2026 - 2027 Judges T210

USA Gymnastics Trampoline & Tumbling

New Rules & Clarifications

USA Gymnastics Trampoline & Tumbling Program

All New Rules

All New Rules Take Effect
August 1, 2026

Reminders

USA Gymnastics Trampoline & Tumbling Program

REMINDER:

In the interest of fairness, judges must perform their duties without distraction. Therefore, while judging, you are off-limits to all unauthorized persons (including your children).

If for any reason, you feel you are unable to deliver an objective score or experience a distraction that may affect your ability to judge objectively, it is your responsibility to disqualify yourself. The Chair of the Panel may either average the remaining judges scores or replace you for the entire group.

REMINDER:

Cell phones should be used only as necessary to perform official judging duties.
During an active flight of competition, judges should remain attentive to the field of play, and personal use of cell phones is prohibited.

Updates

USA Gymnastics Trampoline & Tumbling Program

Sanctioned Competition Start & End Time

First flight of competition should not be originally scheduled earlier than

8:00 am

Last flight of competition should be scheduled to start 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 Judges 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.

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 within the Development Program.

Minimum Requirements for Eligibility Competition

Competitions conducted solely for the purpose of eligibility may use a minimum panel of one judge, preferably a Category 2 judge or higher.

State and Regional Championships may use Category 3 judges as execution for all levels

Panel Seating for All Types of Competition

State Technical Representative is responsible for seating panels for State Championships. Regional Technical Representative is responsible for seating panels for Regional Championships. At competitions counted for mobility, the panels should be sent to the State Technical Representative for verification, if they are not the ones seating the panel. Eligibility only competitions are the responsibility of the meet director.

New Age Groups for Level 10

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 at the Current Level 10 17-21

Saluting

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.

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
Contacts & Links

Judges

Quick Links

- Current Judges List
- Judges Course Master Schedule
- Judges Courses
- 2025-26 T&T Leader Level Judges
- Waived Eligibility & Required Competition List

Judges Resources

- T210 Trampoline & Tumbling Annual Update
- T302: Understanding Scoring
- T303: Understanding Difficulty
- Code of Points
  - Development Program
  - Elite
  - FIG
- Technical Committee Contact: tnttechnicalcommittee@gmail.com
- Leader Level Judges Course Request Form – For Leader Level Judges Use ONLY

Saluting for a Score of Zero

- At Selection and National Events
  - Athletes are not allowed to salute to move forward to the Final round or from F1 to F2.
  - Athletes are not allowed to salute in the Final round for an award

On the Field of Play

USA Gymnastics Trampoline & Tumbling Program

Visible Cues:

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 stand or place their foot on the side of the run up as a cue.

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

Video for Inquiry & Request for Review

The Language has been updated to allow any video that is available and shows the element or landing in question. It must be presented before the Inquiry process is completed.

Apparel Update

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.

Eligibility

Eligibility Competitions for Development Levels

Athletes are not required to compete in all events in which they wish to earn eligibility as part of the National Qualification process.

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.

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

Qualification

National Qualification Scores/Requirements

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

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

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

Based on some World Gymnastics (FIG) changes to deductions and data reviewed there are several levels that the qualifying scores have been modified.

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

Warm-Up Rules

*Correction to the Webinar information

Synchro Warm up Level 9 - Elite

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.

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

Judges Dress Code – Business Attire

- Navy/Black Jacket
- Navy/Black Skirt or Slacks
- White Shirt
- Classic Shoes or Sneakers
  - Blk/Blue/White
- No Denim
- No Leggings
- No Leather

New Rules

World Gymnastics (FIG) Revises Rules

USA Gymnastics | Trampoline & Tumbling

TRAMPOLINE RULE CHANGES

MAXIMUM DEDUCTIONS FOR POSITION OF THE LEGS: (0.3)

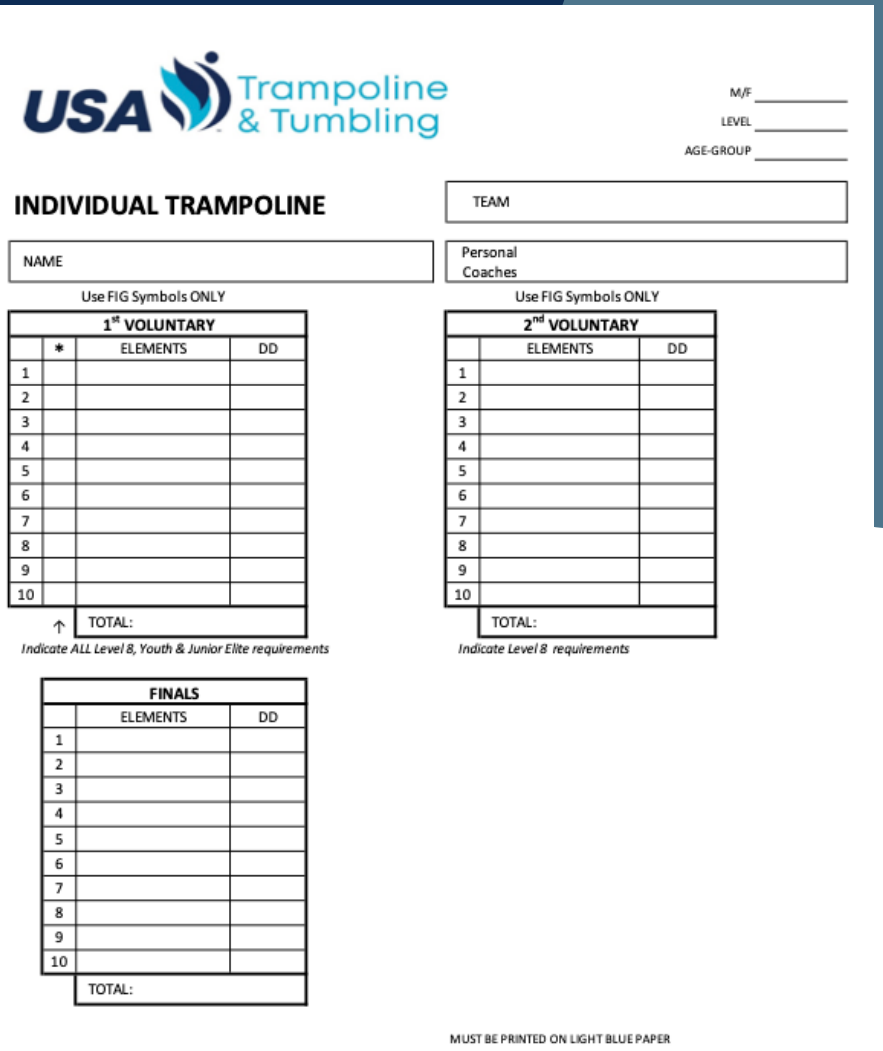
Position of legs	
Bent knees in the pike and straight positions during the flying phase	0.1-0.2
Feet not together	0.1
Knees not together	0.1
Toes not pointed	0.1

TRAMPOLINE RULE CHANGES

HORIZONTAL DISPLACEMENT

Trampoline Competition Card

Level 8 Routine Requirements Must be Marked With an *Asterisk



USA Trampoline & Tumbling

M/F _____
LEVEL _____
AGE-GROUP _____

INDIVIDUAL TRAMPOLINE

TEAM

NAME

Personal Coaches

Use FIG Symbols ONLY

1st 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

2nd 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:	

MUST BE PRINTED ON LIGHT BLUE PAPER

LEVEL 10 17+

ROUTINE REQUIREMENTS

USA Gymnastics | Trampoline & Tumbling

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 ¾ back somersault free, Cody free or ¾ 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 ½ 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.

Clarifications

USA Gymnastics Trampoline & Tumbling Program

Single Somersaults with Twist

For single somersaults (0° - 540° of twist), elements with 360° of twist or more are evaluated as a straight element.

If these elements are repeated, the repetition rules will apply, and for SYN athletes, they are not interrupted if one bends their legs or pikes their body.

Examples: 42 (Full), 43 (Rudy), 53 (Rudy Ball out), 44 (Dbl Full) etc.

Non-simultaneous Two-Foot Landing

TRAMPOLINE / DOUBLE MINI TRAMPOLINE
Levels 1 - 4

- 0.5 penalty per occurrence.

TRAMPOLINE / DOUBLE MINI TRAMPOLINE: Intermediate Straight Jumps

- Levels 1-4: athletes are allowed to perform one intermediate straight jump after the initiation of the routine. A penalty of 1.0 will be taken from the total score.
- Levels 1-4: The second intermediate straight jump performed within the routine will result in an interruption of the routine. judges will only interrupt the routine and will not apply the 1.0 penalty

Spotter Mat

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 bed, 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.

Landing vs Instability

Standards and Insights:

- The gymnast takes one step back, stays stable in that position for three seconds, joins (correct) feet and turns to the judges in the same movement.
  - ✓ 0.2 points deduction in TRA / 0.3 points deduction in TUM & DMT
- The gymnast gives one step back, stays stable in that position for 1-2 seconds, joins (correct) feet, waits 1-2 more seconds and turns to the judges.
  - ✓ 0.1 points for the step back + no deduction for returning to the correct position with the same foot
- The gymnast holds a squat position for 3 seconds (0.1 deduction), stands upright, and turns to the judges in the same movement.
  - ✓ only 0.1 points for holding the squat position

Landing vs Instability

Standards and Insights:

- Since the rule in the previous CoP, which imposed a 1.0 deduction each time the gymnast supported his/her own weight on the hand(s) to avoid a fall, is no longer included in the most recent edition of the CoP, it is understood that the deduction in such cases would now be 0.5. What happens, if the gymnast lifts one foot off the floor?
  - ✓ As long as one foot is touching the landing surface at all times, the landing deduction should be 0.5 points.

Routine Requirements

When and how to Apply the 2.0 Penalty

TUMBLING

Level 8 – 10 Tumbling – Maximum Full Twisting Skills
Athletes may perform a maximum of three (3) full twisting skills in a pass 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 1

Level 8 Routine 1 Tumbling – Pass 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

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. Not an interruption.
- No penalty for capped at maximum routine DD.

Not Meeting or Exceeding Routine Requirements

- Not meeting/or exceeding = 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 athletes 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 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.

Be Prepared...Be Current

Familiarize yourselves with the the code of Points and Rules and Policies often.

Have the current Development Code of Points, US Elite T&T Special Requirements, FIG Code of Points, and Rules and Policies, and check the USAG Trampoline and Tumbling errata page on the website often for changes.

Once certified, it is your responsibility to remain current. The T210 Annual Update is required to retain your rating from year to year. It must be completed prior to the first competition of the season that you judge. It is encouraged to be completed even during the year that you complete initial certification. This webinar will discuss all rule changes and any new required interpretations.

Be prepared to update your Code of Points at this time and check for updates often

DISCIPLINES

TRAMPOLINE & TUMBLING

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

Rules & Policies

Quick Links

- Technical Updates/Errata

Rules & Policies Book

We are pleased to provide the Trampoline & Tumbling community access to the *Rules & Policies* book in an online format. This format allows easy access to the *Rules & Policies* and will make it possible to provide you with the latest changes as quickly as possible.

Cover Page

Section I – USA Gymnastics Overview
Purpose, Mission, Code of Ethical Conduct, Membership Types, Residency, Foreign Athletes

Section II – Operating Code
T&T Committee Structure, Terms, Elections

Charters

Wisconsin

- **Region V** – Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee
- **Region VI** – Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Virginia, Vermont, West Virginia

Elite Program Code Of Points

Updated Aug. 2025

- 2025-29 Elite Code of Points

2025-29 Development Program Code Of Points

- Trampoline
- Tumbling
- Double Mini
- HUGS
- Guide to Judging
- Routines (Starting August 1st, 2025)
  - Trampoline
  - Tumbling
  - Double Mini

Special Thanks!

Technical Committee

Dante Hebert – Chair
Amy McDonald – TRA Representative
Wyatt Moore – TUM Representative
Andrew Wise – DMT Representative
Jessica Stevens – Athlete Representative
Kaylah Whaley – Athlete Representative

Elite Committee

Konstantin Gulishasvili - Chair
Nuno Merino – TRA Representative
Eric Thomas – TUM Representative
Juwan Young – DMT Representative
Brandon Krzynefski – Athlete Representa
Zachary Ramacci – Athlete Representati

Development Committee

Nuno Merino – Chair
Steven Gluckstein – TRA Representative
Patrick Lyell – TUM Representative
Brittany Stout – DMT Representative
Kenny Vogan – Athlete Representative

Staff

Alex Renkert
T&T Program Director

Dylan Bealey
T&T Program Manager

Nuno Merino
SR TRA Coordinator

Steven Gluckstein
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Becky Brown
TUM Coordinator

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The KEY to success is preparation because a well-prepared judge gives every athlete the confidence in the process.