

difference between the two marks is not too great.

3. Evaluation of the Score for Difficulty:
  - a. The Difficulty Judge calculates the difficulty value of the optional routine and enters it on the competition card.
4. Evaluation of the Competitor's Score for the round:
  - a. In individual competition, the difficulty score is added to the execution score.
5. Difference in Evaluation of Execution
  - a. If either or both marks are not within the permissible difference, the middle mark will be multiplied by three to give a valid score for execution.
6. Minimum difficulty will be 4.7.

Advanced/Advanced Synchro athletes will receive no deduction for tuck and/or pike jumps during the building of height at the beginning of routines

#### **4. COMPETITION CARDS**

- i. The competition card must be handed in at the time and place specified by the organization committee.
- ii. In optional routines, changes to the skills written on the competition card are permitted.

#### **Synchronized Trampoline General Rules**

All the General Rules of Trampoline apply to Synchronized Trampoline. Only the exceptions or additions will be listed below.

- xxxii. **OBJECT OF A ROUTINE** - Refer to General Rules of Trampoline
- xxxiii. **START OF A ROUTINE** - Refer to General Rules of Trampoline
- xxxiv. **DUTIES OF THE SUPERIOR JUDGE** - Refer to General Rules of Trampoline
- xxxv. **DUTIES OF THE AESTHETIC JUDGE** - Refer to General Rules of Trampoline
- xxxvi. **REQUIRED POSITIONS DURING A ROUTINE** - Refer to General Rules of Trampoline
- xxxvii. **KICK OUTS** - Refer to General Rules of Trampoline
- xxxviii. **INTERRUPTIONS OF THE ROUTINE (SCORING STOPS)** - Refer to General Rules of Trampoline
  1. In synchronized competition, both competitors must either do a stretched jump, or they must both stand still, otherwise there will be a deduction as of Rule Ia.3.3 on page TR-p16.
  2. In synchronized competition, both competitors must do same skill in the same position at the same time or the pass will be terminated upon deviation. Competitors may twist in opposite directions without penalty.
- xxxix. **DEDUCTIONS FOR FAULTY EXECUTION** - Refer to General Rules of Trampoline
  - xl. **DEDUCTIONS TAKEN ON THE INSTRUCTION OF THE SUPERIOR JUDGE** - Refer to General Rules of Trampoline.
  - xli. **MAJOR DEDUCTIONS IN SCORING** - Refer to General Rules of Trampoline
  - xlii. **PRELIMINARIES**
    1. The Preliminaries will consist of one (1) Optional Ten Bounce Routine.
      - i. Sub-Advanced Synchronized Trampoline - Refer to Advanced Trampoline Rules.

- ii. Advanced Synchronized Trampoline - Refer to Advanced Trampoline Rules.

**xliii. FINALS**

No finals in Synchronized Trampoline.

**xliv. SYNCHRONIZED TRAMPOLINE**

1. A synchronized pair consists of two ladies or two men wearing identical competition attire.
2. A competitor may compete in only one synchronized pairing.
3. Synchronized competitions will consist of preliminaries and a final.
4. The optional routine requirements for the individual competition are also the same for synchronized competition.
5. Synchronized competition will be for competitors in the Sub-Advanced and Advanced Competition. Both members of Synchronized Competition must have competed at their level of Competition at their State Championships and qualified for the National Championships. Age groups will be the same as in Age-Group Competition.
6. Partners must do the same movement at the same time in the same rhythm and must start facing the same direction. They need not twist in the same direction.

**xlv. SCORING**

1. In the synchronized competition, the three scores of the aesthetic judges on trampolines No. 1 and No. 2 are added together by the recorder. The difficulty score is added. The faulty synchronization deductions are subtracted from the maximum synchronization mark; this figure is doubled and then added to the aesthetic and difficulty scores for the routine.
2. Competition Jury – 9
  - i. Superior/Difficulty Judges
    1. Trampoline No. 1
    2. Trampoline No.
      - a. Aesthetic – Judges
    3. Trampoline No. 1 3
    4. Trampoline No. 2 3
  - ii. Synchronization Judge

**xlvi. TRAMPOLINE DIFFICULTY**

<b>TRAMPOLINE DIFFICULTY</b>	<b>Tuck</b>	<b>Pike</b>	<b>Layout</b>	<b>Puck</b>
<b>Tuck Jump</b>	-	-	-	-
<b>Pike Jump</b>	-	-	-	-
<b>Straddle Pike Jump</b>	-	-	-	-
<b>Straight Jump 2 Twist</b>	-	-	.1	-
<b>Straight Jump 1 Twist</b>	-	-	.2	-
<b>Straight Jump 1 1/2 Twist</b>	-	-	.3	-
<b>Straight Jump 2 Twist</b>	-	-	.4	-
<b>3/4 Front</b>	.3	.3	.3	-
<b>Front Somersault</b>	.5	.6	.6	-
<b>Ball Out</b>	.6	.7	.7	-
<b>Front Double Somersault</b>	1.0	1.2	1.2	-
<b>Front Somersault 2 Twist (Barani)</b>	.6	.6	.6	-
<b>Barani Ball Out</b>	.7	.7	-	-
<b>Front Somersault 1 Twist</b>	-	-	.7	-
<b>Front Somersault 1 1/2 Twist (Rudy)</b>	-	-	.8	-

Rudi Ball Out	-	.9	.9	-
Front Somersault 2 Twist	-	-	.9	-
Front Somersault 2 1/2 Twist (Randy)	-	-	1.0	-
Front Somersault 3 Twist	-	-	1.1	-
Front Somersault 3 1/2 Twist (Adolph)	-	-	1.2	-
Front Double Somersault 2 Twist (Barani Out/Barani In - Flifis)	1.1	1.3	1.3	-
Front Double Somersault 1 Twist	1.2	1.4	-	-
Front Double Somersault 1 1/2 Twist (Rudy Out)	1.3	1.5	-	-
(Full In Barani Out)		1.5	1.5	1.3
(Barani In Full Out)	-	1.5	1.5	1.3
Front Triple Somersault 2 Twist (Triffis/Barani Out)	1.6	1.8	-	-
3/4 Back	.3	.3	.3	-
Back Somersault	.5	.6	.6	-
Cody	.6	.7	.7	-
Back Double Somersault	1.0	1.2	1.2	-
Back Double Somersault 1 Twist	1.2	1.4	1.4	1.2
(2 In/2 Out)	1.2	1.4	1.4	1.2
(Full In Back Out)	1.2	1.4	1.4	1.2
(Back In Full Out)	1.2	1.4	1.4	1.2
Back Double Somersault 2 Twist	-	1.6	1.6	1.4
Full In Full Out)	-	1.6	1.6	1.4
2 In Rudy	-	1.6	1.6	1.4
(Out)	-	1.6	1.6	1.4
Back Somersault 1 Twist	-	-	.7	-
Back Somersault 2 Twist	-	-	.9	-
Back Somersault 3 Twist	-	-	1.1	-

**\*NOTE THE PIKED AND LAYOUT POSITIONS IN DOUBLE SOMERSAULTS – BOTH MUST BE PERFORMED IN THE SAME POSITION TO RECEIVE THE DIFFICULTY LISTED ABOVE.**

#### **Double Mini Trampoline General Rules**

ALL 6 year old and under athletes will be allowed to use a mounting mat no matter the level of athlete.

#### **xlvi. OBJECT OF A ROUTINE**

1. The object of a routine is to mount the double-mini with stability, perform the routine with control, consistent height and perfection in the execution of each skill.
2. All skills performed must be combined in such a fashion so as to give the athlete the safest order of skills.
3. Each pass consists of two (2) skills (one mount or spotter and one dismount skill) - each skill is worth 5.0. The second skill must dismount the Double- Mini or loss of skill. A straight mounting jump without twists is not considered a skill. In the event of a straight jump (as a spotter or dismount) the pass is valid but the contact does not count as a skill.

#### **xlvi. START OF A ROUTINE**

1. Each competitor will start a routine after the Superior Judge signals the competitor to begin.
2. A competitor's routine shall be considered started once the competitor touches the double-mini trampoline. Prior to that, if there is a faulty start the competitor may re-start without penalty on a signal from the Superior Judge.

**xlix. REQUIRED POSITIONS DURING A ROUTINE**

1. In all positions the feet and legs should be kept together (except for straddle jumps) and the feet and toes pointed.
2. Depending on the requirements of the movement, the body should be either tucked, pike, or straight.
3. In the tuck and pike positions, the thighs should be close to the upper body except in the twisting phase of multiple somersaults (2/1 or more) as per J.7.
4. In the tucked position, the hands should touch the legs below the knees except in the twisting phase of multiple somersaults.
5. The arms should be straight and held close to the body whenever possible.
6. The following defines the minimum requirements for a particular body shape:
  - i. Straight Position: The angle between the upper body and thighs must be greater than 135.
  - ii. 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.
  - iii. Tuck Position: The angle between the upper body and thighs must be less than 135 and the angle between the thigh and the lower leg must be less than 135.
7. In multiple somersaults (2/1 or more) with twists, the tuck and pike position may be modified during the twisting phase.
  - i. Deductions for a kick out (opening of a somersault) are only based on the position of the opening of the somersault without regard to the style of the kick out. Aesthetic deductions are separate. Reference Body position to the face of a clock.
  - ii. Kick out before 1:00 o'clock           0.0 pts.
  - iii. Kick out at 1 - 2 o'clock               0.1 pts.
  - iv. Kick out after 3:00 o'clock           0.2 pts.

**I. INTERRUPTIONS OF THE ROUTINE (SCORING STOPS)**

1. During a routine, obviously does not land on and/or take off with both feet simultaneously. This includes the initial contact where only one foot makes contact with the bed and the other foot never touches the bed (i.e., run across).  
*Exception:* An initial contact in which one foot strikes the bed before the other will result in a .1 - .5 pt. deduction and the rest of the routine will be scored.
2. Does not use the elasticity of the bed after landing for the immediate continuation of the next skill, thus causing a break. The decision is made by the Superior Judge.
3. During the pass, leaves the double mini-tramp due to insecurity.
4. If the competitor lands on any part of his body except his feet on the double mini-tramp bed. This decision is made by the Superior Judge.
5. The pass is judged only on the skills completed on both feet to the point of interruption.
6. The pass must end on the feet in the landing zone after the dismount off the bed.

7. For more than three (3) contacts with the bed.
8. The competitors must execute their passes without external help. If a spotter touches the competitor, the pass is considered interrupted and the spotted skill will not be judged.
9. The mount must make contact with the mount bed. Failure for not having some part of the foot make contact with the mount bed will result in a termination.
10. The second skill does dismount the double-mini or loss of skill.
11. Use of an illegal skill will terminate the pass at that point.
12. Refer to each Specific Level for additional deductions under this heading.
13. One foot mounter is .1 to .5 deductions.

**ii. DEDUCTIONS FOR FAULTY EXECUTION**

(Subtract the deductions from the maximum mark (5.0 per skill performed without interruption)

1. Lack of form, individual constant height, and lack of control in each skill 0.0-0.8 pts
  - i. The run shall not be considered.
  - ii. The scoring of a pass starts once the athlete touches the Double Mini trampoline.
  - iii. Instability when mounting the double-mini 0.0-0.3 pts
2. Use of mat to Mount the Double-Mini 0.5 pts  
**Mat may only be use vertical to Double Mini (short width of the mat is nearest to the double-mini)**  
 EXCEPTION: Beginner athletes ages 6 & under and athletes with a physical handicap (must submit a letter of appeal to the AAU National T&T Sport Chair)
3. Deductions for faculty Execution
  - i. An initial contact in which one foot strikes the bed before the other 0.1-0.5 pts
  - ii. Tumbling across or lack of height (overall pass) 0.0-0.3 pts
  - iii. Touching the penalty zone 0.2 pts
  - iv. Touching anything other the double-mini be if elasticity occurs 0.9 pts
  - v. Excessive deviation from the center 0.1-0.2 pts
  - vi. Excessive distance on dismount 0.1-0.3 pts
  - vii. Not meeting pass requirements 2.0 pts
  - viii. Exceeding pass requirements 2.0 pts and mandate to the next level of competition
  - ix. On a completed pass, landing on both feet but lacking stability and/or not standing still for 3 seconds 0.1-0.3 pts
    1. Touching the double-mini after landing 0.5 pts
    2. Touching the landing mat with one hand 0.4 pts
    3. Touching the landing mat with both hands 0.5 pts
    4. For falling to the elbows, knees, or hands and knees 0.6 pts
    5. For falling to seat or placing hand(s) or elbows behind body 0.7 pts
    6. For falling to front, back, head 0.8 pts
    7. For being spotted after the landing 0.8 pts
    8. For touching anywhere outside the landing zone 0.9 pts

- x. For not kicking out on tuck and pike positions (somersault) 0.1-0.2 pts
- 4. For not have two skills per pass 2.0 pts
- 5. Skills that begin or end facing the side (vertical) of the Double-mini will result in loss of skill and termination.

**iii. DEDUCTIONS TAKEN ON THE INSTRUCTION OF THE SUPERIOR JUDGE**

- 1. Talking to or giving any form or signal to a competitor by his own spotters or coach during the routine (Maximum deduction per pass - 0.3 pts) 0.3 pts
- 2. Assistance of a spotter after landing in the landing area 0.5 pts
- 3. For each landing or take-off from the penalty zone in the center of the mini-tramp while performing a mount, spotter or dismount skill 0.2 pts
- 4. Touching anything other than the bed during a pass only if elasticity occurs 0.9 pts
- 5. Distracting dress, such as undergarments 0.3 pts
- 6. The wearing of jewelry or watches *Maximum* (per pass) 1.0 pts
- 7. Ribbons or scrunchies that fall off during competition 0.3 pt.
- 8 All hair should be pulled back out of the eyes, even short hair 0.3 pt.
- . Repeats

**liii. MAJOR DEDUCTIONS IN SCORING**

- 1. Each pass consists of two (2) skills (One mount or spotter and one dismount skill).
  - i. A straight mounting jump (without twists) is not considered a skill.
  - ii. The second skill or the third contact (whichever comes first) must dismount the double-mini.
  - iii. A straight jump is not a skill, but does count as a contact.
  - iv. A straight jump may be performed only as a mount.
  - v. A straight jump performed at any other time will terminate the pass at that point.
  - vi. The dismount must land in the landing zone. For a dismount that lands outside of the landing zone without touching the landing zone. **Penalty: Loss of skill & DD.**  
**NOTE:** If a dismount lands in the landing zone, then the competitor steps, jumps, touches, or bounces outside the landing zone - the competitor is awarded the skill and DD and receives the 0.9 pts.
  - vii. The dismount must land on the feet. **Penalty: Loss of skill & DD.**
  - viii. The dismount must originate from the Dismount bed. **Penalty: Loss of skill & DD.**
  - ix. A skill is considered repeated when used during the passes more than once as a mount, spotter, or dismount.  
 If the competitor disregards this rule, it will result in a **Penalty: Loss of DD & 1.0 pt. Deduction**

**Double Mini Trampoline Specific Level Rules**

**liv. BEGINNER DIVISION**

**1. PASS REQUIREMENTS**

- i. Two (2) passes are required. Each pass must consist of a minimum of two contacts with the bed and no more than three. A maximum of two skills per pass. Each pass will run consecutively.