

2026 - 2027 Coaches T210

USA Gymnastics Trampoline & Tumbling



USA GYMNASTICS | 2026 – 2027 Coaches T210

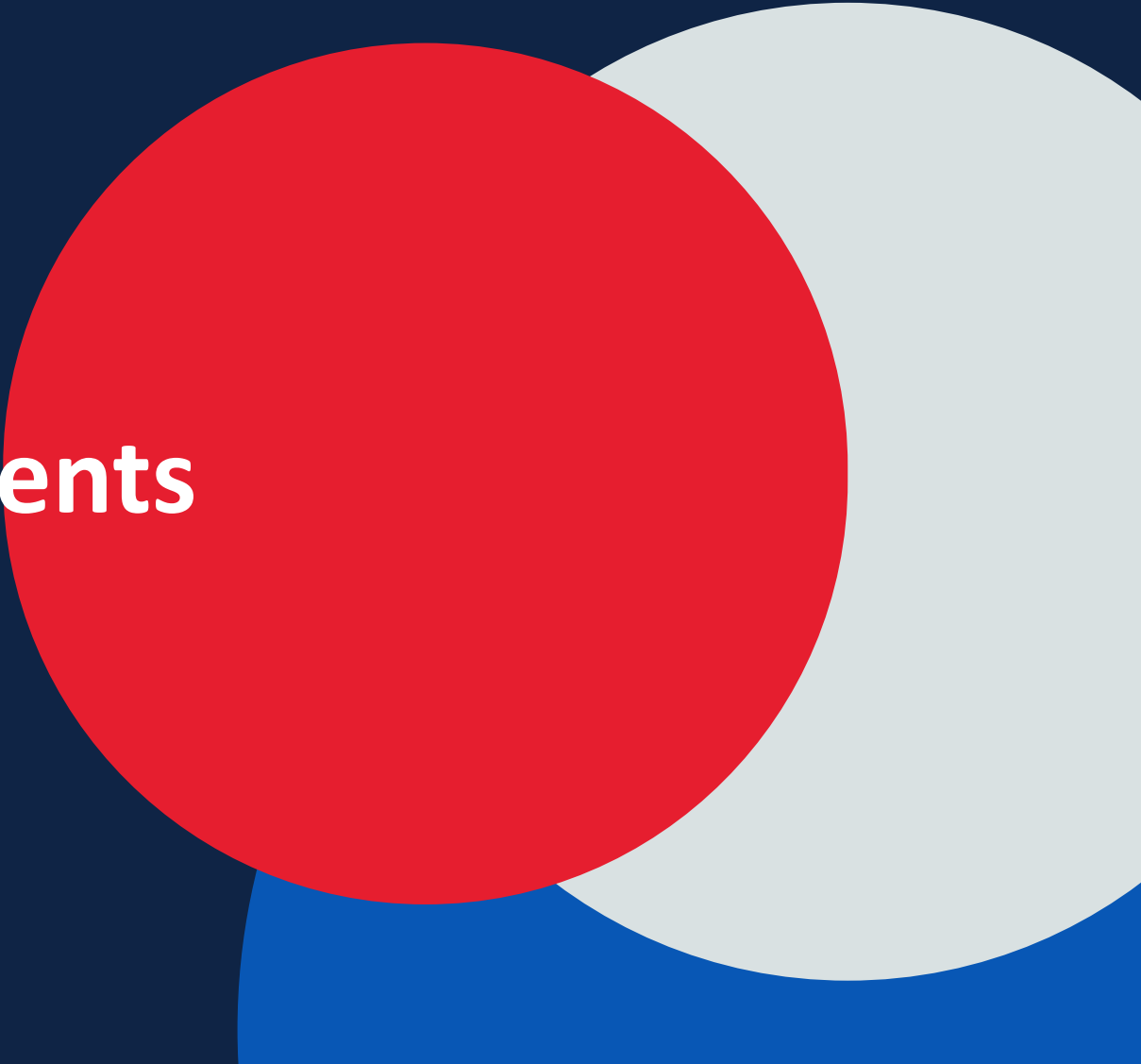
New Rules & Clarifications

USA Gymnastics Trampoline & Tumbling Program

All New Rules

**All New Rules Take
Effect
August 1, 2026**

Sanctioned Events

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Sanctioned Competition & End Time

First flight of competition
should not be originally
scheduled earlier than
8:00 am

Last flight of competition
should be scheduled to
before 10:00 pm

In the event of extenuating
circumstances, the meet
director in consultation
with the meet referee and
other relevant leadership
personnel

(e.g. committee members,
athlete representatives,
etc.)

May reschedule flight start
and end times within a
reasonable window.



Flights

2026 - 2027 Coaches T210

Athletes should be ready to start at the time and in the order as listed in the start list. In the case of an extenuating circumstance, the CJP may authorize an athlete to compete outside of the published order. Otherwise, a designation of Did Not Start will be given.

The decision may be made in consultation with the Meet Referee.



New Age Groups for Level 10

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Modification to Age Groups

Open 22+

To create a more consistent and inclusive competitive experience for our athletes, the Open 22+ division has been transitioned into the Level 10 17+ division, allowing these athletes to continue competing in a strong and supportive age-appropriate development division.

Routines Requirements will remain the same as the Current Level 10 17-21

TRAMPOLINE

8. Level 10 Individual Competition Qualification – Two Voluntary Routines

8.1. Routine 1 – Voluntary routine requirements

- 8.1.1. Maximum one non-somersaulting element
- 8.1.2. Nine elements with minimum of 270° rotation
- 8.1.3. Must contain front somersault straight with 540° of twist (43/)
- 8.1.4. Must contain $\frac{3}{4}$ back somersault free, Cody free or $\frac{3}{4}$ front somersault straight, barani ball out free
- 8.1.5. Maximum element difficulty
 - 8.1.5.1. Age groups 10U, 11-12, 13-14 & 15-16: 1.7
 - 8.1.5.2. Age group 17+: 2.0
- 8.1.6. No triple somersaults are allowed for Level 10 or below, except for Level 10 17+ age group.

8.2. Routine 2 – Voluntary routine requirements

- 8.2.1. Minimum one forward double somersault with $\frac{1}{2}$ out twist in the second rotation (801) free position.
- 8.2.2. Maximum element difficulty:
 - 8.2.2.1. Age group 10U, 11-12, 13-14 & 15-16 Age groups 1.7
 - 8.2.2.2. 17+ Age Group 2.0
- 8.2.3. Minimum routine difficulty 7.0
- 8.2.4. Maximum routine difficulty:
 - 8.2.4.1. 10U, 11-12, 13-14 & 15-16 Age Groups 11.5
 - 8.2.4.2. 17+ Age Group 13.5
- 8.2.5. No triple somersaults, exception: Level 10 age group 17+



TUMBLING

8. Level 10 Competition Qualification – Two Voluntary Routines

8.1. First routine – Routine 1 requirements

8.1.1. Must contain one double somersault placed anywhere in the routine.

8.1.2. The 8th element must be a minimum of single somersault

8.1.3. Maximum element difficulty

8.1.3.1. Age groups 10U, 11-12, 13-14, 15-16: 3.2

8.1.3.2. Age group 17+ 4.8

8.1.4. Minimum routine difficulty

8.1.4.1. Age groups 10U, 11-12, 13-14, 15-16: 3.0

8.1.4.2. Age group 17+ 3.0

8.1.5. Maximum routine difficulty 8.2

8.1.5.1. Age groups 10U, 11-12, 13-14, 15-16: 8.2

8.1.5.2. Age group 17+ No maximum

8.2. Second routine – Routine 2 requirements

8.2.1. Eighth element must be a double somersault.

8.2.2. Maximum element difficulty

8.2.2.1. Age groups 10U, 11-12, 13-14, 15-16: 3.2

8.2.2.2. Age group 17+ 4.8

8.2.3. Minimum routine difficulty

8.2.3.1. Age groups 10U, 11-12, 13-14, 15-16: 3.0

8.2.3.2. Age group 17+ 3.0

8.2.4. Maximum routine difficulty

8.2.4.1. Age groups 10U, 11-12, 13-14, 15-16: 8.2

8.2.4.2. Age group 17+ No maximum



DOUBLE MINI TRAMPOLINE

8. Level 10 Competition Qualification – Two Voluntary Routines

- 8.1. First routine – 1st voluntary routine requirements
 - 8.1.1. Maximum element difficulty
 - 8.1.1.1. Age groups 10U, 11-12, 13-14, 15-16 4.4
 - 8.1.1.2. Age group 17+ 5.7
 - 8.1.2. Minimum routine difficulty
 - 8.1.2.1. Age groups 10U, 11-12, 13-14, 15-16 2.7
 - 8.1.2.2. Age group 17+ 2.7
 - 8.1.3. Maximum routine difficulty
 - 8.1.3.1. Age groups 10U, 11-12, 13-14, 15-16 8.4
 - 8.1.3.2. Age group 17+. No maximum
- 8.2. Second routine – 2nd voluntary routine requirements
 - 8.2.1. Maximum element difficulty
 - 8.2.1.1. Age groups 10U, 11-12, 13-14, 15-16 4.4
 - 8.2.1.2. Age group 17+ 5.7
 - 8.2.2. Minimum routine difficulty
 - 8.2.2.1. Age groups 10U, 11-12, 13-14, 15-16 2.7
 - 8.2.2.2. Age group 17+ 2.7
 - 8.2.3. Maximum routine difficulty
 - 8.2.3.1. Age groups 10U, 11-12, 13-14, 15-16 8.4
 - 8.2.3.2. Age group 17+ No maximum
- 8.3. All elements must contain a minimum of 360° of rotation.



USA GYMNASTICS | TRAMPOLINE & TUMBLING COACHES T210

Foreign Athletes Members

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Non-Citizen Athletes

Non-Citizen Athlete

World Gymnastics (WG) regulations require that all foreign athletes (anyone without United States Citizenship), regardless of age or competition level, must gain permission from the gymnastics federation of their country of citizenship and from USA Gymnastics before they may compete in any USAG sanctioned event.

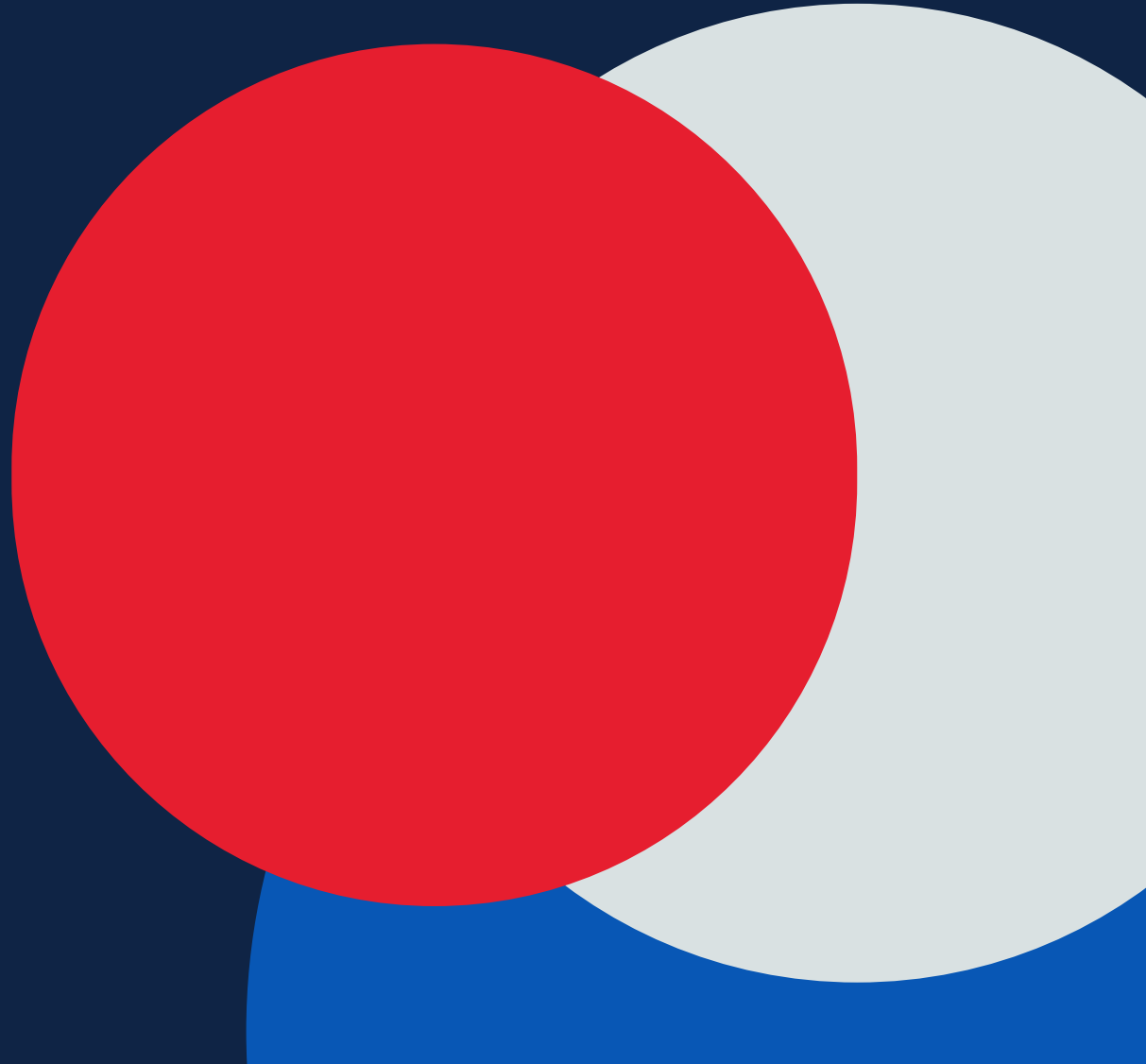
Non-Citizen Athletes

Non-Citizen Athlete

Non-citizen USAG Athlete members who are residents, living and training in the United States are allowed to compete/participate in USAG sanctioned events with full privilege and will receive a duplicate award up to and including selection events, Winter Classic, Elite Challenge and USA Gymnastics Championships and will not take the place of a U.S. citizen.

At USA Gymnastics Championships, Elite foreign athletes may not participate.

Eligibility



Process is Dependent on the Type of Competition

Eligibility
Competitions

No Approval
Required

State & Regional
Participation
Requirement

Program Director
Prior Approval

On Site Injury
Approval
Requested within
48 hours



Saluting for Eligibility

Athletes are no longer required to have prior approval from the Program Director to salute at a competition to meet the eligibility requirements for National Qualification.

Athletes are required to have the Program Director's approval to salute as part of the participation requirement for **State and Regional Championships**.

If the athlete is injured onsite and unable to compete, they may apply immediately after the competition. Forms are provided online.

For State and Regional Championships:

Medical documentation along with the official exemption request form must be submitted to the Program Director prior to the qualification competition for review.

Injuries occurring outside of a reasonable request window for prior approval (e.g., athlete becomes injured during the competition warm-up) may submit the exemption request form promptly after the qualification competition occurs.

DISCIPLINES

TRAMPOLINE & TUMBLING

Trampoline & Tumbling > **Trampoline & Tumbling Program Forms**

T&T Home

T&T Member Updates

T&T National Team

Elite Program

Elite Development Program

Development Program

Adaptive Program

Events & Calendars

Rules & Policies

Mobility And Qualification

Judges

Forms

Committee Minutes

Resources

Scholarships

Trampoline & Tumbling Program Forms

Rules And Policies Forms

- [Official Inquiry Form](#)
- [National Events Refund Request](#)
- [Development Mobility Tracking and Request forms](#)
- [Elite Mobility Submission Instructions](#)
- [Petition to USA Gymnastics Championships](#)
- [International Participant Request](#)
- [2026 Athlete Funding Tiers & National Team Event Absence Request](#)
- [Eligibility & Required Competition Exemption Request](#)



Competition Forms

- [Comp Card: Trampoline](#)
- [Comp Card: Tumbling](#)
- [Comp Card: Double Mini Tramp](#)

Saluting for a Score of Zero

- **At Selection and National Events**
 - Athletes may not salute to move forward to the final round or from F1 to F2.
 - Athletes may not salute in the final to be considered for final placement to earn an award.

Eligibility Competitions for Development Levels

Athletes are not required to compete in all events in which they wish to earn eligibility and qualify to Nationals.

Eligibility for Development Levels

Eligibility Competitions Must
Take Place Prior to the Final
Qualification Competition.

Eligibility for Development Levels

Levels 5 – 10 are required to have two eligibility competitions by the end of their qualification process. Eligibility requirements must be achieved by Regional Championships.

- ❖ Eligibility competitions are NOT required to attend state and regionals.
- ❖ Eligibility competitions ARE required to use State and Regionals as a qualification competition.



Levels 5 -7 Eligibility

Winter Classic Eligibility Competition

**Only Levels 5 – 7 may use Winter Classic
as one of their two required eligibility
competitions.**



Levels 8-10 Eligibility

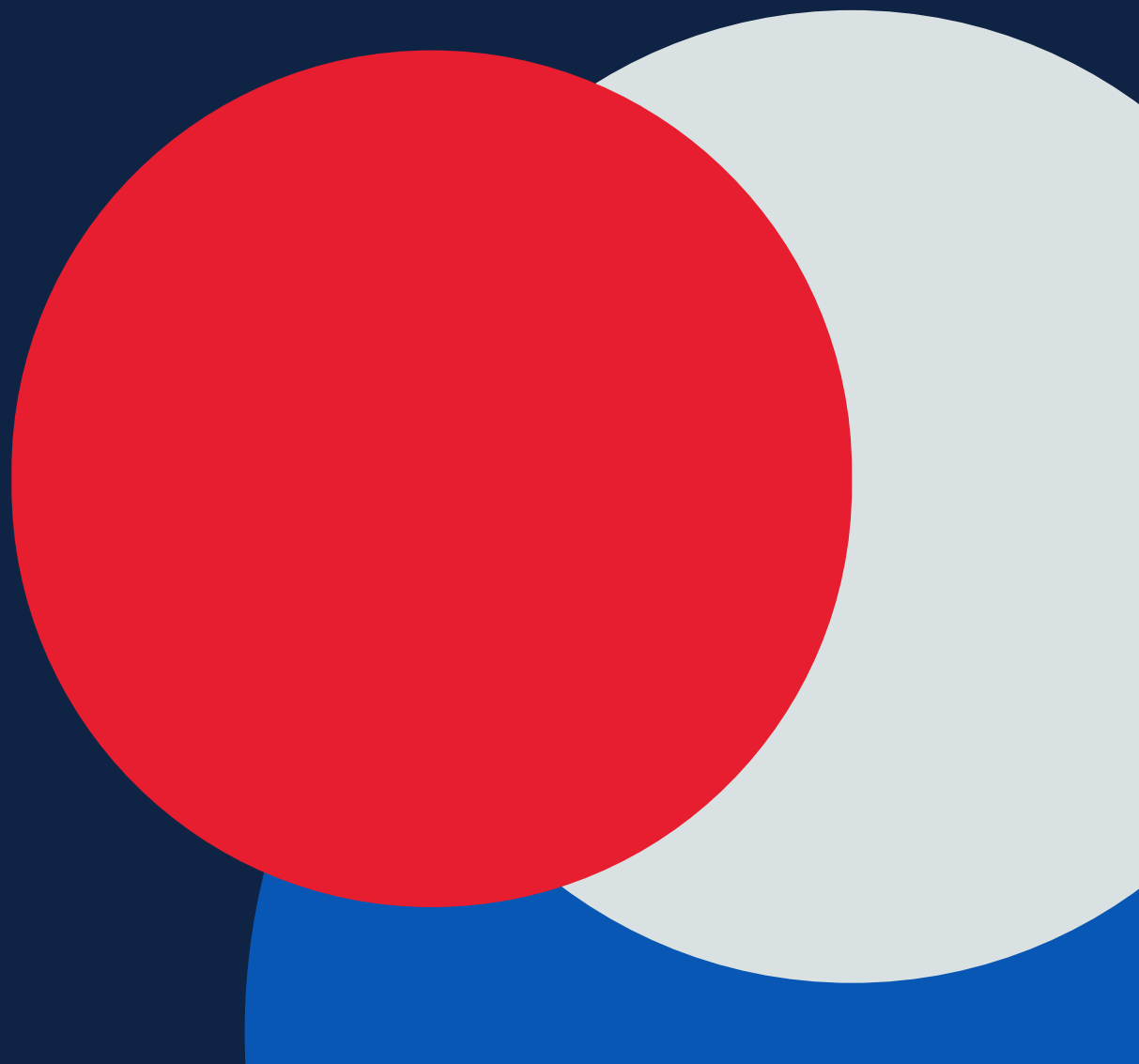
**Winter Classic is designated as a
Qualification Competition for
Levels 8–Senior and may not be
used as an eligibility competition
for levels 8 – 10**



Elite Levels Eligibility

Youth, Junior, Intermediate and Senior Elite athletes are required to attend 3 of the 4 qualification competitions as part of their qualification requirements.

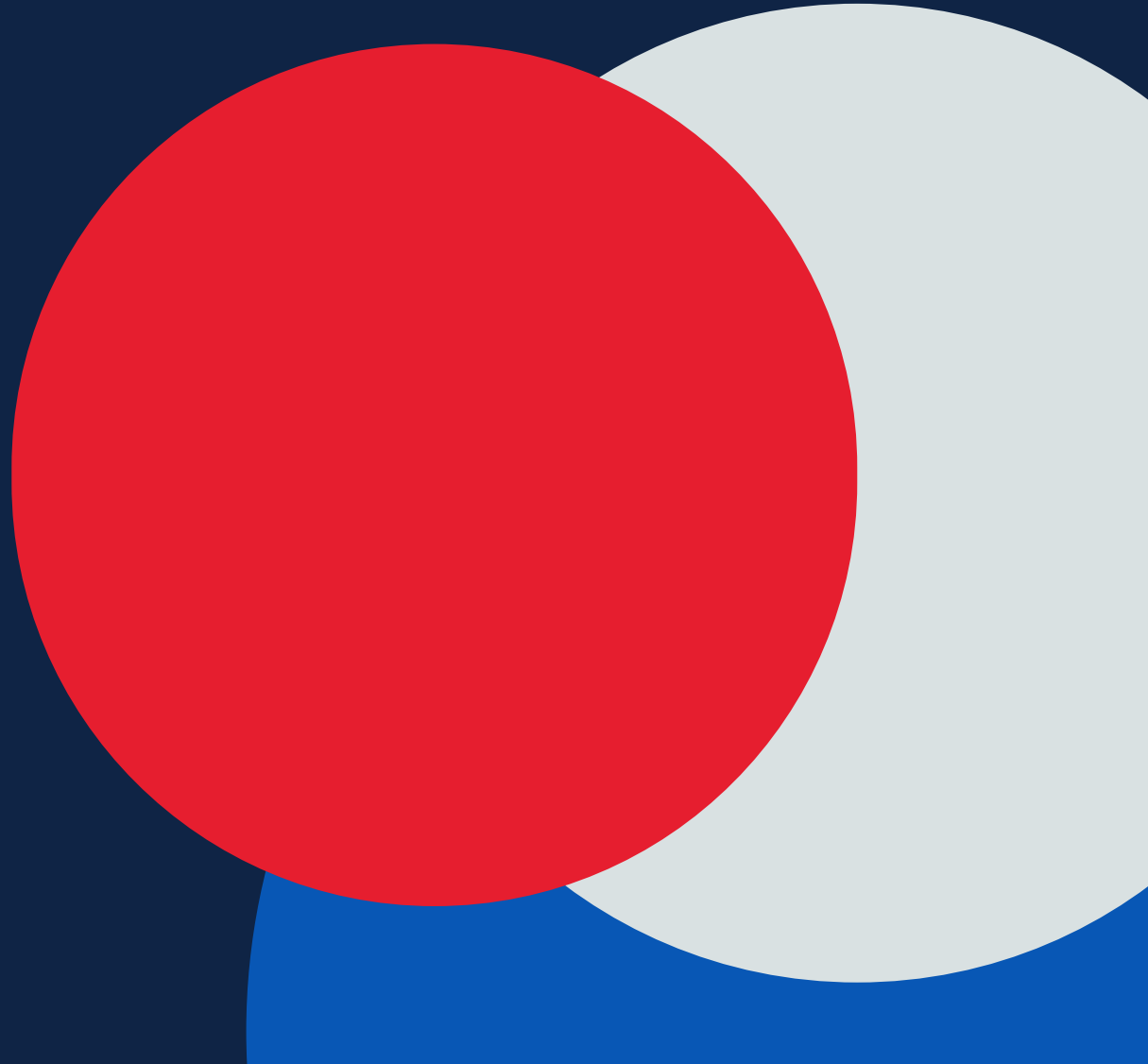
Safety



Safety Rules

Athletes may not perform elements on the apparatus while wearing casts, hard splints, walking boots, or other rigid or bulky immobilization devices. Braces or supportive devices prescribed by a licensed medical professional for a specific medical condition may be worn when they are determined to be appropriate and safe for participation. Such braces must be solid in color. All tape must be solid white, tan, or black in color for all levels.

Apparel



Apparel

Trampoline shoes and or foot covering must be white. If a unitard or long tights are worn; shoes/foot covering may be in the same color as the unitard/long tights.

Logos and colors that do not create a big contrast are acceptable.



Apparel

Socks are no
longer
required to
be ankle
length



Apparel

REMINDER: At USA

Gymnastics sanctioned events
bandages or support pieces may be
tan, black or white.

At all *International* competitions
bandages or support pieces must
not create a large contrast to the
athlete's skin.





National Qualification

USA Gymnastics | Trampoline & Tumbling

National Qualification Scores/Requirements

Some National Qualification scores have been modified based on some World Gymnastics (WG) changes to the judging Rules

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Level 8-Elite Qualification

Winter Classic Qualification Competition

**Only Level 8 – Elite may use Winter
Classic as one of their Qualification
Competitions.**

Qualification

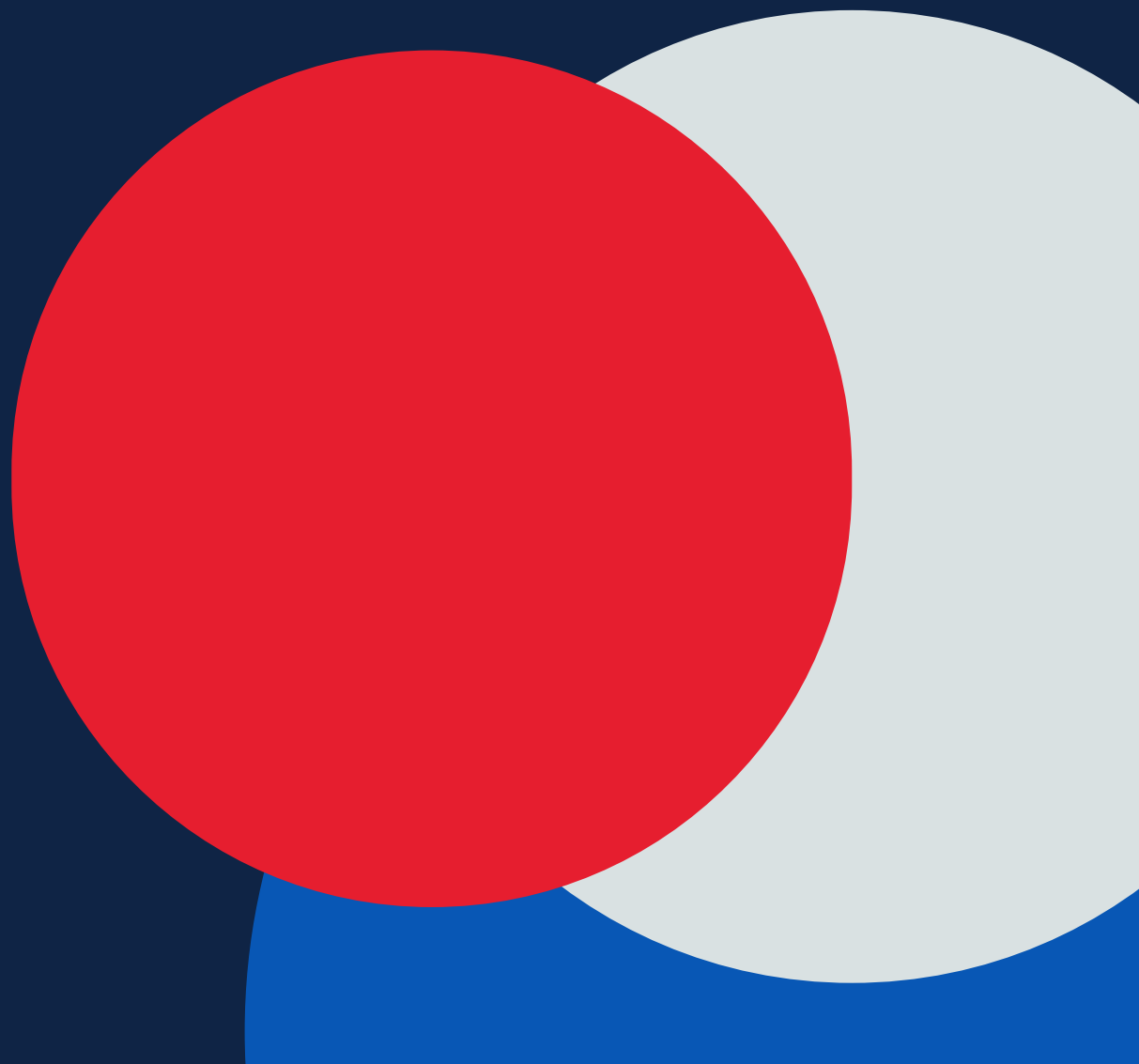
Level 10 Competitors

Beginning in 2027 may use Elite Challenge as a fourth qualification opportunity



USA GYMNASTICS | 2026 – 2027 Coaches T210

Synchronized Trampoline Qualification



DEVELOPMENT PROGRAM: Levels 9 & 10

2 Eligibility
Competitions

Must Hit a
Qualifying Score

Must Attend State
Championships

Must Attend
Regional
Championships

Must Qualify as a
Pair for Both
Mixed & Gender
Pairs



ELITE PROGRAM: Youth Elite – Junior Elite – Intermediate Elite – Senior Elite

Must participate in one of the following synchronized trampoline competitions during the current competitive season

Winter Classic, Elite Challenge
State or Regional Championships

Must meet the applicable individual qualification criteria.

Athletes may compete with a different partner at the National Championships so long as both partners have met all qualification criteria.



Qualification Scores

Level	Trampoline	Tumbling	Double Mini
5	14.0	34.4	36.6
6	14.5	32.8	36.6
7	15.0	32.6	36.6

Qualification by Level and Age Group

Age-Group	Trampoline	Tumbling	Double Mini	Synchro
Level 8				
8 & Under	52.0	35.40	39.40	N/A
9-10	52.0	35.40	39.70	N/A
11-12	52.5	35.40	39.90	N/A
13-14	53.0	35.80	40.10	N/A
15 & Over	53.5	36.20	40.50	N/A

Qualification by Level and Age Group

Age-Group	Trampoline	Tumbling	Double Mini	Age-Group	Synchro
Level 9					
8 & Under	52.50	36.90	40.00		N/A
9-10	52.50	36.90	40.60		N/A
11-12	52.70	37.30	40.90	12 & Under	37.50
13-14	52.70	37.30	41.30	13 & Over	37.50
15 & Over	52.90	37.70	41.70		N/A

Qualification by Level and Age Group

Age-Group	TRA	TUM	DMT	Age-Group	SYN
Level 10					
10 & Under	78.00	38.40	41.50		N/A
11-12	78.00	38.40	42.00		N/A
13-14	78.50	38.80	42.50	14 & Under	39.00
15-16	78.50	38.80	43.00	15-16	39.00
17 & Over	79.00	38.80	43.00	17 & Over	39.00

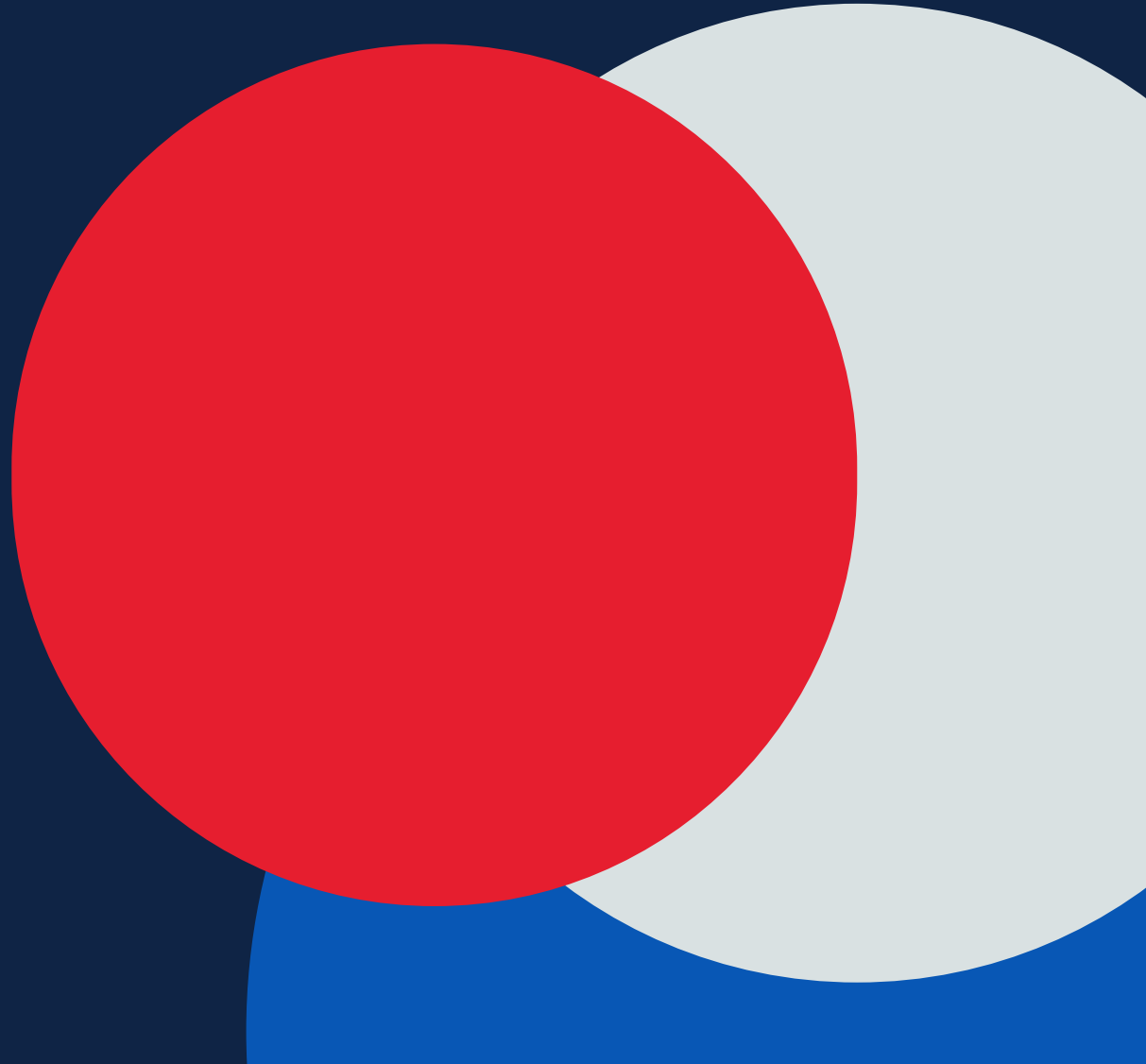
Elite National Qualification Scores - REVISED

Trampoline

Division	R1+R2 Total Score (incl. ToF)
YE 11/12 Female	79.6
YE 11/12 Male	79.6
YE 13/14 Female	81.6
YE 13/14 Male	82.1
Junior Female	83.5
Junior Male	85.0
Intermediate Female	46.1
Intermediate Male	47.6
Senior Female	47.6
Senior Male	50.9



Mobility



Mobility

REMINDER:

Athletes may compete up to two levels per event at invitational, mobility, and eligibility competitions at the discretion of the Meet Director.

(The Meet Director determines the process and the entry fee for the additional level).

At State, Regional, and National Championships athletes can only compete and mobilize one level.

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.

Revised Development Program Mobility Scores

Trampoline		Tumbling		Double Mini	
Level	Total Score	Level	Total Score	Level	Total Score
4 to 5	15.0	4 to 5	36.6	4 to 5	37.1
5 to 6	15.0	5 to 6	34.8	5 to 6	37.1
6 to 7	15.0	6 to 7	33.6	6 to 7	37.1
7 to 8	15.0	7 to 8	33.6	7 to 8	37.1
8 to 9	53.5	8 to 9	36.8	8 to 9	40.5
9 to 10	54.0	9 to 10	39.5	9 to 10	41.7

Elite Mobility

New Process: Beginning in the 2026-2027 Season, Elite Mobility will be uploaded and reviewed using a new application.

- ❖ Register and pay using the USA Gymnastics Sanction system
- ❖ Download and utilize the new GymPass App
- ❖ Details and instructions will be located on the USAG Website T&T page

Elite Mobility

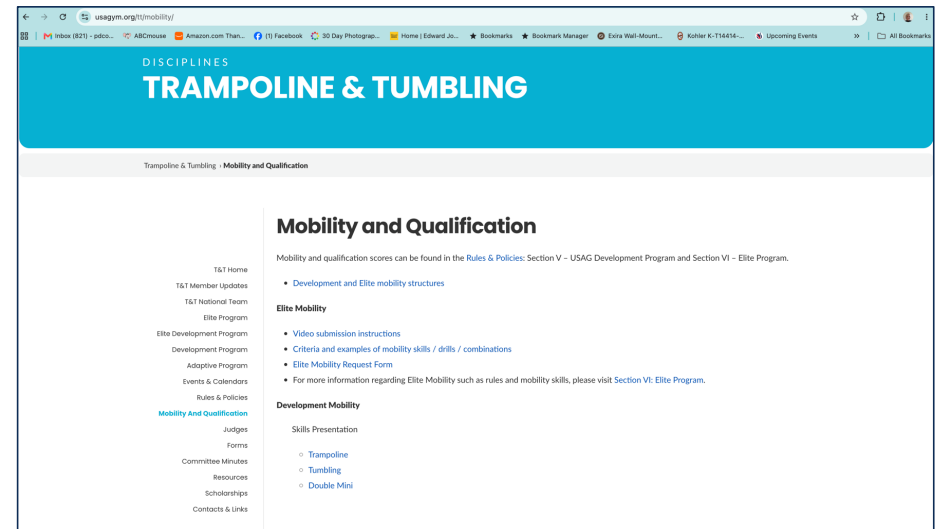


GymPass

Elite Mobility

Open

Athletes who competed in the 2026 season as an Open athlete will use the level 10 mobility criteria to mobilize



Elite Mobility - Section VI of the Rules & Policies

C. Mobility System

1. Goals of the mobility system
 - a. To increase access to elite mobility opportunities, while
 - b. Maintaining the quality and prestige of the Elite Program; and
 - c. Ensuring the development of the Team USA pipeline for high performance at international events.
2. The mobility system has two parts:
 - a. Athletes must demonstrate proficiency in the previous level.
 - b. Submission of required skill / drill / combination performed with proficiency.
 - i. [Click here](#) for video submission instructions.
 - ii. After both steps have been achieved, apply for mobility by registering in meet reservation (virtual competitions) to participate in a mobility sanction.
 - iii. Once registration is complete, a mobility request form and link to submit videos, results, and details will be sent from ttmobility@usagym.org.
 - iv. [Click here](#) for assessment criteria for the skills / drills / combinations.
 - v. [Click here](#) for video examples of all skills / drills / combinations.
3. The following levels can be mobilized from -> to:
 - a. Level 10 -> Youth Elite
 - b. Level 10 -> Junior Elite



The background features a dark navy blue field. In the upper center, a small cyan circle is partially visible. On the right side, a large, light grey-blue circle overlaps the edge. A large, vibrant red shape, resembling a thick curved line or a partial circle, sweeps from the bottom left towards the right, overlapping the grey-blue circle. A smaller, darker red circular segment is visible at the bottom left, partially obscured by the red shape.

Warm-Up Rules

USA Gymnastics | Trampoline & Tumbling

If a general training or warm-up session is offered prior to competition, a 1 or 2 touch warm-up depending on the number of routines performed in competition, will be provided immediately prior to flight competition.

If NO general training or warm-up sessions are provided prior to competition, a 3 touch warm-up will be provided immediately prior to flight competition

Level 8 – 10: 15 Minute warm-up per flight with no additional touches. All athletes must get the minimum number of touches that are required when a general warm-up is not offered.

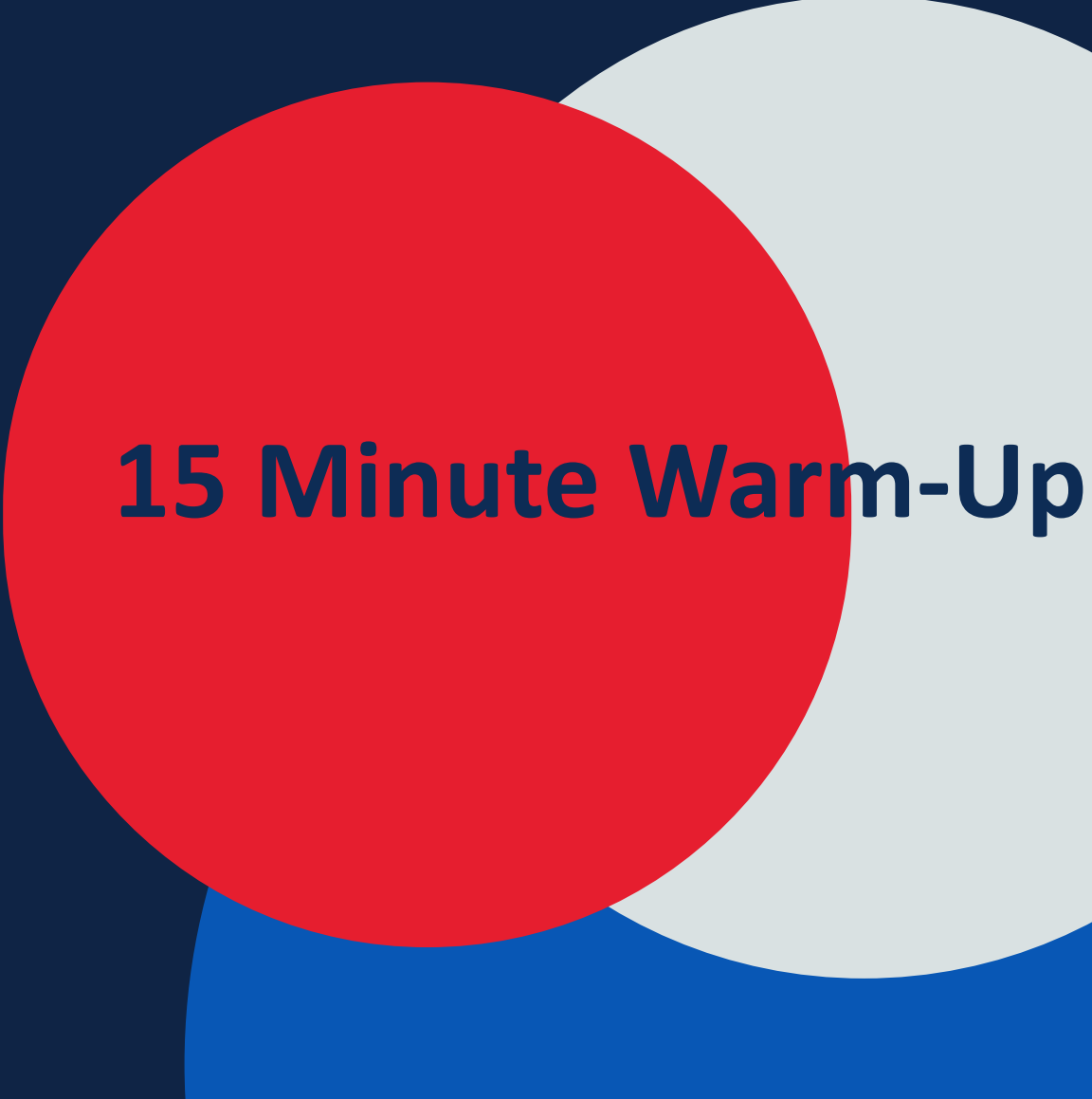
*Correction to the Webinar information

Synchro Warm up Level 9 - Elite

Train – Train – Train

Athletes need to be ready for any warm-up scenario that may arise in the upcoming season.

Be sure to train your athletes to be ready to compete in any of the options that are allowed.



15 Minute Warm-Up

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Petition to National Championships

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Petition to National Championships

Level 8

Level 9

Level 10

Must have competed
in the same level and
discipline at the
previous USA
Gymnastics
Championships

Must have placed 1st,
2nd, or 3rd in the same
event at the previous
USA Gymnastics
Championships or
who were in the top
fifty (50) percent of
those who competed

Petition to National Championships

Athletes who competed in a lower level in the same discipline at the previous USA Gymnastics Championships, where mobility is required to compete in their current level (for example, IE to SR) are not eligible to petition to USA Gymnastics Championships.

Youth Elite

Junior Elite

**Intermediate
Elite**

**Senior
Elite**

Petition to National Championships

Exception: Junior National Team members who age into Intermediate or mobilize into Senior and are unable to fulfill the qualification process may petition to compete at Nationals in the same event they were on the National Team at their new level.

Youth Elite

Junior Elite

**Intermediate
Elite**

**Senior
Elite**

Petition to National Championships

Senior, Intermediate, Junior, and Youth elite athletes are required to have placed either 1st, 2nd, or 3rd, or in the top fifty (50) percent in the same discipline at the previous USA Gymnastics Championships

Youth Elite

Junior Elite

**Intermediate
Elite**

**Senior
Elite**

TRAMPOLINE RULE CHANGES

MAXIMUM DEDUCTIONS FOR POSITION OF THE LEGS: (0.3)

Position of legs

Bent knees in the pike and straight positions
during the flying phase

0.1-0.2

Feet not together

0.1

Knees not together

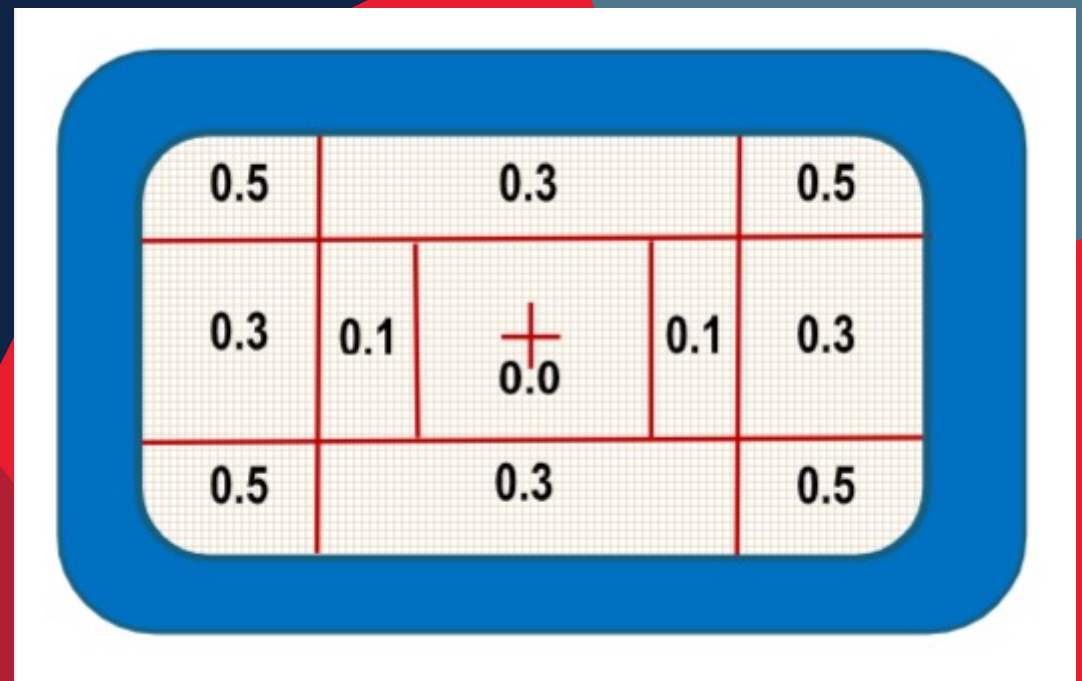
0.1

Toes not pointed

0.1

TRAMPOLINE RULE CHANGES

HORIZONTAL DISPLACEMENT



The diagram illustrates the horizontal displacement zones on a trampoline. It features a central rectangular area with a blue border, divided into a 3x3 grid of zones. The zones are labeled with numerical values representing horizontal displacement. The central zone is marked with a red cross and the value 0.0. The zones are arranged as follows:

0.5	0.3		0.5	
0.3	0.1	0.0	0.1	0.3
0.5	0.3		0.5	

TRAMPOLINE CLARIFICATION

Level 8 Routine 2

- One somersault with a minimum of 360° rotation and minimum of 360° of twist
- Maximum element difficulty 0.9
- Minimum routine difficulty 4.0
- Maximum routine difficulty 6.0

Trampoline Competition Card



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 Level 8, Youth & Junior Elite requirements

Use FIG Symbols ONLY

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

Indicate Level 8 requirements

FINALS

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

Level 8 Routine
 Requirements Must be
 Marked with an * Asterisk

MUST BE PRINTED ON LIGHT BLUE PAPER





USA GYMNASTICS | Trampoline & Tumbling Coaches T210

Clarifications

USA Gymnastics Trampoline & Tumbling Program

Spotter Mat

. USA GYMNASTICS | 2026 – 2027 Coaches T210

On DMT/TUM If a coach/spotter throws in a mat after an athlete has landed, but before the salute, and the mat touches the athlete or the athlete steps on the mat, it is considered “Assistance from a spotter after landing” and receives a 1.0 landing deduction.

Trampoline is different - “Touching or stepping on anything other than the trampoline bed” for a landing deduction of 0.5

Landing Deduction or Interruption?

NEW

For All Levels:

If a gymnast touches the track or the landing zone/area with his feet during landing, but they never shows a recognizable landing preparation and falls to face, knees, hands and knees, front or back in the same movement, the element will not be counted. There will be no extra deduction for the fall.

Reminder:

Important information to know:

Former USA Gymnastics Level 9–10 athletes who have not competed for two competitive cycles or less may be reinstated at their previous level

Former USA Gymnastics Level 9–10 athletes who have not competed for more than two competitive cycles must re-enter at Level 8 or below and complete the applicable mobility requirements.



Reminder:

Reinstatement

Former USAG Elite Athletes

1. Reinstatement to the Elite Levels for athletes that have been out for less than two full competitive cycles:
 - a. Athletes do not need to reinstate. They may enter the competition at the level previously competed prior to the injury or time off.
2. Reinstatement to Elite Levels for athletes that have been out for more than two full competitive cycles:
 - a. The athlete must submit an Elite Athlete Reinstatement Form with all requested documentation to the current Elite Committee Chair.
 - b. After receiving acknowledgement that the current Elite Committee Chair has approved the elite athlete reinstatement, the athlete may register to participate in a USAG sanctioned event at one level lower than their previous level.
 - c. Having competed in the lower level for at least two sanctioned competitions, a reinstated athlete may apply to mobilize to their original level (see section VI).

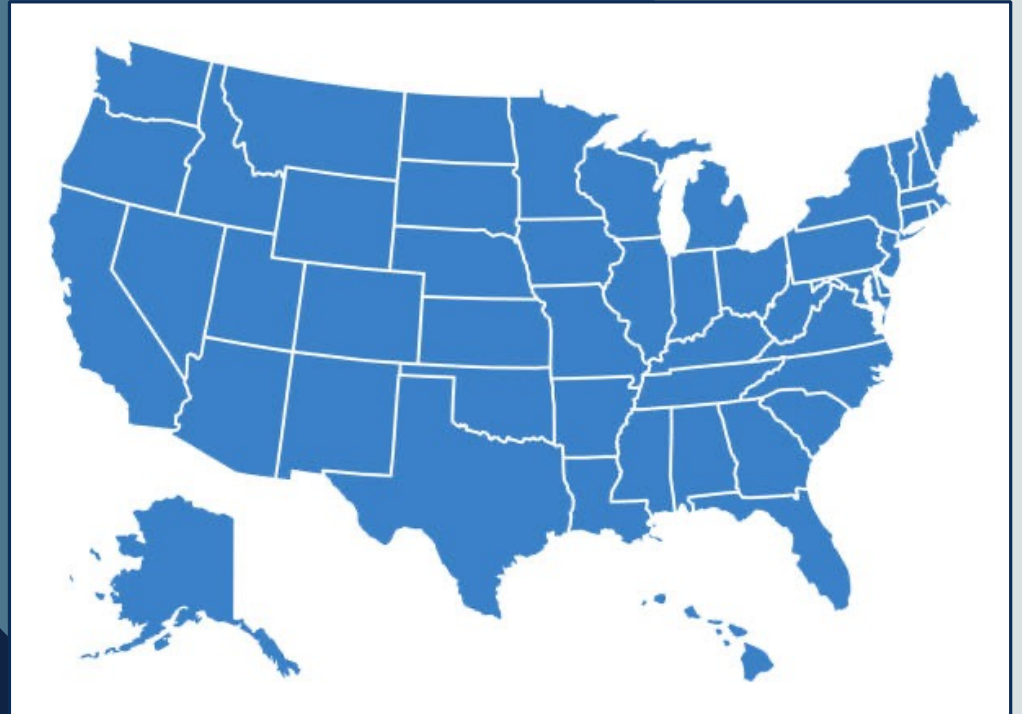


Reminder:

Instatement

U.S. resident athletes competing in Senior Elite in another country wanting to compete Senior Elite as a resident athlete within the U.S. system (i.e. not as a foreign athlete) are required to go through the elite mobility drill submission process, however they will not be required to complete the score requirements. This process will be known as foreign athlete elite verification.

State & Regional Competition Participation



State & Regional Championships Designation

Clubs Must
Compete at the
State
Championships

In the State Where
Their Club Resides

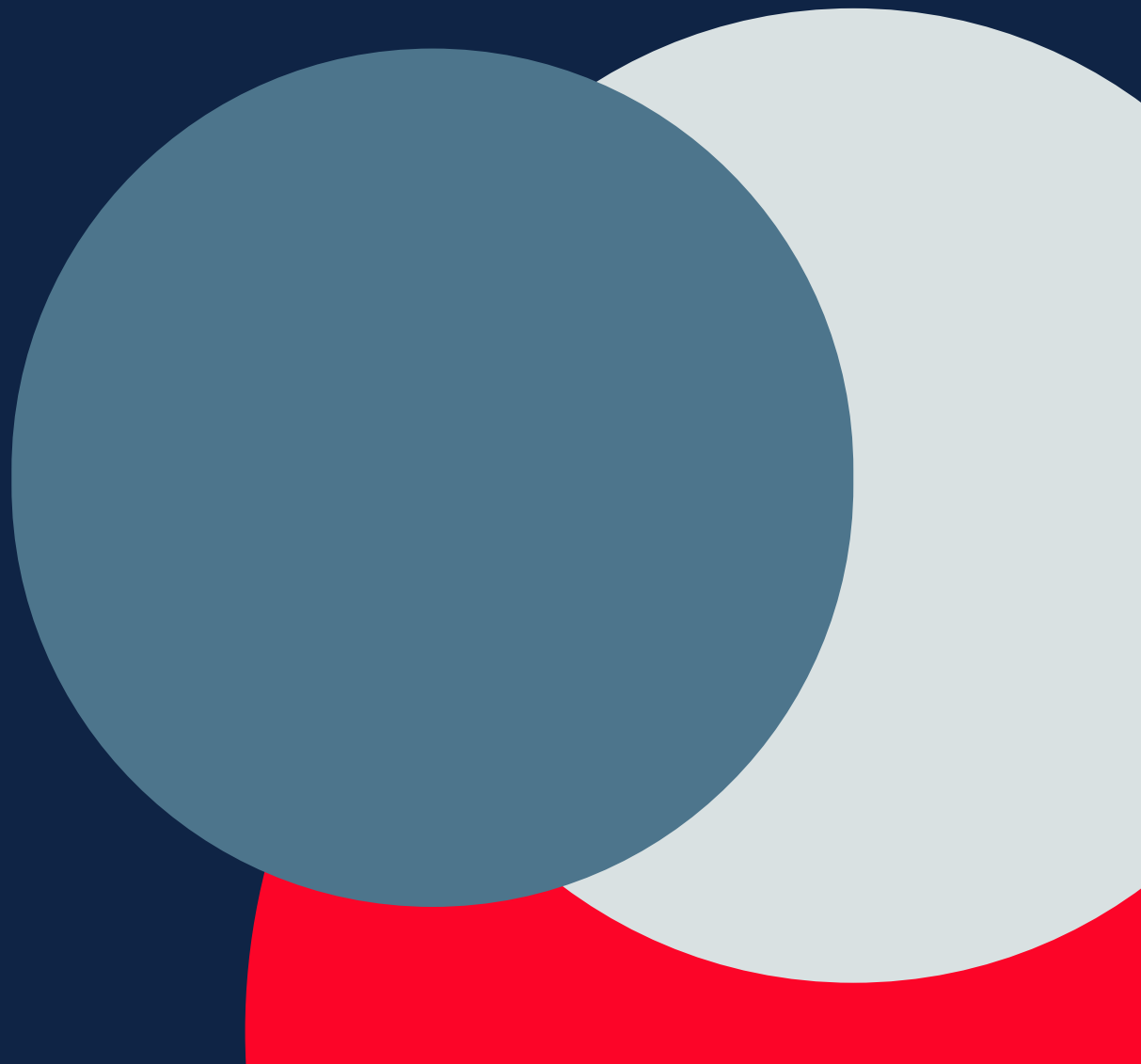
Clubs Must
Compete at the
Regional
Championships

That is Designated
for the State in
Which Their Club
Resides



Clarifications

Rules



Level 8 – 10 Tumbling – Maximum Full Twisting Skills
Athletes may perform a maximum of three (3) full twisting skills in a routine for level 8 – 10
Additional fulls do not receive difficulty credit but no other penalty is applied unless the routine no longer meets minimum difficulty requirements.

Exception: Level 8 Routines

Level 8 Routine 1 Tumbling – Routine Requirement

Requirement States: maximum of one somersault with 360° of twist in elements 2-8

More than one full in Level 8 Routines 1 results in a 2.0 penalty for exceeding pass requirements

Level 8 Tumbling Routine Clarification

Routine 1 and Routine 2 may be the same if requirements are met.

Example:

(^^^fff2)

No penalty is applied if all other requirements are met since fulls may be repeated

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Routine Requirements

When and how to Apply the 2.0 Penalty



Not Meeting or Exceeding Routine Requirements

- Not meeting/exceeding pass requirements = 2.0 penalty per missing or exceeded requirement.

Exception: If the athlete stops or if the routine is interrupted and the athlete could perform the missing requirements in the missing or unperformed elements you would not apply the 2.0 penalty.



Not Meeting or Exceeding Routine Requirements

- The athlete does not receive this penalty if they go over the maximum routine DD for that level by performing legal (valid) elements.
- They are interrupted only if they go over the maximum element DD allowed for that level.

Not Meeting or Exceeding Routine Requirements Level 8+

- The routine is interrupted only if they go over the maximum element DD allowed for that level.
- Any other requirements result in a 2.0 penalty per missing or exceeded requirements.

Example: Level 10 Tumbling Athlete performs the 8th element of their 2nd routine as a 40°. One of the requirements state that "Eighth element must be a double somersault". The athlete is not interrupted. They receive difficulty for the elements they performed. They will receive a 2.0 penalty from the total score for not meeting that requirement and may receive other penalties for not meeting minimum routine DD, etc.





Level 8 Routine 1

- One requirement states "maximum of one somersault with 360° of twist in elements 2-8".
- If an athlete performs more than one full, they receive a 2.0 penalty for exceeding pass requirements.
- They receive credit for the element performed and likely the routine DD will be capped at the maximum allowed for that routine.
- 2.0 penalty for exceeding pass requirements.
- Not an interruption.
- No penalty for capping maximum routine DD.

Special Thanks!

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**The KEY to success is
preparation because a
well-prepared coach gives
every athlete the opportunity
to perform with confidence
when it matters most**