

- f. The minimum difficulty for Advanced Trampoline will be 4.7.
- g. Double-mini – Skills that begin or end facing the side (vertical) of the Double- mini will result in loss of skill and termination.
- h. Double-Mini - ALL 6 year old and under athletes will be allowed to use a
- i. Double-Mini Advanced athletes warm-ups will be as follows...
Preliminaries – 7 warm-up passes”... Finals – 5 Warm-up passes
- j. Trampoline Sub-Advanced: During Finals Competition – one of the two passes must contain a spotter somersaults, and one pass must contain two somersaults. Both of these requirements may be met in one pass.

2. Handbook Rule Amendments

- a. **Rules.** AAU will adopt USTA competition rule changes automatically, clarifications as needed. Non competition rules will be voted on by committee.
 - 1. Competition rule changes will be made alternating years.
- b. **Voting.** T&T Association Sport Chairpersons who meet the voting requirements all the Executive Board Members, and any designated Allied Member Association. A 3/4 majority of those voting shall be necessary to adopt any resolution by mail, telephone, or telegraph.

B. Event Operating Rules-

1. FACILITIES/COMPETITION AREA

a. SAFETY RULES FOR TUMBLING

1. Tumbling should take place only in situations where a safe tumbling mat is provided. Safe tumbling mats should be sufficiently shock absorbent so as to minimize any danger of ankle injuries on landing. Safe tumbling mats should be at least 1" thick (depending on the material), At least 5' in width, and of sufficient length for the type of tumbling involved.
2. No student or performer should ever attempt to execute any tumbling skill unless that skill has been thoroughly taught to the student by a qualified instructor.
3. Tumbling mats should be set up in a level area, (clear of obstructions) that are placed sufficiently far enough away from a wall or other obstructive object to provide ample running room for the tumbling to take place.
4. Tumbling should never be done while dressed in street clothes or shoes. A proper tumbling uniform should be provided that allows the student or performer freedom of action.
5. Never run across a tumbling mat while students are tumbling!
6. In tumbling classes, never stand at the end of a mat while someone else is tumbling, students should stand off to one side.
7. Small segmented tumbling mats should be joined together at the ends to form one continuous and secure length of mat.
8. No tumbling should ever take place in a gymnasium or training hall unless a qualified instructor is there to supervise the activity.
9. No tumbling should ever be undertaken by anyone who is under the influence of alcohol, drugs, or medication that could hinder the person's coordination or perceptive faculties.
10. No tumbling should ever be undertaken by anyone who is in a state of fatigue, is over-tired, or in a state of vertigo.
11. Although not strictly necessary, aerial skills in tumbling are better learned first on either the trampoline or double-mini trampoline before they should be attempted on the tumbling mats.
12. No horseplay should ever be allowed in tumbling class.
13. No rings, loose hair adornments, hair beads, or other encumbering items

should be worn by a tumbler during work-outs or practice sessions.

14. Tumblers should know their limitations. Skills which are possible and safe on trampolines and double-mini trampolines may not be safe or practical for tumbling.
15. Safety standards must be imposed for what types of floors will be acceptable for the advanced tumblers to use in future competitions.
16. When actual competition is occurring in Tumbling, all Coaches must stand behind the starting point or landing point of the competition event unless their athlete is on the equipment.
17. National Championships Open Workouts - Athlete must be in competition attire.
18. Coaches should be dressed in team warm-ups, athletic attire, and athletic shoes.

b. **SAFETY RULES FOR TRAMPOLINE**

1. No student, instructor, or performer should ever use a piece of trampoline equipment that is not completely safe in every respect. Standard safety frame pads, properly installed trampoline bed and end spotter tables should always be used.
2. No one, regardless of ability level, should ever use a piece of trampoline equipment unless they are under the direct supervision of a qualified instructor.
3. No student or performer should ever attempt to execute any trampoline skill unless that skill has first been properly taught to the student by a qualified instructor.
4. No one should ever use a trampoline unless there are a minimum of four qualified spotters placed properly about the trampoline. **NOTE:** It is recommended that six spotters be use at the Advanced Level.
5. No one should ever use a trampoline under the influence of alcohol, drugs, or any medication that will dull and inhibit the normal sense and coordination faculties.
6. No one should ever use a trampoline when that person is tired, fatigued, or is in a state of vertigo.
7. No horseplay should ever be allowed on the trampoline.
8. No one should ever use a trampoline in street clothes. Proper gym outfits and training clothes and gym slippers should always be used.
9. Two people should never jump on the same trampoline at the same time.
10. No student or performer should ever dismount from the trampoline by either jumping or executing a skill to the floor.
11. No trampoline should ever be set up closer than 8 feet from a wall or under a ceiling that is less than 16 feet in height. Ceiling height for competition must be 25' minimum.
12. No one should ever jump on a trampoline where the lighting is judged to be insufficient or poor.
13. No somersault skills should ever be attempted unless an overhead spotting mechanic is used to teach the skill or a qualified instructor is there to utilize a hand-spotting technique.
14. All trampoline equipment should be safely stored and locked when not in use.
15. Never sit on, stand on, or lean on the sides or ends of the trampoline when a person is jumping.
16. The AAU Sport of T&T recommends every Trampoline Club supply two spotters from their club for every competition entered.
17. 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. Four spotters for lower level trampoline levels and six for advanced levels.

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 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

Refer to General Rules of Trampoline

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). Sandles may be worn if a minimum of 1" high.
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