

2025 -2026

Trampoline & Tumbling

T210





General Changes



Development Level 8 – Open

- Two eligibility competitions prior to State and Regional Championships
 - Winter Classic, State and Regionals may not be used as an eligibility competition
- Must compete at both State and Regionals
- Athletes may hit the qualification score at:
 - Winter Classic
 - State Championships
 - Regional Championships

National Qualification



Youth, Junior, Intermediate, Senior Elite

- Athletes must hit the qualification score at one of the four designated qualifiers or be a member of a current national team. (automatically qualifies only in the discipline they are on national team)
- Must compete at 3 of the 4 National Qualification Competitions
 - Winter Classic
 - State Championships
 - Regional Championships
 - Elite Challenge

National Qualification

Level 8 – Senior Elite

New Option for Warm up Procedures

- 15 Minute warm-up per flight with no additional touches. All athletes must get the minimum number of touches that are required when no general warm-up or assigned training is offered.
- At the end of the 15 minutes if there are athletes who have not received the minimum number of touches, they will be allowed to continue the warmup time until everyone has had the minimum numbers of touches.
- Warm-ups will be timed on trampoline at all National events (Winter Classic, Elite Challenge and US Gymnastics Championships). Each turn will be approximately 45 seconds.





Level 10 Age Groups

10 & Under

11-12

13-14

15-16

17-21



Open Age Group

22+

Awards Stand Attire



Awards attire is at the discretion of the Meet Director

Options they can choose from include:

1. Competition Attire per Code of Points
2. Full Team Sponsored Warm-up.



The length of the foot covering whether trampoline shoes or socks or a combination of both, no longer has a required length.



White Footwear

When is it allowed?

Saluting for Eligibility





When is an athlete allowed to salute as part of the qualification process?

The rules state an athlete must *compete* in Eligibility or Qualification competitions

Injured Athlete

- Athletes must compete to fulfill eligibility requirements.
- The only exception would be athletes who are injured and unable to compete.
- A doctor's note must be sent to the Program Director for approval to use a salute as part of the qualification process prior to the eligibility or qualification competition.



TRAMPOLINE

New Quad Judging Criteria

Position of the arms

Opening arms to stop twisting rotation, according to the drawings. 0.1 pts

Elbows apart from the trunk 0.1 pts

Elements comprising 540° or less of twisting rotation must be performed with straight arms and close to the gymnast's body. Flexed elbows in these elements 0.1pts

In tucked elements, grabbing legs with the hands behind the knees 0.1 pts

Elements comprising 720° or more of twisting rotation can be performed with flexed or straight elbows, but they must remain close to the gymnast's body to avoid deductions.

All these deductions are added up to a maximum of 0.1 pts.

Position of legs

Bent knees in the pike and straight positions during the flying phase 0.1 – 0.2 pts

Feet not together 0.1 pts

Knees not together 0.1 pts

Toes not pointed 0.1 pts

All these deductions are added up to the maximum of 0.5 pts



TUMBLING

New Quad Judging Criteria

Position of the arms

Whenever possible

Not keeping arms close to the body 0.1 pts

Opening of the arms in a twist 0.1 pts

All these deductions are added up to a maximum of 0.1 pts.

Position of the legs

Bent knees in pike and straight positions during the flying phase 0.1- 0.2 pts

Feet not together 0.1 pts

Knees not together 0.1 pts

Toes not pointed 0.1 pts

All these deductions are added up to a maximum of 0.2 pts.



DOUBLE MINI

New Quad Judging Criteria

Position of the arms

Opening of the arms in a twist 0.1pts

Elbows apart from the trunk 0.1pts

Elements comprising 540° or less of twisting rotation must be performed with straight arms and close to the gymnast's body. Flexed elbows in these elements 0.1 pts

Elements comprising 720° or more degrees of twisting rotation can be performed with flexed or straight elbows, but they must remain close to the gymnast's body to avoid deductions.

In tucked elements, grabbing legs with the hands behind the knees 0.1 pts

Position of the legs

Bent knees in pike and straight positions during the flying phase 0.1 - 0.2 pts

Feet not together 0.1 pts

Knees not together 0.1 pts

Toes not pointed 0.1 pts

All these deductions are added up to a maximum of 0.2 points.



OPENING OF AN ELEMENT

A tuck or pike element is considered as open when the angle between legs and the upper body reaches 180° (at 12 o'clock). This straight position must be shown, at the earliest, at 10 o'clock in multiple somersaults, and, at the latest, at 1 o'clock. If this 180° angle is never reached, then the element will receive a 0.2 points deduction.



A straight element is not expected to be opened, as the flying phase is already meeting the 180° requirement



End of Twist

Elements comprising more than 360° of twist in the last somersault, and finishing 90° of twisting at 3 o'clock or later, will receive a 0.3 points deduction.



Keeping a Straight Body Position After Opening

Pike down deduction is applied when the angle between the upper body and the legs reaches 135° or less after opening (12 o'clock).

Angle between, upper body and legs after opening

Deduction $190^\circ - 135^\circ$

No deduction

$< 135^\circ$

- 0.10



Landing Deductions

NEW



Landing on both feet but
lacking stability and not
standing still for
approximately
3 seconds

OR

the athlete has demonstrated
full control over their
landing.

0.1-0.3

There is no deduction for a
celebration



Start of a Routine for Double Mini

The 20 second time limit to *initiate an element* starts when the CJP salutes the athlete.

Examples of not initiating an element:

- an athlete runs across the apparatus
- touches the apparatus with hands, feet, or body
- does straight jumps across the apparatus

These actions do not initiate an element.

The athlete may return to the runway to begin again.

The clock does not restart.

If an athlete initiates their routine between 21-60 seconds they will receive a 0.2 penalty from the total score.

If an athlete initiates their routine 61+ seconds past the signal, they will not be allowed to start and will receive a score of 0.0.

The time clock may only restart if the athlete was interfered with due to faulty equipment or substantial external influence.

- Clothing and bandages are NOT classified as equipment.



Start of a Routine for Double Mini

- If a straight mounting element is done without simultaneous contact of both feet on the DMT, does this lead to a final score of zero, OR because this is still not an element, this should be disregarded? In other words, do we consider that the exercise has not started yet?
- A straight jump is ***not*** considered as an element. The exercise will be considered as started when the first element initiates, regardless of how the feet landed in the straight jump before the spotter element.





What are the expectations for an athlete once they land to avoid any deductions?

**CLARIFICATION ON WHAT IS
AN UPRIGHT LANDING**

After landing, athletes must return to an upright position, standing up straight with no bend in the knees or the waist.

- Athletes should land safely but return to a controlled upright position



Not upright



Excellent!



Not upright



Excellent!





New Difficulty Values for TRA & DMT

**Elements without twist or somersault
rotation (tuck jump, pike jump,
straddle jump) will have a difficulty
value of 0.1 points.**

Appeal vs Request for Review



Inquiry

**The appeal of a
non-personal athlete
has been removed from the
Code of Points and Rules and Policies**



Inquiry vs Review

Inquiry

- An inquiry can be filed by an athlete for their own score, a coach for their own athlete's score. Spectators are not allowed to participate in the inquiry process.
- Inquiries of execution or horizontal displacement scores are not permitted, except in respect to a clerical error.
- 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.
- The Meet Referee must be notified of a possible inquiry within 5 minutes after the completion of the flight or prior to the awards presentation for the competition in question. 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.

Review

- A request for review of a personal or non-personal athlete may be requested by any coach, athlete or any official on the field of play. Items that may be reviewed are an athlete's difficulty or any penalties displayed for a routine.
- Review may not be requested for execution scores, time of flight or horizontal displacement.
- All review requests must be submitted before the start of the second routine of the athlete in questions or within five (5) minutes after the final competitor in the flight has completed their routine.



Appeal / Inquiry Resolutions

At local competitions judges can reach out to their Regional Technical Rep or a member of the Technical Committee for assistance in the appeal or inquiry process.



Judges Certification Online Testing



New

Category Education & Certification

Category 3

- Online Written Theory
- Online Practical

Category 2

- Online Written Theory
- Live Practical

Category 1

- Online Written Theory
- Live Practical
- Offering Regional Opportunities to test



Competition Cards

Level 8 – Senior will now require competition cards

All comp cards and difficulty value sheets are available on the T&T website under forms



M/F _____
LEVEL _____
AGE-GROUP _____

INDIVIDUAL TRAMPOLINE

TEAM

NAME

Personal
Coaches

Use FIG Symbols ONLY

1 st VOLUNTARY			
	*	ELEMENTS	DD
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
			TOTAL:

↑

Indicate ALL Youth & Junior Elite requirements

Use FIG Symbols ONLY

2 nd VOLUNTARY		
	ELEMENTS	DD
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
		TOTAL:

FINALS		
	ELEMENTS	DD
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
		TOTAL:

MUST BE PRINTED ON LIGHT BLUE PAPER



Check each level carefully

Requirements Minimum Vs Mandated



Specific requirement

Example: Level 8 trampoline - One somersault with a minimum of 360° rotation and 360° of twist.

This requirement must be a ***FULL*** based on the requirements and the maximum element DD of 0.9

VS

Minimum Requirement

Example: Level 8 Double Mini - One somersault with a minimum of 360° twist performed once across the two routines.

This requirement could be a full or rudy based on the requirements and the maximum element DD of 1.5



What is the Consequence?

Exceeding Maximum Difficulty





Maximum Element Difficulty

Elements which exceed the maximum difficulty allowed will cause an interruption because it is deemed an illegal element at that level.



Maximum Routine Difficulty

The routine difficulty is capped at the maximum allowed for that level if all the elements within the routine are legal elements.

Trampoline



New Compulsories and Routine Requirements

Routine Sheets & New Code of Points

Trampoline Routines 2025 - 2029

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

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

Level 1 - Compulsory	FIG	Level 2 - Compulsory	FIG	Level 3 - Compulsory	FIG	Level 4 - Compulsory	FIG
1. Tuck Jump	o	1. Seat Drop		1. Front Drop	10 /	1. Back Somersault Tuck	40 s
2. Pike Jump	<	2. Front Drop Free		2. Seat Drop		2. Tuck Jump	o
3. Straddle Jump	x	3. Return to Feet		3. Return to Feet		3. Jump 1/1 Twist	02 /
4. Seat Drop		4. Tuck Jump	o	4. Tuck Jump	o	4. Straddle Jump	v
5. Return to Feet		5. 1/2 Twist to Seat Drop		5. Seat Drop		5. 1/2 Twist to Front Drop (Agiplane)	11 /
6. Jump 1/2 Twist	01 /	6. Return to Feet		6. 1/2 Twist to Seat Drop		6. Seat Drop	
7. Seat Drop		7. Pike Jump	<	7. 1/2 Twist to Feet		7. Return to Feet	
8. Hands & Knees Drop		8. Straddle Jump	v	8. Pike Jump	<	8. Jump 1/2 Twist	01 /
9. Front Drop		9. Back Drop Free	10 /	9. Straddle Jump	v	9. Pike Jump	<
10. Return to Feet		10. Return to Feet	10 s	10. Front Somersault Tuck	40 s	10. Front Somersault Pike	40 <

Levels 1 - 4 Exceptions

- Non-Simultaneous Two Feet Landing - 0.5
- 1 Intermediate Straight Jump - 1.0
- 2 Intermediate Straight Jumps (within a routine) - Interruption

Level 5 - Compulsory	FIG	Level 6 - Compulsory	FIG	Level 7 - Compulsory	FIG
1. Back Somersault Pike	40 <	1. 3/4 Back Somersault Straight	30 /	1. Back Somersault Straight	40 /
2. Tuck Jump	o	2. 1/2 Twist to Front Drop (Crane)	21 /	2. Barani Straight	41 /
3. Back Somersault Tuck	40 o	3. Return to Feet	10 /	3. Back Somersault Tuck	40 o
4. Straddle Jump	v	4. Tuck Jump	o	4. Pike Jump	<
5. 1/2 Twist to Front Drop (Agiplane)	11 /	5. Back Somersault Pike	40 <	5. Back Somersault Pike	40 <
6. Back Drop Free		6. Barani Pike	41 <	6. Barani Pike	41 <
7. Return to Feet		7. Pike Jump	<	7. Tuck Jump	o
8. Jump 1/2 Twist	01 /	8. Straddle Jump	v	8. Straddle Jump	v
9. Pike Jump	<	9. Barani Tuck	41 s	9. 3/4 Front Somersault Straight	30 /
10. Barani Pike	41 <	10. Back Somersault Straight	40 /	10. Ball Out Tuck or Barani Ball Out Tuck	50 s or 51 o

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

Level 8 - Open are eligible to attend USA Gymnastics Championships

Level 8 - Qualification: 2 Voluntary Routines / No Finals	
Routine 1	Routine 2
Maximum of 3 Non-somersaulting Elements	1 Somersault with a minimum of 360° Rotation and 360° Twist
7 Elements with Minimum of 270° Rotation	
Maximum Element DD 0.9	Maximum Element DD 0.9 Minimum Routine DD 4.0 Maximum Routine DD 6.0
Requirements	
Must contain 3/4 Back Somersault Straight, Cady Tuck (30 /, 50 s) performed once across 2 routines	
Must contain 3/4 Front Somersault, Barani Ball Out Free (30 /, 51) performed once across 2 routines	

Level 9 - Qualification: 2 Voluntary Routines / Finals: 1 Voluntary Routine	
Routine 1	Routine 2
Maximum of 2 Non-somersaulting Elements	Must contain 1 Double Somersault
8 Elements with Minimum 270° Rotation	
Must Contain 3/4 Back Somersault Free, Cady Free (30 (s, <, /), 50 (s, <, /)) or 3/4 Front Somersault Straight, Barani Ball Out Free (30 /, 51 (s, <, /))	Maximum Element DD 1.3 Minimum Routine DD 5.5 Maximum Routine DD 7.5
Maximum Element DD 1.3	
Requirements	
Must contain Back Somersault Straight with 360° Twist (42 /) performed once across 2 routines	
Must contain Front Somersault Straight with 540° Twist (43 /) performed once across 2 routines	
Finals: Same requirements as Routine 2	

Level 10 - Qualification: 2 Voluntary Routines / Finals: 1 Voluntary Routine	
Routine 1	Routine 2
Maximum 1 Non-somersaulting Element	Forward Double Somersault with 1/2 Out Twist
9 Elements with Minimum 270° Rotation	Free (30 1 (s, <, /))
Must contain Front Somersault Straight with 540° Twist (43 /)	
Must Contain 3/4 Back Somersault Free, Cady Free (30 (s, <, /), 50 (s, <, /)) or 3/4 Front Somersault Straight, Barani Ball Out Free (30 /, 51 (s, <, /))	Maximum Element DD 1.7 * Minimum Routine DD 7.0 Maximum Routine DD 11.5 *
Maximum Element DD 1.7 *	
17-21 Special Requirements	
* 17-21 Maximum Routine DD 13.5	
* 17-21 Maximum Element DD 2.0	
No triple somersaults, exception: Level 10 17-21	
Finals: Same requirements as Routine 2	

Open - Qualification: 2 Voluntary Routines / Finals: 1 Voluntary Routine	
Routine 1	Routine 2
Maximum 1 Non-somersaulting Element	
9 Elements with Minimum 270° Rotation	
Must Contain 3/4 Back Somersault Free, Cady Free (30 (s, <, /), 50 (s, <, /)) or 3/4 Front Somersault Straight, Barani Ball Out Free (30 /, 51 (s, <, /))	Maximum Element DD 2.0 Minimum Routine DD 7.0
Maximum Element DD 2.0	
Finals: Same requirements as Routine 2	

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



Level 1 - 4 Exceptions

Non simultaneous two feet landing
(0.5) per occurrence

First intermediate straight jump after
the initiation of the routine. (1.0)



Intermediate Straight Jump

After the initiation of the routine

- The intermediate straight jump may only be performed between elements that land on the feet.
- An interruption occurs, If an intermediate straight jump is performed between elements that land on parts of the body other than the feet.
- The second intermediate straight jump will cause an interruption and does not receive a penalty.



DEDUCTIONS

Landings on Trampoline

Landing with feet wider than shoulders is no longer an instability deduction.

For instability deductions to be applied, the feet must leave the bed

An out-bounce must achieve at least $\frac{1}{2}$ the height of the last element or it will be considered instability.



Tumbling



Tumbling Routines 2025 - 2029

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

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

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

Levels 1 - 2 Exceptions - 3 steps between elements or 3 sec. stop = interruption

Levels 3 - 4 Exceptions - Slight pause between elements = NO interruption

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

Levels 1 - 4 Exceptions - Unsuccessful Handstand (1 Try) - 1.0

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

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

Level 8 - Open are eligible to attend USA Gymnastics Championships

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

Level 8 - Qualification: 2 Voluntary Routines / No Finals			
Routine 1: 8 Elements		Routine 2: 8 Elements	
Minimum of 4 somersaults, one of which must be the last element (8th) with a minimum DD of 5.5		8th element must be a somersault with a minimum of 360° Twist	
Maximum of 1 somersault with 360° Twist in elements 2-6			
Maximum Element DD 5.9		Maximum Element DD 5.3	
Minimum Routine DD 1.6		Minimum Routine DD 1.8	
Maximum Routine DD 2.6		Maximum Routine DD 4.0	

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

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

Updated 06.17.25

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

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

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

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

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

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



Level 1 - 4 Exceptions

Levels 1 - 2: may take up to 2 steps or pause for 2 seconds. An interruption will occur for 3 steps or a 3 second stop.

Levels 3 - 4: May pause for 2 seconds between elements. Interruption will occur for any intermediate steps.

Level 2: One extra attempt at a handstand is a 1.0 penalty. Interruption for any additional attempts.

Levels 2 - 4: Performing a round-off from a stand instead of a power hurdle is a 2.0 penalty.

Levels 1 - 4: A rebound within a routine with a non-simultaneous 2-foot landing will result in instability and execution deductions. An interruption if a rebound clearly lands on one foot.

Levels 1 - 2: May perform a forward roll out to 2-feet and then take a step (preferred) OR perform a step-out with a 0.1 - 0.2 deductions for foot/knee separation on landing.



Levels 1 - 4

Levels 1 – 2 may pause for up to 2 seconds or take 2 steps between elements. Level 3 – 4 can take a slight pause between elements.

Movement Guide	
0.1 - 0.2	Rhythm causing loss of speed/acceleration
0.2	One second pause or 1 step
0.3	Wobbles/unstable feet with a 1-second pause
0.5	Two second pause or 2 extra steps
Interrupt	Three second stop or 3 steps



Repetition of an Element in Levels 8 – Open, Youth and Junior

- ✓ Except for back handsprings, whipbacks, round-offs and full twisting back somersaults, no element may be repeated if preceded by the same element within or over two qualification routines, or within or over the final routine(s).

Routines performed in the qualification round may be performed in the final round.

- ✓ Full twist backs can be performed a maximum of three times per routine; otherwise, the difficulty of any extra full twist back will not be counted.
- ✓ For Youth Elite and Junior, a full may only be performed as the last (8th) element once across the two routines of the round otherwise the difficulty will not be counted.

- ✓ Repeats are determined based on the preceding element



Repetition of an Element for Intermediate and Senior

Except for cartwheels, round-offs, back handsprings, front handsprings, whipbacks

NO element may be performed more than once during the two routines of the qualification or the final round otherwise, the difficulty of the repeated element will not be counted.

Full twisting back somersaults can be performed a maximum of three times per routine; otherwise, the difficulty of any extra full twisting back somersault will not be counted.



How to Judge a Power Hurdle/Round off

CJP	Levels 1 - 4
2.0 Penalty	Beginning round-off from a stand instead of a power hurdle
Interruption	<p>A run into a round-off instead of performing a power hurdle</p> <ul style="list-style-type: none">• <i>Compulsory level 1-7 passes only: A run is considered as 2 steps into a hurdle or 3 or more steps total.</i>



TUMBLING

When is a Double Somersault allowed at Level 9?

A double somersault is allowed at level 9 only as the 8th element based on maximum element difficulty.

A double somersault that is performed in elements 1–7, will cause an interruption of the routine



Hollow Push-up for 3 seconds

Level 2 Routine 2

Pass 2
1. Power hurdle, Round-off
2. Rebound
3. Back Roll Tuck
4. Back Roll Tuck
5. Back Roll Pike to Push-up Hollow Position for 3 seconds

The back roll pike to push-up position should show a pike as soon as possible. However, if a pike position is shown anywhere in the rollover, the element will receive credit. Arms may be bent or straight on the rollover but must be straight upon landing the push-up position.

The 6th element is a hollow push-up for 3 seconds. Judge this element for maintaining a strong hollow push-up position with straight arms for 3 seconds.



Level 2 Hollow Push-Up for 3 seconds

Deductions taken for lack of hold are in addition to form

Guidelines for Lack of Hold Deductions	
0.0	Hold for 3 seconds
0.1	Hold for 2 seconds
0.3	Hold for 1 second
0.5	No Hold

Before 3 seconds elapse, CJP may call landing deductions:

- Instability for moving the hands, feet or a wobble.
- A fall may be called if the knees fall to the mat before 3 seconds.

After 3 seconds have elapsed, the athlete may stand up any way they want.



Double Mini



Double Mini-Trampoline Routines 2025 - 2029

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

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

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

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

Level 3 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Mounter Straddle Jump	v	1. Spotter Tuck Jump	o
2. Dismount Pike Jump	<	2. Dismount Jump 1/2 Twist	01 /

Level 4 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Mounter Tuck Jump	o	1. Spotter Straddle Jump	v
2. Dismount Front Somersault Tuck	40 o	2. Dismount Front Somersault Pike	40 <

Levels 1 - 4 Exceptions

- Non-Simultaneous Two Feet Landing - 0.5
- 1 Intermediate Straight Jump - 1.0
- 2 Intermediate Straight Jumps (within a routine) - Interruption

Level 5 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Mounter Straddle Jump	v	1. Spotter Back Somersault Tuck	40 o
2. Dismount Barani Pike	41 <	2. Dismount Straddle Jump	v

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

Level 6 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Mounter Barani Tuck	41 o	1. Spotter Back Somersault Tuck	40 o
2. Dismount Back Somersault Tuck	40 o	2. Dismount Barani Tuck	41 o

Level 7 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Mounter Barani Pike	41 <	1. Spotter Back Somersault Pike	40 <
2. Dismount Back Somersault Straight	40 /	2. Dismount Barani Straight	41 /

Level 8 - Open are eligible to attend USA Gymnastics Championships

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

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

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

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

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

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

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



Level 1 - 4 Exceptions

One intermediate straight jump after the initiation of the first element (1.0)

Zone A is extended on the landing area (no penalty) for levels 1-4 ONLY

Mounting aids may be used to mount the Double Mini Trampoline

No interruption for a non simultaneous two-foot mount or landing (0.5 per occurrence)



Repetition of an Element in Levels 8 – Open, Youth and Junior

An element will be considered a repetition when:

Level 8: performed during the two routines of the Qualification round more than once as a mount, spotter or dismount element.

Level 9: performed during the three routines of Qualification and Final more than once as a mount, spotter or dismount element.

Level 10, Open, Youth or Junior: performed during the four routines of Qualification and Final more than once as a mount, spotter or dismount element.



Repetition of an Element for Intermediate and Senior

Qualification

No element may be repeated during the two (2) routines of Qualification, otherwise the difficulty of the repeated element will not be counted.

Finals

The same element may not be repeated during the two (2) routines of the final otherwise the difficulty of the repeated element will not be counted.



Judges Reminders

Something good to know for Coaches!



Clarification

- If an athlete clearly lands an element completely on the pads of the double mini trampoline with any part of the sole of a foot, or all the feet, the routine will be interrupted at that point, regardless of whether they can still perform a dismount or not.
- If it is not clear, then the athlete will be deemed to have brushed the pad and a 0.2 penalty from the total score will be taken.



Markings on the Double Mini and Tumbling Run-up

- Must be adhered to the floor
- The marking may not be chalk
- Must be removed prior to the next athlete



When Would the Deduction Apply?

Out Bounce Synchronized Trampoline

In synchronized competition, both competitors must either do an out-bounce or they must both stand still; otherwise, there will be a 0.4 pts. penalty taken from the total score in which the offense occurs.

In the case of one gymnast making a complete and immediate stop while the other only partially stops and reduces half of the height of the last element, this would not constitute a penalty, since it would not be classified as an out-bounce

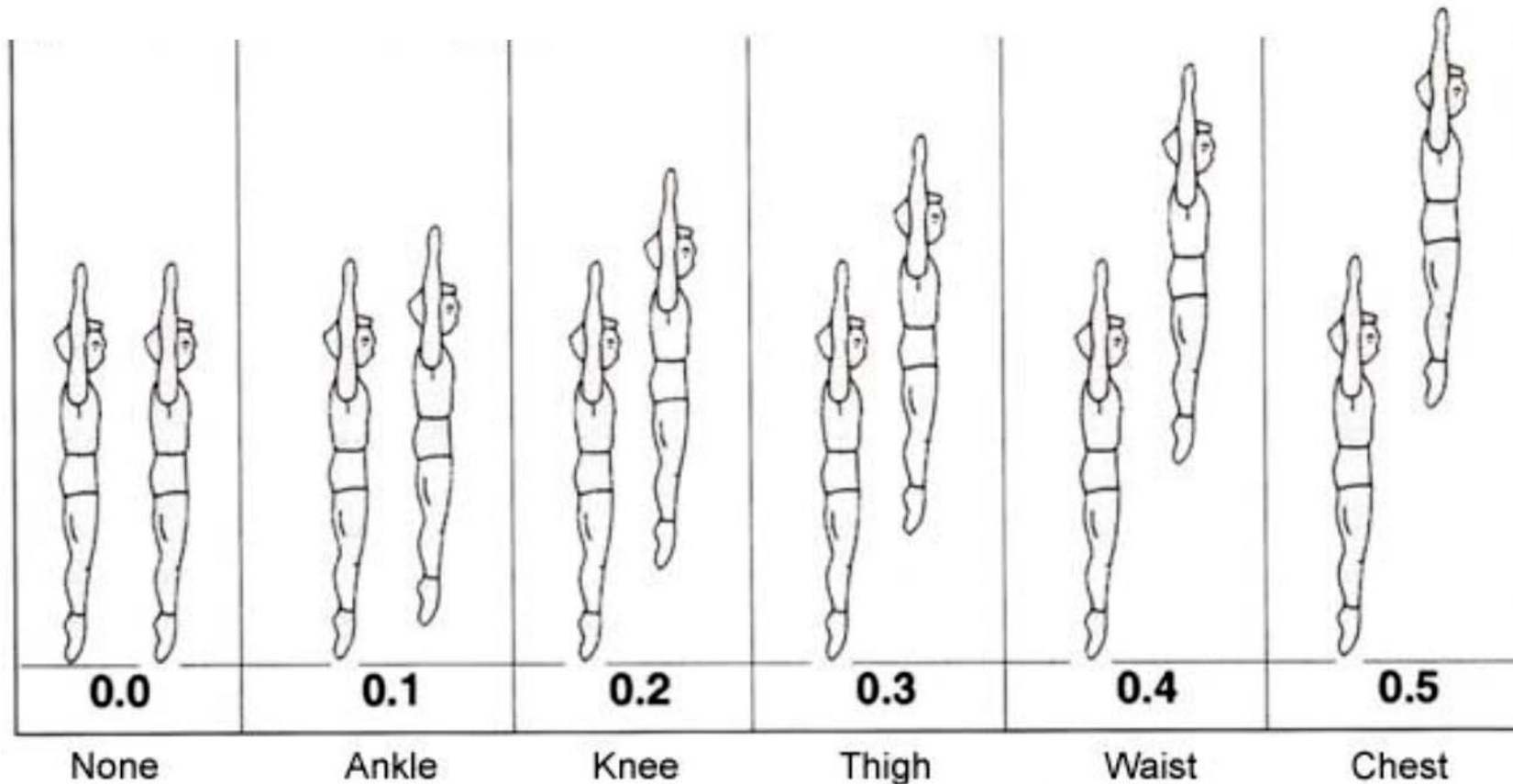


Synchronized Judging Guidelines

- The preferred method of evaluating the synchronized (S) score is an electronic evaluation system available through the HDTS system or Veriflite.
- When that is not available, one of the following methods should be utilized.
- In synchronized competition, if one of the competitors is more than $\frac{1}{2}$ an element ahead of their partner, the Chair of the Judges Panel may deem they have performed different elements and interrupt the routine.



When Evaluating Synchro as an S-Judge



A missing (S) Synch Score

- When an (S) judge misses showing their marks, the remaining judges mark is used as the (S) score.
- When back-up video is available along with an electronic evaluation system the following is completed by the CJP/Meet Referee/Designee



Synchronized Trampoline and Use of back-up video

Conversion time to video frames 100 frames/sec

Deductions	Time difference	Difference in Frames		Deductions	Time difference	Difference in Frames
0.05	0.02	5		0.55	0.22	55
0.10	0.04	10		0.60	0.24	60
0.15	0.06	15		0.65	0.26	65
0.20	0.08	20		0.70	0.28	70
0.25	0.10	25		0.75	0.30	75
0.30	0.12	30		0.80	0.32	80
0.35	0.14	35		0.85	0.34	85
0.40	0.16	40		0.90	0.36	90
0.45	0.18	45		0.95	0.38	95
0.50	0.20	50		1.00	0.40	100



1. On the official video count frames of differences in landing per element:

Frames per second (frequency)	50	100	120	200	240
Max. frames counted per element	20	40	48	80	96

(Note: the maximum deduction per landing is 1.0 pts)

2. Divide total number of frames by frequency to get total time.

3. Multiply the total time by 2.5 or divide by 0.4 to get total deduction per exercise.

Example: (Video 120 25 frames/sec)

a) Total 82 frames

b) $82 / 120 = 0,6833$ sec

c) $0,6833 \times 2,5 = 1,708$ pts deduction

d) $10 - 1,708 = 8,292 = 8,29$ mark for synchronization



Who can Allow a 2nd Attempt?

A possible 2nd attempt **requires a conference** with the Meet Referee and Meet Director.





**The T&T Program Wishes everyone a
successful Year**

