

accessing and leaving the trampoline unless the trampoline is floor level.

18. Coaches should be dressed in team warm-ups, athletic attire, and athletic shoes.

c. **SAFETY RULES FOR DOUBLE MINI TRAMPOLINE**

19. Only the standard accepted A.A.U. regulation double-mini trampoline should be used in this activity.

20. No student or performer should ever attempt to execute a double-mini trampoline skill without first having been taught that skill by a qualified instructor.

21. No double-mini tramping should ever take place unless a qualified instructor in this event is supervising the activity.

22. The double-mini tramp should never be used unless it is used in conjunction with a regulation landing pad, at least 12" thick by 6' by 12' - refer to the General Double-Mini Rules.

23. The double-mini tramp should only be set up in level area where adequate space is available for run, ceiling height, and placement of the landing mat for landing.

24. No one should ever run across the area in which double-mini trampoline students or performers are taking their approach runs.

25. No one in street clothes or shoes should be allowed to practice double-mini trampoline. Proper gym wear and gym slippers are required.

26. The double-mini trampoline should never be employed as a trampoline. Only one mount or spotter skill should ever be allowed at one time.

27. Only two foot take-offs for mounts and dismounts and two foot landings on mounts and dismounts are allowed. No shoulder, stomach, or back landing is allowed on double-mini trampolines.

28. Once a double-mini trampoline pass has been complete, students and performers should clear the landing pad area immediately to make room for the next performer.

29. Double-mini trampolines should be folded, locked, and stored when not in use.

30. All double-mini trampoline skills should be first learned successfully on a trampoline before being attempted on the double-mini trampoline.

31. No horseplay ever is allowed on a double-mini trampoline.

32. No student or performer should ever execute a dismount to any other landing area than the regulation landing pad.

33. Double Mini runways must be marked for length at Jr. Olympic Championships.

34. Coaches should be dressed in team warm-ups, athletic attire, and athletic shoes

2. **EQUIPMENT**

TUMBLING EQUIPMENT

d. **SUB-BEGINNER, BEGINNER, AND ADVANCED-BEGINNER LEVELS EQUIPMENT**

d. Single layer mat 42' long and at least 6' wide with at least one additional 6'x12' mat must be available for a coach to add to the end of the existing 42' of mat if needed or a spring, slat, or rod floor.

e. Single layer of tumbling mat of 1"-3" thickness, carpeted ethafoam of 1"-3" thickness or rod floor.

e. **SUB-NOVICE LEVEL EQUIPMENT**

d. A double set of tumbling mats or 2" ethafoam at least 6' wide and 72' long must be used on top of a spring, rod, or slat floor. Double layer mats or 2" ethafoam used on both floor and spring floor. Recommended 10 'run-up.

- i. Recommended landing area consists of 6' x 12' landing mats even with the competition floor.
 - ii. Vaulting boards used in competition must meet FIG specifications.
 - i. Vaulting boards, when used, may only be used for the initiation of the first skill of a tumbling pass.
 - iii. For the intermediate level, the required minimum height of 16' for the entire length of the tumbling floor and landing zone.
- f. NOVICE, INTERMEDIATE, AND SUB-ADVANCED LEVEL EQUIPMENT**
- i. A double set of tumbling mats or 2" ethafoam at least 6' wide and 100' long must be used on top of a spring, slat, or rod floor. This is recommended for Invitational Competitions and mandatory for Association and National Championships. Double layer mats or 2" ethafoam used on both floor and spring floor. Maximum 30' run-up.
 - ii. Recommended landing area consists of 6' x 12' landing mats even with the competition floor.
 - iii. Vaulting boards used in competition must meet FIG specifications.
 - i. Vaulting boards, when used, may only be used for the initiation of the first skill of a tumbling pass.
 - iv. For the sub-advanced level, the required minimum height of 16' for the entire length of the tumbling floor and landing zone.
- g. ADVANCED LEVEL EQUIPMENT**
- i. A double set of tumbling mats or 2" ethafoam at least 6' wide and 100' long must be used on top of or a spring, slat, or rod floor. This is recommended for Invitational Competitions and mandatory for Association Championships, National Championships and Team Trials. At Association, Nationals, and Team Trial competitions, the rod floors must have 1" rods with a minimum of four (4) rods per foot or 7/8" rods with a minimum of six (6) rods per foot. Double layer mats or 2" ethafoam used on both floor and spring floor.
 - ii. A **maximum** of a 30' run-up and a **minimum** of 8'x16' landing mat even with the floor with a 6'x12' or 62'x13' landing zone is required. The landing mat must be firmly attached to the tumbling strip.
 - iii. Vaulting boards used in competition must meet FIG specifications.
 - i. Vaulting boards, when used, may only be used for the initiation of the first skill of a tumbling pass.
 - iv. The required minimum height of 16' for the entire length of the tumbling floor and landing zone.
- h. TRAMPOLINE EQUIPMENT**
- 1. The interior height of the hall in which trampoline competitions are to take place must be at least 25 feet.
 - 2. The dimensions of the trampoline must be 7' x 14'. The recommended web of the bed should be 6mm or a Eurobed.
 - 3. Landing decks (minimum 6' x 12' x 4" landing mat) must be used on the ends of the trampoline. Gym mats must cover the floor around the trampoline.
 - 4. There must be four spotters around the sides of the trampoline at all times. NOTE: It is recommended that six spotters be used at the Advanced Level.
 - 5. Soft mats, stair mats, or panel mats must be used to aid athletes in accessing and leaving the trampoline unless the trampoline is floor level.
- i. SYNCHRONIZED TRAMPOLINE EQUIPMENT**

1. During synchronized competitions, the trampolines must be parallel and not staggered. The distance between them, measured from the outer edges of the frame, must be 7'.

j. DOUBLE MINI TRAMPOLINE EQUIPMENT & SAFETY

EQUIPMENT:

1. Double-Mini -Regulation Size with side pads (Recommended: 6mm bed or Euro-bed)
2. Landing Area - 6' x 12' x 12" or 62" x 13' x 12" required; 8' x 16' x 12" or larger recommended. On landing mats that are larger than 6' x 12' x 12" - the 6' x 12' landing zone must be marked in white or yellow line, a solid color zone 6' x 12' or a solid line of 12" minimum width with inside edge dimensions 6' x 12'. Touching the line is *out-of-bounds*.
3. Height of Hall -The interior height of the hall in which Double Mini tramp competitions are to take place must be at least 20 feet.
4. Padded Mats covering floor around Double-mini and Landing area
5. Run Up - Minimum 65 feet
Floor Mats must be used on the run-up
6. During warm-ups and competition, the AAU recommends a spotter stands at the Dismount Area at all times.

SAFETY:

7. The competitor may have spotters.
8. The Superior Judge is responsible for controlling the actions of the spotters.
9. Beginner athletes ages 6 & under and athletes with a physical handicap (who must submit a letter of appeal to the AAU National Sports Chair may use a mat to mount the double-mini. All other athletes using a mat to mount the double-mini will receive a 0.5 pt deduction from each aesthetic judge. Only one folded 6'x 12'x 13"and/or 5'x 10' panel mat may be used for mounting the Double Mini trampoline. It may be placed either horizontal to or perpendicular to the Double Mini trampoline. Mats used for mounting on Double Mini must be lower than the lowest part of the bed of the Double Mini.

3. JUDGES OFFICIALS/REFEREES REQUIREMENTS

GENERAL INFORMATION

- d. Officials are expected to dress in a professional manner.
 1. Men must wear dark dress pants (solid navy blue or black), a solid navy blue sport coat, white shirt and a necktie. No pinstripes are allowed.
 2. Women must wear a solid navy blue blazer with dark (navy blue or black) slacks or skirt (skirt no shorter than 2 inches above the knee) and a white shirt or blouse. No pinstripes or designs allowed. Hose and/or tights, if worn, must be must a solid black, navy or flesh color.
 3. Dress shoes are to be a solid color (black, navy, or brown).
 4. Jeans and/or tennis shoes or flip-flop sandals are not acceptable attire.
 5. Any departure from this attire will be under unusual circumstances (i.e. very hot weather). This decision will be made by mutual agreement between the Meet Director and the NTJC Board.
 6. Unless prior notification has been made, all judges shall arrive at all competitions in the above mentioned attire.

Officials are to maintain a professional demeanor at all times. If a judge fails to carry out his/her duties in a satisfactory manner, he/she must be replaced. This decision will be made by the arbitration jury upon the recommendation of the Superior Judge.

e. DUTIES OF THE SUPERIOR JUDGE