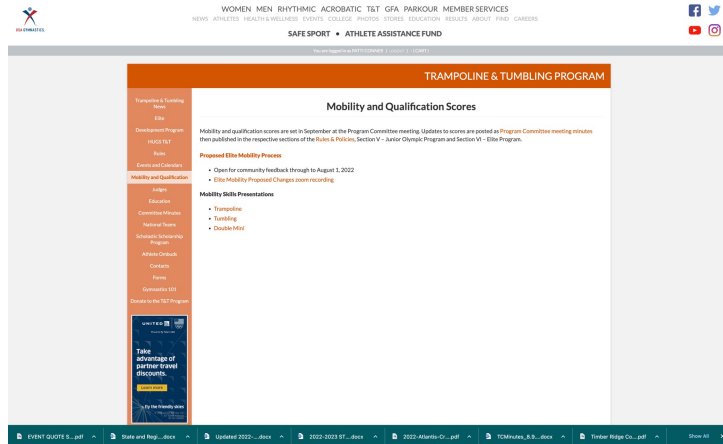


- To reduce pull on a finite set of highly-ranked judges.
- To utilize virtual processes and resources developed during the pandemic.
- To add a focus on developing key developmental skills and performing these safely and proficiently.

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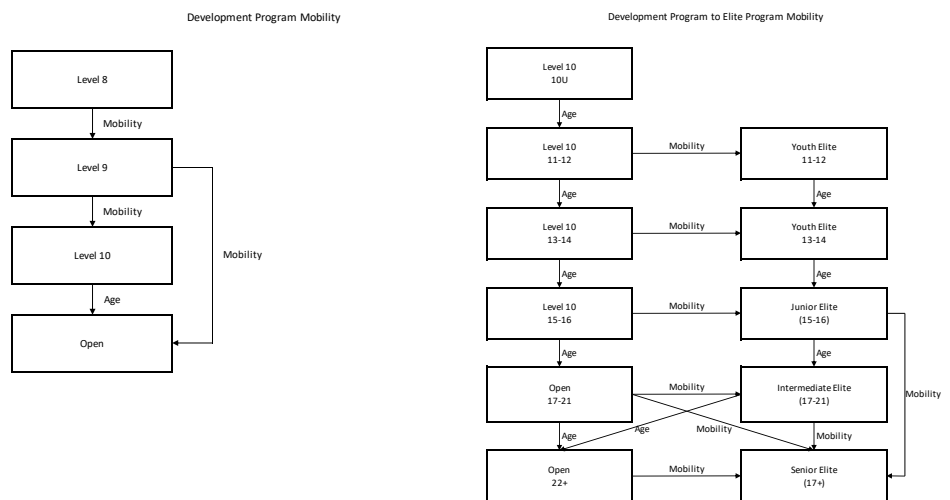
NEW Elite Mobility Process

- Athletes must demonstrate proficiency in the previous level.
 - Athletes must have achieved the qualification score to nationals in the level they are currently competing (See Section V, E.5 or Section VI, 2.A.10).
- Submission of required skill / pass performed with proficiency. Fulfilled through virtual submission of drills / skills / passes/ sequences designated by the Elite Committee per discipline.
- Apply for mobility using mobility form



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Mobility
The Who,
When and
How if it all



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4. Exceptions

- Junior & 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).
- Athletes with medical reasons or other extenuating circumstances may apply for mobility outside of the usual window.
- Elite athletes seeking reinstatement may apply for mobility outside of the usual window.
- For the 2022 calendar year (through to December 31, 2022), mobility will be accepted either through the previous method or this new process.

5. Qualification

- Athletes must meet the requirements in the qualification round two times at any two USAG sanctioned competitions with State and Regional Championships minimum panels. These competitions must take place over more than one weekend.
- Qualification scores
 - Athletes must have achieved the qualification score to nationals in the level they are currently competing (See Section V, E.5 or Section VI, 2.A.10).
 - 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.

6. Mobility

- The term "mobility window" is defined as July 1 until December 31. During the mobility window, an athlete must submit required skill / passes through the mobility process, along with results from the previous competitive season showing proficiency.
- Videos can be filmed any time during the calendar year. They must be date and time stamped. However, videos can only be submitted during the mobility window.
- Athletes must complete the mobility table for the level they are aiming to mobilize into (for example, a Level 10 11-12 athlete wanting to mobilize into YE 13-14 for the next year, will do the YE 13-14 mobility table).

7. Mobility Submission

- Mobility must be submitted by the 31st of each month (July-December), and results will be provided by the 15th of the following month.
- Trampoline Elite Mobility Skills
 - You must complete one option from every line in the table
 - Skills separated by a comma are a sequence and must be performed together.
 - Drills to flat back (FB) may be done onto a throw mat.
 - Skills to back must be done alone (not preceded by another skill). Skills to feet can be accompanied by a back tuck or barani before.

ii. Level 10-> Youth Elite 11-12 M

1)	700o (FB)
2)	700< (FB)
3)	801o
4)	801<
5)	30/, 42o (FB)
6)	30/, 53/
7)	800o
8)	800<

iii. Level 10 -> Youth Elite 11-12 F

1)	700o (FB)
2)	700< (FB)
3)	801o
4)	801<
5)	30/, 42o (FB)
6)	30/, 53/
7)	800o
8)	800<

iv. Level 10 -> Youth Elite 13-14 M

1a)	702o (FB)	or	720o (FB)
1b)	702< (FB)	or	720< (FB)
2a)	803o	or	821o
2b)	803<	or	821<
3a)	710o (FB)	or	811o
3b)	710< (FB)	or	811<
4)	801<, 800o, 801o, 800<		

v. Level 10-> Youth Elite 13-14 F

1a)	702o (FB)	or	720o (FB)
1b)	702< (FB)	or	720< (FB)
2a)	803o	or	821o
2b)	803<	or	821<
3a)	710o (FB)	or	800/
3b)	710< (FB)	or	800/
4)	801<, 800o, 801o, 800<		

vi. Level 10 -> Junior Elite M

1)	803<, 800o, 803o	or	821<, 800o, 821o	or	821/	800o, 821o
2)	801<, 811o, 801o, 800<					
3a)	730o (FB)	or	721/ (FB)	or	712< (FB)	
3b)	730< (FB)	or	721/ (FB)	or	813<	
4a)	30/, 800o (FB)					
4b)	30/, 901o					

vii. Level 10 -> Junior Elite F


1)	803<, 40/, 803o	or	821<, 40/, 821o	or	821/	40/, 821o
2)	801<, 800o, 801o, 800<					
3a)	710o (FB)	or	710< (FB)			
3b)	811o	or	811<			
4a)	30/, 800o (FB)					
4b)	30/, 901o					

viii. Level 10/Open -> Intermediate Elite M

1)	803<, 800o, 803o	or	821<, 800o, 821o	or	821/	800o, 821o
2)	801<, 811o, 801o, 800<					
3a)	730o (FB)	or	721/ (FB)	or	712< (FB)	
3b)	730< (FB)	or	721/ (FB)	or	813<	
4a)	30/, 800o (FB)					
4b)	30/, 901o					

Section VI - Elite Program (updated September 2022) 2

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Elite Mobility Information

- 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.
- R&P; Check out the full details in Section VI, this section provides the skills, combinations and drills that are required
- Forms; Application form and details for submission of videos

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NEW – National Qualification

- Regional Champion in each age group and level will automatically qualify to Stars & Stripes or USA Gymnastics Championships



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Additional Qualification Step into the Premier Arena Session

Because of growing numbers of our Intermediate and Senior athletes we will now have two sessions. An afternoon session and the premier evening session that will include limited numbers in all three disciplines

Athletes will qualify into the Premier session based on the following

- National Team Members will automatically qualify into the premier session
- Remaining spots will be filled utilizing scores from Elite Challenge and Winter classic
- The full details are located in the T&T Rules and Policies Section VI

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New - Equipment Requirements



IDEAL / FULL SPECIFICATIONS

- Meet host can meet all height, length and matting requirements
- Has full matting

MINIMUM SPECIFICATIONS

- Provides opportunity for meet host to host in-gym competitions or provide options for facilities that may not have full height or length for ideal specifications but can still safely hold a USAG meet


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New - JumpStart Testing & Sanctions



- The Program Committee received feedback that many states would like to participate in JumpStart but have not because of the expense of testing.
 - If there is only one club participating and they are testing in their home club, there is no need to purchase a sanction as all athletes are covered under the club's insurance.
 - If a JumpStart tester travels to each individual club to provide testing, there is no sanction required as the club insurance would cover the athletes participating.
 - If there are athletes from multiple clubs testing, then the State would need to purchase a sanction for the testing.

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New
Tie Breakers

What scores to Use and When

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Reminder How the CoP Refers to Scores

Types of Scores

- "D" scores are the **total** for the degree of difficulty in one routine.
- "E" scores are the **total** for the execution in one routine.
- "S" scores are the **total** for synchronization in one routine.
- "HD" score is the **total** for horizontal displacement in one routine.
- "T" score is the **total** for the time of flight in one routine.

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New Tie Breakers

- Trampoline Level 1-7:
 - Highest sum of the two individual E judges
 - The highest individual E judge's score
 - Remain tied

- Tumbling & Double Mini Level 1-7:
 - Highest E score of the 2nd routine
 - Highest Individual judge's E score of the second routine
 - Highest Individual judge's E score of the first routine
 - Remain tied

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Competition Cards



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MINIMUM JUDGING PANEL MODIFICATIONS

MEETING THE NEEDS OF LOCAL, STATE
AND REGIONS



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R&P New Requirements for Judges Panels

Check out
Section VII for
the specifics for
each type of
event and the
requirements for
the panel
configurations



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Judges Panel Configurations for the Different Events have been revised

- Eligibility
- Developmental Mobility
- State Championships
- Regional Championships
- National Events
- Chair of the panel
- Execution Judges
- Difficulty
- Time of Flight
- Horizontal Displacement
- Video Judges

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Elite Challenge Changes



- Only Intermediate and Senior Elite Athletes will have synchro competition
- Revise the schedule
- Once entries are received, we will do our best to accommodate all levels with a session warm up if time allows.

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Reminders & Clarifications

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Qualification to Nationals

DEVELOPMENTAL

- 2 Eligibility competitions prior to State & Regionals
- Must attend both State & Regionals
- Must Achieve Qualification score at either State or Regionals
- Winner of Regional Championships

ELITE LEVELS

- 2 Eligibility competitions Prior to Nationals
- Must attend 2 of the 3 State, Regional and Elite Challenge
- Must achieve Qualification score at any of these 3 competitions
- Members of a Jr or Sr National Team

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Dress Code Clarifications - Athletes

- Synchronized Trampoline
 - Leotard of like design and color
 - Names on the back is acceptable
 - Both must wear shorts or tramp pants
- Elite Competition
 - During competition only leotards no compression shirts
- Hair
 - Soft hair decoration – all types are allowed, as long as there is nothing hard that can cause injury if the athlete were to fall. Exception: Flat metal clips are allowed. Bows with rubber band attachment are acceptable.
 - Bun vs braid – Hair must be secured close to the head. This could be a bun or braid that may hang down the back for athletes who do rolling passes in tumbling.

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Coaches Dress Code Reminders

Training day is the only day that shorts are allowed on the field of play. The following are not allowed any time:

- *No Short Shorts
- *No Sleeveless Shirts
- *No Tank Tops
- *No Flip Flops



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Let's talk National Events

- What can we do to help?
 - ❖ Communicate with more than the person who does the entries
 - ❖ There will be additional verification processes
 - ❖ We will post entries online prior to the release of the schedule and alert parents to check for their athlete's information
 - ❖ Athletes may be added late if there is room in the flight
 - ❖ Athletes may be added - they may not compete within the flight but will be judged by the same judges and included in the final results

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National Events & Changes



- Why is your accuracy when registering your athletes and coach so important?
 - Working to provide a quality competition has so many layers
 - Changes - Additions - Corrections
 - ❖ Schedules for all venues are dependent on what is happening in other venues
 - ❖ Awards
 - ❖ Everything from security to medical staff schedule
 - ❖ More work for our scoring personnel on the front end

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Elite Competitions



MEET DIRECTORS

When scheduling your competition. For safety reasons please do your best to schedule all Elite competition as close to the training sessions as possible.

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Petitions To Nationals



- Where Can I Find the Petition Process?
- Who can Petition?
- When and Where are Petitions due?
- How does the Process Work?

28

Who Can Petition in the Development Program?

Level 10 and Open

- Current Level 10 and Open athletes are eligible to petition to the USA Gymnastics Championships. Athletes who competed level 10 in the same discipline at the previous USA Gymnastics Championships, but aged into Open, may petition. In this case, a video verification must be included with the petition, showing proficiency at the new level.
- Athletes who competed in a lower level in the same discipline at the previous USA Gymnastics Championships, where mobility is required to compete in their current level (for example, Level 9–Level 10, are not eligible to petition to USA Gymnastics Championships.

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When and Where are Petitions Due

- 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.
- 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.

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How Does the Petition Process Work?

A \$25.00 non-refundable administrative fee must accompany the petition.

- The Development Committees Chair, Program Director and Athlete Selection Representative will decide petitions. They will be considered as expeditiously as possible. The petitioner will be immediately notified once a decision has been reached. The decision of the Development Committees Chair, Program Director and Athlete Selection Representative is final.

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- Athletes who are unable to qualify due to illness, injury, or unforeseen circumstances may petition to enter the USA Gymnastics Championships. The petition must be submitted in accordance with the approved petition procedure.
 - Only athletes who placed 1st, 2nd, or 3rd in the same event at the previous USA Gymnastics Championships or who were in the top fifty (50) percent of those who competed in the last USA Gymnastics Championships will be allowed to petition to participate in the current USA Gymnastics Championships.

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Who Can Petition in the Elite Program?

Elite Level Athletes

- The following athletes will be eligible to petition to USA Gymnastics Championships:
 - Athletes who competed in the same level in the same discipline at the previous USA Gymnastics Championships.
 - 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.
- 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 SE) are not eligible to petition to USA Gymnastics Championships.

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How Does the Petition Process Work?

- A \$25.00 non-refundable administrative fee must accompany the petition.
- 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.

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- Senior, Intermediate, Junior and Youth Elite athletes are required to have placed either 1st, 2nd or 3rd, or 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.
 - 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.
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A Place for Everyone

ADAPTIVE PROGRAM

- Athletes with physical limitations
Coaches can apply to the Technical Committee for modifications to our current routines and rules using the form provided on the website.

HUGS

- Athletes with special needs
Coaches use the HUGS Code of Points with all complete routine requirements and rules included.

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USA Gymnastics

WOMEN MEN RHYTHMIC ACROBATIC T&T GFA PARKOUR MEMBER SERVICES

NEWS ATHLETES HEALTH & WELLNESS EVENTS COLLEGE PHOTOS STORES EDUCATION RESULTS ABOUT FIND CAREERS

SAFE SPORT • ATHLETE ASSISTANCE FUND

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TRAMPOLINE & TUMBLING PROGRAM

- Trampoline & Tumbling News
- Elite
- Development Program
- HUGS T&T**
- Forms
- Events and Calendars
- Mobility and Qualification
- Judges
- Education
- Committee Minutes
- National Teams
- Scholastic Scholarship Program
- Athlete Ombuds
- Forms
- Donate to the T&T Program

2022 STARS & STRIPES CHAMPIONSHIPS & TUMBLING
Phoenix, AZ

Stars & Stripes Championships take over Phoenix Convention Center

More than 550 trampoline and tumbling athletes descended upon the Phoenix Convention Center July 24-25 for the 2022 Stars & Stripes Championships. Athletes spanned T&T Development Program Levels 5-7 and HUGS Program Levels 1-4.

[More Trampoline & Tumbling News](#)

T&T Program Member Updates

- Call for Nominations - Combined Athlete Director for the Board of Directors
- Selection Committee minutes from July 22, 2022 (PDF)
- Elite Mobility Proposed Changes - Open Feedback Period
- 2022 World Championships Selection Committee Meeting Report
- Selection Committee minutes from July 12, 2022 (PDF)
- 2022 World Games Recaps, Results and Photos
- 2023 Calendar (Draft and Tentative)
- 2022 Stars & Stripes Auxiliary Activity: JumpStart Tester Certification

[More Member Updates](#)

Quick Links

- T&T National Team
- How to Start a T&T Program
- 2021-24 Development Code of Points
- Upcoming Events
- Trampoline Development Centers

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USA Gymnastics

WOMEN MEN RHYTHMIC ACROBATIC T&T GFA PARKOUR MEMBER SERVICES

NEWS ATHLETES HEALTH & WELLNESS EVENTS COLLEGE PHOTOS STORES EDUCATION RESULTS ABOUT FIND CAREERS

SAFE SPORT • ATHLETE ASSISTANCE FUND

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GYMNASTICS FOR ALL

HUGS Program

Hope Unites Gymnastics with Special Athletes

- Gymnastics for All News
- About Gymnastics for All
- Charter
- Group Performance
- Gym for Life Challenge
- Power TeamGym
- Acrobatics and Tumbling Development Program
- HUGS (Special Needs)**
- GFA Events & Calendar
- Judges / Coaches
- Committee Minutes
- Contacts
- Donate to the GFA Program

- Women's Artistic Regulations**
 - General Information
 - Rules
 - Judging Slips (Excel document)
- Men's Artistic Gymnastics**
 - General Information
 - Guidelines
 - HUGS Heroes
- Power TeamGym**
 - Guide
 - Routine Requirements
- Rhythmic**
 - Fact Sheet
 - Bronze Score Sheet
 - Silver Score Sheet
 - Gold Score Sheet
 - Platinum Score Sheet
 - Group FX Score Sheet
 - Group Apparatus Score Sheet
- Trampoline & Tumbling**
 - Program Overview
 - HUGS Comp Cards Trampoline Levels 1-4
 - HUGS Comp Cards Double Mini Levels 1-4
 - HUGS Comp Cards Tumbling Levels 1-4
 - HUGS Code of Points
 - HUGS Meet Directors Guide
 - HUGS Webinar for the 2019-2020 Season - Watch (25:53) | PDF
 - HUGS Judging Examples (video)

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Trampoline & Tumbling Program Forms:

Rules and Policies Forms:

- Official Inquiry Form
- National Events Refund Request
- Development Mobility Tracking and Request forms
- Elite Mobility Request Form
- Petition to USA Gymnastics Championships
- International Participant Request

Competition Forms:

- Comp Card: Trampoline
- Comp Card: Tumbling
- Comp Card: Double Mini Tramp
- Comp Card: Synchro
- Trampoline Degree of Difficulty Values
- Double Mini Degree of Difficulty Values
- Tumbling Degree of Difficulty Values
- Event Scratch of Entry
- Event Change of Entry
- Event Payment Form
- Competition Director Judges Checklist
- Judges Contract
- Adaptive Program - Competition Rule Modification Request

Score Sheets & Instructions:

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

Other Forms:

- 2022 Elite Mobility Competition Form
- 2022 T&T Scholarship Application
- Elite Reinstatement Form

Acrobatic Gymnastics Forms:

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USA Trampoline & Tumbling

Judging Clarifications

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Competition Card Penalties

TUMBLING & DOUBLE MINI

- The deduction for missing or incomplete competition cards
The 0.2 penalty will be taken from the 1st routine

TRAMPOLINE

- The deduction for missing or incomplete competition cards
- Level 9 – Open: 0.2 pts penalty will be taken from the 1st routine
- YE – JR: 0.2 pts penalty will be taken from the 1st routine
- IE – SR: 0.2 pts penalty will be taken from both routines

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Inquiry Process

JURY OF APPEAL

- Each judge will view independently
- Judges will know the level, the skill or penalty in question but will not receive information on what the coach/athlete feels the call should be
- If the video is inconclusive, then the original judges call will stand

PROCESS

- The process for coaches/athletes remains the same.
You may appeal your own athlete or another athlete

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Instability Deductions



- Trampoline

- **After landing the maximum is 0.2 for instability**

- ❖ Turning too quickly to the judges 0.2
 - ❖ For each movement no matter the size of the step or bounce (this includes not stopping the trampoline bed): and 0.1. Upper body movement that is trying to create stability up to 0.2
 - ❖ Instability in the out-bounce is 0.1

Total instability is 0.3 if there is instability in **BOTH** the out-bounce and after landing

- Tumbling & Double Mini

- **After landing the maximum is 0.3 for instability**

- ❖ Turning too quickly to the judges 0.3
 - ❖ For each movement no matter the size of the step, hop 0.1 for each movement
 - ❖ Upper body movement that is trying to create stability 0.1 for each movement

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Instability Deductions

- Many athletes turn too quickly and lose valuable points. Be sure your athlete understands:

- ❖ They must have completed their routine before turning to salute the judges
 - ❖ Which mean they must be stable and stand still for approximately 3 seconds
 - ❖ Judges are REQUIRED to take this deduction according to the Code of Points

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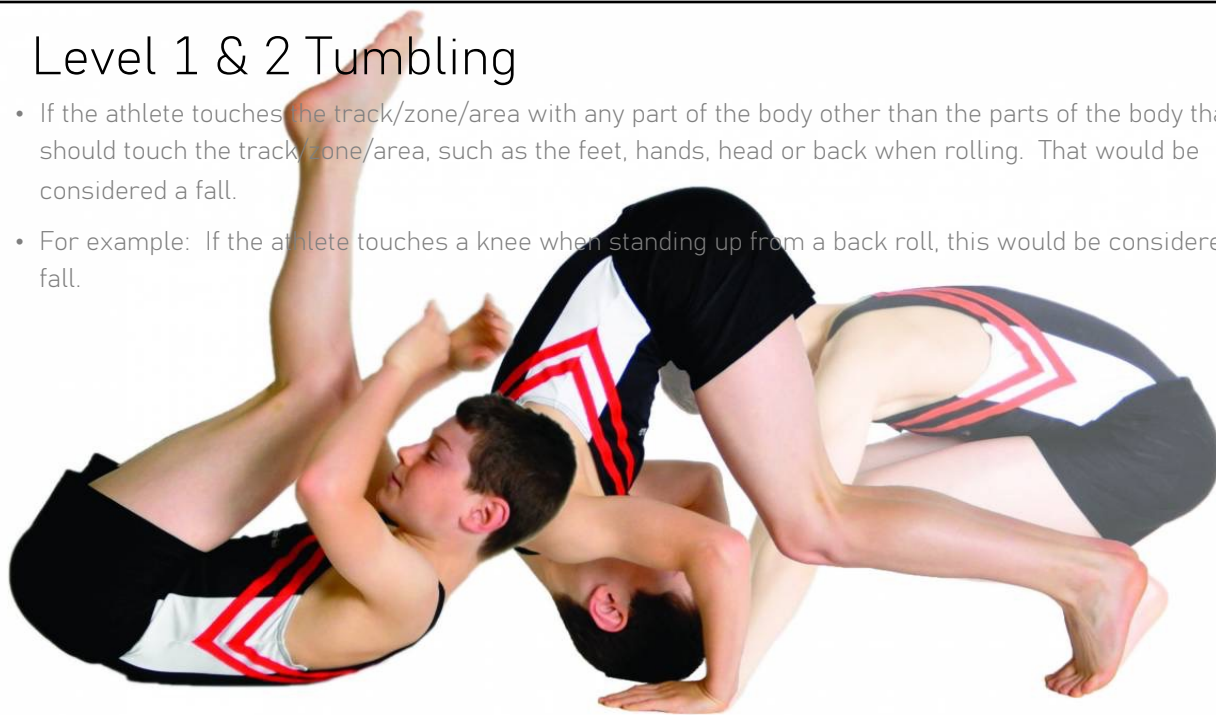
Athlete Preparedness

- At competitions where flights are not full, and allowing athletes the extra time needed to recover from the warm-up routines would not impact the published block of time for the flights. Athletes should be allowed to rest for a reasonable period of time after their touches until fully recovered and ready to compete.

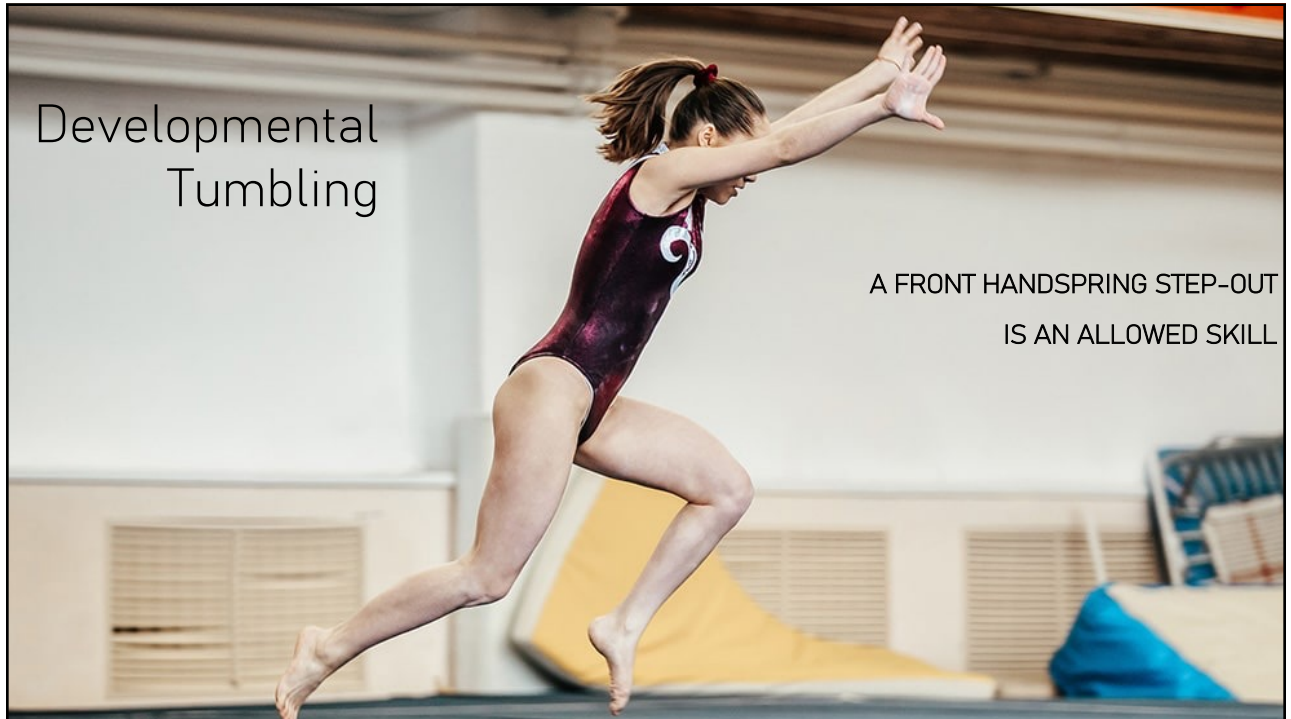
45

Level 1 & 2 Tumbling

- If the athlete touches the track/zone/area with any part of the body other than the parts of the body that should touch the track/zone/area, such as the feet, hands, head or back when rolling. That would be considered a fall.
- For example: If the athlete touches a knee when standing up from a back roll, this would be considered a fall.



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Developmental
Tumbling

A FRONT HANDSPRING STEP-OUT
IS AN ALLOWED SKILL

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Level 10 and Open Synchro

Where no general warm-up is
provided athletes will receive
two touches for warm-up

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During competition there is no need for a line to designate the start of the run-up. There is NO deduction for running prior to the 77 feet that is denoted in the R&P

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Clarifications During the Year

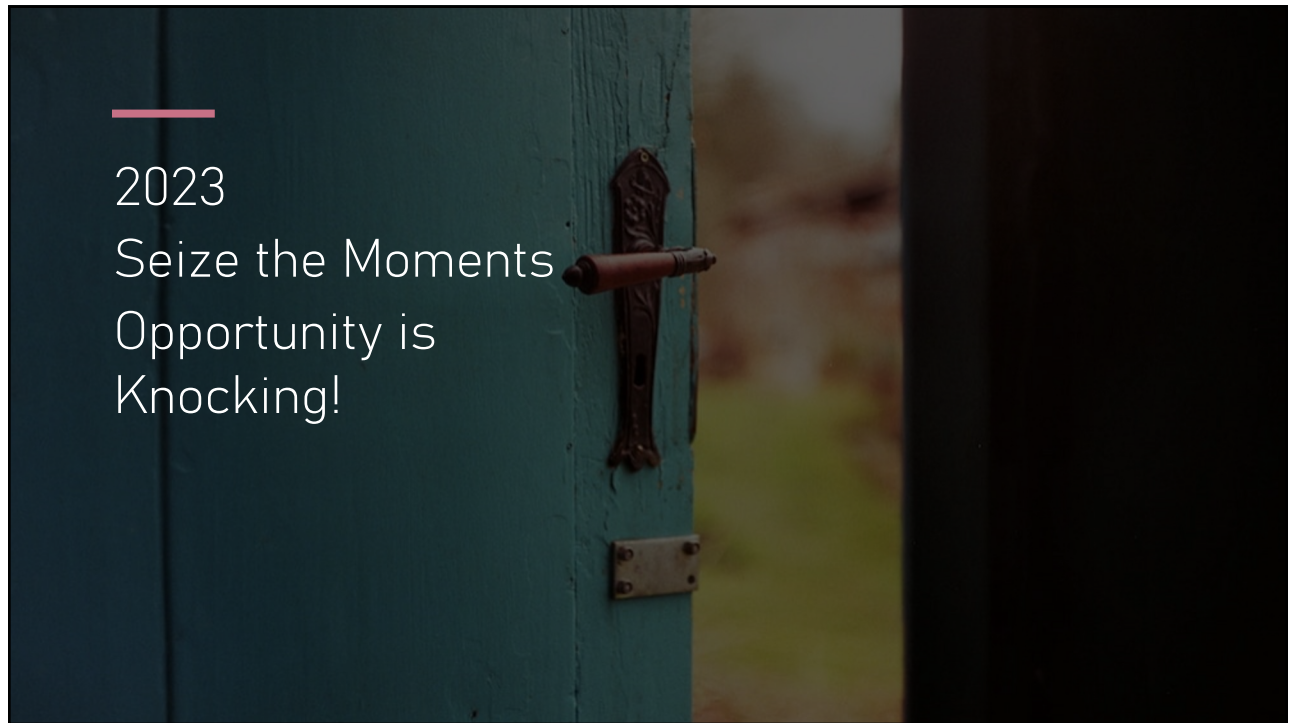


All Clarifications During the Year Including:

- ❖ Development Program Clarifications
- ❖ Elite Program Clarifications
- ❖ Routine Requirement Clarifications
- ❖ Judging Clarifications

Will be updated in the respective document and posted on the Errata for coaches & judges

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