

NAIGC Trampoline and Tumbling Judges Cheat Sheet

About the NAIGC

- NAIGC competition is designed for collegiate and adult athletes of widely varying skill levels. One of the NAIGC's core values is to embrace radical opportunity and to create an inclusive environment that encourages and supports participation and competition in the sport of gymnastics.
- Our motto is "For the Love of the Sport." Many athletes may have minimal experience in Trampoline and Tumbling and are doing this for fun. Please welcome them to our sport.

General

- **There are no uniform deductions in NAIGC T&T competition unless apparel creates a safety hazard.** Shorts or leggings are allowed, and no deductions should be taken for visible undergarments, small jewelry (i.e. stud earrings) or long hair that has been tied back (unless it contacts the apparatus). The judge should not allow the gymnast to begin their routine if their attire is unsafe. (e.g. excessively baggy clothing, large jewelry). **If there is an issue, the athlete should be given an opportunity to correct it before action is taken against them.** In the case of disagreements, the meet referee's decision stands as final.
- If the judges deem an athlete cannot complete their routine safely based on practice or warm up turns, they have the ability to request that the athlete not perform the skills in question. If the athlete denies or ignores the request, the judge has the ability to scratch the athlete from the event prior to their competition routine.
- When in doubt, please err on the side of the athlete. Remember, we are all here "For the Love of the Sport."

Trampoline

- All athletes will compete a single voluntary routine with required skills as outlined in their corresponding level below and receive a difficulty score.
- Athletes are allowed 2 touches per routine that last 1 minute each
- There is no time of flight score

Execution/Horizontal Displacement

- Execution and horizontal displacement deductions will follow the USAG 2018-2020 Trampoline Code of Points

Superior/Difficulty

- DD will be calculated the same way as a USAG Voluntary routine with the same skill values (see attached NAIGC DD sheet).
- Repeated skills are not interruptions, but no difficulty value will be rewarded for the second execution of the skill (except for New Flyers as noted below)
- The following elements, when competed in competition, will cause a routine interruption:
 - Transitions from a back landing with a 90° forward rotation to a seat landing
 - Any skills where only the athletes hands make contact with the trampoline (i.e. front handsprings and back handsprings)
 - Skills that land on one foot
 - Side somis
 - Skills that land outside the trampoline bed.
 - Skills outside of what is outlined in section V.a. above
 - These athletes will receive an additional 2.0 Chair of Panel deduction

Trampoline Routine Requirements & Restrictions

Routines that do not meet the requirements will receive a 2.0 Chair of Panel deduction

- New Flyers
 1. Routine must include one front or back landing
 2. Routine must include one skill with a minimum of 270° of flipping rotation
 - A ¾ flipping skill can satisfy both requirements 1. & 2. at the same time
 - Athletes may compete any skill valued at 0.5 or lower
 - Athletes may compete no more than one skill valued at 0.5
 - A single skill may be repeated once for difficulty credit
 - A third repetition of the skill or a second repetition of another skill will not cause an interruption, but will not receive difficulty credit.
- Intermediate Flyers
 1. Routine must include at least 2 skills with minimum of 360° flipping rotation
 - Athletes may compete any skill valued at 0.9 or lower
 - Athletes may not exceed a cumulative difficulty score of 5.0
- High Flyers
 1. Routine must obtain a minimum difficulty of 4.5
 - There are no difficulty restrictions

Double Mini Trampoline

- Each athlete competes one mounter and one spotter pass each with 2 skills in series
- All athletes compete 2 voluntary passes that are both rewarded difficulty.
- Each athlete is allowed a run, consisting of 2-3 straight jumps, followed by 3 touches

Execution

- Execution deductions will follow the USAG 2018-2020 Double Mini Trampoline Code of Points

Superior/Difficulty

- DD will be calculated the same way as a USAG Voluntary routine with the same skill values (see attached NAIGC DD sheet).
- Skills are considered repeated when they are performed within the same position of the pass (mounter, spotter, or dismount). Repeated skills are not interruptions, but will not be rewarded difficulty.
- The following elements, when competed in competition, will cause a routine interruption:
 - Skills not landing on your feet
 - Skills that land on one foot
 - Side somis
 - Skills that land outside the DMT bed or dismount area.

Double Mini Trampoline Routine Requirements & Restrictions

Routines that do not meet the requirements will receive a 2.0 Chair of Panel deduction

- New Flyers
 - Athletes may compete any skill valued at 0.5 or lower
 - Athletes may compete no more than one skill valued at 0.5
- Intermediate Flyers
 1. A minimum of 2 skills valued at 0.5 or higher is required between both passes
 - Athletes may compete any skill valued at 0.9 or lower
 - Each pass may not exceed a cumulative difficulty score of 1.6
- High Flyers
 1. Each pass must obtain a minimum difficulty of 1.4
 - There are no difficulty restrictions

Power Tumbling

- Each athlete competes 2 passes. Length of each pass is determined by the athletes level.
- Each athlete will be allowed one run followed by 3 touches for their 2 passes.

Execution

- Execution deductions will follow the USAG 2018-2020 Power Tumbling Code of Points

Superior/Difficulty

- DD will be calculated the same way as a USAG Voluntary routine with the same skill values (see attached NAIGC DD sheet). There are some skill bonuses, listed below.
- Roundoffs, front/back handsprings, and front/back whips can be repeated to earn more difficulty
- Any other skill will only be rewarded difficulty if the repetition follows a different skill than the first execution.
- A routine will be considered interrupted if there is a fall or if a pass does not include the correct number of skills for the pass number and level.

Power Tumbling Routine Requirements & Restrictions

Routines that do not meet the requirements will receive a 2.0 Chair of Panel deduction

- New Flyers
 - Will compete 2 passes, the first consisting of 5 skills and the second consisting of 8 skills.
 - May compete any skill valued at 0.1 or lower
 - A bonus of 0.1 will be applied to each front/back handspring that is performed
 - There are a maximum of 2 handsprings allowed per pass (max 0.2 bonus per pass)
- Intermediate Flyers
 - Will compete 2 passes, the first consisting of 5 skills and the second consisting of 8 skills.
 - Any pass ending in a salto must land in the landing zone or a 1.5 point Chair of Panel deduction will be applied to the final score.
 - May compete any skill valued at 0.9 or lower
 - A bonus of 0.1 for each front/back whip that is performed up to maximum 0.3 per pass.
 - Each pass may not exceed a 2.5 difficulty value.
- High Flyers
 - Will compete 2 passes consisting of 8 skills each including a dismount that must land in the landing zone.
 - Must obtain a minimum difficulty of 2.2 for each pass

Trampoline

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	1.5 Turn	-3/	0.3
Double Turn	-4/	0.4	2.5 Turn	-5/	0.5	Triple Turn	-6/	0.6
Doggy Drop	Doggy	0.0	Seat Drop	--/	0.0	Half Turn to Seat	-1/	0.1
Full Turn to Seat	-2/	0.2	Half Turn from Seat	-1/	0.1	Full Turn from Seat	-2/	0.2
Front Drop (all positions)	1-o	0.1	Airplane (Half turn to Front)	11/	0.2	Full Turn to Front Drop	12/	0.3
	1->							
1-/								
			Half Turn from Front	11/	0.2	Full Turn from Front	12/	0.3
Back Drop (all positions)	1-o	0.1	Half Turn to Back	11/	0.2	Full Turn to Back	12/	0.3
	1->							
1-/								
			Half Turn from Back	11/	0.2	Full Turn from Back	12/	0.3
Return to Feet (from seat or doggy)	ROF	0.0	Return to Feet (from front or back)	1-/	0.1			

Positionary Skill Combinations								
Doggy to Seat	1-/	0.1	Seat to Doggy	1-/	0.1	Seat to Front	1-/	0.1
Doggy to Back	2-/	0.2	Back to Doggy	1-o 1-> 1-/	0.1			
Doggy to Front	--/	0.0	Doggy Front 3/4	2-/	0.2			
Back to Front	2-o 2-> 2-/	0.2	Cradle (Back, Half Turn to Back)	21/	0.3	Cruise (Front, Half Turn to Front)	21/	0.3
Front to Seat	1-/	0.1	Front to Back	2-/	0.2	Swivel Hip (Seat Drop, Half Turn to Seat Drop)	11/	0.1
Pullover to Front	2-/	0.2	Pullover	3-/	0.3	Pullover Half Turn	21/	0.3
Pullover Full Turn	22/	0.4	Pullover to Back	4-o	0.5	Porpoise (Front Flip from Back to Back)	4-o	0.5

Forward Skills								
3/4 Front	3	0.3	Arabian 3/4 Front	31	0.4			
Front Tuck	4o	0.5	Front Pike	4>	0.6	Front Straight (Layout)	4\	0.6
Barani Tuck	41o	0.6	Barani Pike	41>	0.6	Barani Straight (Layout)	41\	0.6
Ballout	5	0.6	Barani Ballout	51	0.7	Rudi Ballout	53	0.9
Front Full	42	0.7	Rudi	43	0.8	Front Double Full	44	0.9
Randi	45	1.0	1 3/4 Front Tuck	7o	0.8	1 3/4 Front Pike	7>	0.9
Double Front Tuck	800o	1.0	Double Front Pike	800>	1.2	Double Front Straight (Layout)	800\	1.2
Half Out Tuck	801o	1.1	Half Out Pike	801>	1.3			
Full Barani Tuck	821o	1.3	Full Barani Straight	821>	1.5			
Rudi out Tuck	803o	1.3	Rudi out Pike	803o	1.5			
Triffus Tuck	12001o	1.6	Triffus Pike	12001>	1.8			

Backward Skills									
3/4 Back	3	0.3							
Back Tuck	4o	0.5	Back Pike	4>	0.6	Back Straight (Layout)	4\	0.6	
Tuck Cody	5o	0.6	Pike Cody	5>	0.7	Full Cody	52	0.9	
Back Full	42	0.7	Back 1 1/2	43	0.8	Back Double Full	44	0.9	
Back 2 1/2	45	1.0	Back Triple Full	46	1.1				
1 3/4 Back Tuck	7o	0.8	1 3/4 Back Pike	7>	0.9				
Double Back Tuck	800o	1.0	Double Back Pike	800>	1.2	Double Back Straight (Layout)	800\	1.2	
Full Out Tuck	802o	1.1				Full Out Straight	802\	1.4	
Full Full Tuck	822o	1.4				Full Full Straight	822\	1.6	
Half Half Tuck	811o	1.2	Half Half Pike	811>	1.4				
Half Rudi Tuck	813o	1.4	Half Rudi Pike	813>	1.6				

Difficulty Calculator	
Each 1/4 rotation of somersault	0.1
Completed 360° somersault (bonus)	0.1
Each 1/2 Twist	0.1
Single somersaults without twist in pike/straight	0.1
Somersaults over 720° in pike/straight	0.2

Double Mini Trampoline

Positionary Jumps							
Tuck Jump	--o	0.0	Straddle Jump	Straddle	0.0	Pike Jump	--> 0.0
Half Turn	-1/	0.1	Full Turn	-2/	0.2	1.5 Turn	-3/ 0.3

Forward Skills							
Front Tuck	4o	0.5	Front Pike	4>	0.6	Front Straight (Layout)	4\ 0.6
Barani Tuck	41o	0.7	Barani Pike	41>	0.7	Barani Straight (Layout)	41\ 0.7
Front Full	42	0.9	Rudi	43	1.2	Front Double Full	44 1.5
Randi	45	1.9	Front Triple	46	2.3	Front 3.5	47 2.7
Double Front Tuck	800o	2.0	Double Front Pike	800>	2.4	Double Front Straight	800\ 2.8
Half Out Tuck	801o	2.4	Half Out Pike	801>	2.8		
Full Barani Tuck	821o	3.2				Full Barani Straight	821> 4.0
Rudi out Tuck	803o	3.2	Rudi out Pike	803o	3.6		
Triffus Tuck	12001o	5.1	Triffus Pike	12001>	5.9		

Backward Skills							
Back Tuck	4o	0.5	Back Pike	4>	0.6	Back Straight (Layout)	4\ 0.6
Back Half	41	0.7	Back Full	42	0.7	Back 1 1/2	43 0.8
Back Double Full	44	0.9	Back 2 1/2	45	1.0	Back Triple Full	46 1.1
Double Back Tuck	800o	1.0	Double Back Pike	800>	1.2	Double Back Straight	800\ 1.2
Full Out Tuck	802o	1.1				Full Out Straight	802\ 1.4
Full Full Tuck	822o	1.4				Full Full Straight	822\ 1.6
Half Half Tuck	811o	1.2	Half Half Pike	811>	1.4		
Half Rudi Tuck	813o	1.4	Half Rudi Pike	813>	1.6		

Power Tumbling

Introductory Skills								
Straight Jump	--/	0.0	Jump 1/2 Turn	-1/	0.0	Jump Full Turn	-2/	0.0
Forward Roll (tuck)	--o	0.0	Forward Roll (pike)	-->	0.0	Forward Roll Step-Out	--o	0.0
Handstand Forward Roll	/--o	0.0	Handstand Forward Roll Step-Out	/--o	0.0			
Cartwheel	x	0.1	Cartwheel Step-In to Hollow	x(0.1	Roundoff	{	0.1
Backward Roll (tuck)	--o	0.0	Backward Roll (pike)	-->	0.0	Back Extension Roll Pike Down		0.0

Forward Skills								
Front Handspring	f	0.1	Forward Whip	^	0.2			
Front Aerial	fa	0.1	Side Aerial	sa	0.1			
Front Tuck	4o	0.6	Front Pike	4<	0.7	Front Straight (Layout)	4/	0.7
Barani (any shape)	41o, 41<, 41/	0.8	Front Full	42	1.0	Rudi (Front 1.5)	43	1.0
Front Double Full	44	1.4	Randi (Front 2.5)	45	1.7			
Double Front Tuck	800o	2.4	Double Front Pike	800>	2.6			

Backward Skills								
Back Handspring	f	0.1	Whipback	^	0.2	Arabian (any shape)	41o 41< 41/	0.7
Back Tuck	4o	0.6	Back Pike	4<	0.7	Back Straight (Layout)	4/	0.7
Back 1/2 (any shape)	41o, 41<, 41/	0.7	Back Full	42	0.9	Back 1 1/2	43	1.1
Back Double Full	44	1.3	Back 2 1/2	45	1.6	Back Triple Full	46	1.9
Back 3 1/2	47	2.3	Back Quadruple Full	48	2.7			
Double Back Tuck	8--o	2.0	Double Back Pike	8--<	2.2	Double Back Straight	8--/	2.4
1/2 in Back out Tuck	810o	2.2	1/2 in Back out Pike	810>	2.4			
1/2 out Back Tuck	801o	2.2	1/2 out Back Pike	801>	2.4	1/2 out Back Straight	801/	2.6
Full in Back out Tuck	820o	2.4	Full in Back out Pike	820>	2.6	Full in Back out Straight	820/	2.8
Back in Full out Tuck	802o	2.4	Back in Full out Pike	802>	2.6	Back in Full out Straight	802/	2.8
						Full in 1/2 out Straight	821/	3.2
Full, Full Tuck	822o	3.0				Full, Full Straight	822/	3.6
Full, Double Full Tuck	824o	4.4				Full, Double Full Straight	824/	4.8
						Double Full, Double Full Straight	844/	6.4
Triple Back Tuck	12---o	4.5	Triple Back Pike	12--->	5.1	Triple Back Straight	12---/	5.7

Calculation of a Skill			
Single Somersault in Tuck Shape	0.0	Double Somersault in Tuck Shape	0.0
Single Somersault in Pike Shape	0.1	Double Somersault in Pike Shape	0.1
Single Somersault in Straight Shape	0.1	Double Somersault in Straight Shape	0.2
Front Somersaults	0.1	Triple Somersault in Tuck Shape	0.0
		Triple Somersault in Pike Shape	0.2
		Triple Somersault in Straight Shape	0.4

In double somersaults the value of the skill, including any twist and bonus will be doubled
In triple somersaults the value of the skill, including any twist and bonus will be tripled

Twist Value			
Single Somersaults		Double Somersaults	
		Each 1/2 twist (180°)	0.1
	Each 1/2 twist (180°)	Each 1/2 twist more than one full twist (360°)	0.2
	Each 1/2 twist more than two full twists (720°)	Each 1/2 twist more than two full twists (720°)	0.3
	Each 1/2 twist more than three full twists (1080°)	Each 1/2 twist more than three full twists (1080°)	0.4

Single somersaults with twist must twist in one continuous direction; otherwise no difficulty value will be awarded
