

USA



Trampoline
& Tumbling

2023 – 2024


Coaches




1

Purpose of the T210

Update * Inform * Educate
Provide Tools for Success





2

- ❑ Coaches are encouraged to approach in a professional manner and ask the CJP the reason for a change in difficulty, why a penalty or interruption was applied prior to making an inquiry
- ❑ Judges are encouraged to politely provide the necessary information needed to determine if an appeal is deemed necessary
- ❑ Videos showing the skills in question will be accepted from any angle, but must clearly show what it being inquired **NEW**
- ❑ Rules and Policies SECTION IX for the complete process
- ❑ Inconclusive video will result in the original judge's call being sustained

Inquiry Process

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Watch for the display



Difficulty awarded



Penalties taken to know if a possible inquiry is needed.

Inquiry Process

4

Clarifications for All Disciplines

- Reminder: While there are many resources, the Development Code of Points, the Elite exceptions and the FIG Code of Points are the Ultimate guides for routine requirements and rules.
- When asking questions or needing information, seek out the answer using the appropriate Code of Points or the Rules and Policies.
- If you still have questions, reach out to a member of the Program Committee or a Committee Chair for help finding the information you need.



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Competition Clarifications for All Disciplines

Second Attempts

- Athlete may not compete more than once at a single level at any sanctioned meet for the purposes of qualification or mobility.

Competing Twice Under the Same Sanction

- Only at designated mobility meets prior to state and regionals
- Athletes who are mobilizing from 8 to 9 and 9 to 10.
 - If a mobility score is achieved when competing at the 1st level entered, they may at the discretion of the meet director compete for a mobility score at the next level.

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Jumpstart

- Jumpstart Testing must be sanctioned
- A State hosted jumpstart testing is required for each state and can be hosted in a club.
- States with only one club can host the testing in their respective club and bring in testers
- Certified testers are required at all testing events



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Equipment Responsibilities & Liability

- We all Need to Work Together to ensure Athlete Safety.
 - Be aware and constantly check the equipment where your athletes are competing
 - Equipment moves and shifts, check as your athlete is beginning the warm-up
 - If you are aware of equipment issues and do not report the problem, then you can be held liable if there is an injury
 - If issues such as slats are broken or equipment is not correct, let the equipment provider and/or Meet Director know as quickly as possible.
 - If equipment has been modified and does not meet specs your sanction is in jeopardy! Does the equipment meet the minimum specs in the R&P?

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Equipment Reminders

Coaches & Judges should be checking the equipment often during competition to make sure it has not moved or shifted.

Has the trampoline shifted where the end deck legs are not stable



Has repeated use and the surface of the floor caused unsafe gaps between the equipment and the matting



Have the mats moved where there is now potential for injury?

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Equipment - Tumbling

- USA "Elite" domestic meets should use the same equipment specs as FIG meets. For tumbling this may include adding the Tumbling limiter at 36 feet on the run-up. The FIG range of Tumbling floor run-up is listed below.
- R&P Section IV
 - i. There must be a run up area (same level as tumbling track) prior to the tumbling track.
 - Length: 33' +/- 40"
 - Width: minimum 40"

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Section IV of the Rules and Polices	
Ideal / Full Specifications	Minimum Specifications
<ul style="list-style-type: none"> Length: 13' +/- 1" Width: 6.5' +/- 1" 	<ul style="list-style-type: none"> Length: 13' +/- 1" Width: 6.5' +/- 2"
<p>iii. The velcro strip connecting the tumbling floor to the landing zone is considered part of the tumbling floor and part of the landing zone. A line should delineate the tumbling floor from the landing zone.</p>	<p>iii. The velcro strip connecting the tumbling floor to the landing zone is considered part of the tumbling floor and part of the landing zone. A line should delineate the tumbling floor from the landing zone.</p>
<p>e. Run-up</p>	<p>e. Run-up</p>
<p>i. There must be a run up area (same level as tumbling track) prior to the tumbling track.</p> <ul style="list-style-type: none"> Length: 33' +/- 40" Width: minimum 40" 	<p>i. There must be a run-up of minimum 20' prior to the tumbling track. It must be the same level as the tumbling track.</p>
<p>f. Safety mats</p>	<p>f. Safety mats</p>
<p>i. Level 8-Elite, carpet-bonded foam or equal thickness matting is required to cover the entire length of the tumbling track to the front of the landing area.</p>	<p>i. Level 8-Elite, carpet-bonded foam or equal thickness matting is required to cover the entire length of the tumbling track to the front of the landing area.</p>
<p>ii. Side mats are required to be 6' wide.</p>	<p>ii. Side mats are required to be 5' wide. Exceptions include:</p> <ul style="list-style-type: none"> Other padded surfaces may replace the carpet bonded foam. If there is a wall within the limits of the matting specifications, this is acceptable. Any protruding surfaces (e.g., pillars, other gymnastic equipment) must be

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Apparel

For Coaches and Athletes

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Apparel - Coaches

Coaches are required to dress in attire reflecting the best image of USA Gymnastics:

- Collared shirts, business casual shirts or t-shirt with team logo
- Track suit, "docker-style" pants 
- Shorts with a minimum of a 3-inch inseam are allowed during assigned or open training days only.
- Athletic shoes with rubberized soles
- Warm up jackets are optional

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Apparel - Coaches

REMINDER: The following is NOT allowed on the field of play:

- Denim
- Caps or hats
- Tank tops
- Sleeveless shirts

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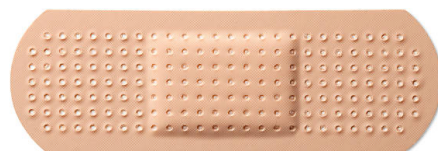
Apparel - Athletes

- **Piercings**



- All piercings should be removed; alternatively, if piercings are not removed, they must be completely covered. If outside of the leotard, the covering must be tape affixed to the body, and be tan, black or white. "Un-taped or uncovered piercings would constitute a major violation and the athlete would not be allowed to start.

If judges do not notice the piercing and the athlete is not given a warning until after the athlete has competed no penalties will be taken from the total score.



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Apparel - Athletes

- **Shorts for female athletes in the Development and Elite Programs**

- **Be a solid color to match the leotard**
- **Match the leotard**
- **Be black**

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Apparel - Athletes



- **Added to the Elite Exceptions to the FIG Code of Points**
- *For safety reasons, covering the face or head is NOT allowed. However, if an athlete regularly trains in a face mask and chooses to wear this mask during competition, they will not be penalized so long as the mask is tightly secured. Athletes who require a head covering for religious reasons, may request an exception from the Program Committee.*

*****All athletes in both the development and elite program who present a letter of approval will be allowed this exception at all USA Gymnastics sanctioned events.***

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the
Complete
Athlete

Athlete Representatives

Everyone's Voice Needs to be Heard

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T&T Athlete Representatives Contact Info Section X of the Rules & Policies

<https://static.usagym.org/PDFs/T&T/Rules/Rules%20and%20Policies/x-directory.pdf>

the
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Change of Score

Process
and
Procedures

The following procedures must be followed to ensure that coaches and event staff are aware that changes have been made for those Intermediate and Senior Elite athletes at National Championships

- CJP submit Change of Score form to Meet Referee
- CJP or Meet Referee informs coach
- Meet Referee informs Scoring, Announcer, others who need to know.
- Announcer to announce that there is a score change
- Added to the R&P:
 - Final 2 athletes are not announced until all Final 1 results are verified.
- Ask that rankings are displayed in the arena at USA Gymnastics Championships
- Schedule a break in the schedule between Final 1 & Final 2.

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Competition Clarifications for All Disciplines

Score Changes

- Judges are not allowed to change scores after they have been entered into the scoring system.
- Remember to not compromise the integrity of the judge or the competition with a request to change a score to reflect qualification or mobility.

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Know Before You Go

Coaches need to know:

- The Rules
- The Requirements
- Know where to find them
- Bring a current Code of Points with you to each competition
- Be sure you have the most current version

Spend some time in the rules so:

- It is easy to find what you need when you are needing to file an inquiry
- Penalties are top of mind when you get to the competition
- You can show the judge why you think there has been an improper call

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National Qualification

- New Qualifying Scores
 - The Committee researched the data from the regions and states and looked at the results from both National Championships
 - National Qualifying scores have been tweaked
- Automatic Qualification Update
 - Regional Champions
 - All Developmental levels remain the same with some exceptions
 - Elite levels will no longer receive automatic qualification

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Regional Champion Automatic Qualification

Regional Championships will NOT be Granted Automatic Qualification if:

- *The first-place athlete is a resident of a different region who was granted participation in a regional championship outside of their own.*
- *The athlete's score is listed as 0.0 or DNS in the results.*
- *The athlete competed out of session.*
- *The age groups are broken into smaller units.*

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Depending on the level of the competition, a designated time and place may be set in the competition directives as a deadline for competition cards. Any competition cards not turned in by the designated time and place will need to be submitted to the judging panel at the start of each athlete's specific flight of competition.

Additional competition cards should be available at each judging panel for any athletes or coaches to complete if needed.

★ *The 0.2 penalty will no longer be applied however, athletes at Levels 9+ will not be permitted to compete until the competition card has been received by the judging panel for that event.*

Competition Cards

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Landing Rules

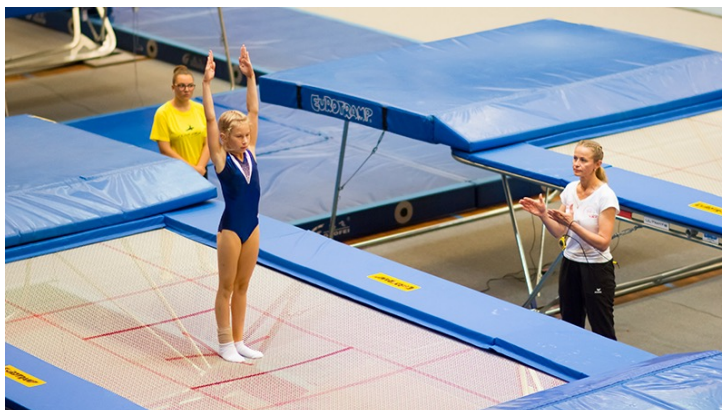
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Landing

Complete vs Incomplete



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Landing - Instability

Trampoline – If an athlete continues to use the elasticity of the trampoline bed and is moving the bed after the competition of the routine will create an instability deduction from each execution judge.

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Landing

The call for a complete/incomplete element is slightly different for Development levels and Elite levels.

Developmental

Levels 1-Open: In all disciplines the athlete will receive credit for the element if the athlete lands simultaneously on the soles of both feet showing weight bearing strength in the legs before falling.

[Development Guide to Judging p 7 Rule 1.7.1](#)

Elite

YE, JR, IE & SR: Landing on both feet means sole of the feet. If a gymnast touches the bed/track/zone/area with his feet during landing, but never shows a recognisable landing preparation and falls to face, knees, hands and knees, front or back in the same movement, the element will not be counted.

[FIG Code of Points p 39 Rule 17](#)

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Landing

The call for a complete/incomplete element is slightly different for Development levels and Elite levels.

Developmental

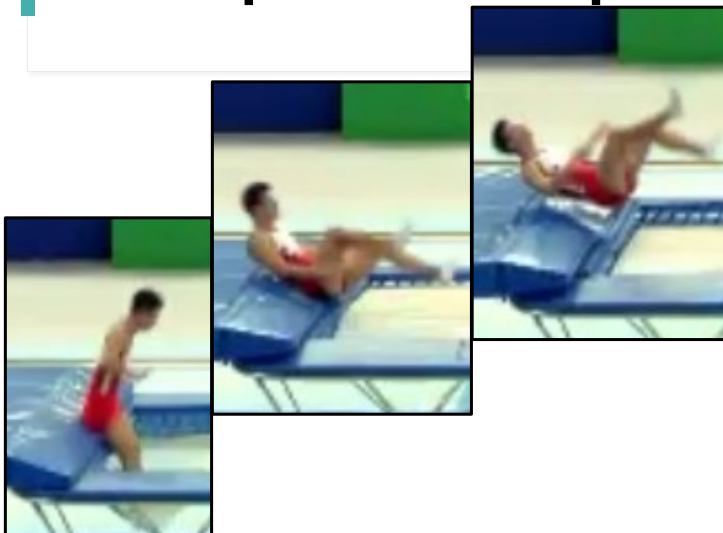
- Landed simultaneously on the soles of both feet?
- Did hand(s), or knee(s), etc., touch at same time? (= Inc.)
- Shows weight-bearing strength in the legs by any type of resistance* without a direct fall to front, back, seat, knee(s), and/or hand(s)?
- * resistance can be a step, a bounce, or a slight pause

Elite

- Landed simultaneously on the soles of both feet?
- Did hand(s), or knee(s), etc., touch at same time? (= Inc.)
- Was there more than 1 movement (such as steps) before a fall, touch of another body part, or before directly rolling out?

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Examples of Incomplete Elements



- Athlete lands on feet first on bed but in the same bounce/rebound motion, rolls out uncontrolled over the end deck.
- INCOMPLETE for both Elites & Development levels
- If the athlete doesn't touch the pads on the roll out (flips instead of rolls), the element might be counted as complete if there is more of an upward rather than backward trajectory.
- Appropriate landing deductions would be taken if the routine was deemed to be completed.

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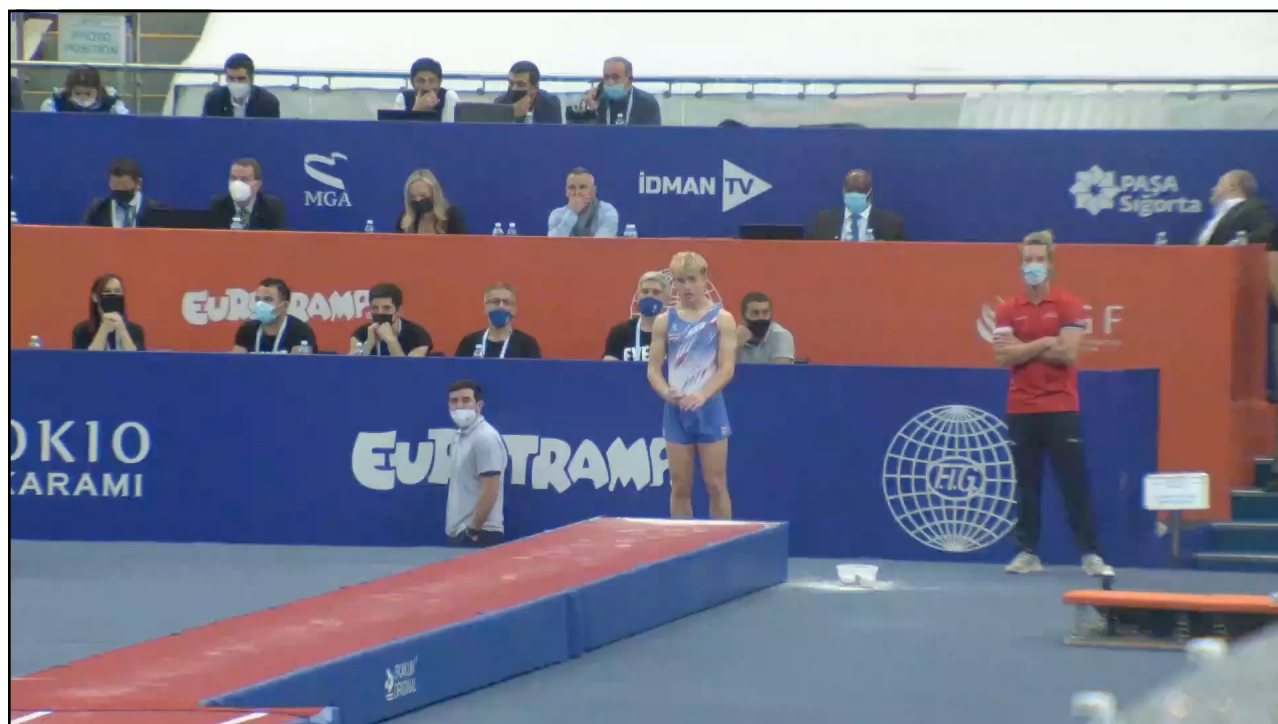
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Examples of Incomplete Elements



- Lands on soles of both feet, no strength in legs, and immediately rolls out in 1 motion, no resistance.
- INCOMPLETE for both Elites & Development levels

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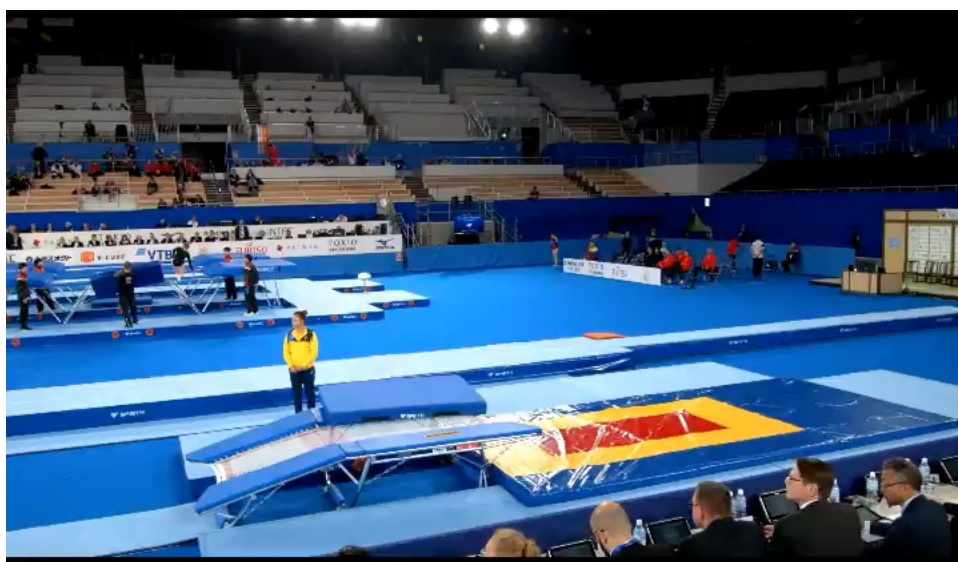
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Examples of Incomplete Elements



- Lands simultaneously on hands & feet, then stands up. (also true for a deep squat causing hand(s) to touch simultaneously)
- INCOMPLETE for both Elites & Development levels
- There is no scenario where a simultaneous hands & feet landing would be considered complete.

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Examples of Incomplete Elements



- Lands on soles of both feet, falling directly to weight-bearing hands in 1 motion. No weight-bearing strength in legs, no resistance.
- INCOMPLETE for both Elites & Development levels
- Levels 1-Open: If resistance is shown before hands land, it should be counted as complete, with an appropriate landing deduction. Other penalties may apply.

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Landing Deduction 0.5 vs 1.0

If the dismount element is considered completed, the athlete is held accountable for landing deductions and landing zones penalties listed in the Code of Points for each event.

Rule: 1.3.3. Touching bed (TRA), landing zone/area (TUM/DMT) with one or both hands: After a completed exercise, if the hands are used to support the whole body to avoid a fall, then a deduction of 1.0 pts will be applied instead of the 0.5 pts for touching the hand(s).

- [Development Guide to Judging p. 3 Rule 1.3.3](#)

also see:

- [FIG Code of Points p 40 Rule 21.2.2.2](#) & [FIG Trampoline Newsletter #27 Aug. 2022 p 9](#)

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Trampoline

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Spotters

Coaches are allowed to spot with the mat from either side of the trampoline



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Synchronized Trampoline

Start of a Routine



A synchronized routine is considered as started when both gymnasts perform an element.

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Synchronized Trampoline

Allowed Pairings

- Allowed Pairings will now include
 - Junior Elite & Intermediate Elite
 - Will compete as an Intermediate Elite pair



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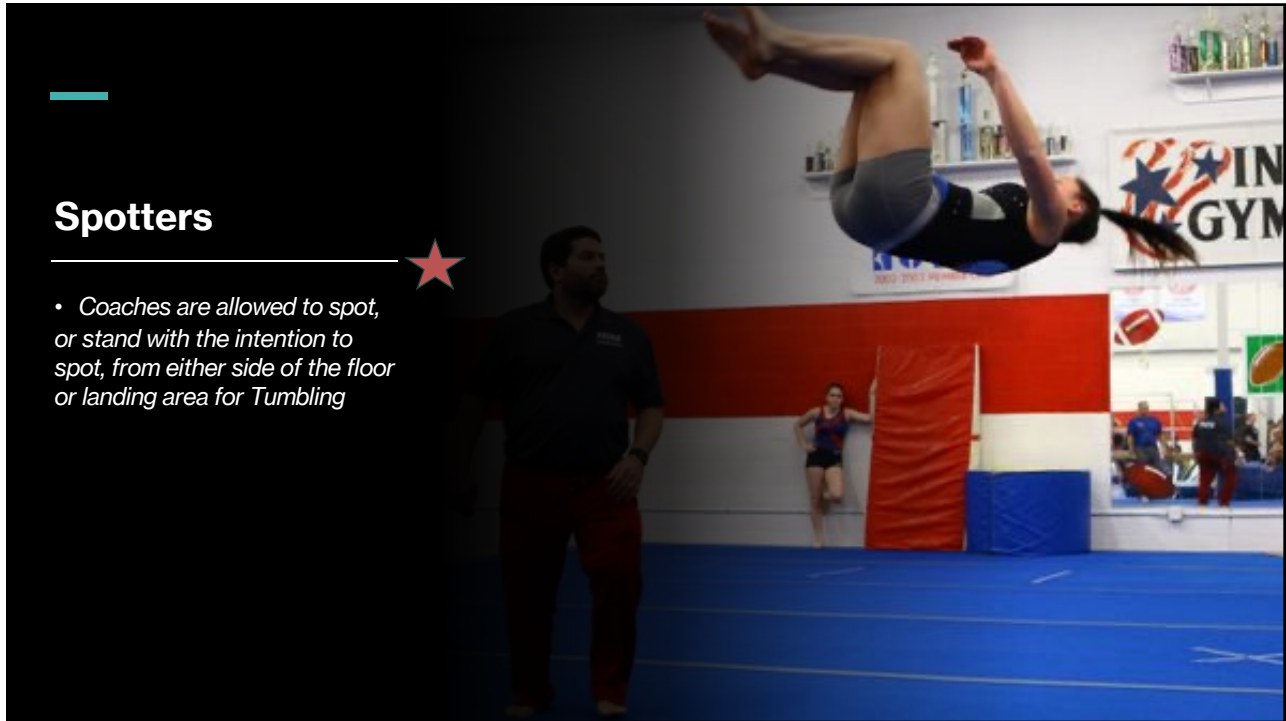


Tumbling

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Spotters

- Coaches are allowed to spot, or stand with the intention to spot, from either side of the floor or landing area for Tumbling



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Tumbling

Athletes are never allowed to tumble towards the run-up

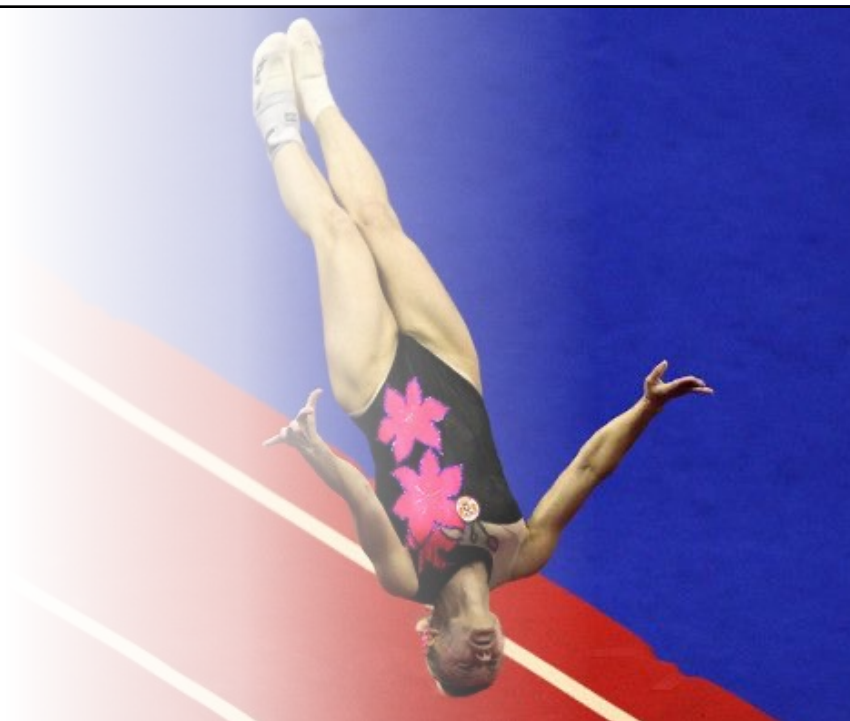
Whether in the warm-up or during competition



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Tumbling Warm Up

- Whether performed in a series of elements or if the athlete stops and then continues on, the warm-up touch is measured by the number of elements in the athlete's competitive routine.



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Markings on the Tumbling Floor

- Coaches are allowed to mark the floor where the athlete should initiate their elements.
- The mark should either be adhered to the floor such as a Velcro stripe or markings along the side or the coach may use their foot on the side of the floor
- If placed on the floor, it must be removed after the athlete performs their routine.

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Double Mini Trampoline

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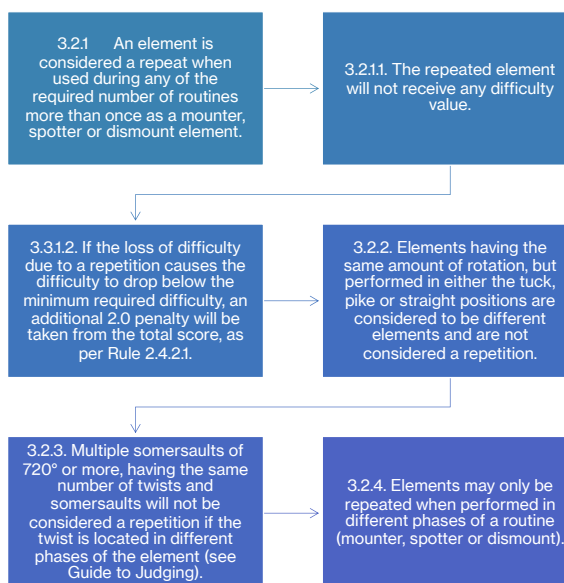
Spotters

- Coaches are allowed to spot, or stand with the intention to spot, from either side of the landing area for Double Mini. If the coach wishes to have a throw mat, this must be done from the opposite side to the judges



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Double Mini Repeat Rules Development Levels 8 – Open Elite Levels YE & JR



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No element may be repeated during the two (2) exercises of Q1 as per §5.2, otherwise the difficulty of the repeated element will not be counted (see also §15.5 below).

15.2 No element may be repeated during the two (2) exercises in the Final, otherwise the difficulty of the repeated element will not be counted (see also §15.5 below).

15.3 Elements having the same amount of rotation but performed in the tucked, piked and straight positions are considered to be different elements and not repetitions.

15.4 All multiple somersaults with the same amount of twisting rotation, performed without a recognizable pause in twisting rotation or without defined positions, will be considered as repetitions if used more than once.

15.5 Elements or exercises from the Q1 may be repeated in any Finals.

Double Mini Repeat Rules Intermediate & Senior

5.2* Each exercise consists of two (2) elements: one (1) mounting element or spotter element and one (1) dismount element.

5.2.1 A straight mounting jump without twists is not considered an element. If a straight jump is used as a spotter element or dismount element, the exercise will be interrupted (see §16.1.8).

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Marking the Floor

- Coaches are allowed to mark the run-up where the athlete should initiate their hurdle for the mounting element/jump
- The mark should be adhered to the run-up such as a Velcro stripe or chalk markings and should be removed after the athlete completes each pass.

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Elite Mobility

You Spoke we listened!!!
 If you provided feedback during the feedback time, THANK YOU.
 The Elite Committee considered every single recommendation.

Changes to the drills required

Extended the Mobility Window

Changed the age determination

Education on What the Mobility Team is Looking For

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Elite Mobility

Qualification Scores

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:
 - An athlete applies for elite mobility in September 2023: they must have hit the USA Gym Champs qualification score twice, any time from January 1, 2023, to the date of application.
 - An athlete applies for elite mobility in February 2024: they must have hit the USA Gym Champs qualification score twice, any time from January 1, 2023, to the date of application.

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Elite Mobility

How I Determine what
Mobility Table
to use for
My Athletes?

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 2024 will do the YE 11-12 mobility table).

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Foreign Resident Athletes

Participation in
USA Gymnastics
Sanctioned
Events

- US Resident Foreign athletes who compete in another country as a Senior Elite but wish to compete in the USA as a US citizen.
- Are required to go through the elite mobility drill submission process
- Are not required to complete the score requirements
- Process will be known as “foreign athlete verification”.
- Current athletes are grandfathered in and will not need to complete additional processes.

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Intermediate & Senior Elite

Combined
Rankings

- Beginning in 2024
 - Intermediate Elite and Senior Elite athletes will continue to be combined in the ranking for National Teams.
 - Intermediate Elite athletes will no longer be included in the ranking process and therefore not eligible for assignments to the following senior international events.
 - World Cups
 - World Championships

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Intermediate Elite

Elite Athlete
Qualification
Arena
Premier Session

- Intermediate Elite athletes who qualify to the premier session may choose to decline the position and compete in the afternoon session. The next ranked athlete will be offered this designated spot for competition if the withdrawal is within the noted time frame.

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Team Work

When a Judge Makes a Call and a Coach has a Question

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Be Professional in your Approach

Questioning the Call

Judge's often have many things going on at once. But should always be willing to help find the rule to back up the call.

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Find the Rule

When a Judge Makes a Call
and a Coach has a Question

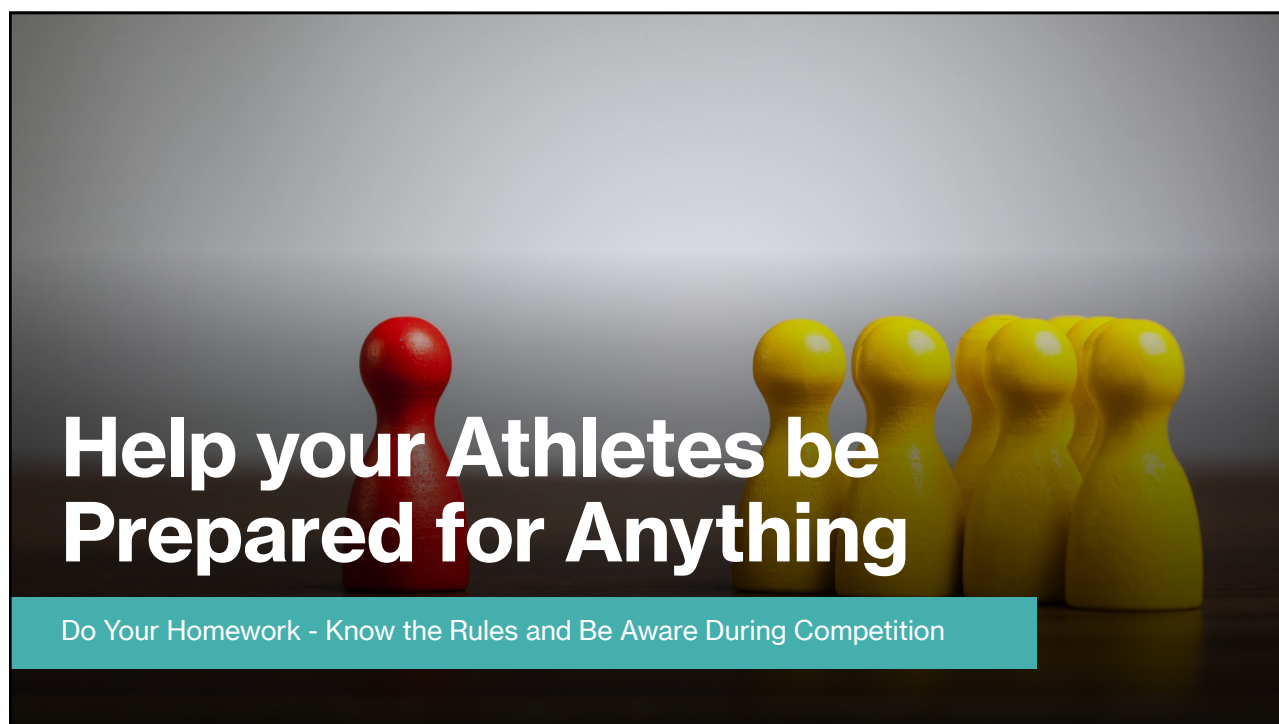
When you feel the need to question a call, you should always look to the Code of Points or Rules and Policies to show why you feel the call was incorrect.

While your memory may be great, you build trust and respect by being able to show why you are questioning the call.

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