

Trampoline & Tumbling
Coaches & Judges

T210
2024 - 2025



1



All Disciplines

2

Additional Opportunity
National Qualifier



The slide features a dark blue background with a white diagonal cutout in the bottom right corner. The text is white, and the USA Gymnastics logo is positioned in the white area.

3



**Winter Classic will now be an
additional opportunity for all Elite
level athletes to qualify for the
National Championships**

The slide has a solid dark blue background. The text is white and centered. A small USA Gymnastics logo is in the top right corner.

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Coaches Apparel

Coaches will now be allowed to wear shorts during competition sessions, with the exception of the premier sessions of USA Gymnastics Championships.

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Must have a minimum of a 5-inch inseam

Shorts must be professional in both look and length



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NOT ALLOWED

Denim and shorts with less than a 5-inch inseam



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No shorts of any length will be allowed in the Elite Premier Sessions of the USA Gymnastics Championships.



Coaches Attire

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Rings without gemstones, piercings and permanent jewelry may be taped to the body and worn during training, warm up and competition without deduction



Jewelry

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Head coverings are permitted, provided they are snug, secure, and do not pose a safety risk. The covering must fully conform to the head without loose or flowing material that could impede performance or cause entanglement. Accessories such as headbands, hats, or other non-skin-tight headwear are not permitted.



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Inquiry Rules and Reminders

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1. An inquiry can be filed by an athlete for their own score, a coach for their own athlete's score or for a non-personal athlete from a different club than that of the appellant. Spectators are not allowed to participate in the inquiry process.

- a. Inquiries of execution or horizontal displacement scores are not permitted, except in respect to a clerical error.
- b. Non-personal athlete inquiries are only allowed in regards to difficulty, interruption, landing penalties and difficulty judge's penalties.

2. A difficulty inquiry and/or questions about penalties displayed can be made at the judge's table prior to approaching the meet referee about an official inquiry.

3. The Meet Referee must be notified of a possible inquiry within 15 minutes after the flights results are made available. The written inquiry and supporting video must be officially filed within 10 minutes of the verbal notification. A credit card must be submitted, or the inquiry fee may be invoiced to the appellant.

4. At USA Gymnastics Championships when Final 1 (F1) and Final 2 (F2) are held, all inquiries must be filed immediately before the start of the next flight.

5. Coaches and athletes are not allowed to approach the Jury of Inquiry. All information must be in writing on the inquiry form and presented to the Meet Referee.

6. The inquiry form, video, a difficulty sheet, the Code of Points, judging aids, and scratch paper may be presented to the Jury. The Jury will be instructed to judge each routine as a CJP or a DD judge would do to determine the outcome of the written inquiry.

7. Inquiries must be dealt with by the Jury of Inquiry as quickly as possible and the final decision announced to concerned parties.



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Video

- a. At invitational competitions, eligibility/mobility competitions, State and Regional Championships the organizing committee is not required to have an official video. The Jury of Inquiry may review a video submitted by the coach or athlete filing the inquiry.
- b. At all national sanctioned events the organizing committee may provide official video for Levels 8-Open. The Jury of Inquiry may use this video for the inquiry process. If needed, the Jury of Inquiry may also review a video submitted by the coach or athlete filing the inquiry. Official video will be used first, the Jury of inquiry may decide to review another video, if submitted.
- c. Any video used by the Jury must clearly show the issue being investigated. If the video is of inadequate quality or at an inappropriate angle to be able to render a decision, the video and inquiry may not be accepted or presented to the Jury. If the Jury determines the video to be inconclusive, the original judges' decision will be sustained.
- d. The video will be watched in real time by each jury member independently. Each member of the jury will judge the routine, determining number of valid elements, difficulty awarded, any interruptions, landing deductions and/or Chair of the Judges Panel penalties and/or Difficulty Judge penalties as needed to determine the outcome of the written inquiry.

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Inquiries require coaches to be mindful of scores that are entered into the scoring system. Coaches and athletes need to watch after the routine is complete

The Important Details to Remember

- You have 15 minutes after flight results are shown to let the Meet Referee know you are Inquiring
 - You can only inquire DD, interruptions and landing deductions and penalties
 - The Meet Referee is normally located in the middle of the trampoline judges' stage at all national events
- You will need:
- To complete the inquiry form including payment info. No cash will be accepted at national events
 - Video of adequate quality and from an appropriate angle to render a decision. (Official video is available at Natl. events for elite levels only)



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Inquiry Fee

Competition	Personal Athlete	Non-Personal Athlete (different club to appellant)
a. Local	\$25.00	\$50.00
b. State	\$50.00	\$100.00
c. Regional	\$75.00	\$150.00
d. National	\$100.00	\$200.00



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Coaches and athletes should always watch for difficulty to be flashed and then watch for the total score to be shown onsite or with live scoring or a mobile scoring app. Onsite results and those posted to the USAG website at the completion of each session are the only official results.

When Do Coaches need to Inquire?

- *Coaches are allowed to ask the Chair of the Judges panel to verify what the call was before filing the official inquiry.*
- An inquiry may be filed if the athlete or coach believes there has been an error made in respect to difficulty, Chair of the Judge's or Difficulty Judge's penalties, interruptions or landing deductions.



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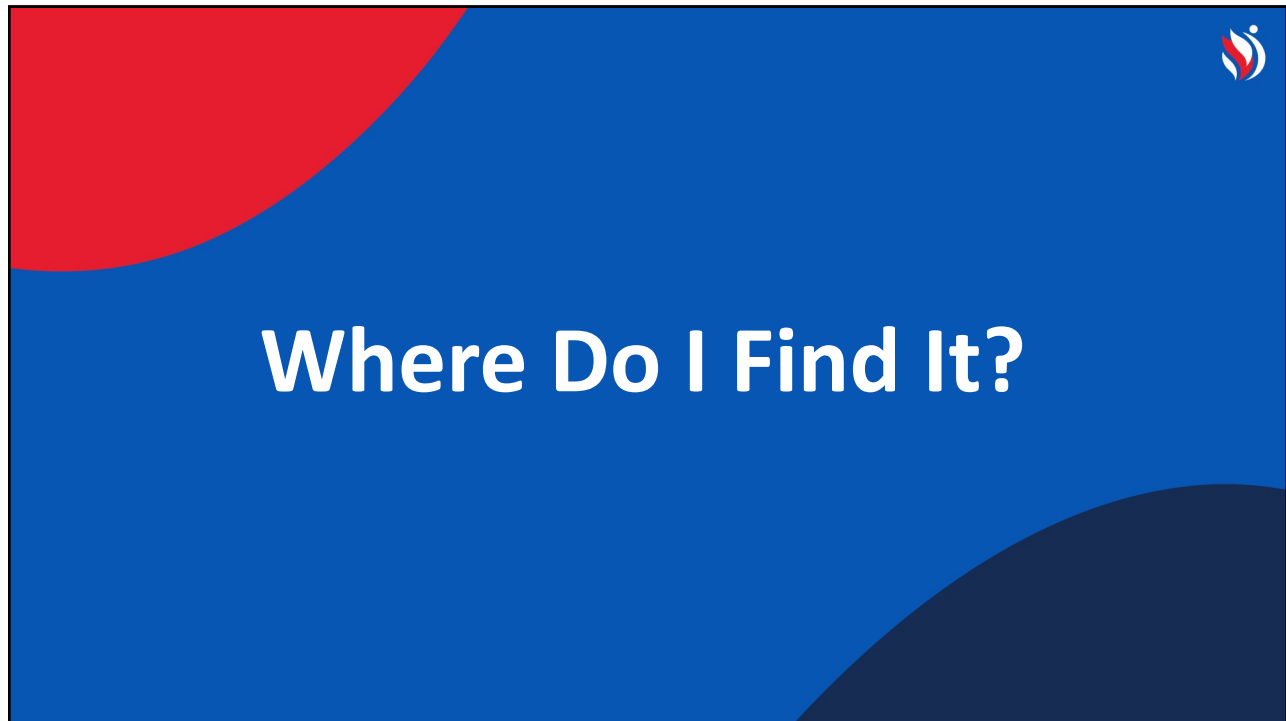
Where can I find the information, I need?

Where to Find Official Results

- While there are tools to help coaches, athletes and parents be in the know and navigate competitions, it is important to remember official results are those that are generated and posted using only the official scoring system.
 - Results displayed onsite
 - Posted on the USA Gymnastics event specific or results web page



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Website: Click T&T under disciplines – scroll to the bottom click Rules and Polices Click either Elite or Development Code of Points

Development Code of Points

Field of Play Rules

- Age Groups
- Competition Cards Requirements
- What to wear, athlete & coaches
- Starting and termination of a routine
- Warm up
- Judges Duties & Competition Details
- Judges Deductions & Penalties
- Difficulty
- Compulsory and Voluntary Routine requirements



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Development Code of Points cont.

- Repetition
- Calculation of a score
- Tie Breakers



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Website: Click T&T under disciplines – Scroll to the bottom click Rules and Polices Click either Elite or US Elite T&T Special Requirements

U.S. Elite T&T Special Requirements

- Elite Competitive Divisions
 - Competition Cards
 - Judging panels
 - Warm up
 - Special requirements for each discipline
- This document is used in conjunction with the FIG Code of Points. Only exceptions are listed in this document.
- The remainder of the elite rules can be found using the FIG Code of Points.



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Website: Click T&T under disciplines – Scroll to the bottom click Rules and Polices Click the section you would like to reference

Rules & Policies

Section II


State & Regions

- Committee Structure
- Terms
- Elections

Section III

State and Region Procedures

- Procedures for State and Region Association
- Activities
- Positions
- Responsibilities



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Rules & Policies

Section IV


Sanctions & Competition

- Obtaining a Sanction
- Types of Competitions
- Facility Specifications
- Equipment Specifications

Section V

USAG Development Program

- Rules for Divisions
- Qualification
- Mobility



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Rules & Policies

Section VI

Elite Program

- Rules for Divisions
- Qualification
- Mobility
- JR/SR National Team
- Elite Reinstatement

Section VII

Education and Certification – Judges

- Judges Education
- Certification Requirements and Process



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Rules & Policies

Section VIII

Education and Certification – Coaches

- Coaches Education
- Certification Requirements and Process

Section IX

Competition Guidelines

- Rules
- Guidelines for Each Competition Type



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Rules & Policies

Section X

[Program Directory](#)

- State Contact Info
- Regional Contact Info
- Athlete Representative Contact Info



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Website: [Click T&T under Disciplines – Scroll to the bottom Click Forms](#)

Forms

- Official Inquiry Form
- Mobility Forms
- Petition Forms
- International Participant Request
- Competition Cards
- Degree of Difficulty
- Event Scratch Form
- Event Change Form
- Competition Director Judges Checklist
- Judges Contract
- Score Change Request
- Adaptive Program
- Scholarship Application
- Elite Reinstatement Form



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Mobility



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Development Levels – Section V Rules & Policies



Mobility at Levels 1- 8 is at the discretion of the coach however, coaches are encouraged to use recommended mobility scores, compulsories and mobility skills to ensure proper progression.

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- Mobility from Level 8 to Level 9 onwards**
 To ensure proper progression from one level to another, athletes must achieve a designated mobility score at the USAG sanctioned competition.
 The term “mobility season” is defined as August 1 until December 31 of the following calendar year. (For example, an athlete who earns a mobility score in January 2024 will have until December 31 of 2025 to verify and compete at that level).

 During the mobility season, a Development athlete must verify his/her participation in the new level by competing in a USAG sanctioned competition at the newly approved level. If an athlete does not verify participation in the new level within the mobility season, then the mobility loses its value.


 Coaches must submit a Mobility Request form to the State Chair to move an athlete from Level 8 to Level 9, Level 9 to Level 10 and Level 9 to Open. The State Chair must approve mobility before the athlete is eligible to compete at the higher level. The Elite Committees Chair must approve mobility from Level 10 to the Elite Levels. See T&T Rules & Policies Section VI: Elite Program.

 Athletes must meet the requirements in the qualification round at a designated mobility competitions as follows:

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Mobility Scores for Development Levels

Trampoline		Tumbling		Double Mini	
	Total Score	Level	Total Score	Level	Total Score
5 to 6	16.0	5 to 6	35.6	5 to 6	37.8
	16.0	6 to 7	34.8	6 to 7	37.8
7 to 8	16.0	7 to 8	34.5	7 to 8	37.8
	54.2	8 to 9	37.9	8 to 9	40.9
9 to 10	55.7	9 to 10	39.6	9 to 10	42.4
	55.7	9 to 10	39.6	9 to 10	42.4



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It is recommended that coaches use the above scores to determine athletes' proficiency for Levels 5->6, 6->7, 7->8 before moving them from one level to the next.

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Elite Mobility

Process and Procedures



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Elite Levels –Section VI Rules & Policies

- Level 10 -> Youth Elite
- Level 10 -> Junior Elite
- Level 10 -> Intermediate Elite
- Level 10 -> Senior Elite
- Open -> Intermediate Elite
- Open -> Senior Elite
- Junior Elite -> Senior Elite
- Intermediate Elite -> Senior Elite

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Elite Mobility Has Two Parts

- Athletes must demonstrate proficiency in the previous level
- Submission of required skill / drill / combinations performed with proficiency.

Check out the details
T&T Rules and Policies Section VI
Pages 1 - 10

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International Assignments

Coaches must now submit the expression of interest form to be eligible for consideration. A google form will be available on the selection procedure page.

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Where to Find Information


<https://usagym.org/tt/elite/#selection>

Selection Procedures

- 2023-24 National Team Agreement
- 2023-24 National Team Program Manual
- 2024 Athlete of the Year and 2024 Coach of the Year
- 2024-2025 National Team Selection Procedures
 - TRA National Team Score Calculations after USA Gym Champs
 - TUM National Team Score Calculations after USA Gym Champs
 - DMT National Team Score Calculations after USA Gym Champs
- 2023-24 Olympic Qualification World Cups Procedures (amended Dec. 12, 2022)
 - Athlete ranking after 2024 Baku World Cup
- 2024 Development Team Selection Procedures
 - 2024 Development Team Scores: TRA | TUM | DMT
 - 2024 JumpStart Team Scores: TRA | TUM | DMT
- 2024 International Event Assignments Procedures
 - 2024 17-21 TRA Athlete Ranking After 2024 Winter Classic

Past Selection Procedures

- 2024 JR TRA Athlete Ranking After 2024 Winter Classic
- 2024 Senior TRA Athlete Ranking After 2024 Winter Classic
- 2024 Senior TUM Athlete Ranking After 2024 Elite Challenge
- 2024 Senior DMT Athlete Ranking After 2024 Elite Challenge
- 2024 Olympic Games
 - Athlete (amended 4/3/24)
 - Staff
 - Selection Committee Minutes from July 25, 2024 | Selection Committee Report
- 2024 Junior National Team Prize Money
- 2024 Athlete Funding Tiers
- 2022-2024 Judges International Assignments (amended 9/22/23)
- Conflict of Interest Policy
- Code of Ethical Conduct
- Safe Sport Policy



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Splitting Age Groups

To determine if large age groups may be split into two groups. There must be 30 or more competitors in each age once the groups are split.

Example 1: 75 – 9-10 Girls Level 5 trampoline.



35 – 9 year olds

40 – 10 year olds

Example 2: 90 – 11-12 Girls Level 5 Double Mini Trampoline



70 – 11 year olds

20 – 12 year olds

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Making Sense of the Code of Points

How to ensure you are reading the Code correctly



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Compulsory

Every element must be performed as written otherwise the routine is interrupted when there is a deviation from what is written in the Code of Points

Exception: if two options are listed for an element, then the athlete must perform one of the two listed options.



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Voluntary Routines

Routines have a minimum and maximum difficulty, maximum value, maximum element DD and requirements that must be performed.

Routines are choreographed for each athlete but must stay within the parameters listed in the Code of Points



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Coaches and Judges remember

1. Do not assume what is not written
2. Do not read between the lines
3. If it doesn't say I can't, does not mean game on
4. If a specific element is listed as a requirement, you cannot choose to do a different element

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Reach out to a member of Program, Development, Elite or Technical Committee for clarification

When I can't make sense of a Rule!

Example:

- 1.2.3. Junior Elite and Youth Elite Finals:
- 1.2.3.1 Two 8-element routines as per USA Rule 2.5.
 - 1.2.3.2. The total of the two routines is the score for the Final (F1)

Rule Reference:

2.5. A 2.0 penalty for each violation for not meeting or exceeding the routine requirement will be taken from the total score for Rules 2.3 – 2.4



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What **MUST** an Athlete Do?

Specific Requirements

3.6. Tumbling Level 8 Competition – Two Voluntary Routines

- 3.6.1. First routine – 1st voluntary routine requirements
 - 3.6.1.1. **Minimum of four somersaults, one of which must be the last (8th) element and be performed in the straight position.**
 - 3.6.1.2. Minimum routine difficulty 1.6.
 - 3.6.1.3. Maximum routine difficulty 1.9.
 - 3.6.1.4. Maximum element difficulty 0.6.
- 3.6.2. Second routine – 2nd voluntary routine requirements
 - 3.6.2.1. **Eighth element must be a somersault with a minimum of 360° of twist.**
 - 3.6.2.2. Minimum routine difficulty 1.8.
 - 3.6.2.3. Maximum routine difficulty 3.3.
 - 3.6.2.4. Maximum element difficulty 1.3.



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What **CAN** an Athlete Do?

Parameters

3.6. Level 8 Competition – Two Voluntary Routines

- 3.6.1. First routine – 1st voluntary routine requirements
 - 3.6.1.1. Minimum of four somersaults, one of which must be the last (8th) element and be performed in the straight position.
 - 3.6.1.2. **Minimum routine difficulty 1.6.**
 - 3.6.1.3. **Maximum routine difficulty 1.9.**
 - 3.6.1.4. **Maximum element difficulty 0.6.**
- 3.6.2. Second routine – 2nd voluntary routine requirements
 - 3.6.2.1. Eighth element must be a somersault with a minimum of 360° of twist.
 - 3.6.2.2. **Minimum routine difficulty 1.8.**
 - 3.6.2.3. **Maximum routine difficulty 3.3.**
 - 3.6.2.4. **Maximum element difficulty 1.3.**



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Examples

3.6.2. Second routine – 2nd voluntary routine requirements

3.6.2.1. Eighth element must be a somersault with a minimum of 360° twist.

The athlete may perform more than 360° of twist as long as it does not exceed the maximum element DD of 1.3



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Level 8 – Open Tumbling

All tumbling routines may begin with a power hurdle, a run or from a stand and meet the pass requirement



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Examples

Level 8 Trampoline Individual Competition – Two Voluntary Routines

First routine – 1st voluntary routine requirements

Maximum of three non-somersaulting elements

Seven elements with a minimum of 270° rotation

Must contain $\frac{3}{4}$ back somersault, Cody or $\frac{3}{4}$ front, barani ball-out free

Maximum element DD 0.9

Second routine – 2nd voluntary routine requirements

One somersault with a minimum of 360° of twist

Minimum routine difficulty 4.0

Maximum routine difficulty 6.0

Maximum element difficulty 0.9

There are no finals for Level 8.

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Are the elements the same?

What constitutes a Repeat?



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The Decision is in the Details

Simply look at the element and consider all the factors;

Number of $\frac{1}{4}$ Somersault rotation

Number of $\frac{1}{2}$ twists

Phase where the twist occurs

Position

Double Mini – it the element a mounter, spotter or dismount and what are the rules for that level FIG or USAG Repeat Rules

Tumbling – what was the preceding element USAG Repeat Rule / FIG Repeat Rules



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Repetition rules vary from discipline to discipline

Is it the same element?

Tumbling

Front tuck vs Front tuck step out
– **No**

The element is not considered the same. One element lands on two feet, the other lands on one foot and then the other. This would be the same as front roll and front roll step-out. They are deemed different elements.

Trampoline

801° vs 810° – **No**

- 801° the twist is in the second rotation.
- 810° the twist is located in the first 360° of rotation.
- While they both have the same number of somersaults and the same number of twist and in the same position, they are considered different.



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National Teams

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[Website: Click T&T under Disciplines, scroll to the bottom, under Programs click Elite and the Selection Procedures tab is located on this page](#)

How do Athletes Make National Teams

The process includes several layers including:

- Minimum Qualification Scores
- Final Score
- Combined Score
- International competition assignment (athlete who are given an international assignment must compete to be added to the national team)

The Selection Committee uses

- Selection Procedures
- Results
- Ranking Documents

All these documents are available on the USAG website



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Development Program – Level 8 - Open

2.6.11. Evaluation of Difficulty (D Score)	
2.6.11.1. The difficulty of each element is calculated based on the amount of of twist somersault rotation.	
2.6.11.1.1. Per ¼ somersault. (90°)	0.1
2.6.11.1.2. Each completed single somersaults. (360°)	0.5
2.6.11.1.3. Each completed double somersaults. (720°)	1.0
2.6.11.1.4. Each completed triple somersaults. (1080°)	1.6
2.6.11.1.5. Each ½ twist. (180°)	0.1
2.6.11.1.6. Elements without twist or somersault rotation tuck jump, pike jump, straddle jump and seat drop)	0.1
Side somersaults are not allowed.	
2.6.11.1.7. Single somersaults with twist must twist in one continuous direction, otherwise, no difficulty will be awarded the element. For elements which do not meet this requirement, an additional deduction for not meeting routine requirements may be taken from the total score for the routine.	
2.6.11.2. In elements combining somersault and twist, the difficulty value of the somersault and twist are added together.	
2.6.11.3. Single somersaults (360° to 630°) without twist that are executed in the straight or pike position will be awarded an additional 0.1.	
2.6.11.4. Multiple somersaults of 720° or more, with or without twist, executed in the straight or pike position, will be awarded an additional 0.2. per somersault.	
2.6.11.5. Certain elements will receive an additional value (bonus) that will be included in the Trampoline Difficulty table	
2.6.12. Backward elements will receive a bonus as follow:	
2.6.12.1. Double somersaults of 720° - 900°	0.1 pts
2.6.12.2. Triple somersaults of 1080° - 1260°	0.2 pts
2.6.13. Twisting double somersaults will receive a bonus as follows:	
2.6.13.1. Elements with more than 720° of twist, each additional 180° of twist.	0.1 pts
2.6.14. Twisting Triple Somersaults will receive a bonus as follows:	
2.6.14.1. Elements with more than 360° of twist, each additional 180° of twist	0.2 pts
2.6.15. Certain exercises will receive an additional value bonus provided they meet the following conditions:	
2.6.15.1 Women: Exercise with more than two elements with 1080° or more of somersault rotation, each additional element of 1080° of somersault rotation.	0.3 pts
2.6.15.2 Men: Exercise with more than five elements with 1080° or more of somersaults rotation, each additional element of 1080° of somersault rotation or more	0.3 pts



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Elite Levels

- The difficulty of each element is calculated on the following basis:
- 18.1.1 The difficulty of each element is calculated on the basis of the amount of twist and somersault rotation
 - 18.1.1.1 per ¼ somersault (90°) 0.1 pts
 - 18.1.1.2 for complete single somersaults (360°) 0.5 pts
 - 18.1.1.3 for complete double somersaults (720°) 1.0 pt
 - 18.1.1.4 for complete triple somersaults (1080°) 1.6 pts
 - 18.1.1.5 for complete quadruple somersaults (1440°) 2.2 pts
 - 18.1.1.6 per ½ twist (180°) 0.1 pts
- 18.1.2 Side somersaults and elements without twist or somersault rotation have no difficulty value.
- 18.1.3 In elements combining somersault and twist, the difficulty values of the somersault and twist are added together.
- 18.1.4 Single somersaults of 360 - 630° without twists, executed in the straight or pike position, will be awarded an extra 0.1 points.
- 18.1.5 Multiple somersaults of 720° or more, with or without twists, executed in the straight or pike position, will be awarded an extra 0.1 points per somersault.




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TRAMPOLINE DIFFICULTY											
Write the basic FIG symbol plus the position: o < /											
Front Elements	Basic FIG Symbol	DD for Position			Back Elements	Basic FIG Symbol	DD for Position			FIG Code	
		Tuck o	Pike <	Straight /			Tuck o	Pike <	Straight /		
1/4 front somersault	30	0.3	0.3	0.3	1/4 back somersault	30	0.3	0.3	0.3	100	
1 1/4 front somersault	700	0.8	0.9	0.9	1 1/4 back with 1/2 twist	710	0.6	0.7	0.7		
2 1/4 front somersault	11000	1.3	1.5		2 1/4 back with 1/2 twist	11100	1.5	1.7	1.7	100	
Porpoise	40	0.5	0.6		Pullover	30	0.3	0.3	0.3		
Double porpoise	800	1.0	1.2		Double pullover	700	0.8	0.9		100	
Ball out	50	0.6	0.7		Cody	50	0.6	0.7	0.7		
Barani ball out	51	0.7	0.7	0.7	Cody full	52			0.8	100	
Rudy ball out	53	One position possible			0.9	Double Cody	900	1.2	1.4		
Fliffs ball out	901	1.2	1.4							100	
Fliffs Rudy ball out	903	1.4	1.6								
Front somersault	40	0.5	0.6	0.6	Back somersault	40	0.5	0.6	0.6	100	
Barani	41	0.6	0.6	0.6	Back somersault, 1/2 twist	41	0.6	0.6	0.6		
Front Full	42	One position possible			0.7	Back full	42	One position possible			0.7
Rudy	43	One position possible			0.8	Back double full	44	One position possible			0.9
Randy	45	One position possible			1.0	Back triple full	46	One position possible			1.1
Double Front	800	1.0	1.2		Double back	800	1.1	1.3	1.3	100	
Barani-out	801	1.1	1.3	1.3	Half-in, half-out	811	1.3	1.5			
Rudy-out	803	1.3	1.5		Half-in, Rudy-out	813	1.5	1.7		100	
Randy-out	805	1.6	1.8	1.8	Half-in, Randy-out	815	1.9	2.1	2.1		
Half-in	810	1.1	1.3	1.3	Full-in	820	1.3	1.5	1.5	100	
Half-in, full-out	812	1.3	1.5	1.5	Full-out	802	1.3		1.5		
Full-in, Barani-out	821	1.3	1.5	1.5	Full-in, full-out	822	1.5		1.7	100	
					1 1/2-in, half-out	831	1.5	1.7			
Full-in, Rudy-out	823	1.6	1.8	1.8	Full, double full 'Miller'	833	1.9	2.1	2.1	100	
Full-in, Randy-out	825	2.0	2.2	2.2	Double full, double full	844			2.5		
Triffs half-out	12001	1.7	2.0		Triple back	12000	1.8	2.1		100	
Triffs Rudy-out	12003	2.1	2.4		Triffs half-in, half-out	12101	2.0	2.3			
Triffs full-in, half-out	12201	2.1	2.4		Triffs half-in, Rudy-out	12103	2.6	2.9		100	
Triffs full-in, Rudy-out	12203	2.7	3.0		Triffs full, full, full	12222	3.2	3.5			
Quad half-out	160001	2.5	2.9		Quad back	160000	2.5	2.9			
Difficulty Calculations											
Elements without twist or somersault	0.1	Each 1/2 somersault rotation			0.1	Each 1/2 twist			0.1		
Single somersaults (360°) completed	0.5	Double somersaults – each 1/2 (180°) twist over 720°			add	0.1					
Double somersaults (720°) completed	1.0	Triple somersaults – each 1/2 (180°) twist over 1080°			add	0.2					
Triple somersaults (1080°) completed	1.6	Quadruple somersaults: count 0.3 per 1/2 (180°) twist				0.1					
Quad somersaults (1440°) completed	2.2	Backward double somersaults (720° - 890°)				0.1					
Pike / straight in single somersault, no twist	0.1	Backward triple somersaults (1080° - 1350°)				0.2					
Pike / straight in double somersault	0.2	Backward quadruple somersaults (1440°)				0.3					
Pike / straight in triple somersault	0.3	Women: Bonus for more than 2 triple somersaults				0.3 ea					
Pike / straight in quad somersault	0.4	Men: Bonus for more than 5 triple somersaults				0.3 ea					

Difficulty sheet for trampoline can be accessed under forms on the USAG T&T webpage





A mixed synchronized event can be included in competitions, with pairs composed of one (1) female and one (1) male competitor.

Gymnasts may only compete in one (1) women's or in (1) men's synchronized pair.

Participation in a mixed synchronized event will be open to any gymnast, including those that competed in the men's or women's synchronized event.

Mixed Synchronized Trampoline

Development Levels

- ❖ 2 x Level 9s (any age) Same gender / Mixed pair
- ❖ 2 x Level 10s (any age) Same gender / Mixed pair
- ❖ 2 x Opens (any age) Same gender / Mixed pair
- ❖ 1 x Level 9 + 1 Level 10 (any age) Same gender / Mixed pair
- ❖ 1 x Level 10 + 1x Open (any age) Same gender / Mixed



Elite Levels

- ❖ Both athletes are of the same elite division. Same gender / Mixed pair
- ❖ One athlete is a Youth Elite 11-12, and the other is a Youth Elite 13-14. The pair will compete in the Youth Elite 13-14 Division. Same gender / Mixed pair
- ❖ One athlete is a Youth Elite, and the other is a Junior Elite, provided the Youth Elite has met the minimum difficulty requirements for Junior Elite in individual Trampoline. The pair will compete in the Junior Elite Division. Same gender / Mixed pair
- ❖ One athlete is Junior Elite, and the other is Intermediate Elite. The pair will compete in the Intermediate Elite Division. Same gender / Mixed pair
- ❖ One athlete is Intermediate Elite, and the other is Senior Elite. The pair will compete in the Senior Elite Division.

Allowed Sync Pairings

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Mixed pairs should wear complimentary uniforms with like colors



Synchronized Trampoline Apparel

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Volunteer Spotters

- Volunteers who have the appropriate owner or volunteer membership with a background check
- Adequate skill knowledge or known experience
- Approval of the Meet Director



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New Element

- For all Elite levels athletes are now allowed to perform the new Y elements
 - Double somersaults, with or without twist, in straight position may be performed with legs separated (split legs). A minimum angle of 90° between the two legs must be reached to consider this element as valid and different to the straight position. Both legs must be together when the body reaches position parallel to the floor (3 o'clock)
 - Difficulty shorthand and value for the Y element
 - Double back somersault – – Y = 2.4



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TUMBLING DIFFICULTY						
Front Elements	FIG Symbols	DD	Back Elements	FIG Symbols	DD	
Roundoff	(0.1	Back handspring	f	0.1	
Front handspring	h	0.1	Whipback (whip)	^	0.2	
Front somersault tuck	.4 o or .- o	0.6	Back somersault tuck	4 o or -o	0.5	
Front somersault pike	.4 < or .- <	0.7	Back somersault pike	4 < or - <	0.6	
Front somersault straight	.4 / or .- /	0.7	Back somersault straight	4 / or - /	0.6	
Barani tuck	.41 o	0.8	Back straight 1/2 twist	41 /	1 / 0.7	
Barani pike	.41 <	0.8	Back full	42	2 0.9	
Barani straight	.41 /	0.8	Back 1 1/2 twist	43	3 1.1	
Front full	.42	1.0	Double full	44	4 1.3	
Rudy	.43	1.2	Triple full	46	6 1.9	
Double front tuck	.. - o	2.4	Double back tuck	-- o	2.0	
Double front pike	.. - <	2.6	Double back pike	-- <	2.2	
			Double back straight	-- /	2.4	
			Double back split-straight	-- Y	2.4	
Front half-out tuck	.. - 1 o	2.6	<i>Y skills must show 90° split & join by horizontal</i>			
Front half-out pike	.. - 1 <	2.8	Back half-out tuck	- 1 o	2.2	
Calculation of an Element			Back half-out straight	- 1 /	2.6	
Position Bonus:	Tuck	Pike	Straight	Full-out tuck	- 2 o	2.4
Single somersaults	0.0	0.1	0.1	Full-out straight	- 2 /	2.8
Double somersaults	0.0	0.1	0.2	Full-out split-straight	- 2 Y	2.8
Triple somersaults	0.0	0.2	0.4	Full-in tuck	2 - o	2.4
Front somersaults	0.1 forward bonus			Full-in pike	2 - <	2.6
Double somersaults:	the value of the element, which includes somersault, twist, position & forward bonuses will be doubled. (Somersaults + Twists + Position + Fwd) x 2					
Triple somersaults:	the value of the element, which includes somersault, twist, position & forward bonuses will be tripled. (Somersaults + Twists + Position + Fwd) x 3					
Somersault Twist Value						
Each 1/2 twist (180°) up to 2 full twists	0.2		Full-in straight	2 - /	2.8	
Each 1/2 twist more than 2 full twists (>720°)	0.3		Full-in split-straight	2 - Y	2.8	
Each 1/2 twist more than 3 full twists (>1080°)	0.4		Full-in, half-out straight	21 /	3.2	
Each 1/2 twist (180°) up to a full twist	0.1		Full, full tuck	22 o	3.2	
Each 1/2 twist more than 1 full twist (>360°)	0.2		Full, full pike	22 <	3.4	
Each 1/2 twist more than 2 full twists (>720°)	0.3		Full, full straight	22 /	3.6	
Each 1/2 twist more than 3 full twists (>1080°)	0.4		Full-in, 1 1/2-out straight	23 /	4.2	
Each 1/2 twist (180°) up to a full twist	0.3		Full, double full tuck	33 o	4.4	
Each 1/2 twist more than 1 full twist (>360°)	0.4		Full, double full straight	33 /	4.8	
			Double full, double full straight	44 /	6.4	
			Triple back tuck	-- o	4.5	
			Triple back pike	-- <	5.1	
			Triple back straight	-- /	5.7	
			Full-in, triple back tuck	2 - - o	6.3	
			Full-in, triple back pike	2 - - <	6.9	
			Quadruple back tuck	- - - - o	8.0	

Access the new Tumbling Difficulty sheet on the USA Gymnastics Trampoline & Tumbling webpage under forms



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Difficulty

3.1. Intermediate and Senior Elite Bonus

3.1.1 Senior Elite and Intermediate: Per FIG Code of Points

3.1.1.1 For women the second, third, etc. element with a minimum difficulty of 2.0 in one routine will receive a bonus of 2.0 pts. This will be added as a bonus to the total D score for that routine, for each additional element.

3.1.2 Senior and Intermediate Elite: Per FIG Code of Points

3.1.2.1 For men the second, third, etc. element with minimum difficulty of 4.4 in one routine will receive a bonus of 1.0 pt. This will be added as a bonus to the total D score for that routine, for each additional element.

3.1.3 Regardless of whether a routine is complete or incomplete the second, third, etc. element will receive a bonus that will be added to the total D score for that routine, for each additional element.

3.1.3.1 Women each second, third, etc. element with a minimum difficulty of 2.0 pts in one routine will receive a bonus of 2.0 pts.


3.1.3.2 Men each second, third, etc. element with a minimum difficulty of 4.4 pts. in one routine will receive a bonus of 1.0 pt.

3.1.4 Junior Elite and Youth Elite: Per USA Elite Code of Points

3.1.4.1 For both men and women, the second, third, etc. element with a minimum difficulty of 2.0 in one routine will receive a bonus of 2.0 pts. This will be added as a bonus to the total D score for that routine, for each additional element.

Elite Tumbling Bonus


Elite Exceptions for Reference



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Elite Tumbling Repetition Rule

All Elite levels competitors may do a maximum of three full twisting back somersaults within a single routine. If more than three are performed it will be deemed a repeat and the fourth full twisting back somersault will not receive difficulty value.



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CLARIFICATION

Tumbling Finals

1.2.2.2 The total of the two routines is the score for Final. (F1)

1.2.3 Junior Elite and Youth Elite Finals Routine Requirements:

1.2.3.1 Two 8-element routines

1.2.3.1.1 Junior Elite first routine requirements, per Rules 2.3.1.1 – 2.3.1.3.

1.2.3.1.2 Youth Elite 11-14 first routine requirements, per Rules per rules 2.3.2.1 – 2.3.2.3.

1.2.3.1.3 Junior Elite second routine requirements, per Rules 2.4.1.1, 2.4.1.2, and 2.4.1.5.

1.2.3.1.4 Youth Elite 11-14 second routine requirements, per Rules 2.4.2.1, 2.4.2.2 and 2.4.2.5

1.2.4 A 2.0 penalty for each violation for not meeting or exceeding the routine requirement will be taken from the total score for Rules 1.2.3.1.1 – 1.2.3.1.4.

1.2.5 The total of the two routines is the score for the Final (F1)

THERE ARE NO TWISTING REQUIREMENTS IN THE FINALS FOR YOUTH ELITE OR JUNIOR ELITE

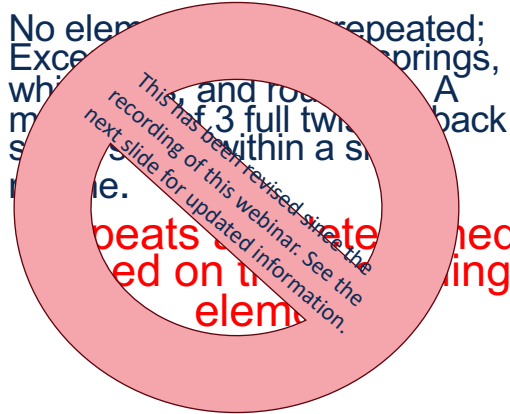


Repetition Bonus for All Elite Levels

Youth Elite & Junior Elite

No element may be repeated; Exceptions; back handsprings, whipbacks, and roundoffs. A maximum of 3 full twisting back somersaults within a single routine.

Repeating elements



Senior & Intermediate

No element may be repeated; Exceptions; back handsprings, whipbacks, and roundoffs. A maximum of 3 full twisting back somersaults within a single routine.

All elements with the exception of the above, may not be repeated over the two routines of a round.



Youth Elite and Junior Elite Tumbling Repetition Rule – **UPDATED 10.21.24**

- 2.2.2.1 No element may be repeated with the exception of cartwheels, round-offs, back handsprings, front handsprings and whipbacks otherwise the difficulty of the repeated element will not be counted.
- 2.2.2.2. Full twisting back somersaults can be performed a maximum of three times per routine; otherwise, the difficulty of any extra full twisting back somersaults will not be counted.
- 2.2.2.3. A full twisting back can be performed only in one of the two routines in the qualification round as the last eighth (8th) element otherwise, the difficulty of the second full twisting back somersaults as the last (8th) element will not be counted.
- 2.2.2.4. Exception: Repeats for elements with a difficulty value of 2.0 or higher will be considered a repeat if preceded by the same element. The difficulty of the repeated element will not be counted.



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Markings for Visual Cues



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Only tape or Velcro markings may be used as visible cues for athletes. These markings must be adhered to the track or run up.

A coach may also place their foot on the track as a cue.

Unapproved objects must be removed from the field of play prior to the athlete being allowed to compete. Any approved markings from another athlete must be removed prior to the next athlete being allowed to start.

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JUDGES

Visible Markers

The Chair of the Panel has control of the facilities.

They must ensure unapproved markers are removed prior to an athlete being allowed to start.

If markers are not removed prior to the next athlete; the athlete may not be allowed to start until the issue is addressed.



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Double Mini Trampoline

Maximum Marks

NEW

Completed routine; two valid elements	Interrupted routine; one valid element
E judges score is a maximum of 10.0 pts	E judges score is a maximum of 8.0 pts
Total possible E score, maximum of 20.0 pts	Total possible E score, maximum of 16.0 pts

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Markings for athletes

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Only tape or Velcro markings may be used as visible cues for athletes.



These markings must be adhered to the runup.

Unapproved objects must be removed from the field of play prior to the athlete being allowed to compete. Any approved markings from another athlete must be removed prior to the next athlete being allowed to start.

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Level 1 – 4 may now use a mounting aid



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When Will We Start New Routines & Requirements



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**New rules and routines will begin
August 1, 2025
Watch the website over the coming
months for more information**

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**With the exception of specific rules
that have been highlighted in both
the Development Code of Points
and the Elite Exceptions USAG T&T
will not adopt the 2025 FIG Code of
points until August of 2025**

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What is the expectation for Coaches & Judges both on and off the field of play?

Coaches & Judges

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Code of Ethics

Resource available in Section VII of the Rules and Policies

Prior to competition

- Brush up on all rules
- Be sure you have the most current version of all Code of Points, Rules and Policies and Guide to Judging and have them easily available on competition day

On the Field of Play

- Judges: Objective, professional, free of bias or prejudice
- Professional manner and appearance.
- Judges: No cell phones while judging
- Off limits to all unauthorized persons (including your children)



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GYMNASTICS GIVES YOU
THE TOOLS YOU NEED TO **SUCCEED**.
IT DEVELOPS THE **FOUNDATIONAL**
SKILLS AT THE CORE OF ALL SPORTS.
AND IT PREPARES US TO
OVERCOME THE CHALLENGES
THAT LIFE PRESENTS US ALL.



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Special Thanks
Program Committee
Elite Committee
Development Committee
Technical Committee



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**Best of Luck to You and Your
Athletes in 2025!**

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