

Boys: 3-4 yrs, 5-6 yrs, 7-8 yrs, 9-10 yrs, 11-20 yrs*

3. **Advanced-Beginner:** **Girls:** 3-5 yrs, 6 yrs, 7 yrs, 8 yrs, 9 yrs, 10 yrs, 11 yrs, 12 yrs, 13-20 yrs*
Boys: 3-6yrs, 7-8 yrs, 9-10 yrs, 9-10 yrs, 11-12 yrs, 13-20 yrs*
4. **Sub-Novice:** **Girls:** 3-6 yrs, 7yrs, 8 yrs, 9 yrs, 10 yrs, 11 yrs, 12 yrs, 13-14 yrs, 15-20 yrs*
Boys: 3-6 yrs, 7-8 yrs, 9-10 yrs, 11-12 yrs, 13-20 yrs*
5. **Novice:** **Girls:** 3-6 yrs, 7yrs, 8 yrs, 9 yrs, 10 yrs, 11 yrs, 12 yrs, 13-14 yrs, 15-20 yrs*
Boys: 3-6 yrs, 7-8 yrs, 9-10 yrs, 11-12 yrs, 13-20 yrs*
6. **Intermediate:** **Girls & Boys:** 3-8 yrs, 9-10 yrs, 11-12 yrs, 13-14 yrs, 15-20 yrs*
7. **Sub-Advanced:** **Girls & Boys:** 3-8 yrs, 9-10 yrs, 11-12 yrs, 13-14 yrs, 15-16 yrs, 17-20 yrs*
8. **Advanced:** **Girls & Boys:** 3-8 yrs, 9-10 yrs, 11-12 yrs, 13-14 yrs, 15-16 yrs, 17-20 yrs*

ii. **Trampoline & Double-Mini Trampoline**

1. **Beginner:** **Girls:** 3-4 yrs, 5 yrs, 6 yrs, 7 yrs, 8 yrs, 9 yrs, 10 yrs, 11 yrs, 12-20 yrs*
Boys: 3-4 yrs, 5-6 yrs, 7-8 yrs, 9-10 yrs, 11-20 yrs*
2. **Novice:** **Girls:** 3-6 yrs, 7 yrs, 8 yrs, 9 yrs, 10 yrs, 11 yrs, 12 yrs, 13-14 yrs, 15-20 yrs*
Boys: 3-6 yrs, 7-8 yrs, 9-10 yrs, 11-12 yrs, 13-20 yrs*
3. **Intermediate:** **Girls & Boys:** 3-8 yrs, 9-10 yrs, 11-12 yrs, 13-14 yrs, 15-20 yrs*
4. **Sub-Advanced:** **Girls & Boys:** 3-8 yrs, 9-10 yrs, 11-12 yrs, 13-14 yrs, 15-16 yrs, 17-20 yrs*
5. **Advanced:** **Girls & Boys:** 3-8 yrs, 9-10 yrs, 11-12 yrs, 13-14 yrs, 15-16 yrs, 17-20 yrs*

iii. **Synchronized Trampoline** [The age of the older athlete determines the age group]

1. **Sub-Advanced:** Same as Trampoline
2. **Advanced:** Same as Trampoline

*The National Competition Committee reserves the right to combine age groups together to double the number of athletes in age groups where less than ten (10) athletes are entered.

3. **UNIFORM & EQUIPMENT**

i. **TUMBLING DRESS CODE:**

1. **MEN:** gymnastic step-ins (without sleeves are required). Uniform gym shorts (cannot be sweat material, cut-offs, boxers, jean shorts, baggie or oversized, and be no longer than finger-tip length or shorter). Only one pair of shorts may be worn. No unitards, biking shorts, t-shirts are allowed. Appropriate undergarments must be worn. Deduction 2.0 pts per pass.
2. **WOMEN:** A leotard must be worn. It may be long sleeve, short sleeve, or sleeveless. Matching briefs recommended (Briefs that show MUST match

the color of the leotard located around the leg opening or be flesh colored). Leotards will not have holes below the waist No two piece leotards, united, skirts, or tights are allowed. Deduction 2.0 pts per pass. Appropriate undergarments must be worn. Sport bras that show **MUST** match the majority color of the upper half of the leotard or be flesh colored. Deduction 0.3 pt.

3. **FOOTWEAR:** *If gym shoes are worn, they must be white. Shoes may have the manufacturer's trademark. If socks are worn, they must be *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. Improper footwear will receive 1.0 deduction from each judge.
4. **DRESS:** Distracting dress, such as undergarments, will result in a 0.3 pt. deduction taken on the advice of the Superior judge.
National Championships Open Workouts - Athlete must be in competition attire.
5. **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 down.
6. **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. A deduction of 1.0 pt. per pass will be taken on the advice of the Superior Judge. (Treated as jewelry) All hair should be pulled back out of the eyes, even short hair. A deduction of 0.3 pt per pass will be taken on the advice of the Superior Judge.
7. **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.
8. **AWARDS:** Only competition attire may be worn on the award stand while receiving awards.

TRAMPOLINE DRESS CODE

9. **MEN:** Gymnastics step-ins (without sleeves are required). Uniform gym shorts (cannot be sweat material, cutoffs, boxers, jean shorts, baggie or oversized, and be no longer than finger-tip length or shorter) or long gymnastics pants must be worn. Only one pair of shorts may be worn. No unitards, biking shorts, t-shirts are allowed.
Appropriate undergarments must be worn. Deduction 2.0 pts per pass. National Championships Open Workouts - Athlete must be in competition attire.
10. **WOMEN:** A leotard must be worn. It may be long sleeve, short sleeve, or sleeveless. Matching briefs recommended (Briefs that show **MUST** match the color of the leotard located around the leg opening or be flesh colored). - 0.3
No two piece leotards, unitards, skirts, or tights are allowed. The hole in the leotard may **NOT** be below the waste of the athlete but, it can be above the waist without deduction. Deduction 2.0 pts per pass. Appropriate undergarments must be worn. Sport bras that show **MUST** match the majority color of the upper half of the leotard or be flesh colored. Deduction 0.3 pt. National Championships Open Workouts - Athlete must be in competition attire.

11. **FOOTWEAR:** If gym shoes are worn, they must white in color. Shoes may have the manufacturer's trademark. If socks are worn, they must be 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. Athletes not wearing foot covering will be disqualified and will receive a score of "0". Footwear that does not meet rule specifications will receive 1.0 deduction.
12. **DRESS:** Distracting dress, such as undergarments, will result in a 0.3 pt. deduction taken on the advice of the Superior judge.
13. **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.
14. **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.
15. **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.
16. **AWARDS:** Only competition attire may be worn on the award stand while receiving awards.

- a. Additional rules apply for Synchronized Trampoline. REFER TO **SYNCHRONIZED TRAMPOLINE**

SYNCHRONIZED TRAMPOLINE DRESS CODE

Refer to General Rules of Trampoline

Synchronized Pairs must wear identical competition attire (including design, style, cut, color, sleeve length, scrunchies [if worn], and sport bras [if worn and showing]). Failure to wear identical attire will result in each member of the synchro pair receiving a 1.0 pt. aesthetic deduction per aesthetic judge upon the advice of the Superior Judge. One Athlete may wear shoes while the other wears shoes. Both must meet foot covering specifications.

DOUBLE MINI TRAMPOLINE DRESS CODE

17. **MEN:** gymnastics step-in (without sleeves are required). Uniform gym shorts (cannot be sweat material, cut-offs, boxers, jean shorts, baggie or oversized, and be no longer than finger-tip length or shorter). Only one pair of shorts may be worn.

No unitards, biking shorts, t-shirts are allowed. Appropriate undergarments must be worn -0.3. Deduction 2.0 pts per pass.

Athlete must be in competition attire during open workouts.

18. **WOMEN:** A leotard must be worn. It may be long sleeve, short sleeve, or sleeveless. Matching briefs recommended (Briefs that show MUST match the color of the leotard located around the leg opening or be flesh colored). - 0.3 No two piece leotards, unitards, skirts, or tights are allowed. Deduction 2.0 pts per pass. Appropriate undergarments must be worn. Sport bras that show MUST match the majority color of the upper half of the leotard or be flesh colored. Deduction 0.3 pt. Athletes must be in competition attire during open workouts.
19. **FOOTWEAR:** *If gym shoes are worn, they must be white in color. Shoes may have the manufacturer's trademark. If socks are worn, they must be

*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.