

*white and no higher than ankle length. *EXCEPTION: Male only -colored foot covering may be worn provided they are the same color as their long trampoline pants. Violation of this rule will receive a 1.0 deduction from each judge.

20. **DRESS:** Distracting dress, such as undergarments, will result in a 0.3 pt. deduction taken on the advice of the Superior judge.
21. **JEWELRY:** The wearing of jewelry or watches in competition will result in a 1.0 pt. deduction per pass to be taken on the advice of the Superior judge. Jewelry must be removed, taping over is not considered acceptable. A medical medallion or bracelet may be worn if properly secured to the body and taped over.
22. **HAIR:** Ribbons or scrunchies that fall off during competition will result in a 0.3 pt. deduction taken on the advice of the Superior judge. Hair beads will not be allowed in competition. Deduction 1.0 pt. per pass (treated as jewelry) to be taken on the advice of the Superior judge. All hair should be pulled back out of the eyes, even short hair. Deduction 0.3 pt.
23. **TATTOOS:** All visible tattoos must be covered with flesh color or athletic tape. Deduction for not covering the tattoo will result in a deduction of 0.3 pts per pass for distracting dress to be taken on the advice of the Superior Judge.
24. **AWARDS:** Only competition attire may be worn on the award stand while receiving awards.

4. CATEGORIES OF COMPETITION

i. TUMBLING LEVELS

1. Sub-Beginner
2. Beginner
3. Advanced Beginner
4. Sub-Novice
5. Novice
6. Intermediate
7. Sub-Advanced
8. Advanced

ii. TRAMPOLINE LEVELS

1. Beginner
2. Novice
3. Intermediate
4. Sub-Advanced
5. Advanced

iii. SYNCHRONIZED TRAMPOLINE

1. Sub-Advanced Division - Refer to Sub-Advanced Trampoline Rules
2. Advanced Division - Refer to Advanced Trampoline Rules

iv. DOUBLE MINI TRAMPOLINE

1. Beginner
2. Novice
3. Intermediate
4. Sub-Advanced
5. Advanced

5. RULES & RESTRICTIONS

GENERAL INFORMATION

i. RULES OF COMPETITION

1. All Sanctioned Competitions: Invitational, National Qualifiers, and National Youth Championship rules and policies must be the same as the Trampoline & Tumbling Competition Rules and Operating Rules and Policies.