

## Individual Trampoline:

### I. Routines

- a. Routines consist of 10 skills in series (no straight jumps in between).
- b. Routines allow for up to 1 minute of straight jumps prior to the first skill and a single out bounce after the final skill.
- c. All athletes compete a single voluntary routine with no required skills and receives a difficulty score.
- d. Athletes are allowed 2 touches per routine that last 1 minute each.

### II. Judging

- a. A judge's panel consists of minimum 2 judges; 1 execution judge and 1 superior/difficulty judge.
- b. Each execution judge provides a score out of 10.0
- c. Each execution judge deducts 0.0-0.5 points per skill performed based on lack of form, consistency of height, and control in each skill.
- d. Execution scores must be within 3 tenths of a point from the median score when more there is more than one execution judge on the panel.
- e. The Superior/difficulty judge determines interruptions of a routine. This is the point where judges should only take deductions up until this interruption. The Score will be reduced to reflect the number of skills completed in series. (9 skills in series are judged out of 9.0 start value, 8 skills in series are judged out of an 8.0 start value, etc.)
- f. The superior/difficulty judge determines the difficulty score for each routine completed.
- g. There is no time of flight score.
- h. The superior/difficulty judge determines landing deductions. These are deducted from each execution score.
- i. The total score is the sum of the difficulty score and:
  - i. Triple the execution score when there is only one execution judge
  - ii. The two execution scores and their average when there are two execution judges
  - iii. The three execution scores when there are three judges
- j. The Superior/difficulty judge determines the chair of panel deductions. These are deducted from the total score to give the final score.
- k. In voluntary routines, repeated skills are not interruptions, but no difficulty will be rewarded for the second execution of the skill.

### III. Uniforms

- a. Men compete in a singlet or compression shirt with either competition shorts or competition pants of a single color.
- b. Women compete in leotard with or without sleeves, with skin-tight long tights matching their leotard (optional), or in a single unitard.
- c. Athletes wear trampoline shoes or foot covering that does not extend past the ankle. This footwear may be any color.

### IV. Competition

- a. Athletes may compete in one of the two following levels
  - i. New Flyers→ compete 10 consecutive skills with only skills listed in Tables 1-3 below.

- ii. High Flyers → compete 10 consecutive skills with only skills listed in tables 1-5 below.
- b. Additional skills may be added with the approval of the TnT Rules Spokesperson to either level if athlete sends a video of themselves completing the skill and a description of the skill to [rules@naigc.org](mailto:rules@naigc.org).
- c. Athletes at any level who compete skills outside of what is allowed as outlined above will be scratched from the competition.
- d. All athletes must complete and submit a competition card to the Superior/Difficulty judge prior to beginning their touches on their event. Competition cards may be found at <https://naigc.org/trampoline-and-tumbling/>

Table 1- Positionary Skills								
Tuck Jump	--o	0.0	Straddle Jump	Straddle	0.0	Pike Jump	-->	0.0
Half turn	-1/	0.1	Full turn	-2/	0.2			
Doggy drop	Doggy	0.0						
Seat drop	--/	0.0	Half turn to seat	-1/	0.1	Full turn to seat	-2/	0.1
Front drop (all positions)	1-o 1-> 1-/	0.1	Airplane	11/	0.2	Full turn to front drop	12/	0.2
Back drop (all positions)	1-o 1-> 1-/	0.1	Half turn to back	11/	0.2	Full turn to back	12/	0.2
Return to feet from seat	ROF	0.0	Half turn from seat	-1/	0.1	Full turn from seat	-2/	0.1
Return to feet from doggy	ROF	0.0						
Return to feet from front	1-/	0.1	Half turn from front	11/	0.2	Full turn from front	12/	0.2
Return to feet from back	1-/	0.1	Half turn from back	11/	0.2	Full turn from back	12/	0.2
Table 2- Postionary Skill Combinations								
Seat to doggy	1-/	0.1	Swivel hip	11/	0.2			
Back to doggy	1-o 1-> 1-/	0.1	Back to front	2-o 2-> 2-/	0.2	Cradle	21/	0.3
Front to seat	1-/	0.1	Front to back	2-/	0.2	Cruise	21/	0.3
Doggy front 3-quarter	2-/	0.2	Front 3-quarter	3-/	0.3	Porpoise	4-o	0.5
Doggy to front	--/	0.0	Doggy to seat	1-/	0.1	Doggy to back	2-/	0.2
Pullover to front	2-/	0.2	Back 3-quarter	3-o 3-> 3-/	0.3	Pullover to back	4-o	0.5
Pull over	3-/	0.3	Pullover half turn	21/	0.3	Pull over full turn	22/	0.4
Front 3-quarter	3-/	0.3	Arabian front 3-quarter	21/	0.4	Porpoise	4-o	0.5
Table 3- Full Rotations								
Front Tuck	4-o	0.5	Front Pike	4->	0.6			
Back Tuck	4-o	0.5	Back Pike	4->	0.6			

Table 4- Advanced Forwards Skills								
Front Tuck	4-o	0.5	Front Pike	4->	0.6	Front Straight	4-/	0.6
Barani tuck	41o	0.6	Barani pike	41>	0.6	Barani straight	41/	0.6
Front full	42/	0.7	Rudi	43/	0.8	Front Double Full	44/	0.9
Randi	45/	1.0	Front triple full	46/	1.1	Brandi	47/	1.2
Ballout	5-o 5-> 5-/	0.6	Barani Ballout	51o 51> 51/	0.7	Rudi Ballout	53/	0.9
1 ¾ front tuck	7-o	0.8	1 ¾ pike	7->	0.9			
Double front tuck	8--o	1.0	Double front pike	8-->	1.2	Double front straight	4--/	1.2
Half-out tuck	8-1o	1.1	Half-out pike	8-1>	1.2			
Table 5- Advanced Backwards Skills								
Back Tuck	4-o	0.5	Back Pike	4->	0.6	Back Straight	4-/	0.6
Cody Tuck	5-o	0.6	Cody Pike/ Straight	5-> 5-/	0.7	Full Cody	52/	0.8
Back Half	41/	0.6	Back Full	42/	0.7	Back 1 ½	43/	0.8
Back double full	44/	0.9	Back 2 ½	43/	1.0	Back triple full	46/	1.1
1 ¾ back tuck	7-o	0.8	1 ¾ pike	7->	0.9			
Double back tuck	8--o	1.0	Double Back Pike	8-->	1.2	Double back straight	8--/	1.2
Full out tuck	8-2o	1.2	Full out pike	8-2>	1.4	Full out straight	8-2/	1.4

## Double Mini Trampoline

### I. Passes

- a. Each athlete competes one mounter and one spotter pass each with 2 skills in series.
  - i. The mounter pass consists of the first skill travels from the 1<sup>st</sup> bed to the 2<sup>nd</sup> bed (mounter), followed by the second skill that travels from the second bed into the landing zone (dismount).
  - ii. The spotter pass consists of a straight jump traveling from the 1<sup>st</sup> bed to the 2<sup>nd</sup> bed, the first skill taking off and landing on the 2<sup>nd</sup> bed (spotter), followed by the second skill that travels from the 2<sup>nd</sup> bed into the landing zone (dismount).
  - iii. All skills take off and land on feet.
- b. All athletes compete 2 voluntary passes that are both rewarded difficulty.
- c. Each athlete is allowed a run, consisting of 2-3 straight jumps, followed by 3 touches.

### II. Judging

- a. A judge's panel consists of minimum 2 judges; 1 execution judge, and 1 superior/difficulty judge.
- b. Each Execution judge provides a score out of 10.0
- c. Each execution judge deducts 0.0-0.5 points per skill performed based on lack of form, consistency of height, and control in each skill.
- d. Execution scores must be within 2 tenths of a point from the median execution score when more there is more than one execution judge on the panel.
- e. The superior/difficulty judge determines interruptions of a routine. A pass completing one valid skill is given a 7.0 start value. A pass with zero valid skills is given a score of 0.0.
- f. The superior/difficulty judge determines the difficulty score for each routine completed.
- g. The superior/difficulty judge determines landing deductions. These are deducted from each execution score.
- h. The total score is the sum of the difficulty score and:
  - i. Triple the execution score when there is only one execution judge
  - ii. The two execution scores and their average when there are two execution judges
  - iii. The three execution scores when there are three judges
- i. The superior/difficulty judge determines the chair of the panel deductions. These are deducted from the total score to give the final score.

### III. Uniforms

- a. Men compete in a singlet or compression shirt with competition shorts.
- b. Women compete in leotard with or without sleeves, with skin-tight long tights matching their leotard (optional), or in a single unitard.
- c. Athletes wear trampoline shoes or foot covering that does not extend past the ankle. This footwear may either be white or must match the competitive uniform.

### IV. Competition

- a. Athletes may compete in one of the two following levels
  - i. New Flyers→ may compete skills listed in Tables 6-7 below.
  - ii. High Flyers → may compete skills listed in tables 6-9 below.
- b. Additional skills may be added with the approval of the TnT Rules Spokesperson to either level if athlete sends a video of themselves completing the skill and a description of the skill to [rules@naigc.org](mailto:rules@naigc.org).
- c. Athletes at any level who compete skills outside of what is allowed as outlined above will be scratched from the competition.
- d. Skills are not considered repeated unless they are repeated within the same position of the pass (mounter, spotter, or dismount). Repeated skills are not interruptions, but will not be rewarded difficulty.
- e. All athletes must complete and submit a competition card to the Superior/Difficulty judge prior to beginning their touches on their event. Competition cards may be found at <https://naigc.org/trampoline-and-tumbling/>

<b>Table 6- Positionary Skills</b>								
Tuck Jump	--o	0.0	Straddle Jump	Straddle	0.0	Pike Jump	-->	0.0
Half turn	-1/	0.1	Full turn	-2/	0.2			
<b>Table 7- Full Rotations</b>								
Front Tuck	4-o	0.5	Front Pike	4->	0.6			
Back Tuck	4-o	0.5	Back Pike	4->	0.6			
<b>Table 8- Advanced Forward Skills</b>								
Front Tuck	4-o	0.5	Front Pike	4->	0.6	Front Straight	4-/	0.6
Barani tuck	41o	0.7	Barani pike	41>	0.7	Barani straight	41/	0.7
Front full	42/	0.9	Rudi	43/	1.2	Front Double Full	44/	1.5
Randi	45/	1.9	Front triple full	46/	2.3	Brandi	47/	2.7
Double front tuck	8--o	2.0	Double front pike	8-->	2.4	Double front straight	8--/	2.8
Half-out tuck	8-1o	2.4	Half-out pike	8-1>	2.8			
<b>Table 9- Advanced Backwards Skills</b>								
Back Tuck	4-o	0.5	Back Pike	4->	0.6	Back Straight	4-/	0.6
Back Half	41/	0.7	Back Full	42/	0.9	Back 1 ½	43/	1.2
Back double full	44/	1.5	Back 2 ½	43/	1.9	Back triple full	46/	2.3
Double back tuck	8--o	2.0	Double Back Pike	8-->	2.4	Double back straight	8--/	2.8
Full out tuck	8-2o	2.8	Full out pike	8-2>	3.6	Full out straight	8-2 /	3.6

## Power Tumbling:

### I. Passes

- a. Each athlete competes 2 passes
- b. Each athlete will be allowed one run followed by 3 touches for their 2 passes.

### II. Judging

- a. Judge's panels consist of minimum 2 judges; 1 execution judge, and 1 difficulty/superior judge.
- b. Each Execution judge provides a score out of 10.0
- c. Each execution judge deducts 0.0-0.5 points per skill performed based on lack of form, consistency of height, and control in each skill.
- d. Execution scores must be within 3 tenths of a point from the median score.
- e. The superior/difficulty judge determines landing deductions, which are deducted from each execution score.
- f. The superior/difficulty judge determines interruptions of a routine. This is the point where judges should only take deductions up until this interruption. The Score will be reduced to reflect the number of skills completed in series.
  - i. for an 8-skill pass, 7 skills in series are judged out of 9.0 start value, 6 skills in series are judges out of an 8.0 start value, etc.
  - ii. for a 5-skill pass, 4 skills in series are judged out of 9.0 start value, 3 skills in series are judges out of an 8.0 start value, etc.
- g. The superior/difficulty judge determines the difficulty score for the pass.
- h. The superior/difficulty judge determines the chair of panel deductions. These are deducted from the each of the three execution scores to produce the final execution score
- i. The total score is the sum the difficulty score and:
  - i. Triple the execution score when there is only one execution judge
  - ii. The two execution scores plus their average when there are two execution judges
  - iii. The three execution scores when there are three judges

### III. Uniforms

- a. Men compete in a singlet or compression shirt with competition shorts.
- b. Women compete in leotard with or without sleeves, with skin-tight long tights matching their leotard (optional), or in a single unitard.
- c. Any color foot covering no higher than the ankle are permitted but not required.

### IV. Competition

- a. Athletes may compete in one of the two following levels
  - i. New Flyers → may compete skills listed in Tables 10-11 below in 2 passes consisting of a minimum of 5 skills and a maximum of 8 skills each including a dismount.
  - ii. High Flyers → may compete skills listed in tables 12-13 below in 2 passes consisting of 8 skills each including a dismount that must land in the landing zone.
    1. Roundoffs, front/back handsprings, and front/back whips can be repeated to earn more difficulty.



- b. Any other skill will only be rewarded difficulty if the repetition follows a different skill than the first executions.
- c. Additional skills may be added with the approval of the TnT Rules Spokesperson to either level if athlete sends a video of themselves completing the skill and a description of the skill.
- d. Athletes at any level who compete skills outside of what is allowed as outlined above will be scratched from the competition.
- e. All athletes must complete and submit a competition card to the Superior/Difficulty judge prior to beginning their touches on their event. Competition cards may be found at <https://naigc.org/trampoline-and-tumbling/>

Table 10- New Flyer Skills								
Forward roll tuck	--o	0.0	Forward roll pike	-->	0.0	Forward roll straddle	--x	0.0
Backward roll tuck	--o	0.0	Backward roll pike	-->	0.0	Backward roll straddle	--x	0.0
Cartwheel	X	0.1	Cartwheel step to hollow	X(	0.1	Roundoff	(	0.3
Straight jump	--/	0.1	Half turn	-1/	0.1	Full turn	-2/	0.2
Hand Stand	/	0.0	Handstand forward roll	/--o	0.1	Handstand forward roll stepout	/--o	0.1
Back Bend	BB	0.1	Back bend Kick over	BBK	0.2	Back Walkover	BBW	0.3
			Front limber	FL	0.2	Front Walkover	FW	0.3
Front Handspring	f	0.4	Back handspring (flic-flac)	f	0.4			

Table 11- New Flyer Dismounts								
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Rebound	--/	0.1	Half turn	-1/	0.1	Full turn	-2/	0.2
Front Tuck	4-o	0.6	Front Pike	4->	0.7			
Back Tuck	4-o	0.5	Back Pike	4->	0.6			

Table 12- High Flyer Skills								
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Roundoff	(	0.1						
Front Handspring	f	0.1	Back handspring (flic-flac)	f	0.1	Whip (front/back)	^	0.2
Front Tuck	4-o	0.6	Front Pike	4->	0.7			
Back Tuck	4-o	0.5	Back Pike	4->	0.6	Back Straight	4-/	0.6
Barani tuck	41o	0.8	Barani pike	41>	0.8	Barani straight	41/	0.8
Rudi	43/	1.2						

Table 13- High Flyer Dismounts								
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Back Half	41/	0.7	Back Full	42/	0.9	Back 1 ½	43/	1.1
Double full	44/	1.3	Back 2 ½	45/	1.6	Triple full	46/	1.9
Double back tuck	8--o	2.0	Double back pike	8-->	2.2	Double back straight	2.4	

Double front tuck	8--o	2.3	Double front pike	8-->	2.6			
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## Synchronized Trampoline:

### V. Routines

- a. Routines consist of 10 skills in series (no straight jumps in between).
- b. Routines allow for up to 1 minute of straight jumps prior to the first skill and a single out bounce after the final skill.
- c. All athletes compete a single voluntary routine with no required skills and receive a difficulty score.
- d. Athletes are allowed 2 touches per routine that last 1 minute each.
- e. During routines, athletes are permitted to communicate with one another, but not with their coaches.
- f. Athlete pairs may be from any gender and any team, but must compete at the same level.

### VI. Judging

- a. A judge's panel consists of minimum 3 judges; 2 execution judges and 1 superior/difficulty judge.
- b. Each execution judge provides a score out of 10.0
- c. Each execution judge deducts 0.0-0.5 points per skill performed based on lack of form, consistency of height, and control in each skill:
  - i. With two execution judges, one judge assesses each routine
  - ii. With four
- d. Execution scores must be within 3 tenths of a point from the median score when more there is more than one execution judge on the panel.
- e. The Superior/difficulty judge determines interruptions of a routine. This is the point where judges should only take deductions up until this interruption. The Score will be reduced to reflect the number of skills completed in series. (9 skills in series are judged out of 9.0 start value, 8 skills in series are judged out of an 8.0 start value, etc.)
- f. The superior/difficulty judge determines the difficulty score for each routine completed.
- g. The superior/difficult judge determines the synchronicity score for each routine.
  - i. The superior/difficulty judge deducts 0.0-0.5 points per skill based on the level of synchronicity between the paired athletes
  - ii. The superior/difficulty judge may call an interruption when athlete pairs are more than  $\frac{1}{2}$  an element apart.
- h. There is no time of flight score.
- i. The superior/difficulty judge determines landing deductions. These are deducted from each execution score.
- j. The total score is the difficulty score the synchronization score, and:
  - i. Both of the execution scores when there are two execution judges
  - ii. Both of the execution score when there are three execution judges. Two execution judges should score and the third should take a synchronization score in place of the superior/difficulty judge.
  - iii. The median two execution scores when there are four execution judges. These scores may be from the same trampoline.

- iv. The median two execution scores when there are five execution judges. These scores may be from the same trampoline. Four execution judges should score and the fifth judge should take a synchronization score in place of the superior/difficulty judge.
    - k. The Superior/difficulty judge determines the chair of panel deductions. These are deducted from the total score to give the final score.
    - l. In voluntary routines, repeated skills are not interruptions, but no difficulty will be rewarded for the second execution of the skill.
- VII. Uniforms
  - a. Men compete in a singlet or compression shirt with either competition shorts or competition pants of a single color.
  - b. Women compete in leotard with or without sleeves, with skin-tight long tights matching their leotard (optional), or in a single unitard.
  - c. Athletes wear trampoline shoes or foot covering that does not extend past the ankle. This footwear may be any color.
- VIII. Competition
  - a. Athletes may compete in one of the two following levels
    - i. New Flyers→ compete 10 consecutive skills with only skills listed in Tables 1-3.
    - ii. High Flyers → compete 10 consecutive skills with only skills listed in tables 1-5.
  - b. Additional skills may be added with the approval of the TnT Rules Spokesperson to either level if athlete sends a video of themselves completing the skill and a description of the skill to [rules@naigc.org](mailto:rules@naigc.org).
  - c. Athletes at any level who compete skills outside of what is allowed as outlined above will be scratched from the competition.
  - d. All athletes must complete and submit a competition card to the Superior/Difficulty judge prior to beginning their touches on their event. Competition cards may be found at <https://naigc.org/trampoline-and-tumbling/>