



USA GYMNASTICS®

**Junior Olympic
Trampoline
Code of
Points
2018-2020**

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SECTION 1 – QUICK REFERENCE

J.O. Code of Points Trampoline Quick Reference

For complete information, use the Rules & Policies on the USA Gymnastics website www.usagym.org

1. Age Determination

1.1 Each Level of the J.O. Program is divided into age groups. The age of the competitor on December 31 of the current year determines the age group in which he/she competes.

1.2 Age Groups for:

LEVELS 1-3	LEVELS 4-7	LEVELS 8-10	Level 9 Sync	Level 10 Sync
6 & Under	8 & Under	10 & Under	12 & Under	14 & Under
7-8	9-10	11-12	13 & Over	15 & Over
9-10	11-12	13-14		
11 & Over	13-14	15 & Over		
	15 & Over			

*Note: Upon the approval of the meet director and personal coach, an athlete may move up to the next older age group if he/she is the only athlete competing in his/her age group.

2. Calculation of a Score

2.1 Five types of marks are used: “D” type marks, which is the total of the degree of difficulty in one routine, “E” type marks, which is the total given by an execution judge in one routine, “S” type marks, which is the total for the synchronization of the routine, “T” type marks which is the time of flight when applicable and “HD” type marks which is the total for Horizontal Displacement in one routine.

2.1.1 For all levels and all competitions, the Meet Director can choose to utilize either the element-by-element or total scoring process.

2.2 Evaluation of Difficulty (D Score)

2.2.1 The difficulty of each element is calculated based on the amount of somersault and twist

2.2.1.1 Per ¼ somersault (90°) 0.1 pt.

2.2.1.2 Completed single somersaults (360°) 0.5 pts.

2.2.1.3 Completed double somersaults (720°) 1.0 pts.

2.2.1.4 Per ½ twist (180°) 0.1 pt.

2.2.1.5 Elements without twist or rotation have no difficulty value. Side somersaults are not allowed.

2.2.1.6 Single somersaults with twist must twist in one continuous direction otherwise no difficulty value will be awarded and routine requirements may not be met.

2.2.1.7 In elements combining somersault and twist, the difficulty values of the somersault and twist are added together.

2.2.1.8 Single somersaults (360° to 630°) without twist that are executed in the straight or pike position will be awarded an additional 0.1 pt.

2.2.1.9 Multiple somersaults of 720° or more, with or without twist, executed in the straight or pike position, will be awarded an extra 0.1 pt. per somersault.

- 2.2.2 Difficulty Judge **penalties**
 - 2.2.2.1 Repetition of an element within the first voluntary routine will result in a 2.0 deduction taken from the total score, for each occurrence.
 - 2.2.2.2 A 0.2 **penalty** will be taken from the total score of the first competed routine for competition cards that are late or missing required information. The Difficulty judge will notify the CJP if the **penalty** should be applied.
- 2.3 Evaluation of Execution (E Score)
 - 2.3.1 Lack of form, **maintenance** of height, and control in each element
 - 2.3.1.1 Evaluate the execution of each element in the range of 0.0 to 0.5 pts. as per Rule 2.3.2-2.3.4
 - 2.3.1.2 **When using total E scores, subtract** all deductions from the maximum mark indicated by the Chair of the Judges Panel as per Rule 6.5. **The two E Scores are added together to determine the valid total E Score**
 - 2.3.1.3 **When using element-by-element E scores, each individual judge's deductions are put into the scoring program. It determines the median deduction for each skill, when using three judges and averages the deductions when using two E judges. The deductions (median or average) will be totaled, and multiplied by two to determine the valid total E Score**
 - 2.3.2 Slight faults, for each occurrence 0.1-0.2 pts.
 - 2.3.3 Substantial faults, for each occurrence 0.3-0.4 pts.
 - 2.3.4 Major faults, for each occurrence 0.5 pts.
 - 2.3.5 On all routines, **when using total E scores**, the two "E" scores must not have a greater than 0.3 pts range. If the scores have more than a 0.3 tenth range, the Chair of the Judge's Panel will instruct one or both of the judges to reevaluate their score so that the 0.3 range requirement is met.
 - 2.3.6 The Chair of the Panel will determine the maximum mark.
- 2.4 Landing Deductions
 - 2.4.1 Upon instruction of the Chair of the Judge Panel, landing deductions are taken from the "E" score on completed routines only. Landing deductions are categorized as instability, falling, or leaving the trampoline bed.

Athletes may receive an instability deduction, OR one of the following Landing deductions (the greater of the two)

- 2.4.1.1 Instability after a completed routine
 - 2.4.1.1.1 Uncontrolled out-bounce 0.1
 - 2.4.1.1.2 Landing on both feet but lacking stability and not standing still for approximately three seconds 0.2
 - 2.4.1.2 Landing Deductions
 - 2.4.1.2.1 After landing, touching the bed with one or both hands 0.5
 - 2.4.1.2.2 After landing, touching with or falling to the knees, hands & knees, front, back or seat on the bed 1.0
 - 2.4.1.2.3 Touching or stepping on anything other than the trampoline bed 0.5
 - 2.4.1.2.4 Landing or falling outside the trampoline bed or leaving the trampoline area, or performing an additional somersault (See Guide to Judging Rule 2.17) 1.0
- 2.5 Total Score Penalties
 - 2.5.1 CJP and the DD judge's penalties are taken from the total score of each routine where the offense occurs.

2.5.2	Talking to or giving any form of signals to a competitor by his/her own coach or spotter during routine	0.6
2.5.3	Performing more than 10 elements (See Guide to Judging Rule 2.17)	2.0
2.5.4	Levels 8-10 first voluntary routine, repetition of an element per occurrence	2.0
2.5.5	Levels 8-10 voluntary routines, failing to meet routine requirements per occurrence	2.0
2.5.6	Levels 8-10 voluntary routines, exceeding routine requirements, per occurrence	2.0
2.5.7	Abusing the warm-up time	0.3
2.5.8	Violation of the Dress Code	0.2
2.5.9	Exceeding the time limit as per Rule 11.3	
	• 61 seconds	0.2
	• 91 seconds	0.4
	• 121 seconds	0.6
	• 181 seconds – will result in disqualification from the respective round of competition	
2.5.10	At the completion of a 10-element routine in synchronized trampoline, one partner does an out-bounce while the other stands stills.	0.4
2.5.11	Failure to turn in a competition card as per Rule 3.2.3	0.2
2.6	Evaluation of the Score for Synchronization	
2.6.1	Evaluate the synchronization of each element in the range of 0.0-0.5 pts. per Rule 2.6.3.1.1-2.6.3.1.2	
2.6.2	When using a total sync score, subtract deductions from the maximum mark indicated by the Chair of the Judges Panel. When using element-by-element S scores, each Sync judge's deductions are put into the scoring program. It averages the two deduction for each skill. The average deduction for each skill will be totaled, and multiplied by two to determine the valid total S Score	
2.6.2.1	If the synchronized scores are evaluated electronically the appointed judge will supervise the electronic system.	
2.6.2.1.1	In the case of a breakdown of the device the synchronized judge will measure the synchro deviations using video analysis with the oversight of the CJP.	
2.6.3	Synchronization judges will record the following deductions for each un-synchronized landing.	
2.6.3.1	Difference in landing	
2.6.3.1.1	Landing difference under 30 inches in height	0.1-0.3
2.6.3.1.2	Landing difference of 30 inches or more in height	0.4-0.5
2.6.4	During synchronized competition, judges one and three will evaluate the execution of the routine on trampoline one and judges two and four will evaluate the execution of the routine on trampoline two.	
2.6.5	The Chair of the Judges Panel will determine the maximum mark.	
2.7	Evaluation of the Score for Horizontal Displacement	
2.7.1	The evaluation of horizontal displacement for individual trampoline, should be completed by an HD machine and be electronically controlled by the HD judge. The deductions will be applied as per Rule 2.8.9. Should an HD machine not be available and, the judges are using a total HD score, the horizontal displacement deductions for each element are subtracted from the maximum mark, i.e. 10.0 points or the mark declared by the Chair of the Judges' Panel. This mark is taken as the valid score for horizontal displacement. If	

using element-by-element deductions to determine the HD score, the HD judge will enter their deductions into the scoring program. The deduction for each skill will be totaled, and the total entered as the valid total HD Score. One (1) judge will be responsible for evaluating the horizontal displacement.

2.7.1.1 If a breakdown of the electronic system occurs or if the HD judge fails to show their marks, the CJP may determine the best course of action based on the following:

2.7.1.1.1 The score is determined through an analysis of official video if available by the HD Judge.

2.7.1.1.2 Allow the athlete a second attempt

2.7.1.1.3 The Chair of the Judges Panel will provide the HD Score

2.7.2 The evaluation for horizontal displacement for synchronized trampoline, should be completed by an HD machine and be electronically controlled by the HD judge. The deductions will be applied as per Rule 2.8.9. Should an HD machine not be available and, the judges are using a total HD score for, the horizontal displacement deductions for each element are subtracted from the maximum mark, i.e. 10.0 points or the mark decided by the Chair of the Judges' Panel. The two marks are averaged and the average is taken as the valid score for horizontal displacement. If using element-by-element HD score, the two HD judges will enter their individual deductions into the scoring program. It averages the two deduction for each skill, The average deduction for each skill will be totaled, and the total entered as the valid total HD Score.

2.8 Calculations of the Score

2.8.1 The evaluation of the execution of elements, form, maintaining height, control, difficulty and synchronization is done in tenths of a point.

2.8.2 Judges must write down their deductions independently of each other.

2.8.3 When signaled by the Chair of the Judges Panel, the execution and synchronization judge's scores must be shown simultaneously.

2.8.4 If any of the Judges for execution or synchronization fail to show their marks when signaled by the Chair of the Judges Panel, the other mark will be doubled and used for the missing mark(s).

2.8.5 Calculation of the Score of Execution. (E Score)

2.8.5.1 To determine the "E" Score all execution and landing deductions are subtracted from the maximum mark as declared by the Chair of the Judges Panel.

2.8.5.2 When using a total E score, the scores must have a range of no more than 0.3 pts. If "E" scores are not within 0.3, the CJP will advise which judge/judges should reevaluate their score.

2.8.5.3 In Levels 1-4, if only one execution judge is used, the judge's total mark will be multiplied by two

2.8.5.4 In all levels of synchronized competition, the highest and the lowest marks from the four execution judges' scores are dropped and the remaining two marks are averaged for the execution score.

2.8.6 Calculation of the Score for Difficulty (D Score) Levels 8-10

2.8.6.1 Difficulty judges calculate the difficulty of the second voluntary routine as per Rule 2.2.1.1-2.2.1.9 and enter it on the competition card.

2.8.7 Calculation of the Score for Synchronization (Levels 9-10)

2.8.7.1 The sync score is determined using Rule 2.6.1-2.6.5

2.8.7.2 The deductions for lack of synchronization are subtracted from the maximum mark as declared by the Chair of the Panel.

2.8.7.3 If an electronic scoring system is used; the mark generated by the system is doubled and taken as the valid score for synchronization.

- 2.8.8 Calculation of the Score for Time of Flight
- 2.8.8.1 The evaluation of the time of flight should be done electronically. The appointed judge is responsible for controlling the electronic scoring system.
- 2.8.8.2 The total time of flight in 1/1000 of seconds is considered as the score for the time of flight.
- 2.8.9 Calculation of the Score for Horizontal Displacement
- 2.8.9.1 The evaluation of Horizontal Displacement should be done electronically
- 2.8.9.1.1 If an electronic scoring system is used, the mark generated by the system is taken as the score for HD.
- 2.8.9.1.2 If the electronic system fails the HD judge along with the CJP may use the official video to determine the HD score
- 2.8.9.1.3 If official video is not available the athlete may be allowed to compete again upon the approval of the CJP.
- 2.8.9.2 Should an electronic system not be available, one (1) judge for individual trampoline and (2) judges for synchronized trampoline will evaluate the routine and take the appropriate deductions based on the landing on the bed and subtract from the maximum mark as determined by the CJP as per Rule 2.7
- 2.8.9.2.1 If the HD judges fails to show his/her marks the CJP may use official video to determine the HD score.
- 2.8.9.2.2 If official video is not available the athlete may be allowed to compete again upon the approval of the CJP.
- 2.8.10 Calculation of the Competitor's Score for Each Routine
- 2.8.10.1 Compulsory routines
- 2.8.10.1.1 Levels 1-7, the valid execution score as per Rule 2.3.1, added to the horizontal displacement score, minus CJP penalties will be the total score for the routine.
- 2.8.10.2 Individual Voluntary routines
- 2.8.10.2.1 1st Voluntary – Levels 8-10, the valid execution score as per Rule 2.3.1, added to the horizontal displacement score, minus CJP and DD judge's penalties will be the total score for the routine. Exception: (Level 10: time of flight will be added at all national events.)
- 2.8.10.2.2 2nd Voluntary – Levels 8-10, the valid execution score as per Rule 2.3.1, added to the difficulty and the horizontal displacement score, minus CJP and DD judge's penalties will be the total score for the routine. (Level 10: time of flight will be added at all national events.)
- 2.8.10.3 Synchronized competition, the valid execution scores as per Rule 2.3.1, added to the difficulty score, the HD score and the synchronization scores as per Rule 2.6, minus CJP and DD judge's penalties, will be the total score for the routine.
- 2.8.11 Calculation of the Competitor's Final Score
- 2.8.11.1 Level 1-7, Individual Trampoline: Add the valid E score, to the Horizontal displacement score minus CJP penalties to determine the total score.
- 2.8.11.2 Level 8-9, Individual Trampoline: First routine: add the valid E score to the score for horizontal displacement minus CJP and DD judge's penalties to determine the total score for the round.
- Second Routine: Add the valid E score to the difficulty score, and the score for horizontal displacement minus CJP and DD judge's penalties to determine the total score for the round. Add the two totals together to determine the final score for the round.

2.8.11.3 Level 10, Individual First Routine: Add the valid E score to the score for horizontal displacement, minus CJP and DD judge's penalties to determine the total score for the round, (add time of flight at all national events)

Second Routine: Add the valid E score to the difficulty score, and the score for horizontal displacement, minus CJP and DD judge's penalties to determine the total score for the round. Add the two totals together to determine the final score for the round. (add time of flight at all national events)

2.8.11.4 Level 9-10, Synchronized Trampoline: The valid execution scores as per Rule 2.3, valid HD score, the valid synchronization scores and the difficulty score, minus CJP deductions to determine the final score for the round.

2.8.11.5 Level 9-10 Individual Finals: Add the valid execution score, to the difficulty scores and the score for horizontal displacement (add TOF at national events for Level 10), minus CJP deductions to determine the total score for the final round. Add the total score from the qualification round to the total score from the final round to determine the total final score.

2.8.12 The score keeper will notate the judge's scores and enter the scores to determine the total score for each athlete.

2.8.13 All scores will be rounded to three decimal places. Such rounding will only be made with respect to the competitor's total score for each routine.

2.8.14 The Chair of the Judges Panel is responsible for determining the validity of the final scores and must sign the final score sheet before the final results are posted.

3. Competition Cards

3.1 Levels 1-7

3.1.1 No competition cards are required.

3.2 Levels 8-10

3.2.1 All routines, including finals, must be written on the competition card. Voluntary routines must include difficulty value, position, and total value of the routine in order to avoid additional deductions.

3.2.1.1 In the Voluntary routine, changes to the elements and the order in which they are written on the competition card are permitted without penalty.

3.2.2 Competition cards must be completed using only the FIG numeric system.

3.2.3 Failure to turn in a competition card at the designated time and location, filled out using the FIG numeric system will result in a deduction from the CJP Penalty's from the total score of the first voluntary routine as Per Rule 2.5.11.

4. Dress Code

4.1 Athletes: The dress code should be followed during all training, warm-up and competition at meets. Any violation identified during training and session warmup may receive a warning. And violation during flight warm up or competition will result in a Chair of the Judges Panel penalty..

4.1.1 Male Competitors

4.1.1.1 Step in or compression shirt, with or without sleeves, t-shirts are not acceptable. compression shirts must be skintight and made of lycra or spandex

4.1.1.2 Competition pants in a single color or competition shorts, with no longer than a 5" inseam

4.1.1.3 Any length of skin tight leg coverings (not including trampoline pants) of one solid color that matches a color found in the leotard, or black, or skin color may be worn. Design patterns, images, words, or symbols are not allowed. A manufacturer's logo of no more than 1" is allowed.

- 4.1.1.4 Trampoline shoes/and or foot covering in the same color as the competition pants or white, If shorts are worn, the foot covering must be white and may not be more than ankle length.
- 4.1.2 Female Competitors
- 4.1.2.1 Leotard with or without sleeves may be worn (must be skintight)
- 4.1.2.2 Any length of skin tight leg coverings (not including trampoline pants) of one solid color that matches a color found in the leotard, or black, or skin color may be worn. Design patterns, images, words, or symbols are not allowed. A manufacturer's logo of no more than 1" is allowed.
- 4.1.2.3 A full-length one-piece leotard (unitard) may be worn. (must be skintight)
- 4.1.2.4 White trampoline shoes/foot covering, if a unitard or long tights are worn shoes/foot covering may be in the same color as the unitard/long tights. Footwear may not be more than ankle length
- 4.1.2.5 For safety reasons, covering the face or head is **NOT** allowed.
- 4.1.3 The wearing of jewelry or watches is not permitted. Earrings must be removed and may NOT be taped. Rings without gemstones are permitted only if they are taped.
- 4.1.4 Only rubber bands, ribbons, flat metal clips or soft hair decorations are allowed
- 4.1.5 Long hair for both male and female competitors must be secured close to the head. If the hair touches the bed, pads or spring covers, the routine will be interrupted. (See Guide to Judging Rule 1.20)
- 4.1.6 Bandages or support pieces must be white, tan or black.
- 4.1.7 Undergarments of any type must not be visible. (does not include skintight leg covering)
- 4.1.8 Any violation of Rule 4.1.1-4.1.7 during flight warm up and competition may result in a penalty of 0.2 penalty, as per Rule 2.5.8.
- 4.1.9 A major violation could result in the disqualification of the respective round of competition. The CJP makes the decision.
- 4.2 Coaches are required to dress in attire reflecting the best image of gymnastics.
- 4.2.1 Collared shirts, business casual shirts or V-neck t-shirt with team logo
- 4.2.2 Track suit, or "docker-style" pants
- 4.2.3 Athletic shoes with rubberized soles
- 4.2.4 Warm up Jackets are optional
- 4.2.5 The following is **NOT** allowed on the competition floors
- No denim
 - No caps or hats
 - No tank tops
 - No sleeveless shirts
- 4.2.6 Violators will be asked to leave the floor.
5. Flights
- 5.1 Competitors will be scheduled in flights of no more than 12.
6. Interruptions of a Routine
- 6.1 A routine will be considered interrupted if the competitor
- 6.1.1 Obviously does not land simultaneously on both feet on the bed

- 6.1.2 Does not use the elasticity of the bed after landing for the immediate continuation of the next element
 - 6.1.3 Touches anything other than the trampoline bed with any part of the body
 - 6.1.4 Is touched by a spotter or spotter mat
 - 6.1.5 Leaves the trampoline due to lack of control or insecurity
 - 6.1.6 Does not perform the compulsory routine as required. The routine is interrupted at the point of change
 - 6.1.7 Performs an incomplete element (see Guide to Judging Rule 1.7)
 - 6.1.8 Performs an intermediate straight jump
 - 6.1.9 **Performs an illegal element**
 - 6.1.10 Level 9-10, synchro, performs a different element from that of his/her partner in a synchronized routine
 - 6.1.11 In synchronized competition, if one of the competitors is more than ½ element ahead of their partner, the Chair of the Judges Panel will deem they have performed different elements.
 - 6.1.12 **Using equipment for something other than its intended purpose will result in an interruption of the routine.**
 - 6.2 No credit will be given for the element in which the interruption occurs in respect to Rules 6.1.1-6.1.12.
 - 6.3 A routine will be judged only on the number of completed elements on the trampoline. The routine must end with both feet on the trampoline bed. (See Guide to Judging, Rule 1.7)
 - 6.4 Landing deductions are taken only on completed routines. The Chair of Judges Panel **penalties** are taken on complete and incomplete routines.
 - 6.5 The Chair of the Judges Panel will determine the maximum mark.
7. Judges Panel (Competition Jury)
- 7.1 Duties of the Chair of the Panel
 - 7.1.1 Control of the facility
 - 7.1.2 Organize the Judges' conference and the trial scoring
 - 7.1.3 Place and supervise all judges, spotters, and score keeper
 - 7.1.4 Direct the competition
 - 7.1.5 Convene the competition jury
 - 7.1.6 Decide if a second attempt should be allowed
 - 7.1.7 Decide about a gymnast's dress
 - 7.1.8 Decide whether any assistance given by a spotter was necessary
 - 7.1.9 Assist the difficulty judge in checking routine requirements
 - 7.1.10 Declare the maximum mark in the case of an interrupted routine
 - 7.1.11 Direct "E" judges to reevaluate their score if the 0.3 range is not met.
 - 7.1.12 Display the CJP penalties
 - 7.2 Duties of Judges for Execution
 - 7.2.1 Evaluate the execution of each element in the range 0.0 to 0.5 points and write their deductions independently of the other judges.
 - 7.2.2 Subtract their deductions from the maximum mark indicated by the Chair of the Judges' Panel.
 - 7.2.3 Display their execution score

- 7.3 Duties of Judges for Difficulty
 - 7.3.1 Collect the competition cards
 - 7.3.2 Check the elements and difficulty values entered on the competition cards.
 - 7.3.3 Confirm with the Chair of the Judges Panel that compulsory routines were performed correctly.
 - 7.3.4 Check the required elements/requirements for the voluntary routine.
 - 7.3.5 Determine and record all elements performed, and its difficulty value on the competition card.
 - 7.3.6 Determine whether or not any of the elements were intermediate jumps and **notify the CJP.**
 - 7.3.7 Check that pairs in synchronized competition perform the same elements at the same time as per Rule 6.1.10 and notify the Chair of the Judges Panel if there are different elements.
 - 7.3.8 Notify CJP if the competition card was turned in late or incomplete so that appropriate **penalties** can be taken from the total score.
 - 7.3.9 Display the score for difficulty.
- 7.4 Duties of the Judges for Synchronization
 - 7.4.1 Evaluate the synchronized performance and record their deductions for each unsynchronized landing as per Rule 2.6.3.1.1-2.6.3.1.2
 - 7.4.2 Subtract deductions for the maximum mark indicated by the Chair of the Judges Panel.
 - 7.4.3 When the synchronized scores are evaluated electronically the appointed judge supervises the electronic system.
 - 7.4.4 Display the synchronization score.
 - 7.4.5 Determine the Synchronized mark according to the number of elements/the maximum mark indicated by the Chair of the Judges Panel.
 - 7.4.6 Measure the synchronized deviations of a routine in the case of a breakdown of the device with a video analysis.
- 7.5 Duties of the Judge for the Time of Flight
 - 7.5.1 Measure the time of flight of a routine with a time measurement device or, in the case of a breakdown of the device with a video analysis.
 - 7.5.2 Determine the time of flight according to the number of elements/the maximum mark indicated by the Chair of the Judges Panel.
- 7.6 Duties of the Judges for Horizontal Displacement
 - 7.6.1 Operate HD device and display appropriate score.
 - 7.6.2 **Evaluate the elements performed to the feet, when the majority of the foot lands in a zone (outside the outer line), the deduction related to this zone will be applied (See FIG Guide to Judging)**
 - 7.6.3 Evaluate the elements performed to the front, back or seat (because a larger portion of the body touches the bed), the hip joint portion of the body touching the bed should be used to determine where the body lands (see FIG Guide to Judging)
- 7.7 Judges Panel
 - 7.7.1 Judges must sit on the judge's platform a minimum of 6 feet from trampoline number one. The platform must be raised by a minimum of 18 inches from the floor.
 - 7.7.2 If more than one trampoline is used, the HD judge, must judge HD from the floor next to the trampoline on which the athlete is competing
 - 7.7.3 If a judge fails to carry out his/her duties in a satisfactory manner, he/she may be replaced. This decision will be made by the Jury of Appeal upon the recommendation of the Chair of the Judges Panel.
 - 7.7.4 If the judge in question is also a member of the Jury of Appeal, he/she will not participate in the process.

7.7.5 If an execution judge, horizontal displacement or synchronization judge is replaced, the jury of appeal may decide that his/her previous marks will be replaced. (See Rules and Policies for information regarding the Jury of Appeal)

8. Repetition of an Element

- 8.1 During a 1st voluntary routine will result in a penalty of 2.0 pts from the total score of the routine in which the offense occurs.
- 8.2 During a 2nd voluntary routine, no element may be repeated; otherwise, the difficulty of the repeated element will not be counted.
- 8.3 Elements having the same amount of rotation, but performed in either the tuck, pike and straight positions are considered to be different elements and are not a repetition.
- 8.3.1 The tuck and pike positions are considered to be the same position.
- 8.3.2 Multiple somersaults of more than 360°, having the same number of twists and somersaults, will not be considered a repetition if the twist is located in different phases of the element.

9. Required Positions During an Element

- 9.1 In all positions, the feet and legs should be kept together (except in straddle jumps) and the feet and toes pointed.
- 9.2 Depending on the requirements of the movement, the body should be tucked, piked or straight.
- 9.3 In the tuck and pike positions, the thighs should be close to the upper body, except in the twisting phase of the multiple somersaults as per Rule 9.8.6
- 9.4 In the tuck position, the hands should touch the legs below the knee.
- 9.5 In the pike position, the hands should touch the tops of the feet.
- 9.6 Straddle Jump: The angle between the legs must be equal to or greater than 45° and the hands should touch the tops of the feet.
- 9.7 The arms should be straight and/or close to the body whenever possible.
- 9.7.1 In single somersaults with 360° of twist or less and double somersaults with 180° of twist the arms may be away from the body 45° with no deduction. See Guide To Judging Rule 1.29)
- 9.7.2 In single somersaults with more than 360° of twist and all twisting doubles the arms may be straight and away from the body 90° with no deduction. See Guide To Judging Rule 1.29)
- 9.8 The following defines the minimum requirements for a particular body shape:
- 9.8.1 Straight position: The angle between the upper body and the thighs must be greater than 135° (see Guide to Judging Rule 1.27)
- 9.8.2 Pike position: The angle between the upper body and thighs must be equal to or less than 135° and the angle between the thighs and the lower legs must be greater than 135° (see Guide to Judging Rule 1.27)
- 9.8.3 Tuck position: The angle between the upper body and thighs must be less than 135° and the angle between the thighs and the lower leg must be less than 135° (see Guide to Judging Rule 1.27)
- 9.8.4 Pike position: The angle between the upper body and thighs is between 90° and 135° and the angle between the thighs and lower leg is between 90° and 135°.
- 9.8.5 When two positions are achieved in one element, the difficulty value of the lesser of the two values will be awarded for the element. The position of the element is determined before the extension. Once the athlete reaches between 180° and 150° of the element any transition in position will be treated as “keeping” deductions.
- 9.8.6 In multiple somersaults with twists, the tuck and pike positions may be modified during the twisting phase as described in the FIG Guide to Judging. When the pike and tuck positions

are used to perform an element with the same number of rotations and twists, the element will be deemed a repeat.

9.8.7 The phases in multiple somersaults are:

- In somersaults of 540° or less, one phase is recognized
- In somersaults of 630° -900°, two phases are recognized, early and late, and equate to the degrees of rotation divided by two.
- In somersaults of 900° or more, each somersault is recognized as a separate phase.

10. Spotters

- 10.1 Current USA Gymnastics professional, Jr. professional members or age and physical size appropriate current athlete members
- 10.2 One spotter is required at each corner, if a throw in mat is NOT utilized.
- 10.3 If a throw in mat is utilized, the spotter/coach may stand on either side of the trampoline. The coach with the mat will replace one of the spotters.
- 10.4 A throw in mat that is utilized during competition, must meet the dimensions as described in the equipment specification in the Rules & Policies.

11. Start of a Routine

- 11.1 The starting order is decided by a draw.
- 11.2 Each competitor will start on a signal of the Chair of the Judges Panel.
- 11.3 After the signal has been given, the competitor must initiate the first element within one minute, otherwise the execution judges will take the appropriate deduction as per Rule 2.5.9.
- 11.4 Second attempts are not allowed, unless determined by the Chair of the Judges Panel
- 11.5 A competitor's routine will be considered started once the first element is initiated.
- 11.5.1 If the time limit is exceeded as a result of faulty equipment or other substantial cause, no deductions will be applied. The Chair of the Judges Panel makes this decision. The athlete may restart upon the signal from the Chair of the Judges Panel.
- 11.5.2 If a competitor is obviously disturbed in a routine due to faulty equipment or substantial external influence, the Chair of the Judges Panel may allow another attempt. A competitor's apparel is not considered "equipment"
- 11.6 Spectator noise, applause and the like would not normally constitute a disturbance

12. Termination of a Routine

- 12.1 The routine must end under control, with both feet on the trampoline bed; otherwise Rule 6.1.7 will be applied. Only elements that make contact with the trampoline bed will be evaluated.
- 12.2 After the last element of a routine, the competitor is allowed to do one additional jump in a straight position (out-bounce) using the elasticity of the bed.
- 12.3 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. deduction taken from the total score
- 12.4 If a competitor executes more than ten elements, because of a miscount, a 2.0 pts. deduction will be taken from the total score of the routine in which the offense occurs. (See Guide to Judging Rule 2.17)
- 12.5 In the case of an interrupted routine, if the last bounce is a straight jump, it will be considered an out-bounce, not an intermediate jump.

- 12.6 A routine is deemed to have ended after the three seconds has elapsed. Competitors must stand upright for approximately three seconds otherwise, there will be a deduction for lack of stability as per Rule 2.4.1.1.1-2.4.1.1.2 (See Guide to Judging Rule 1.8).

13. Tie-Breaking System

- 13.1 Levels 1-4: Ties are not broken at this Level

13.2 Levels 5-7:

13.2.1 The gymnast with the higher sum of the E score.

13.2.2 The gymnast with the higher HD score.

13.2.3 If there is still a tie, the tie will not be broken.

13.3 Level 8:

13.3.1 The gymnast with the higher sum of the E score of both routines prevails.

13.3.2 The gymnast with the higher sum of the E score of the second routine prevails.

13.3.3 If there is still a tie, the tie will not be broken.

13.4 Levels 9-10: Individual Preliminaries

13.4.1 The gymnast with the higher sum of the E score of both routines prevails.

13.4.2 The gymnast with the higher sum of the E score of the second routine prevails.

13.4.3 If there is still a tie, the tie will not be broken.

13.5 Level 9-10: Individual Finals

13.5.1 The gymnast with the higher sum of the E score prevails.

13.5.2 The gymnast with the higher sum of the HD score prevails.

13.5.3 If there is still a tie, the tie will not be broken.

13.6 Level 9-10: Synchronized

13.6.1 The pair with the higher E Score

13.6.2 The pair with the higher S Score

13.6.3 The pair with the higher HD Score

13.6.4 If there is still a tie, the tie will not be broken

13.7 Example of distribution of awards if a tie cannot be broken:

- Two competitors are tied for 2nd place.
- Award the 1st place medal to gymnast with the highest score.
- The 2nd place medals are presented to the gymnast with the tied score
- NO 3rd place medal
- The 4th place award is then presented to the next gymnast, and so on.

14. Warm-Up

14.1 All competitors will be allowed warm up touches during their flight warm-up prior to competition.

14.1.1

Local/State/Regionals	
If a general training or warm up sessions is offered prior to competition, the following warm-up will be provided prior immediately prior to flight competition.	
Trampoline / Synchro	
Level 1-4	2 touches
Level 5-7	2 touches
Level 8-10	2 touches / 1 touch
Local/State/Regionals	
If NO general training or warm up sessions are provided prior to competition, the following warm-up will be provided immediately prior to flight competition	
Trampoline / Synchro	
Level 1-4	2 touches
Level 5-7	2 touches
Leve 8-10	3 touches / 1 touch
National Events	
When session warm-ups are provided they must be a minimum of 50 minutes in length and provide a minimum of 15 minutes stretch time.	

- 14.2 No general warm-up period is required; however, if time allows one may be provided.
- 14.3 When specific session warm-ups are provided, athletes are only allowed to warm up on the apparatus on which they compete in that session.
- 14.4 In the event a competitor abuses the warm-up a deduction of 0.3 pts. will be taken from the total score.
- 14.5 Warm-up on the competition hall equipment may be eliminated if equivalent equipment is provided in an adjacent hall.
- 14.6 The competition dress code must be followed during all training sessions and warm up times.

SECTION 2 –TRAMPOLINE ROUTINES AND REQUIREMENTS

Trampoline Levels 1-4

1. Routine Definition

- 1.1 Competition is comprised of a ten element compulsory routine.
- 1.2 All completed routines are scored out of 10.0 pts.
- 1.3 After the last element, the competitor is allowed to do one jump in a straight position (out-bounce) using the elasticity of the bed.
- 1.4 No finals are held at this Level.

2. Compulsories

Level 1

Straddle jump
Tuck jump
Pike jump
Seat drop
Return to feet
Straddle jump
Tuck jump
Pike jump
Seat drop
Return to feet

Level 2

Front drop free
Return to feet
Pike jump
1/1 Twist
Straddle Jump
Seat drop
Return to feet
Tuck jump
Back drop
 $\frac{1}{2}$ twist to feet

Level 3

Back drop free
Pullover pike to feet
Tuck jump
Jump $\frac{1}{2}$ twist
Pike Jump
Straddle Jump
Seat Drop
 $\frac{1}{2}$ twist to seat drop
Hands & knee drop
Front tuck to feet

Level 4

Back somersault tuck
Tuck jump
Jump 1/1 twist
Pike jump
 $\frac{1}{2}$ twist to seat
Front drop
Return to feet
Jump $\frac{1}{2}$ twist
Straddle jump
Front somersault tuck

3. Deviation from the compulsory routine will result in an interruption of the routine at the point of change. See Rule 6.1.6

Trampoline Levels 5-7

4. Routine Definition

- 4.1 Competition is comprised of a ten-element compulsory routine.
- 4.2 All completed routines are scored out of 10.0 pts.
- 4.3 After the last element, the competitor is allowed to do one more jump in a straight position (out-bounce) using the elasticity of the bed.
- 4.4 No finals are held at this Level

5. Compulsories

Level 5

Back somersault pike
 Tuck jump
 Back somersault tuck
 Straddle jump
 ½ twist to stomach (airplane)
 Seat drop
 Return to feet
 Jump ½ twist
 Pike jump
 Barani pike

Level 6

Back somersault straight
 Pike jump
 Back somersault pike
 Barani tuck
 Tuck jump
 Back somersault tuck
 Seat drop
 ½ twist to feet
 Straddle jump
 Barani straight

Level 7

Back somersault straight
 Barani straight
 Pike jump
 Back somersault pike
 Barani pike
 Straddle jump
 Back somersault tuck
 Tuck jump
 ¾ front somersault straight
 Ball out tuck

- 6. Deviation from the compulsory routine will result in an interruption of the routine at the point of change. See Rule 6.1.6

Trampoline Levels 8-10

7. Routine Requirements for Levels 8, 9 & 10
 - 7.1 Competition is comprised of two ten-element voluntary routines.
 - 7.2 All completed routines are scored out of 10.0 pts.
 - 7.3 Changes to the elements and the order in which they are written on the competition card are permitted without penalty.
 - 7.4 If a competitor does not meet the routine requirements, a 2.0 pts. will be taken from the total score, as per 2.5.5-2.5.6. This deduction is taken only on completed routines. (See Guide to Judging)
 - 7.5 If a competitor exceeds the maximum routine difficulty then the maximum difficulty allowed will be the valid difficulty score for the routine. No additional deductions will be applied.
 - 7.6 Elements which exceed the maximum element DD allowed will result in an Interruption of the routine.
 - 7.7 Repeats are not allowed in the first voluntary routine. A deduction of 2.0 will be taken from the total score by the difficulty judge.
 - 7.7.1 Repeated skills between the second voluntary and final routine will not be considered a repeat and will be awarded difficulty
 - 7.7.2 Repeated skills within the second voluntary or within the final routine will not be awarded difficulty value, Deductions regarding minimum pass difficulty may be applied if the loss of DD, causes the pass to not meet requirements.
 - 7.8 NO triple somersaults are allowed
 - 7.9 After the last element, the competitor is allowed to do one jump in a straight position (out-bounce) using the elasticity of the bed.
 - 7.10 No finals are held for Level 8 competition.
 - 7.10.1 Finals for Levels 9 and 10 will consist of one ten-element voluntary routine.
 - 7.11 No difficulty is awarded for the first voluntary routine.
8. Level 8 Individual Competition – Two Voluntary Routines
 - 8.1 First Routine – 1st Voluntary Routine Requirements
 - 8.1.1 Maximum of three non-somersaulting elements
 - 8.1.2 Minimum seven elements with a minimum of 270° Rotation
 - 8.1.3 $\frac{3}{4}$ front somersault straight
 - 8.1.4 Barani ball out tuck
 - 8.1.5 Maximum Element DD 0.9
 - 8.2 Second Routine – 2nd Voluntary Routine Requirements
 - 8.2.1 Minimum Routine DD 4.0
 - 8.2.2 Maximum Routine DD 6.0
 - 8.2.3 Maximum Element DD 0.9
9. Level 9 Individual Competition – Two Voluntary Routines
 - 9.1 First Routine – 1st Voluntary Routine Requirements
 - 9.1.1 Maximum of two non-somersaulting elements
 - 9.1.2 Minimum 8 elements with a minimum of 270° rotation

- 9.1.3 ¾ back somersault
- 9.1.4 Back Cody
- 9.1.5 Maximum element DD 1.3
- 9.2 Second Routine – 2nd Voluntary Routine Requirements
 - 9.2.1 Minimum Routine DD 5.5
 - 9.2.2 Maximum Routine DD 7.1
 - 9.2.3 Maximum Element DD 1.3
- 9.3 Finals – 1 Voluntary Routine
 - 9.3.1 Maximum Routine DD 7.1
 - 9.3.2 Maximum Element DD 1.3

- 10. Level 10 Individual Competition – Two Voluntary Routines
 - 10.1 First Routine – 1st Voluntary Routine Requirements
 - 10.1.1 Maximum of one non-somersaulting element
 - 10.1.2 Minimum nine elements with a minimum of 270° of rotation
 - 10.1.3 Back somersault with 1/1 twist,
 - 10.1.4 One somersault to the back or stomach,
 - 10.1.5 One somersault from the back or stomach in combination with 10.1.4
 - 10.1.6 Maximum Element DD 1.6
 - 10.2 Second Routine – 2nd Voluntary Routine Requirements
 - 10.2.1 Minimum Routine DD 6.5
 - 10.2.2 Maximum Routine DD 11.0
 - 10.2.3 Maximum Element DD 1.6
 - 10.3 Finals Routine – 1st Voluntary Routine Requirements
 - 10.3.1 Maximum Routine DD 11.0
 - 10.3.2 Maximum Element DD 1.6

- 11. Level 9 & 10 Individual Finals
 - 11.1 Finals must be held at National Championships but are optional at all other competitions.
 - 11.2 Finals will consist of one ten-element voluntary routine
 - 11.3 A competitor may repeat elements or a routine performed in the qualification round.
 - 11.4 The competitors with the eight best scores from the preliminaries will go forward to the finals.
 - 11.5 The starting order for finals will be in order of merit, meaning the competitor with the lowest qualification score will compete first. In the event of a tie, the starting order will be decided by a random draw.

- 12. Levels 9 & 10 Synchronized Trampoline
 - 12.1 Levels 9 & 10 consist of one voluntary routine
 - 12.1.1 Requirements for the voluntary routine are:
 - 12.1.1.1 Level 9 as per Rules 9.3.1-9.3.2
 - 12.1.1.2 Level 10 as per Rules 10.3.1-10.3.2

- 12.2 A synchronized pair consists of two women or two men.
- 12.3 A competitor may only compete in one synchronized pairing.
- 12.4 A competitor must compete in the same competitive level as his/her individual competition.
- 12.5 Partners must do the same element at the same time and must start facing in the same direction. They need not twist in the same direction.
- 12.6 The age of the older partner determines the competitive age group the team must enter.
- 12.7 Members of a synchronized pair must wear identical competition attire. Failing to do so will result in the disqualification of the pair.
- 12.8 No finals are held for synchronized competition.