

2015 Amateur Athletic Union

AAU Trampoline & Tumbling Handbook



Sports for all, forever

AAU TRAMPOLINE & TUMBLING RULE BOOK & REGULATIONS

PREAMBLE

The AAU Trampoline & Tumbling National Committee has been established in order to promote the benefits of participation in athletics and hereby adopts these rules & regulations for the advancement of that purpose. The AAU sport of T&T will conduct its activities to promote the purposes for which it was organized as set forth in the guidelines of the AAU. No part of the net earnings of T&T shall inure to the benefit of or be distributable to its directors, officers or other private persons, except that T&T shall be authorized and empowered to pay reasonable compensation for services rendered and to make payments and distributions in furtherance of the purposes and objectives. No substantial part of the activities of T&T shall be for carrying on of propaganda, or otherwise attempting to influence legislation, and T&T shall not participate in, or intervene in (including the publishing or distribution of statements) any political campaign on behalf of any candidate for public office. Notwithstanding any other provisions in these By-laws, T&T shall not carry on any activities not permitted to be carried on.

I. NATIONAL SPORT COMMITTEE GOVERNANCE AND ADMINISTRATION

A. National Committee Structure and Procedures

- 1. National Chair.** The President of the AAU appoints the Chair from the recommendations of the National Sport Committee after approval of a majority of the National Officers.
- 2. Executive Committee Composition.** The Executive Board shall consist of the National Sports Chairperson, Vice Chairperson, Technical Chairperson, Volunteer Coordinator, Judging Coordinator, Equipment Coordinator, Secretary, Treasurer, and Ethics Chairperson.
 - a. Terms.** The National Sports Chairperson, Vice Chairperson, Technical Chairperson, Volunteer Coordinator, Judging Coordination, Equipment Coordinator, Secretary, Treasurer, and Ethics Chairperson shall be elected every four years during the bi-annual meeting that takes place during the National Convention.
 - b. Nominations.** Nominations for all the Executive Board shall be made from the floor of the National Convention. Only one individual may speak on behalf of each such nominee; however, nominees may speak for themselves if they so desire.
 - c. Election.** All elections shall take place at the annual meeting that takes place during the National Convention.
 - d. Qualifications.** All nominees for office must have a current AAU T&T membership and have been AAU T&T registered team members for at least the previous two years.
 - e. Vacancies** Any vacancy occurring in the Board of Directors or any directorship to be filled due to an increase in the number of directors, may be filled by the election of an individual by a majority of the then sitting Directors of the sport of T&T. A director so elected shall serve the unexpired term of his or her predecessor in office or the full term of such new directorship, as the case may be.
 - f. Resignation and Removal.** Any director may at any time resign by serving written notice thereof on the remaining directors. Membership on the Board of Directors may also be terminated for good cause by passage of a removal

resolution by a 3/4 of the remaining Board of Directors. Upon removal, the removed person must be notified by the Board, through the National Chairperson, of such action within one week of the vote taken, which if by mail shall be the due date of the ballots. The removed person shall have 30 days to file a written appeal with the National Chairperson who shall take the appeal back to the Board of Directors for possible consideration and re-vote.

g. Duties.

- a. District and National Competitions.** The general conduct of the T&T AAU Junior Olympic Games Competition shall be the responsibility of the Executive Board. The general conduct of the Association Qualification Competitions shall be the responsibility of the meet directors who shall be subject to the control and directives of the Executive Board. All licensed competitions (Invitationals, Associations, Nationals, and AAU Junior Olympic Games) must abide by the rules and regulations of the T&T handbook. The Executive Board shall have the power to revoke or rescind a decision of the meet directors concerning the conduct of said meets.
- b. Powers and Responsibilities.** The Executive Board, as identified below, shall have the following duties in addition to those set forth elsewhere in these By-laws and in addition to those duties normally incident to the respective office.
- c. National Sports Chairperson.** The National Sports Chairperson shall be the principal executive officer of the AAU sport of T&T and, subject to the control of the Executive Board, shall generally supervise the business and affairs of the T&T. Call and preside at the meetings of the Executive Board and T&T members. He or she may sign, with any other proper officer of T&T thereunto authorized by the Executive Board, any instrument that the Executive Board has authorized to be executed. Shall also perform all duties incident to the office of National Chairperson and such other duties as may be prescribed by the Executive Board from time to time. May retain other persons to assist him or her in performance of the National Chairpersons duties. The National Chairperson shall also be responsible for updating the addendum for the Local Organizing Committee (referred to herein as the LOC) annually to assure the needs of the sport of T&T at the Junior Olympic Games. The National Chairperson may retain other persons to assist him or her in updating the addendum. May also conduct polls or surveys through any form of communication available. In the absence of the National Chairperson, the Vice National Chairperson shall take his or her place and perform his or her duties. See that all notices are duly given in accordance with the provisions of the Operating Rules and Procedures or as required. Be custodian of the corporate records; Keep a register of the post office address of each member of the AAU T&T which shall be furnished to the National T&T Chairperson by each such member; Compile and distribute annually to each member a report of the activities of T&3T; Compile a file of all resolutions passed by the Executive Board and report to the T&T membership on such resolutions; In general, perform all the duties incident to the office of the T&T National Chairperson and such other duties as are prescribed herein or which may be assigned to him or her by the Executive Board from time to time.
- d. Vice Chairperson.** The Vice Chairperson shall Be responsible for overseeing all Association Chairpersons and shall ensure all Association

State Meets are held and operated under the current T&T handbook rules. Also assist the Chairperson in the function of his or her duties whenever reasonably requested. Must also review, approve and/or deny any exceptions to the T&T handbook for AAU licensed competitions. All exceptions must be directed to the Vice Chairperson and Association Registration Chairperson with a written explanation for the exception(s) prior to the competition. Has the right (with the agreement of the National Chairperson) to declare any licensed competition that is not conducted by the AAU T&T handbook not valid as a qualifying competition.

- e. **Technical Chairperson.** The Technical Vice Chairperson shall promote all T&T. competitions and the sport of T&T. Shall also assist the National Chairperson in the function of his or her duties whenever reasonably requested. All petitions shall be sent to the Technical Vice Chairperson. Is responsible for handling all technical matters in connection with the programs of the sport. This responsibility shall include, but not be limited to, clarifying terminology by conducting a poll of the Executive Board members when such an issue arises, except when the National Convention is in session.
- f. **Volunteer Coordinator.** The Volunteer Coordinator shall Work with the Executive Board to determine the number of volunteers needed for the T&T competition during the AAU Junior Olympic Games and AAU National Team Trials. Is also responsible for communicating with the LOC/AAU Volunteer Coordinator for the AAU Junior Olympic Games to determine the number of volunteers being provided and to conduct a survey to attain any additional volunteers necessary from the T&T membership.
- g. **Judging Coordinator.** The Judging Coordinator shall Develop (yearly) an updated open book testing certification to be approved by the National Chairperson or the Executive Board and test all applicants Issue judges certification to all judges who meet the requirements by Passing the current test(s) by the proper percentage (determined by the Executive Board) in an assigned length of time Presenting verification of being an NTJA Certified Judge in good standing for at least two years and paying the required fee. Maintain a current address/phone listing of all judges who are certified per event. Notify certified judges when their certification needs to be renewed. Recommend certified judges for all licensed competitions and all the District Championships. Provide a list of judges (who are qualified in all three events) for the Junior Olympic Games Competition and the AAU National Team Trials for the approval of the Executive Board. For the AAU Junior Olympic Games Competition and AAU National Team Trials, the Judging Coordinator shall:
 - i. Set judges fees and travel allowances with the National Chairperson.
 - ii. Send out a survey for judging the Junior Olympic Games.
 - iii. Send out a contract to all Junior Olympic Games judges.
 - iv. Attain expense forms from the AAU National Office and give to all Junior Olympic Games judges before the last day of the competition.
 - v. Verify expenses and check receipts.

- vi. Send in all verified expenses and receipts to the AAU National Headquarters. Verify all approved expenses are paid in a timely manner.
- h. **Equipment Coordinator.** The equipment coordinator shall work with the Executive Board to determine the specifications and equipment needed for the T&T competition during the AAU Junior Olympic Games. He or she is also responsible for communicating with the LOC and the equipment company for the AAU Junior Olympic Games to determine a blueprint, a time frame for setting up, a time frame for tearing down, and the number of volunteers needed to assist with the same.
- i. **Secretary.** The Secretary shall keep the minutes of the T&T meetings in one or more books provided for that purpose. Keep a special file of all the resolutions passed by the AAU T&T Board and shall report to the membership on each resolution. Perform any additional duties as appointed by the National Chairperson.
- j. **Treasurer.** The Treasurer shall have charge and custody of the budget and be responsible for all funds and property of the AAU T&T and receive and provide receipts for monies due and payable to from any source whatsoever, and deposit all such monies in the name of T&T with the AAU National Headquarters. In general, the Treasurer shall perform all duties incident to the office of Treasurer and work to ensure the financial stability of T&T. The Treasurer shall also present to the T&T Executive Board, prior to the end of each fiscal year, a proposed operating budget for the upcoming fiscal year. Shall make an annual financial report and a report of all business transactions of the T&T Board.
- k. **Ethics Chairperson.** The Ethics Chairperson shall direct his or her actions as outlined by the AAU. The Ethics Chairperson shall serve in an advisory capacity to the Executive Board and help develop a specific T&T Code of Behavior for Coaches and Athletes which will include but is not limited to:
 - i. Swearing
 - ii. Drug usage
 - iii. Poor sportsmanship
 - iv. Abusive treatment of judges, volunteers, coaches, athletes, LOC and/or AAU Officials
 - v. Vandalism

The Chairperson shall review documentation and investigate alleged violations of the AAU Code of Conduct, guidelines, or any general misconduct deemed injurious to the AAU and T&T. The Ethics Chairperson shall seek resolution and may advise the Executive Board recommended penalties to impose. Promote and encourage participation at the highest possible standards for the enjoyment and the personal and professional development of all those associated with the AAU sport of T&T. The Ethics Chairperson must enforce the AAU Code of Conduct and the T&T Code of Behavior.

3. **National Sport Committee Composition.** The Board shall consist of the National Sports Chairperson, Vice Chairperson, Technical Chairperson, Volunteer Coordinator, Judging Coordinator, Equipment Coordinator, Secretary, Treasurer, and Ethics Chairperson, designated Allied Body voting member(s), and T&T Association Sport Chairpersons who meet the voting requirements. Also included are the elected or

appointed Sport Director of each District, or a representative designated by the District Governor and one appointed representative from each affiliated member that registers members in the sport. The President may appoint up to five (5) members-at-large.

- a. Duties.** The Board is entrusted with the development, promotion and general welfare of the AAU sport of T&T. The Board has the power, authority and responsibility to manage the business and affairs of the AAU T&T and to take the action necessary to carry forward the purposes and objectives of AAU T&T.
 - b. Vacancies.** Any vacancy occurring in the Board of Directors or any directorship to be filled due to an increase in the number of directors, may be filled by the election of an individual by a majority of the then sitting Directors of the sport of T&T. A director so elected shall serve the unexpired term of his or her predecessor in office or the full term of such new directorship, as the case may be.
 - c. Resignation and Removal.** Any director may at any time resign by serving written notice thereof on the remaining directors. Membership on the Board of Directors may also be terminated for good cause by passage of a removal resolution by a 3/4 of the remaining Board of Directors. Upon removal, the removed person must be notified by the Board, through the National Chairperson, of such action within one week of the vote taken, which if by mail shall be the due date of the ballots. The removed person shall have 30 days to file a written appeal with the National Chairperson who shall take the appeal back to the Board of Directors for possible consideration and re-vote.
 - d. Principle Office.** The Principle Office of the sport of T&T shall be located at that of the National Chairperson. The registered office of the sport of T&T is that of the Amateur Athletic Union National Headquarters, Walt Disney World Resort, PO Box 10000, Lake Buena Vista FL 32830-1000. The National Chairperson's Office is located at 300 East Oak Street, Kewanee, Illinois 61443.
- 4. Other Committee Positions.** Such as Commissioners, Regional Directors, Disciplinary Committee, Bid Committees, etc. (Description of how positions are filled, purpose of the committee, composition, how vacancies are filled, removal provisions, etc.)
 - a. Committees.** The Board of Directors may form and utilize additional committees as deemed appropriate and necessary to carry out the Board's duties and responsibilities. The Executive Board of Directors shall have authority to determine the size and responsibilities of said committees so long as any such determination is not inconsistent with other provisions of these bylaws.
- 5. Voting.** Persons eligible to vote shall be the National Sport Chair, elected or appointed officers, chairs of Committees as defined by the sport's operating rules, the elected or appointed District sports director or a representative from each Affiliated member that registers members in the sport, and any members- at-large. Only representatives from Districts which registered a minimum of .5% (a half percent) of the total number of athletes in that sport in the previous year shall be allowed to vote in the National Sport Committee meeting.
 - a. Action by Written Consent.** Any action required to be taken at a meeting of the directors, or any other action which may be taken at a meeting of the directors, may be taken without a meeting if a consent in writing, setting forth the action so taken, shall be signed by all of the directors entitled to vote with respect to the subject matter thereof. For purposes hereof, facsimile signatures shall be adequate to show consent.

B. Sport Committee Meetings

- 1. National Sport Committee Regular Meetings.** Regular Meetings of the National Sport Committee shall be in conjunction with the AAU Convention.
- 2. Non-Regular Sport Committee Meetings.** National Sport Committee may hold a Non-Regular National Sport Committee meeting in odd years subject to the following provisions:
 - a.** The meeting is called by the Chair following approval of the National Office.
 - b.** The National Office has the right to coordinate the meeting and pick the site for the meeting.
- 3. National Sport Committee Special Meetings.** Special meetings of a Committee are scheduled at the request of the Chair or upon written request of at least one half (1/2) of the Committee members. The purpose of the Special meeting must be stated in the Notice for the meeting.
- 4. National Sport Executive Committee Meetings.** The National Chair shall determine the date and location of Executive Committee Meetings.
- 5. Agenda Additions.**
 - a. Sport Committee Meeting Order (Agendas).** The Regular National Sport Committee meetings, the Non-Regular National Sport Committee meetings, and National Sport Committee Special meetings shall follow meeting order (agenda format) as established by Code (Bylaw 9.5).

II. SPORT POLICIES AND PROCEDURES

A. General Information

- 1. Athlete Registration.** Every athlete must be a registered athlete to compete in an AAU Trampoline and Tumbling meet. The membership fee is \$14. It can be used for all youth sports of the AAU. Contact your District registration chairperson for details at 1-800-AAU-4USA.
- 2. Club Registration.** Each Trampoline and Tumbling club may become a full voting member in their District by becoming a registered AAU Trampoline and Tumbling Club. A Club membership is necessary to host a competition and receive a license. Contact your association registration chairperson for details at 1-800-AAU-4USA or the Trampoline and Tumbling Chairperson, Patti Lingenfelter.
- 3. Hosting an AAU Competition.** AAU Youth competitions may be held for all levels and all age divisions (see levels and divisions or contact the Technical Chairman). All competing Trampoline and Tumbling competitors must be AAU Youth registered athletes and the event must be AAU licensed using the T&T Rules in the current Sport Handbook. Contact your Sport Chairman to see what meets are being held in your District. If there are none, then please consider hosting meets of your own. For information to host our own competition contact the Vice-Chairman, Paula Grigsby at www.pgrisbycantonymca@sbcglobal.net.

B. Paperwork

- 1.** Following the completion of your meet, the following items must be sent to the National AAU:
 - a.** A copy of your license
 - b.** A copy of your championship report form (financial report)
 - c.** A copy of all score sheets for all events.

The above items should be sent within five (5) days after the completion of your meet to the National AAU office. For all District meets, a copy of all score sheets for all events must be sent to the National AAU Trampoline and Tumbling Chairman.

C. General Provisions at all AAU License Competitions

1. Competitors must be current AAU members. A competitor can enter and compete in only one level/one age group in tumbling, only one level/one age group in trampoline, only one level/one age group in double-mini trampoline, and only one level/one age group in synchronized trampoline.
2. When a competitor moves up a level, they may not revert down to a lower level, i.e., a competitor competes at the novice level of tumbling at a licensed invitational meet, the competitor may not compete at any lower levels of tumbling than novice at any AAU or USTA licensed meet.

D. Age Determination

1. The age of the athlete competition will be determined by the age of the athlete as of December 31st of the prior year. For example: age 3 as of 12/31/09 and 20 as of 12/31/09.
2. Athletes age 6 and under will no longer be mandated in any level or discipline.
3. Refer to D-Mini, Trampoline and Tumbling Sections for specific Age Determination information.

E. Code of Ethics: General Information Conduct.

- a. Coaches and/or competitors will:
 - a. Conduct themselves in a manner with respect to coaches, judges, athletes, spectators, and meet officials.
 - b. Display the highest level of sportsmanship, including no abusive language or abusive gestures.
 - c. Not delay the competition.
 - d. Not be allowed to approach the officials judging competition at any time to discuss scores, other than to ask the difficulty scores.
 - e. Turn off cell phones and pagers while on the competition floor.
 - f. No use walkie-talkies and/or cellular phones on the competition floor.
- b. The competitor shall acknowledge the Superior Judge by raising their hand at the start of a pass after they have been signaled by the Superior Judge.
- c. Conduct and Dress Code deductions, taken from each pass a competitor performs on the advice of the Superior Judge.
 - a. Showing displeasure and/or unsportsmanlike like conduct (1st occurrence) verbal warning.
 - b. Showing displeasure and/or unsportsmanlike like conduct (2nd occurrence) 0.5 pts.
 - c. Using profanity (1st occurrence) 0.3 pts and verbal warning.
 - d. The use of profanity (2nd occurrence) Official must bring the situation to the attention of the executive committee for consideration and action up to and including disqualification.

- e. Verbal abuse and/or gestures toward an official. Official must bring the situation to the attention of the executive committee for consideration and action up to and including disqualification.
- f. Wearing of jewelry, hair beads, or watches 1.0 pts.
- g. Improper attire (dress code) 1.0 pts.
- h. Distracting dress, such as undergarments 0.3 pts.
- i. Visible tattoos not covered with flesh colored or athletic tape 0.3 pts.
- d. Video Taping
 - a. Coaches may be allowed to view judges score sheets at the head scoring table after they have been turned in and recorded. (A coach may inquire about difficulty or mathematical error(s) to the Meet Director only).
 - b. Any complaints are to be presented to the Meet Director only.
 - c. The Meet Director will then discuss the situation with the appropriate Superior Judge.
 - d. If an error does exist in difficulty or a mathematical computation, a score may then be changed by the Superior Judge.
 - e. Spectators, Coaches, Competitors, or a Representative of a Federation may not go directly to the judges to justify scores. Coaches may inquire about difficulty or skill positions of their pass with no discussion allowed. All other score inquiries must go through the Meet Director.
 - f. If a scoring error results in a change of award placement after awards have been announced to the public or in the award room, no award shall be taken away from any competitor. The correct award shall also be given to the correct athlete.
 - g. If an athlete's entry fee is late he/she will not be eligible for any Team Awards or All American Awards. Article 5: A competitor who is rendered unconscious or apparently unconscious during competition shall not resume participation that day without written authorization from a physician or athletic trainer.
- e. HIV/HBV Prevention. A variety of precautions can be taken during or prior to athletic training and/or competition to reduce the risk of HIV and HBV transmission.
 - a. Voluntary testing for HIV and HBV can be made available to all athletes in the highest and moderate risk sports. Other athletes perceived to be at risk should also have testing made available to them.
 - b. Educational information regarding activities that place individuals at high risk because of lifestyle, geographic location, or a specific sport should be made available to participants and others (i.e., coaches, trainers).
 - c. All blood and body fluids must be treated as if they are infected. Gloves should be worn at all times when in contact with blood or other bodily fluids including, touching mucous membranes or non-intact skin (i.e., abrasion, dermatitis), of all athletes and for handling items or surfaces soiled with blood or body fluids. Gloves should be safely discarded after contact with each athlete. A report should be filed.
 - d. Hands and other skin washed immediately and thoroughly if contaminated with blood and/or other body fluids. Hands should also be washed after gloves are removed. Athletes should shower immediately after competition.
 - e. Surfaces contaminated with blood or body fluid should be cleaned after each use, or more often if needed, with a solution known to inactivate the virus (sodium hypo chlorite, better known as household bleach, at 1:10 dilution.
 - f. To minimize contact, emergency mouth-to-mouth resuscitation bags or other ventilation devices should be available in first aid kits for use in emergencies.
 - g. Soiled linen, towels, uniforms, and so forth should be tagged and washed in hot water with a detergent this is known to inactivate HIV and HBV. When possible,

disposable towels should be used and proper disposal procedures employed for soiled materials.

- h.** All athletes in high-risk sports should be required to wear mouthpieces, and it should be strongly recommended for athletes competing in moderate risk sports.
- i.** Spittoons or similar receptacles where bloody sputum or saliva may be spit should contain a solution known to inactivate the virus.
- j.** Competitions should be interrupted when an athlete has a wound in which a large amount of exposed blood is present, to allow the bleeding to be stopped, and the area and athlete to be cleaned.
- k.** Athletes, who have open lesions, wounds, dermatitis, etc., should cover the area with a dressing that will prevent contamination from other sources.
- l.** Review the athlete's medical history to make sure that all routine vaccinations including tetanus and MMR (measles, mumps, rubella) are up to date.
- f.** Coaches and athletes are responsible for proper stretch and warm-up prior to practice or competition.
 - a.** Stretch-out mats at competition: If a competitor is doing at or above their level on stretch out mats, 3 coaches/judges would have to sign a complaint with the competitor's name/age/level competing/ and team and turn it into the National Office after the meet to then be dealt with for the welfare and fairness of the competitor as well as fairness to all to make sure it is investigated and reviewed before a mandate is decided.

III. SPORT OPERATIONS

A. Current Year Rule Changes

1. 2014 Rule Changes

- a.** Coach Attire: Warm up suit with or without jacket and long pants, short or long sleeved team/event t-shirts or polo shirts and ID badge must be worn by all coaches. Must wear closed toed athletic shoes. No hats, no denim pants or shorts allowed.
- b.** Athlete Attire: Sports Bras. All sports bras if visible must be neutral color (any shade of beige) -0.3 deduction.
- c.** Trampoline – Boys must wear trampoline pants – Long white or solid team colored trousers which must come from a gymnastics supplier (no sweat pants allowed). Deduction 2.0 pts. per pass.
- d.** Intermediate Trampoline – a $\frac{3}{4}$ somi does NOT count as the extra somi in meeting compulsory requirements.
- e.** Double-Mini Trampoline Landing Zone
 - a.** Replace the existing distance and deviation (grid) deductions with the FIG DMT landing zones A, B, & C.
 - b.** The following zone deductions for distance and deviation from center are cumulative and will be taken IN ADDITION to any applicable landing deduction, as determined by the Superior Judge:
 - i.** Landing inside Zone A (Red) – 0.0
 - ii.** Landing inside Zone B (Yellow) – 0.3
 - iii.** Landing inside Zone C (Blue) – 0.5
 - iv.** Moving from Zone A to B, Zone B to C, or Zone A to C -0.1 (maximum)

- c. Landing in Zone C (currently “out of bounds”) will result in a 0.5 major zone deduction. This landing will NOT constitute a termination or loss of skill.
 - d. Completed passes landing in Zone C will be scored out of 10.0 – 1.4 (0.9 landing deduction + 0.5 zone deduction) = 8.6 (additional major deductions may be taken on the advice of the Superior Judge).
 - f. Remove the disqualification rule for landing in the penalty zone on the double-mini.
 - g. Double-mini – 6 & Under Athletes or physical handicap (who have submitted a letter of appeal to the National Committee) may use 1 ¼” x 6 x 12’ folded mat placed lying flat in front of the double-mini mounting bed with narrow end running long wise with the Run-up Mat without penalty. All other athletes using a mat to mount the double-mini will receive a 0.5 pt. deduction from each aesthetic judge.
 - h. Double-Mini – Under levels, eliminate for Beginner level: Each pass will run consecutively.
 - i. Double-Mini Advanced athletes pass cards are required for all competitions.
- 2. Handbook Rule Amendments**
- a. Rules. All T&T Handbook competition rule changes will be proposed and voted on during the annual sports committee meeting that is held during the AAU National Convention as follows:
 - a. Competition rule changes will be made every two (Even) 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.

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January 2015 Revision

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 6' 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, hair adornments, hair beads, hard balls, 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 and elite tumblers to use in future competitions.
16. During competition, coaches must stand behind the starting point or behind the landing point of competition unless their athlete is on the equipment.
17. Regulation equipment should always be used for competitions.
18. Tumbling should only take place in where running through a doorway is NOT necessary.
19. Tumbling should never be allowed during a power outage or where the lighting is deemed to be insufficient or poor.

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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, hair adornments, hair beads, hard balls, 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 and elite tumblers to use in future competitions.
16. During competition, coaches must stand behind the starting point or behind the landing point of competition unless their athlete is on the equipment.
17. Regulation equipment should always be used for competitions.
18. Tumbling should only take place in where running through a doorway is NOT necessary.
19. Tumbling should never be allowed during a power outage or where the lighting is deemed to be insufficient or poor.

Tumbling should only take place where running through a doorway is NOT necessary.

The interior height of the hall in which tumbling competitions are to take place must be at least 16 feet for the entire length of the tumbling floor and landing zone.

"A white line must run down the middle of the mat for all levels of competition. The line must be 2" wide or less. The line is also to be numbered in one foot increments (starting with "0") from the landing zone back to the start of the 84' rod floor for all levels competing on the rod floor."

Throw-in mats are required at all competitions. A sting mat of 2" or less thick and smaller than the yellow zone to be placed on the landing zone at the Advanced and Elite levels without deduction.

A red cracker must be used to connect the rod floor and the landing area, placed $\frac{1}{2}$ on the rod floor and $\frac{1}{2}$ on the landing area. If an athlete punches off the red, the skill will count. Recommended at Invitationals. Required at State, Nationals, and Team Trials.

RECOMMENDED AT INVITATIONALS. REQUIRED FOR STATE, NATIONALS, AND TEAM TRIALS.

SUB-BEGINNER, BEGINNER, & ADVANCED-BEGINNER

1. *Single layer tumbling mat (1"-2" thick), 42' long and at least 6' wide **OR** rod floor or at least 42' carpet 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.

SUB-NOVICE

1. A double set of tumbling mats or 2" ethafoam at least 6' wide and 72' long must be used on top of a spring floor. Double layer mats or 2" ethafoam used on both floor and spring floor.
2. Recommended landing area consists of a minimum 6' x 12' landing mat even with the competition floor.
3. Minimum 10' run-up from start of tumbling floor (top of ramp). Must not run through a doorway.

NOVICE*

1. 6' x 84' rod floor. Carpet bonded foam with an underlayment of foam. The 2 layers should be a minimum of 3 inches thick.
2. 33' x 3' wide run-up will be flat/level with the rod floor. The wood run-up platform will be covered with vault carpet cover. Competitors must start their run no further than the designated 33' run-up. Must not run through a doorway.
3. Recommended landing area consists of a minimum 6' x 12' landing mats even with the competition floor.
4. The interior height of the hall must be at least 16' for the entire length of the tumbling floor and landing zone.

EQUIPMENT - p2

INTERMEDIATE*

1. 6' x 84' rod floor. Carpet bonded foam with an underlayment of foam. The 2 layers should be a minimum of 3 inches thick. May have the option to have the rod floor extended out to a total of 117' with the 84' starting point marked.
2. 33' x 3' wide run-up will be flat/level with the rod floor. The wood run-up platform will be covered with vault carpet cover. Competitors must start their run no further than the designated 33' run-up. Must not run through a doorway.
3. Recommended landing area consists of a minimum 6' x 12' landing mats even with the competition floor.
4. The interior height of the hall must be at least 16' for the entire length of the tumbling floor and landing zone.

SUB-ADVANCED*

1. 6' x 84' rod floor. Carpet bonded foam with an underlayment of foam. The 2 layers should be a minimum of 3 inches thick. May have the option to have the rod floor extended out to a total of 117' with the 84' starting point marked.
2. 33' x 3' wide run-up will be flat/level with the rod floor. The wood run-up platform will be covered with vault carpet cover. Competitors must start their run no further than the designated 33' run-up. Must not run through a doorway.
3. Recommended landing area consists of a minimum 6' x 12' landing mats even with the competition floor.
4. The interior height of the hall must be at least 16' for the entire length of the tumbling floor and landing zone.

ADVANCED & ELITE*

1. 6' x 84' rod floor. Carpet bonded foam with an underlayment of foam. The 2 layers should be a minimum of 3 inches thick. May have the option to have the rod floor extended out to a total of 117' with the 84' starting point marked. At State, 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.
2. 33' x 3' wide run-up will be flat/level with the rod floor. The wood run-up platform will be covered with vault carpet cover. Competitors must start their run no further than the designated 33' run-up. Must not run through a doorway.
3. Minimum of 8'x16' landing mat even with the floor with a 6'x12' or 6½'x13' landing zone. Minimum 10' x 20' landing mat required for Nationals and Team Trials.
4. Recommended landing area consists of 6' x 12' landing mat even with the competition floor.
5. The interior height of the hall must be at least 16' for the entire length of the tumbling floor and landing zone.

Vaulting boards, if used, must meet FIG specifications. Vaulting boards may only be used for the initiation of the first skill of a tumbling pass.

*At Invitational Meets, may have the option to have the rod floor extended out to a total of 117' with the 84' starting point marked.

***CLARIFICATION;** If an athlete starts their pass BEFORE the marked 84' floor (in the run-up zone), the pass will be terminated resulting in a "0" score. An athlete may perform their hurdle in the run-up zone. There is no deduction for starting anywhere within the 84' floor.

DRESS - ATHLETE ATTIRE

ATHLETE ATTIRE: Athletes MUST be in competition attire from the beginning of their warm-ups through the end of their competition (athletes will receive one warning. Failure to heed warning will result in a 2.0 major deduction to be taken on their 1st pass) and during all Award Ceremonies.

The AAU requires appropriate dress to be worn in the competition area, warm-up area, and awards area.

Men: A gymnastics step-in (without sleeves) is required. Uniform gym shorts (cannot be sweat material, cut-offs, boxers, jean shorts, baggy or oversized) finger-tip length or shorter, must be worn. Only one pair of shorts may be worn. Shorts may not be rolled down at the waist. No singlets, biking shorts, or t-shirts are allowed. Deduction 2.0 pt. per pass.

Appropriate **undergarments** must be worn. Undergarments that show MUST match the color of the shorts. Deduction 0.3 pt. per pass.

Women: A leotard must be worn. It may be long sleeve, short sleeve, or sleeveless (which means that a leotard must have arm/sleeve holes). No two piece leotards, unitards, halter leotards, skirts, or tights are allowed. No leotards with holes on the side(s) or below the waist on the back are allowed. Deduction 2.0 pt. per pass.

Appropriate **undergarments** must be worn. Deduction 0.3 pt. per pass.

1. Briefs, if worn, MUST match the color of the leotard located around the leg opening or be the athlete's flesh color.
2. Sport bras that show MUST match the majority of the upper half of the leotard, be the athlete's flesh color, or be neutral (any shade of beige).

Footwear: Tumbling shoes, ankle length socks (up to 1" above the ankle bone), or bare feet. If shoes or socks are worn, they must be all white. Although the rules state shoes must be white, we will accept "off-white" and light tan. Shoes may have an un-embellished manufacturer's trademark, but no other markings, designs, or decorations. Deduction 1.0 pt. per pass.

Distracting Dress: Distracting dress, such as undergarments, thongs, strings on boys pants that fall out (above or under) and show, etc. Deduction 0.3 pt. per pass.

Jewelry: The wearing of jewelry or watches may not be worn in competition. Jewelry must be removed, taping over will result in deduction. Deduction 1.0 pt. per pass.

Hair: All hair should be pulled back out of the eyes, even short hair. Hair that is distracting or falls in the face will result in a 0.3 pt. deduction per pass.

Ribbons or scrunchies that fall off during competition will result in a 0.3 pt. deduction per pass. There will not be a deduction taken for glasses & hearing aids that fall off during competition.

Hard hair beads and/or hard hair balls. Deduction 2.0 pt. per pass.

Tattoos: All visible tattoos must be covered with flesh color or athletic tape. Deduction 0.3 pt. per pass.

Athletic Wrap: Athletic wrap must be plain without designs. Athletic wrap with designs will result in a 0.3 distracting deduction.

Casts: Athletes will not be allowed to warm-up or compete.

Awards: Only competition attire may be worn on the award stand while receiving awards.

Attire deductions are taken on a per pass basis

NOTE: The Superior Judge makes the decision.

COMPETITION AGE DETERMINATION & AGE GROUPS

Ages will be determined by a Universal Birthdate of December 31. Whatever age a competitor will be on December 31 will determine the age he/she will compete at the entire competition year (i.e., whatever the age is as of 12/31/14, will compete at from September 2014 through August 31, 2015).

Boys and Girls will not compete against each other. There shall be separate divisions for each.

Age groups with five (5) or fewer competitors may be combined with adjacent age group(s) for Invitational Competitions as long as the Meet Director states policy on entry form. The AAU recommends approval of all coaches with athletes in said age group(s).

RECOMMENDATION: At Invitational competitions, it is strongly recommended if more than 30 competitors are in one age-group, the Meet Director add another division and give duplicate awards.

SUB-BEGINNER

Girls & Boys' Age Groups* are: 3 & Under; 4 yrs.; 5 yrs.; 6 yrs.

BEGINNER

Girls Age Groups are: 4 & Under; 5 yrs.; 6 yrs.; 7 yrs.; 8 yrs.; 9 yrs.; 10 yrs.; 11 & Over

Boys Age Groups are: 4 & Under; 5 - 6 yrs.; 7 - 8 yrs.; 9 - 10 yrs.; 11 & Over

ADVANCED BEGINNER

Girls Age Groups are: 5 & Under; 6 yrs.; 7 yrs.; 8 yrs.; 9 yrs.; 10 yrs.; 11 yrs.; 12 yrs.; 13 & Over

Boys Age Groups are: 6 & Under; 7 - 8 yrs.; 9 - 10 yrs.; 11 - 12 yrs.; 13 & Over

SUB-NOVICE

Girls Age Groups are: 6 & Under; 7 yrs.; 8 yrs.; 9 yrs.; 10 yrs.; 11 yrs.; 12 yrs.; 13-14 yrs.; 15 & Over

Boys Age Groups are: 6 & Under; 7 - 8 yrs.; 9 - 10 yrs.; 11 - 12 yrs.; 13 & Over

NOVICE

Girls Age Groups are: 6 & under; 7 yrs.; 8 yrs.; 9 yrs.; 10 yrs.; 11 yrs.; 12 yrs.; 13-14 yrs.; 15 & Over

Boys Age Groups are: 6 & under; 7 - 8; 9 - 10 yrs.; 11 - 12 yrs.; 13 & Over

INTERMEDIATE

Girls & Boys Age Groups are: 8 & Under; 9 - 10 yrs.; 11 - 12 yrs.; 13 - 14 yrs.; 15 & Over

SUB-ADVANCED

Girls & Boys Age Groups are: 8 & Under; 9 - 10 yrs.; 11 - 12 yrs.; 13 - 14 yrs.; 15 - 16 yrs.; 17 & Over

ADVANCED

Girls & Boys Age Groups are: 8 & Under; 9 - 10 yrs.; 11 - 12 yrs.; 13 - 14 yrs.; 15 - 16 yrs.; 17 & Over

*EXCEPTIONS to the age groups will be made to include children with developmental disabilities through petitioning procedures.

STRETCH-OUT & WARM-UPS

Stretch-out Mats at Competition: If a competitor is doing skills at or above their level on the stretch out mats, 3 coaches/judges would have to sign a complaint with the competitors name/age/level competing/ &team and turn it into the National Office after the meet to then be dealt with for the welfare and fairness of the competitor as well as fairness to all to make sure it is investigated & reviewed before a mandate is decided.

WARM-UPS - Warm-ups must start after the scheduled coaches and judges' meeting (not during or before)

Athletes must wear competition attire during warm-ups. From the time a flight begins until competition is completed, athletes must remain in competition attire. Athletes not attired properly will not be allowed to warm-up or compete. First warning verbal, second warning will result in disqualification for athletes who do not stay in their competition attire from the beginning of warm-ups through the end of their competition (and at nationals, until after their flight awards have been presented) unless approved by the Superior Judge.

During warm-ups, if an athlete performs a skill from a higher level, the athlete will receive a 2.0 deduction on the 1st pass and will be mandated to the next level at the next competition.

SUB-BEGINNER

1. Competitors must be divided into groups of 15 or less EXCEPT at Nationals (10 or less)
2. Two (2) times down the competition length of the mat.

BEGINNER

1. Competitors must be divided into groups of 15 or less EXCEPT at Nationals (10 or less)
2. Four (4) times down the competition length of the mat.

ADVANCED BEGINNER

1. Competitors must be divided into groups of 15 or less EXCEPT at Nationals (10 or less)
2. Four (4) times down the competition length of the mat.

SUB-NOVICE

1. Competitors must be divided into groups of 10 or less
2. Four (4) times down the competition mat. Running down the mat does not constitute a pass down the mat.

NOVICE

1. Competitors must be divided into groups of 10 or less
2. Four (4) times down the competition mat. Running down the mat does not constitute a pass down the mat.

INTERMEDIATE

1. Competitors must be divided into groups of 10 or less
2. Six (6) times down the competition mat. Running down the mat does not constitute a pass down the mat.

SUB-ADVANCED

1. Competitors must be divided into groups of 10 or less
2. Six (6) passes times down the competition mat. Running down the mat does not constitute a pass down the mat.

ADVANCED

1. Competitors must be divided into groups of 10 or less
2. **Preliminaries:** Eight (8) times down the mat. Running down the mat does not constitute a pass down the mat.
Finals: Six (6) Passes. Running down the mat does not constitute a pass down the mat.

START OF A ROUTINE

1. Sub-Beginner through Adv-Beginner Levels

- 1.1 Each competitor will start on the signal given by the Superior Judge.
- 1.2 A pass does not have to start from a run, but may.
- 1.3 A pass will be considered initiated once the competitor's hands touch the mat.
- 1.3.1 The touch of the hands (i.e. for balance) is permitted on a back-roll at the beginning of the back pass without penalty.
- 1.3.2 **NOTE:** Beginner through Adv-Beginner - Pushing off hands prior to a back roll at the beginning of the back pass is allowed; however, a 0.5 pt. deduction will be taken.

2. Sub-Novice

- 2.1 Each competitor will start on the signal given by the Superior Judge.
- 2.2 A pass shall be considered started once the first skill is initiated.
- 2.3 The pass must start from a run or a hurdle. Deduction - termination.

3. Novice through Advanced Levels

- 3.1 Each competitor will start on the signal given by the Superior Judge.
- 3.2 A pass shall be considered started once the first skill is initiated.
- 3.3 The pass must start from a run or a hurdle. Deduction - termination.
- 3.4 Competitors must start their run no further than the designated 33' run-up. Deduction - termination.
- 3.5 There is no deduction for starting anywhere within the 84' floor.

CLARIFICATION; If an athlete starts their pass BEFORE the marked 84' floor (in the 33' run-up zone), the pass will be terminated resulting in a "0" score. An athlete may perform their hurdle in the run-up zone.

4. Second attempts at passes are not allowed

- 4.1 If a competitor is obviously disturbed in a pass (faulty equipment or substantial external influence), the Superior Judge may allow another attempt.
- 4.2 Spectator noise, applause, and the like would not normally constitute a disturbance.
- 4.3 During a competition pass, if an individual walks between the competitor and judges, the competitor's coach has the option to have the athlete re-perform the pass. The scores received for the re-performed pass will be used.

OBJECT OF A ROUTINE

Sub-Beginner - Tumbling in the Sub-Beginner division shall be characterized by continuous, rotational movement without hesitation or intermediate steps down the center of the mat. A tumbling routine shall be planned to demonstrate a variety of forward skills. The routine should show good control, form, execution, and rhythm.

Beginner through Adv-Beginner - Tumbling in the Beginner & Adv-Beginner divisions shall be characterized by continuous, rotational movement without hesitation or intermediate steps down the center of the mat. A tumbling routine at these levels shall be planned to demonstrate a variety of forward skills. The routine should show good control, form, execution, and rhythm.

Sub-Novice through Novice - Tumbling in the Novice divisions shall be characterized by continuous, speedy, rhythmic hands to feet and feet to hands movement, without hesitation or intermediate steps) down the center of the mat. The routine should show good control, form, execution, and maintenance of height and rhythm.

Intermediate through Advanced - Tumbling in these divisions shall be characterized by continuous, speedy, rhythmic rotational movement from feet to hands or feet to feet movement, without hesitation or intermediate steps down the center of the mat. The routine should show good control, form, execution, and maintenance of height and rhythm.

REQUIRED POSITION DURING A ROUTINE

- 1. In all positions, the feet and legs should be kept together (except for straddle rolls) and the feet and toes pointed.
NOTE: No deduction on Front Limbers for landing with feet *shoulder width apart or less*.
- 2. The arms should be straight and held close to the body whenever possible.
- 3. **Front Pike Roll:** The position of a front pike roll is defined by how the skill begins and ends. For safety, two (2) hand placements are allowed without penalty (both hands should be placed at the same time) on the mat before and after the performance of forward pike rolls.
- 4. **Back Pike Roll:** The position of a back pike roll is defined by how the skill begins and ends. For safety, two (2) hand placement is allowed without penalty (both hands should be placed at the same time) on the mat behind the athlete during the performance of backward pike rolls.
- 5. **Handstand roll down** and **Back extension roll** should meet a vertical line before rolling down. The position of a handstand roll and back extension roll will be determined between 11:00 and 1:00 (5 degrees on either side of vertical).

6. **Straddle Roll:** The legs should be a minimum of 135 apart during the execution of a Straddle Roll.

7. Depending on the requirements of the movement, the body should be either tucked, piked, or straight.

8. The position of somersaulting skills will be determined between 10:00 and 2:00 (tuck, pike, straight).

9. The following defines the *minimum requirements* for a particular body position:

9.1 **Straight Position:** The angle between the upper body and thighs must be greater than 135 and the angle between the thighs and lower legs must be greater than 135 .

9.2 **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

9.2.1 Intermediate and up - In the *piked* position, the hands should touch the toes except in the twisting phase of multiple somersaults.

9.3 **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 .

9.3.1 Intermediate and up - In the *tucked* position, the hands should touch the legs below the knees (except in the twisting phase of multiple somersaults).

9.4 **Puck Position:** In *multiple somersaults* (2/1 or more) with twists, the *tuck* and *pike* position may be modified during the twisting phase.

10. In the *tucked* and *piked* positions, the thighs should be close to the upper body (upper levels: except in the twisting phase of multiple somersaults [2/1 or more]).

11. Any *backward or forward non-twisting single somersault* performed in the middle of a pass (should be shoulder height or below), will be considered a whip regardless of position. **NOTE:** This does NOT include the last backward, single somi performed prior to a reversal skill.

12. The last backward single somersault executed at the end of a completed pass must be shoulder height or above; otherwise, the aesthetic judges will take the required deduction of 0.3 pt. **NOTE:** This includes the last backward, single somi performed prior to a reversal skill. The Superior Judge makes the decision.



ACCEPTABLE SHOULDER HEIGHT

INTERRUPTIONS OF THE ROUTINE (SCORING STOPS)

Whatever terminates a pass results in loss of skill and the appropriate deduction.

The Superior Judge make the decision. A routine is to be considered interrupted if:

1. A fall to the mat during the routine (refer to landing deductions).
 2. Touches the mat with any part of the body other than the hands or the feet (i.e., head, knees, elbows, etc.). **EXCEPTION:** In the beginner levels, during the execution of some skills, the elbows may touch the tumbling mat. If there is a smooth continuation of the skill, then there is no deduction. If the athlete is unstable or off-balance and falls to or pushes off the elbow, the pass will be terminated at that point, no credit will be given for the skill, and a 0.6 pt. deduction will be taken.
 3. Going off the side or end of the mat with any part of the body.
 - 3.1 If a competitor's torso **IS NOT** in the center of the mat during the execution of a straddle roll, once the competitor's foot touches the floor **or** the heel goes all the way off the mat, the pass will be terminated. **EXCEPTION:** In the Beginner levels, if the torso of a competitor **IS** in the middle of the tumbling mat on a straddle roll and their feet are over the side of the mat, their pass can't be terminated nor an aesthetic deduction taken for toes or heels touching the floor.
 - 3.2 During the execution of a skill, the competitor's fingers wrap around the edges of the mat.
 4. Receiving help from a spotter.
 5. Running, or a substantial stop between skills.
 6. Use of an illegal skill will terminate the pass at that point (will also result in a loss of skill and a 2.0 deduction; may also result in a mandate to the next level of competition).
- NOTE:** If the Beginner or Adv-Beginner competitor performs the wrong pass, a 2.0 deduction will be taken. This is not a termination because the skills performed are not illegal at these levels.
- NOTE:** If the Adv-Beginner competitor performs a round-off anywhere in the pass other than as the last skill, the pass will not be terminated, a 2.0 deduction is taken. This is not a termination because a round-off is a legal skill this level.
- If the athlete performs a round-off anywhere else in the pass, they should NOT rebound. If they do rebound - you would deduct for the number of steps taken. A straight up and down rebound is two feet, so you would take two 0.5 step deductions...if more steps are taken, you take 0.5 for each step up to the termination number which is 2 steps for Adv-Beginner.
- If an athlete *does not* perform enough skills and ends their uncompleted pass in a handspring (or round-off) and rebounds, as long as it meets the description of a rebound, you consider it a rebound and judge it accordingly for Adv-Beginner through Intermediate.
7. A stop or reversal of motion on any one skill during a pass.
- NOTE:** When performing a skill at the Beginner levels, as long as the shoulders continue in a forward motion, the pass will not be interrupted if a competitor steps backward (will still receive a 0.5 deduction for the step).
8. Use of profanity or unsportsmanlike conduct during the competition will result in disqualification from the competition, for the first offense.
 9. Starting their run further than the maximum 33' run as defined in Novice through Elite levels.
 10. Starting their pass before the marked 84' floor (in the run-up zone) as defined in Novice through Elite levels. **NOTE:** May perform their hurdle in the run-up zone without penalty.
 11. Initiating a skill in the landing zone - pass will be interrupted prior to a skill that begins in the landing zone.
 12. Landing deductions 11.2 - 11.7 on page TU-12
 13. Refer to each Specific Level for additional deductions under this heading.

No credit will be given for the skill in which the interruption occurs.

DUTIES OF THE AESTHETIC JUDGE

Evaluate the Execution (form, head position, constant height, control, deviation from center or mat, continual smooth speed, and rhythm down the center of the mat), and write down their deductions. A pass should demonstrate smooth, controlled, even rhythm with no breaks for “posing” skills or a change in rhythm.

DEDUCTIONS FOR FAULTY EXECUTION - Deductions are the same on a rod floor as on panel mats.

1. For lack of form, head position, individual constant height, lack of control in each skill, deviation from center of mat, lack of speed, cutting under and/or lack of blocking in each skill..... 0.1-0.8 pt.

If a coach stands between the judges and the athlete without moving, blocking a judge’s view of a skill or skills, an 0.8 pt. aesthetic deduction will be taken on that skill(s). There will not be any consideration to the score point spread.

The aesthetic deduction per skill should be based on the following

A...In all positions the feet and legs should be kept together (except for straddle skills) and the feet & toes pointed.

NOTE: No deduction on Front Limbers for landing with feet *shoulder width apart or less*.

B...Depending on the requirements of the movement, the body should be either tucked, piked, or straight. Refer to required positions for specific body requirements.

C...In the tucked and piked positions, the thighs should be close to the upper body.

D...The arms should be straight and held close to the body whenever possible.

E...Skills should be performed in a straight line down the center of the mat without deviation from the center of the mat.

F....The pass should be performed in a controlled, continuous, smooth, rhythmic rotational motion.

Sub-Beginner through Adv-Beginner

In completing a roll, the legs should straighten as they go over the head.

Sub-Novice through Advanced.

During the execution of a handspring, the legs should not bend on the beginning or ending so the athlete is in a “squatting” position.

During the execution of a handspring, the body should be stretched out. The length of the handspring from beginning to end should be equivalent to the length of the athlete or more.

Intermediate through Advanced.

During the execution of somis, the legs should not bend on the beginning or ending so the athlete is in a “squatting” position.

2. Round-Offs: Adv-Beginner through Intermediate, for lack of form and control, traveling, landing on one foot on the rebound out of a round-off or handspring at the end of a completed pass 0.1-0.3 pt.

3. Subtract their deductions from the maximum mark indicated by the Superior Judge.

4. All aesthetic scores must be within 1.0 (not just the middle score).

DEDUCTIONS TAKEN ON THE INSTRUCTION OF THE SUPERIOR JUDGE - p1

Refer to each Specific Level for deductions under this heading.

Failure to complete at least one skill will result in a "0" score.

1. Not performing the required type of pass.....2.0 pt.
EXAMPLE: At the beginner levels, performing the front pass as their 1st pass.
2. Performing too many skills (maximum per pass) 1.0 pt.
3. A completed pass, not ending in a two-foot landing0.5 pt.
4. Talking or giving any signal to a competitor by his own coach or spotter during the competition routine (including stick). This includes clapping, gesturing, etc.
(Maximum deduction - 0.3 pt. per pass).0.3 pt.
5. Non-weight bearing hand slide between or during skills other than a round-off.....0.3 pt.
NOTE: Sliding both hands simultaneously will receive the same deduction as one hand.
6. Non-weight bearing foot slide between or during skills0.3 pt.
NOTE: Sliding both feet simultaneously will receive the same deduction as one foot.
7. Hand Slides on Round-offs that **DO NOT** demonstrate quality repulsion/rebound off the tumbling floor for the Adv-Beginner through Elite levels:
Non-weight bearing slide during a round-off.....0.1-0.5 pt.
 - a. One hand slides less than 1:00 o'clock.....0.1 pt.
 - b. One hand slides to between 1:00 and 2:00 o'clock0.2 pt.
 - c. One hand slides to between 2:00 and 3:00 o'clock0.3 pt.
 - d. One hand slides past 3:00 o'clock.....0.4 pt.
 - e. Both hands slide0.5 pt.
8. Hand Slides on Handsprings that **DO NOT** demonstrate qualify repulsion/rebound off the tumbling floor0.3 pt.
8. Step with the hand or foot (**may** also result in termination - refer to each level)0.5 pt.
The placement of the hands shall be judged the same as the feet in regard to steps and slides.
9. Athlete Attire - refer to TU-4
10. Use of profanity or unsportsmanlike conduct during the competition will result in disqualification from the entire competition, for the first offense.

11. **LANDING DEDUCTIONS. NOTE:** All the following landing deductions are in addition to the aesthetic deduction of the last skill performed. **Landing deductions apply for incomplete passes, complete passes, or passes with too many skills.** If a pass has too many skills, LANDING deductions will be taken on the last skill performed, not at the point where the pass was to have stopped. Landing deductions are not accumulative, if more than one landing infraction occurs, the greater deduction will be taken.

After the final landing on the competition floor, the competitor must stand upright for at least three seconds; otherwise, the athlete will receive a landing deduction.

- 11.1 Instability Steps.....0.1-0.3 pt

NOTE: When judging instability, the competitor should stop and hold the landing for three seconds prior to turning to salute.

DEDUCTIONS TAKEN ON THE INSTRUCTION OF THE SUPERIOR JUDGE - p2

Refer to each Specific Level for deductions under this heading.

Counting to 3. *Regardless of the size of the step(s)*, taking one step results in a 0.1 deduction; taking two steps results in a 0.2 deduction; and taking three or more steps results in a 0.3 deduction.

Although technically "instability" includes arm waving and/or body movement, the Technical Committee agreed to exclude those from these clarifications. If an aesthetic judge feels there is too much movement, they can increase the deduction on the last skill - the movement is probably a direct result of how they completed that skill anyway.

NOTE: 11.2 - 11.7 will also result in loss of skill and termination of pass

11.2 For touching the mat with one hand0.4 pt.

11.3 For touching the mat with both hands0.5 pt.

11.4 For falling to elbows, knees/hands & knees0.6 pt.

EXCEPTION: In the beginner levels, during the execution of some skills, the elbows may touch the tumbling mat. If there is a smooth continuation of the skill, then there is no deduction. If the athlete is unstable or off-balance and falls to or pushes off the elbow, the pass will be terminated at that point, no credit will be given for the skill, and the 0.6 pt. deduction will be taken.

11.5 For falling to seat and/or touching hand(s) on mat behind body0.7 pt.

11.6 For falling to front, back, or head0.8 pt.

11.7 After landing in the landing zone or track, touching
outside the landing zone or track with any part of the body0.9 pt.

NOTE: Landing out of the landing zone or track will result in termination Loss of skill, and 0.9 deduction in addition to other appropriate level deductions

NOTE: A skill cannot be initiated in the landing zone - termination and loss of skill.

Refer to each Specific Level for additional deductions under this heading.

METHOD OF SCORING - p1

Scores must be flashed

SUB-BEGINNER through BEGINNER

1. Two aesthetic judges and one Superior/Difficulty judge required for all Invitational, State, and National competitions. Recommend the Superior Judge be positioned between the two aesthetic judges when possible.
2. The aesthetic judges will score the routine by evaluating the form, consistency of height, control, and execution of performance in tenths of a point.
3. Each pass is judged out of the number of skills successfully completed.
 - 3.1 Each skill will be worth 2.0.
 - a. A five (5) skill pass will be scored out of ten (10) points.
 - 3.2 Each aesthetic judge will subtract their aesthetic deductions from the maximum mark indicated by the Superior Judge.
 - 3.3 The scores of the judges must be written independently of each other.
 - 3.4 The two aesthetic judges' scores will be added together. When awarded, difficulty is added to the two aesthetic judges' scores for the pass total.
 - 3.5 The total of the two passes will be added together for the final score.

SUB-NOVICE

1. Two aesthetic judges and one Superior/Difficulty judge required for all Invitational, State, and National competitions. Recommend the Superior Judge be positioned between the two aesthetic judges when possible.
2. The aesthetic judges will score the routine by evaluating the form, consistency of height, control, and execution of performance in tenths of a point.
3. Each pass is judged out of the number of skills successfully completed.
 - 3.1 Each skill will be worth 1.0.
 - 3.2 Each aesthetic judge will add 7.0 bonus points to the number of skills successfully completed on the first pass and 6.0 bonus points to the number of skills successfully completed on the second pass. The aesthetic and major deductions are subtracted from that total for each pass.
 - 3.3 A completed pass with the correct number of skills will be scored out of ten (10) points.
4. The scores of the judges must be written independently of each other. The two aesthetic judges scores will be added together and the difficulty score is added to that total.
5. The two pass totals will be added together for the final score.
6. There is difficulty awarded at this level.

NOVICE through *SUB-ADVANCED

1. Two aesthetic judges and one Superior/Difficulty judge required for all Invitational, State, and National competitions. Recommend the Superior Judge be positioned between the two aesthetic judges when possible.
2. The aesthetic judges will score the routine by evaluating the form, consistency of height, control, and execution of performance in tenths of a point.
3. Each pass is judged out of the number of skills successfully completed.
 - 3.1 Each skill will be worth 1.0.
 - 3.2 Each aesthetic judge will add 5.0 bonus points to the number of skills successfully completed on the first pass and 2.0 bonus points to the number of skills successfully completed on the second pass. The aesthetic and major deductions are subtracted from that total for each pass.
 - 3.3 A completed pass with the correct number of skills will be scored out of ten (10) points.
4. The scores of the judges must be written independently of each other. The two aesthetic judges scores will be added together and the difficulty score is added to that total.
5. The two pass totals will be added together for the final score.
6. There is difficulty awarded at this level.

***SUB-ADVANCED - Nationals ONLY.** Two aesthetic judges, one Superior, and one Difficulty Judge.

METHOD OF SCORING - p2

ADVANCED

1. There will be one (1) superior judge, four (4) aesthetic judges, and two (2) difficulty judges for a total of seven (7). This is recommended for Invitationals and required for State, National Championships and Team Trials.
2. The evaluation of Execution (form, consistency of height, control, and rhythm), and Difficulty is done in 10ths of a point. A competitor will be judged only on the number of skills completed on the feet on the track or the landing zone.
 - 2.1 Each skill will be worth 1.0.
 - 2.2 Judges must write their deductions independently of each other. When signaled by the Superior Judge, the marks of the Judges for Difficulty and Execution must be shown simultaneously.
 - 2.3 Evaluation of the score for Execution:
 - 2.3.1 In the five (5) skill pass, the Judges will add 5.0 bonus points to the number of skills completed.
 - 2.3.2 In the eight (8) skill pass, the Judges will add 2.0 bonus points to the number of skills completed.
 - 2.3.2.1 The deductions for poor Execution are subtracted from that total.
 - 2.3.2.2 The Judges will calculate their marks, including any deductions and subtract that.
 - 2.4 The highest and lowest marks of the Execution Judges are deleted and the two middle marks are added together to give the valid score for Execution.
 - 2.5 Evaluation of the score for Difficulty:
 - 2.5.1 The Difficulty Judges calculate the difficulty of the optional passes. Difficulty scores must be flashed.
3. Evaluation of the competitor's total score for a pass:
 - 3.1 Each pass is scored separately and a total of Execution plus difficulty is calculated for each optional pass.
 - 3.2 All scores will be rounded to 2 decimal places. Such rounding will only be made in respect of the competitor's total score for a pass.
 - 3.3 The recorders will calculate the total score (Execution + Difficulty) and enter it on the score sheet.
 - 3.4 The Chief Recorder must verify the total score on the score sheets.
4. The Superior Judge is responsible for determining the validity of the final scores.
5. All aesthetic scores must be within 1.0 (not just the middle scores).

COMPETITION PROCEDURES

SUB-BEGINNER

Large age groups will be pyramided into groups of 15 except at Nationals where the groups will be 10 or less.

Age groups with five (5) or fewer competitors may be combined with adjacent age group(s) for Invitational Competitions as long as the Meet Director states policy on entry form. The AAU recommends approval of all coaches with athletes in said age group(s).

FINALS - No finals in the Sub-Beginner Division.

BEGINNER through ADV-BEGINNER

Large age groups will be pyramided into groups of 15 except at Nationals where the groups will be 10 or less.

Age groups with five (5) or fewer competitors may be combined with adjacent age group(s) for Invitational Competitions as long as the Meet Director states policy on entry form. The AAU recommends approval of all coaches with athletes in said age group(s).

This division: Passes will not run consecutively. All routines will begin from one end of the mat.

SUB-NOVICE through SUB-ADVANCED

Large age groups will be pyramided into groups of 10.

Age groups with five (5) or fewer competitors may be combined with adjacent age group(s) for Invitational Competitions as long as the Meet Director states policy on entry form. The AAU recommends approval of all coaches with athletes in said age group(s).

Passes will not run consecutively. All routines will begin from one end of the mat.

All competitors will execute their first pass . When this pass is completed, they will stay in the same order and execute their second pass. (Passes will not run consecutively). All routines will begin from one end of the mat.

ADVANCED

Large age groups will be pyramided in groups of ten (10). Age groups with five (5) or fewer competitors may be combined with adjacent age group(s) for Invitational Competitions as long as the Meet Director states policy on entry form. The AAU recommends approval of all coaches with athletes in said age group(s).

PRELIMINARIES

1. There shall be two optional passes. Each pass must meet the Advanced Level Pass Requirements.

- a. The first optional pass will consist of five (5) skills
- b. The second optional pass will consist of *eight (8) skills.

All competitors will execute their 5 skill first. When this is completed they will stay in the same order and execute their eight (8) skill pass. All routines will begin from one end of the mat.

FINALS

1. There shall be one optional eight (8) skill pass in the finals. In the final pass, the competitor may repeat the eight (8) skill optional pass performed in the Preliminaries. The pass must meet the Advanced Level Pass Requirements.

The competitors with the top ten (10) scores from the preliminaries will advance to finals. In the event of a tied score with the sixth scoring athlete, all athletes with the same scores will be eligible to compete in finals. No new life - preliminary scores will be added to the final scores. The starting order for the Finals will be in order of merit, the competitor with the lowest preliminary score going first in both passes. In the event of ties, the starting order will be decided by a draw.

PROTESTS - (Fees: \$50/Invitational, Regional (State), Team Trial; \$100/National Championship)

A protest can only be made at levels of competition that have difficulty points and/or “black and white” situations (i.e., number of skills, steps, reverse of motion, positions, etc.)

"Complaints" regarding aesthetic scores must be presented to meet director only. The meet director may then discuss the situation with the Superior Judge. Spectators may NOT go directly to judges. Only a coach, competitor, or representative of a Federation may approach the meet director.

If a scoring error results in a change of award placement after awards have been announced to the public or in the award room at any sanctioned competition, no award or placement shall be taken away from any competitor. The correct award and placement shall also be given to the athlete.

Coaches and/or competitors will not be allowed to approach the judges at any time during a competition to justify scores. Coaches/athletes may inquire about difficulty or skill positions of their pass with no discussion allowed. All other score inquiries must go through the Meet Director. Infractions will result in a verbal warning for the first offense and disqualification from the meet for the second offense.

A written protest with protest fee must be handed to the meet director within 5 minutes of the end of that flight of competition. The Meet Director will then present the protest to the Superior Judge.

A written protest with protest fee must be handed to the meet director within 5 minutes of the end of that flight of competition. The meet director will inform the respective judging panel that a protest has been filed, gather the appropriate protest committee members and prepare the video for viewing by the committee.

- o During this time, there is to be *no discussion* among the committee regarding the pass or rules in questions. This eliminates any pre-determined conceptions of the pass and any bias or persuasion of committee members to vote one way or another. Once the committee is convened and the video is set for review, the meet director will read only the general facts related to the protest and indicate the specific skill (i.e. – the second skill, the last skill, etc.) or movement in question (i.e. – landing).
- o At this time, the committee may also ask the meet director and/or superior judge to review any rules related to the protest. (i.e. – “A position is determined by ____ degree angle between...” or “A pass is initiated when...”)

A protest concerning the execution scores can only be made in respect of a numerical error.

At ALL competitions, a video other than the meet director's designated video can be used if the meet director's designated video does not record the pass. In this situation only, the meet director has the option to review the first video tape available to use by the Arbitration Jury. If no video is available, the judges' decision stands and the protest fee will be returned.

Arbitration juries may view the pass in slow motion.

Protests must be dealt with by the Arbitration Jury prior to the start of the next round and their decision announced immediately. The decision of the Arbitration Jury is final and must be abided by.

A decision must be made within 5 minutes of reviewing the video.

If the protest is sustained, the fee will be returned and the score sheets must be taken back to the judges' panel for proper score adjustments.

If the protest is overruled, the fee will be given to the Meet Director.

Decisions made by the Jury at a competition cannot be overturned by the AAU Executive Board.

ARBITRATION JURY

Designation

1. The Protest Committee (Arbitration Jury) shall be designated at all competitions. The Meet Director must select and post a list of the Protest (Arbitration Jury) Committee Members (including an alternate) prior to the start of sanctioned competitions. The Meet Director will announce the Protest Committee Members (including an alternate) during the coaches and judges' meeting at these competitions.

Composition

1. For a protest with a panel of 4+ judges, the committee will consist of the superior judge, a member of the Technical Committee (or in his absence a member of the Board of Directors), the meet director, and two judges of the appropriate event appointed by the meet director before the competition begins. **Note:** One of the two judges must be a difficulty judge.
2. For a protest with a panel of 3 or less judges, composition will consist of the meet director, a member of the Technical Committee (or in his absence a member of the Board of Directors), the Superior Judge, an Aesthetic judge of the appropriate event and an Aesthetic Judge from another panel. If a member of the Technical Board is also a judge on the panel involved in the protest, that judge may not serve as a member of the Protest Committee as the Technical Board Representative.
3. If the protest concerns a competitor from the meet director's team, the meet director will be replaced by another member of the Technical Committee or Board of Directors for that protest.
4. If the protest concerns a competitor from the Technical Committee Member at the competition, the meet director shall designate an unbiased coach.
5. Each Protest Committee Member must review the protest procedure rules prior to acting on any protest.

RESULTS

1. A complete copy of the results (along with the Meet Director's Report and Judges' Reports) must be sent to the National Office within two weeks of the competition. Results may be emailed for a fee of \$10.

LEVELS - p1

SUB-BEGINNER - Sub-Beginner competition consists of one pass which may begin from a stand or a run. The pass must be a front pass consisting of five forward (5) skills. The completed pass (5th skill) must end with a two-foot landing.

BEGINNER - Beginner competition consists of two five skill passes which may begin from a run or a stand.

1. The FIRST PASS consists of all back skills, and the completed pass (5th skill) must end with a two-foot landing. **NOTE:** A cartwheel is a front skill. If performed in the back pass, a 2.0 deduction will be taken; however, the pass will not be terminated.
2. The SECOND PASS consists of all front skills and the completed pass (5th skill) must end with a two-foot landing.

ADVANCED BEGINNER - Advanced-Beginner competition consists of two five (5) skill passes are required which may begin from a run or a stand.

1. The FIRST pass consists of all back skills, must have at least one limbering skill, and the completed pass (5th skill) must end with a two-foot landing.

NOTE: A cartwheel is a front skill. If performed in the back pass, a 2.0 deduction will be taken.

2. The SECOND pass consists of all front skills, must have at least one limbering skill, and the completed pass (5th skill) must end with a two-foot landing.

***IF a round-off is performed, it may only be used as the last skill in a pass and the athlete MUST rebound.**

***IF a round-off is performed anywhere other than the last skill in a pass, it will result in a 2.0 deduction not a termination.**

SUB-NOVICE - Sub-Novice competition consists of two passes which must begin with a run or a hurdle. A pass must move in one direction only. Each pass must have a minimum of one (1) handspring.

1. The FIRST pass must consist of a maximum of three (3) skills, a minimum of one (1) handspring, and the completed pass (3rd skill) must end with a two-foot landing.
2. The SECOND pass must consist of a maximum of four (4) skills, a minimum of one (1) handspring, and the completed pass (4th skill) must end with a two foot landing.
3. A pass at this level ending in a handspring or round-off must end with a rebound (straight up and down in the same place).

NOVICE - Novice competition consists of two passes which must begin with a run or a hurdle. A pass must move in one direction only. Each pass must have a minimum of one (1) handspring.

1. The FIRST pass must consist of a maximum of five (5) skills, a minimum of one (1) handspring, and the completed pass (5th skill) must end with a two-foot landing.
2. The SECOND pass must consist of a maximum of eight (8) skills, a minimum of one (1) handspring, and the completed pass (8th skill) must end with a two foot landing.
3. A pass at this level ending in a handspring or round-off must end with a rebound (straight up and down in the same place).

INTERMEDIATE - Intermediate competition consists of two passes which must begin with a run or a hurdle and end in a two foot landing. A pass at this level does not have to end in a somi; however, if ending in a handspring or round-off - it must end in a rebound (straight up and down in the same place). Each pass must have a minimum of one (1) somi per pass and no more than two (2) somis. Only one somi with a maximum of 180 twist allowed per pass

1. The FIRST pass must consist of a maximum of five (5) skills, include at least one (1) somersault and not more than two (2) somersaults. Only one somi with a maximum of 180 twist allowed per pass.
2. The SECOND pass must consist of a maximum of eight (8) skills, at least one (1) somersault and not more than two (2) somersaults. Only one somi with a maximum of 180 twist allowed per pass.

SUB-ADVANCED - Sub-Advanced competition consists of two optional passes which must begin with a run or a hurdle and end in a two foot landing. All completed passes must end with a somersault. All completed passes must end in a two-footed landing. A Tumbling pass must move in one direction only; however, a single skill in the reverse direction from a somi is allowed at the end of the pass.

1. Each pass must consist of a MINIMUM of two (2) somersaults and no more than four somersaults.
2. Only one somi with a 360 twist is allowed per pass.
3. One reversal tumbling skill is allowed at the end of a pass from a somersault per pass.
4. Maximum combined difficulty is 5.0.

LEVELS - p2

ADVANCED - A pass at this level must begin with a run or a hurdle and completed passes must end in a two foot landing. All completed passes must end with a somersault. A Tumbling pass must move in one direction only; however, a single skill in the reverse direction from a somi is allowed at the end of the pass. **Continuous whips may be repeated without penalty (loss of difficulty) if the completed pass ends in a 720 degree twisting or rotational somi. Failure to end the pass in a 720 degree twisting or rotational somi will result in loss of difficulty for the repeated whips.**

1. Each pass must consist of at least two (2) somersaults.

2. **LEVEL REQUIREMENT:** At least one pass must have three (3) somies.

PRELIMINARIES.

1. There shall be two optional passes.

a. The first optional pass will consist of five (5) skills

b. The second optional pass will consist of *eight (8) skills.

c. **NATIONALS ONLY:** 8.0 combined 2 pass difficulty cap.

FINALS.

1. Optional at Invitational Competitions, Mandatory at National Championships, and Team Trials.

a. The top ten (10) scoring athletes will advance to finals. In the event of a tied score with the tenth scoring athlete, all athletes with the same score will be eligible to compete in finals.

b. Finals will be in order of merit, the competitor with the lowest preliminary score going first in both passes. In the event of ties, the starting order will be decided by a draw.

c. There shall be one optional eight (8) skill pass in the finals.

d. In the final passes the competitor may repeat the eight (8) skill optional pass performed in the Preliminaries.

e. There is no new life. Preliminary Scores will be added to Final Scores.

f. **NATIONALS ONLY:** 6.0 difficulty cap.

SUB-BEGINNER DIVISION TUMBLING

AGE GROUPS - Boys and Girls will not compete against each other. There shall be separate divisions for each. *EXCEPTIONS to the age groups will be made to include children with developmental disabilities through petitioning procedures.

Girls & Boys' Age Groups* are: 3 & Under; 4 yrs; 5 yrs; 6 yrs.

REQUIREMENTS One pass is required. A pass at this level may begin from a stand or a run.
The pass must be a front pass consisting of five forward (5) skills.
The completed pass (5th skill) must end with a two-foot landing.

SKILLS PERMITTED	SKILLS NOT PERMITTED
1. Front Roll (any position) 2. Front Straddle Roll 3. Front Pike Roll* 4. Dive roll	1. Cartwheels, round-offs, handstand rolls, handsprings, tinsicas, somis, or limbering skills 2. Splits or contortion-type skills such as fish-flops or chest rolls. 3. Back rolls of any type.

SAMPLE PASSES:

1. Five Front Rolls
2. Four Front Straddle Rolls, Front Roll
3. Front Roll, Front Roll to Straddle, Front Straddle Roll, Front Roll, Front Roll

DIFFICULTY - Difficulty is not awarded at the Sub-Beginner Level of Tumbling.

REPEATS:

Repeats are allowed; however the following deductions apply. (The following are total deductions, not accumulative)

1. DEDUCTIONS:
For repeating three identical skills in a row0.1 pt.
For repeating four identical skills in a row0.3 pt.
For repeating five identical skills in a row0.6 pt.
2. A skill shall be considered different; and therefore not a repeat, if the feet of the skill begins or ends in a different position.

LEVEL SPECIFIC DEDUCTIONS

1. During the execution of a straddle roll, if the competitor's torso is not in the center of the mat and the competitor's foot extends over the edge of the mat.....0.1-0.3 pt.
NOTE: If the torso of a competitor at these levels is in the center of the tumbling mat on a straddle roll and their foot is over the side of the mat, an aesthetic deduction cannot be taken..
2. For performing an illegal skill (ex: use of back skills)..... 2.0 pt.
NOTE: Will also result in termination, loss of skill, and may result in a mandate

INTERRUPTION OF A PASS (Whatever terminates a pass results in loss of skill and appropriate deductions)

1. Running, or a substantial stop between skills. (A small step with the hands or feet at this level is a severe deduction, not a termination - 0.5 pt deduction).
2. Taking more than two continuous steps with the hands or feet, running, or a substantial stop. (A small step with the hands or feet at this level is a severe deduction, not a termination - 0.5 pt.). **NOTE:** Taking 3 continuous steps will result in a 1.5 (0.5 pt/step) deduction and termination.
3. If a competitor's torso is not in the center of the mat during the execution of a skill, once the competitor's foot touches the floor or the heel goes all the way off the mat, the pass will be terminated. - 0.9 deduction.
EXCEPTION: In Sub-Beginner through Advanced-Beginner levels, if the torso of a competitor at these levels is in the middle of the tumbling mat on a straddle roll and their feet are over the side of the mat, their pass can't be terminated nor an aesthetic deduction taken for toes or heels touching the floor.
4. A fall to the mat during the routine. Touches the mat with any part of the body other than the hands or feet.
EXCEPTION: In the beginner levels, during the execution of some skills, the elbows may touch the tumbling mat. If there is a smooth continuation of the skill, then there is no deduction. If the athlete is unstable or off-balance and falls to or pushes off the elbow, the pass will be terminated at that point, no credit will be given for the skill, and the 0.6 pt. deduction will be taken.
5. Reversal of motion.
NOTE: When performing a skill at the Beginner levels, as long as the shoulders continue in a forward motion, the pass will not be interrupted if a competitor steps backward (will still receive a 0.5 deduction for the step).
6. Use of an illegal skill with result in termination from that point, loss of skill, and a 2.0 deduction. Use of a skill not allowed at this level, but in a higher level will also result in a mandate to the beginner level of competition.

The Front Tuck Roll in the diagram below depicts one roll only. While performing continuous rolls, it is not necessary for the athlete to come to a standing position between rolls.

FRONT



TUCK ROLL

BEGINNER DIVISION TUMBLING

AGE GROUPS - Boys and Girls will not compete against each other. There shall be separate divisions for each.

1. Girls Age Groups are: 4 & Under; 5 yrs.; 6 yrs.; 7 yrs.; 8 yrs.; 9 yrs.; 10 yrs.; 11 & Over
2. Boys Age Groups are: 4 & Under; 5 - 6 yrs.; 7 - 8 yrs.; 9 - 10 yrs.; 11 & Over

REQUIREMENTS....

Two five skill passes are required. A pass at this level may begin from a run or a stand.

1. The **FIRST PASS** consists of all back skills, and the completed pass (5th skill) must end with a two-foot landing. **NOTE:** A cartwheel is a front skill. If performed in the back pass, a 2.0 deduction will be taken; however, the pass will not be terminated.
2. The **SECOND PASS** consists of all front skills and the completed pass (5th skill) must end with a two-foot landing.

SKILLS PERMITTED	SKILLS NOT PERMITTED
<ol style="list-style-type: none"> 1. Forward roll (any position) 2. Dive roll 3. Straddle roll 4. Cartwheel (Front Skill) - 1 or 2 hands 5. Handstand, roll down 6. Back roll (any position) 7. Back extension roll 8. Step-outs allowed except on the last skill of a completed pass (5th skill). 	<ol style="list-style-type: none"> 1. Handsprings, tinsicas, somis, or limbering skills. 2. Splits or contortion-type skills such as fish-flops or chest rolls. 3. Round-offs

SAMPLE PASSES:

PASS 1

1. Back Straddle Roll, Back Straddle Roll, Back Pike Roll, Back Tuck Roll Step-out, Back Roll (0.0 pt. difficulty)
2. Back Roll, Back Roll, Back Straddle Roll, Back Straddle Roll, Back Roll (0.0 pt. difficulty)
3. Back Extension Roll, Back Pike Roll, Back Tuck Roll, Back Roll Step-out, Straddle Roll (0.1 pt. difficulty)

PASS 2

1. Handstand Roll Step-out, Cartwheel, Cartwheel, Handstand Roll, Front Roll (0.4 pt. difficulty)
2. Handstand Roll, Front Straddle Roll, Front Straddle Roll, Front Roll, Front Roll (0.1 pt. difficulty)
3. Front Roll, Front Roll Step-out, Cartwheel, One Arm Cartwheel, Handstand Front Roll (0.3 pt. difficulty)

DIFFICULTY - Difficulty will be awarded for all skills passing through a vertical at this level only.

Difficulty Ratings:

1. Handstand Roll0.1 pt.
2. Back Extension Roll.....0.1 pt.
3. Cartwheel (front skill)0.1 pt.

Difficulty scores must be flashed.

REPEATS:

Repeats are allowed; however the following deductions apply. (The following are total deductions, not accumulative)

1.....DEDUCTIONS:

For repeating three identical skills in a row0.1 pt.

For repeating four identical skills in a row.....0.3 pt.

For repeating five identical skills in a row0.6 pt.

2. A skill shall be considered different; and therefore not a repeat, if the feet of the skill begins or ends in a different position.

EXAMPLES: A one arm cartwheel is different than a two arm cartwheel.

LEVEL SPECIFIC DEDUCTIONS

1. During the execution of a straddle roll, if the competitor's torso is not in the center of the mat and the competitor's foot extends over the edge of the mat.....0.1-0.3 pt.

NOTE: If the torso of a competitor at these levels is in the middle of the tumbling mat on a straddle roll and their foot is over the side of the mat, an aesthetic deduction cannot be taken..

2. For rocking forward and pushing off on hands prior to a back roll at the beginning of a pass0.5 pt.

NOTE: The touch of the hands (i.e. for balance) is permitted without penalty.

3. For additional skills (Maximum per pass) 1.0 pt.

INTERRUPTION OF A PASS (Whatever terminates a pass results in loss of skill and appropriate deductions).

1. Running, or a substantial stop between skills. (A small step with the hands or feet at this level is a severe deduction, not a termination - 0.5 pt deduction).

2. Taking more than two continuous steps with the hands or feet, running, or a substantial stop. (A small step with the hands or feet at this level is a severe deduction, not a termination - 0.5 pt.). **NOTE:** Taking 3 continuous steps will result in a 1.5 (0.5 pt/step) deduction and termination.

3. If a competitor's torso is not in the center of the mat during the execution of a skill, once the competitor's foot touches the floor or the heel goes all the way off the mat, the pass will be terminated. - 0.9 deduction.

EXCEPTION: In Sub-Beginner through Advanced-Beginner levels, if the torso of a competitor at these levels is in the middle of the tumbling mat on a straddle roll and their feet are over the side of the mat, their pass can't be terminated nor an aesthetic deduction taken for toes or heels touching the floor.

4. Reversal of motion.

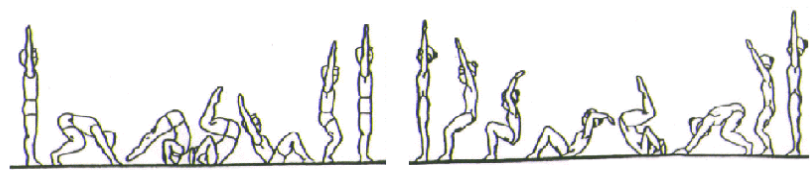
NOTE: When performing a skill at the Beginner levels, as long as the shoulders continue in a forward motion, the pass will not be interrupted if a competitor steps backward (will still receive a 0.5 deduction for the step).

5. A fall to the mat during the routine. Touches the mat with any part of the body other than the hands or feet.

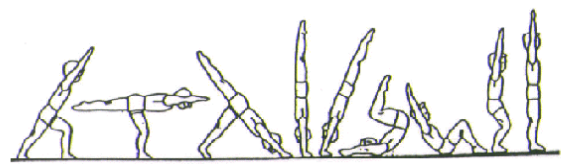
EXCEPTION: In the beginner levels, during the execution of some skills, the elbows may touch the tumbling mat. If there is a smooth continuation of the skill, then there is no deduction. If the athlete is unstable or off-balance and falls to or pushes off the elbow, the pass will be terminated at that point, no credit will be given for the skill, and the 0.6 pt. deduction will be taken.

NOTE: Doing the wrong pass, i.e., the front pass 1st is NOT a termination, but a 2.0 pt. deduction

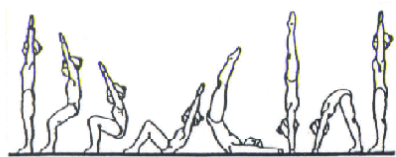
BEGINNER SKILLS



FRONT ROLL & BACK ROLL



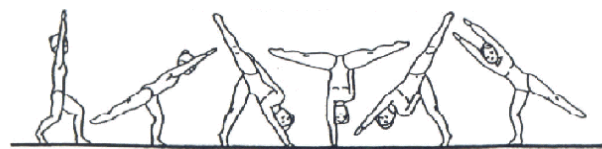
HANDSTAND ROLL



BACK EXTENSION ROLL



CARTWHEEL



ONE ARM CARTWHEEL

ADVANCED BEGINNER DIVISION TUMBLING

AGE GROUPS - Boys and Girls will not compete against each other. There shall be separate divisions for each.

- Girls Age Groups are: 5 & Under; 6 yrs.; 7 yrs.; 8 yrs.; 9 yrs.; 10 yrs.; 11 yrs.; 12 yrs.; 13 & Over
- Boys Age Groups are: 6 & Under; 7 - 8 yrs.; 9 - 10 yrs.; 11 -12 yrs.; 13 & Over

REQUIREMENTS

Two five skill passes are required. A competitor at this level has the option to start their passes from a run or a stand.

- The **FIRST PASS** consists of all back skills, must have at least one limbering skill, and the completed pass (5th skill) must end with a two-foot landing.

NOTE: A cartwheel is a front skill. If performed in the back pass, a 2.0 deduction will be taken.

- The **SECOND PASS** consists of all front skills, must have at least one limbering skill, and the completed pass (5th skill) must end with a two-foot landing.

***IF a round-off is performed, it may only be used as the last skill in a pass and the athlete MUST rebound.**

***IF a round-off is performed anywhere other than the last skill in a pass, it will result in a 2.0 deduction not a termination.** NOTE: if an athlete performs a pass with less than five skills and the last skill is a Round-off, there is no deduction since the round-off was the last skill.

SKILLS PERMITTED	SKILLS NOT PERMITTED
<ol style="list-style-type: none"> Forward roll (any position) Dive roll Cartwheel, 1 or 2 hands (front skill) Round-off (Neutral skill) * Handstand, roll down Back roll (any position) Back extension roll Limbers Walkovers Scissors Step-outs allowed except on the last skill of a competed pass (5th skill) <p><i>*Only as the last skill in a pass.</i></p>	<ol style="list-style-type: none"> Handsprings, tinsicas, or somis. Splits or contortion-type skills such as fish-flops or chest rolls.

SAMPLE PASSES:

PASS 1

- Back Walkover, Back Limber, Back Roll, Back Straddle Roll, Back Roll0.4 pt. difficulty
- Back Walkover, Back Walkover, Back Limber, Back Straddle Roll, Back Roll0.6 pt. difficulty
- Back Walkover, Back Walkover, Back Limber, Back Walkover, Back Limber.....1.0 pt. difficulty

PASS 2

- Front Roll, Front Straddle Roll, Front Straddle Roll, Front Roll to a step-out, Front Limber.....0.2 pt. difficulty
- Front Walkover, Front Limber, Front Straddle Roll, Front Straddle Roll, Front Roll0.4 pt. difficulty
- Handstand Roll, Front Roll, Front Roll Step-out, Front Walkover, Front Limber0.5 pt. difficulty

DIFFICULTY The Difficulty Judges will evaluate the difficulty of a skill according to the position of the feet upon landing. Difficulty will be awarded for all skills passing through a vertical at this level only. *Difficulty scores must be flashed.*

Difficulty Ratings:

- Handstand Roll 0.1 pt.
- Back Extension Roll 0.1 pt.
- Cartwheel (front skill)0.1 pt.
- Round-off (neutral skill) ...0.2 pt.
- Walkover (front & back) ...0.2 pt.
- Scissors (front & back) 0.2 pt.
- Lamber (front & back) ...0.2 pt.
- Arabians (front & back) 0.2 pt.

REPEATS:

Repeats are allowed; however the following deductions apply. (The following are total deductions, not accumulative)

1. A skill shall be considered different; and therefore not a repeat, if the feet of the skill begins or ends in a different position.

EXAMPLES: A one arm cartwheel is different than a two arm cartwheel. A walkover is a walkover - regardless of leg used...therefore, a left walk-over is considered the same skill as a right walk-over.

2. DEDUCTIONS:

For repeating three identical skills in a row0.1 pt.

For repeating four identical skills in a row0.3 pt

For repeating five identical skills in a row0.6 pt.

LEVEL SPECIFIC DEDUCTIONS

1. During the execution of a straddle roll, if the competitor's torso is not in the center of the mat and the competitor's foot extends over the edge of the mat0.1-0.3 pt.

NOTE: If the torso of a competitor at these levels is in the middle of the tumbling mat on

a straddle roll and their foot is over the side of the mat, an aesthetic deduction cannot be taken..

2. Failure to rebound out of a round-off performed at the end of a pass only0.5 pt.

- 2.1 If the athlete performs a round-off anywhere else in the pass, they should NOT rebound.

If they do rebound - you would deduct for the number of steps taken. A straight up and down rebound is two feet, so you would take two 0.5 step deductions...if more steps are taken, you take 0.5 for each step up to the termination number which is 2 steps for Adv-Beginner.

- 2.2 If an athlete does not perform enough skills and ends their uncompleted pass in a round-off and rebounds, as long as it meets the description of a rebound, you consider it a rebound and judge it accordingly.

3. For rocking forward on hands prior to a back roll at the beginning of a pass0.5 pt.

NOTE: On a back roll, the touch of the hands (i.e. for balance) is permitted without penalty.....

4. For not having one limbering skill in a pass2.0 pt.

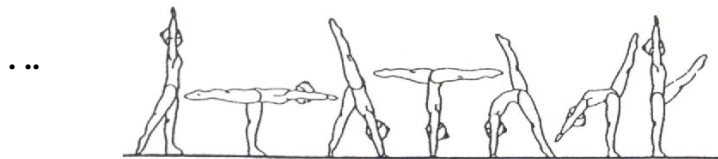
5. Performing a round-off anywhere in the pass other than as the last skill.....2.0 pt.

NOTE: If the Adv-Beginner competitor performs a round-off anywhere in the pass other than as the last skill, the pass will not be terminated, a 2.0 deduction is taken. This is not a termination because a round-off is a legal skill this level.

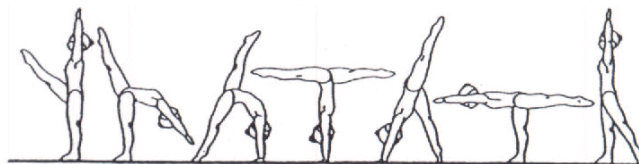
INTERRUPTION OF A PASS (Whatever terminates a pass results in loss of skill and appropriate deductions)

1. Running, or a substantial stop between skills. (A small step with the hands or feet at this level is a severe deduction, not a termination - 0.5 pt deduction).
2. During the execution of a straddle roll, if the competitor's torso is not in the center of the mat and the competitor's foot touches the floor over the edge of the mat. **NOTE:** If the torso of a competitor at these levels is in the middle of the tumbling mat on a straddle roll and their foot touches the floor, their pass can't be terminated.
3. Taking more than one continuous steps with the hands or feet, running, or a substantial stop. (A small step with the hands or feet at this level is a severe deduction, not a termination - 0.5 pt.). **NOTE:** Taking 2 continuous steps will result in a 1.0 (0.5 pt/step) deduction and termination.
4. Reversal of motion.
NOTE: When performing a skill at the Beginner levels, as long as the shoulders continue in a forward motion, the pass will not be interrupted if a competitor steps backward (will still receive a 0.5 deduction for the step).
5. A fall to the mat during the routine. Touches the mat with any part of the body other than the hands or feet.
EXCEPTION: In the beginner levels, during the execution of some skills, the elbows may touch the tumbling mat. If there is a smooth continuation of the skill, then there is no deduction. If the athlete is unstable or off-balance and falls to or pushes off the elbow, the pass will be terminated at that point, no credit will be given for the skill, and the 0.6 pt. deduction will be taken.
6. Use of an illegal skill* will result in termination from that point, loss of skill, and a 2.0 deduction. Use of a skill not allowed at this level, but in a higher level will also result in a mandate to the sub-novice level of competition.
NOTE: Doing the wrong pass, i.e., the front pass 1st is NOT a termination, but a 2.0 pt. deduction

ADVANCED BEGINNER SKILLS



FRONT WALKOVER



BACK WALKOVER

SUB-NOVICE DIVISION TUMBLING

AGE GROUPS - Boys and Girls will not compete against each other. There shall be separate divisions for each.	
1.	Girls Age Groups are: 6 & Under; 7 yrs.; 8 yrs.; 9 yrs.; 10 yrs.; 11 yrs.; 12 yrs.; 13-14 yrs.; 15 & Over
2.	Boys Age Groups are: 6 & Under; 7 - 8 yrs.; 9 - 10 yrs.; 11 -12 yrs.; 13 & Over

REQUIREMENTS - Two passes are required.

A pass must move in one direction only. A pass at this level **must** begin with a run or a hurdle. A pass at this level ending in a handspring or round-off must end with a rebound (straight up and down in the same place). Each pass must have a minimum of one (1) handspring.

1. First pass must consist of a maximum of three (3) skills, a minimum of one (1) handspring, and the completed pass (3rd skill) must end with a two-foot landing.
2. Second pass must consist of a maximum of four (4) skills, a minimum of one (1) handspring, and the completed pass (4th skill) must end with a two foot landing.

SKILLS PERMITTED	SKILLS NOT PERMITTED
<ol style="list-style-type: none"> 1. Round-off (neutral skill) 2. Front handspring 3. Back handspring 4. Cartwheel, 1 or 2 hands (front skill) 5. Step-outs allowed except on the last skill of a completed pass 6. Front fly-spring <p><i>*At this level, athletes MUST rebound out of a round-off and/or a handspring at the end of a completed pass.</i></p>	<ol style="list-style-type: none"> 1. Front or back rolls 2. Limbering skills 3. Walkovers 4. Tinsicas 5. Somis

SAMPLE PASSES:

PASS 1

1. Round-off, Handspring, Handspring (0.6 pt. difficulty)
2. Cartwheel, Round-off, Handspring (0.4 pt. difficulty)
3. Round-off, Handspring Step-out (pivot), Round-off (0.6 pt. difficulty)

PASS 2

1. Round-off, 3 Handsprings (0.8 pt. difficulty)
2. Cartwheel, Cartwheel, Round-off, Handspring (0.4 pt. difficulty)
3. Round-off, Handspring, Handspring Step-out (pivot), Round-off (0.8 pt. difficulty)

DIFFICULTY The Difficulty Judges will evaluate the difficulty of a skill according to the position of the feet upon landing.

Difficulty will be awarded for the following skills. *Difficulty scores must be flashed.*

1. Round-off (neutral skill).....0.2 pt.
2. Handspring (forward or backward)0.2 pt.

Difficulty scores must be flashed.

REPEATS:

Repeats are allowed; however the following deductions apply except for handsprings and round-offs. (The following are total deductions, not accumulative).

1.DEDUCTIONS:

- For repeating three identical skills in a row0.1 pt.
- For repeating four identical skills in a row.....0.3 pt.

LEVEL SPECIFIC DEDUCTIONS

- 1.Not performing a rebound at the end of a completed pass ending in a handspring or round-off0.5 pt.

NOTE: If an athlete does not perform enough skills and ends their uncompleted pass in a handspring (or round-off) and rebounds, as long as it meets the description of a rebound, you consider it a rebound and judge it accordingly.

- 2.For additional skills (Maximum per pass)1.0 pt.
- 3.For not performing required number of skills1.0 pt.
- 4.For not having a handspring in a pass2.0 pt.
- 5.Completing a somi or illegal skill in a pass2.0 pt.

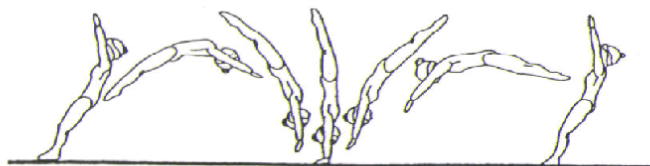
Will also result in termination, loss of skill, 2.0 deduction, and may result in a mandate)

INTERRUPTIONS OF A PASS - Whatever terminates a pass will result in loss of skill and receive the appropriate deduction.

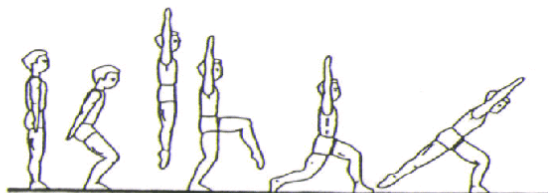
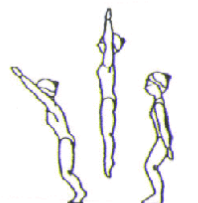
- 1.Takes an intermediate step with a hand or foot or stops.
- 2.Performs movements without rotation or uses an illegal skill (will also result in loss of skill, 2.0 deduction, and possible mandate.
- 3.Not starting with a run or a hurdle (will result in termination).

SUB-NOVICE & NOVICE SKILLS

BACK HANDSPRING



“REBOUND” STRETCH JUMP



POWER HURDLE..

NOVICE DIVISION TUMBLING

AGE GROUPS - Boys and Girls will not compete against each other. There shall be separate divisions for each.

1. Girls Age Groups are: 6 & under; 7 yrs.; 8 yrs.; 9 yrs.; 10 yrs.; 11 yrs.; 12 yrs.; 13-14 yrs.; 15 & Over
2. Boys Age Groups are: 6 & under; 7-8 yrs.; 9 - 10 yrs.; 11 - 12 yrs.; 13 & over

REQUIREMENTS

Two passes are required. A pass must move in one direction only. A pass at this level **must** begin with a run or a hurdle. A pass at this level ending in a handspring or round-off must end with a rebound (straight up and down in the same place). Each pass must have a minimum of one (1) handspring.

1. First pass must consist of a maximum of five (5) skills, a minimum of one (1) handspring, and the completed pass (5th skill) must end with a two-foot landing.
2. Second pass must consist of a maximum of eight (8) skills, a minimum of one (1) handspring, and the completed pass (8th skill) must end with a two foot landing.

SKILLS PERMITTED	SKILLS NOT PERMITTED
<ol style="list-style-type: none"> 1. Round-off (neutral skill) 2. Front handspring 3. Back handspring 4. Cartwheel (1 or 2 hands) 5. Step-outs allowed except on the last skill <p><i>*At this level, athletes MUST rebound out of a round-off and/or a handspring at the end of a completed pass.</i></p>	<ol style="list-style-type: none"> 1. Front or back rolls 2. Limbering skills 3. Walkovers 4. Tinsicas 5. Somis

SAMPLE PASSES:

PASS 1 - Five (5) Skills

1. Round-off, 4 Handsprings (1.0 pt. difficulty)
2. Cartwheel, Cartwheel, Round-off, 2 Handsprings (0.6 pt. difficulty)
3. Round-off, Handspring Step-out (pivot), Round-off, 2 Handsprings (1.0 pt. difficulty)

PASS 2 - Eight (8) Skills

1. Round-off, 7 Handsprings (1.6 pt. difficulty)
2. Cartwheel, Cartwheel, Round-off, 5 Handsprings (1.2 pt. difficulty)
3. Round-off, Handspring, Handspring Step-out (pivot), Round-off, 4 Handsprings (1.6 pt. difficulty)

DIFFICULTY The Difficulty Judges will evaluate the difficulty of a skill according to the position of the feet upon landing.

Difficulty will be awarded for the following skills. *Difficulty scores must be flashed.*

1. Round-off (neutral skill)..... 0.2 pt.
2. Handspring (forward or backward) 0.2 pt.

Difficulty scores must be flashed.

REPEATS: Repeats are allowed; however the following deductions apply except for handsprings and round-offs. (The following are total deductions, not accumulative).

1. DEDUCTIONS:
 - For repeating three identical skills in a row0.1 pt.
 - For repeating four identical skills in a row0.3 pt.
 - For repeating five identical skills in a row0.6 pt.

LEVEL SPECIFIC DEDUCTIONS

1. Not performing a rebound at the end of a completed pass ending in a handspring or round-off0.5 pt.
NOTE: If an athlete does not perform enough skills and ends their uncompleted pass in a handspring (or round-off) and rebounds, as long as it meets the description of a rebound, you consider it a rebound and judge it accordingly.
2. For additional skills (total) 1.0 pt.
3. For not performing required number of skills 1.0 pt.
4. For not having a handspring in a pass.....2.0 pt.
5. Completing a somi or illegal skill in a pass2.0 pt.
Will also result in termination, loss of skill, 2.0 deduction, and may result in a mandate)

INTERRUPTIONS OF A PASS - Whatever terminates a pass will receive the appropriate deduction.

1. Takes an intermediate step with the hand or the foot or stops.
2. Performs movements without rotation or uses an illegal skill (will also result in loss of skill, and 2.0 deduction; may also result in a mandate to the next level of competition).
3. Not starting with a run or a hurdle (will result in termination).

INTERMEDIATE DIVISION TUMBLING

AGE GROUPS - Boys and Girls will not compete against each other. There shall be separate divisions for each.
Girls & Boys Age Groups are: 8 & Under; 9 - 10 yrs.; 11 - 12 yrs.; 13 - 14 yrs.; 15 & Over

REQUIREMENTS

Two passes are required. A pass at this level **must** begin with a run or a hurdle and end in a two foot landing. A pass at this level does not have to end in a somi; however, if ending in a handspring or round-off - it must end in a rebound (straight up and down in the same place). Each pass must have a minimum of one (1) somi per pass and no more than two (2) somis. Only one somi with a maximum of 180 twist allowed per pass

1. First pass must consist of a maximum of five (5) skills, include at least one (1) somersault and not more than two (2) somersaults. Only one somi with a maximum of 180 twist allowed per pass.
2. Second pass must consist of a maximum of eight (8) skills, at least one (1) somersault and not more than two (2) somersaults. Only one somi with a maximum of 180 twist allowed per pass.

SKILLS PERMITTED	SKILLS NOT PERMITTED
<ol style="list-style-type: none">1. Round-off (neutral skill)2. Handspring (front and back)3. Cartwheel (1 or 2 hands)4. Front and Back somies (any position)5. Barani (Somi with 180 twist - one per pass)6. Step-outs allowed except on the last skill <p>* At this level, IF a completed pass ends in a round-off or a handspring, athletes MUST rebound</p> <p>* At this level, IF a completed pass ends in a somi, it must be shoulder height or above (must be considered a tuck, a pike, or a layout).</p>	<ol style="list-style-type: none">1. Front or back rolls2. Limbering skills3. Walkovers4. Tinsicas5. Somi with more than 180 twist6. Multiple somersaults7. Side somersaults8. Reversal skills

SAMPLE PASSES

PASS 1 - Five (5) Skills

1. Round-off, 3 Handsprings, Back Tuck (1.2 pt. difficulty)
2. Round-off, Whip, Handspring, Handspring, Back Tuck (1.4 pt. difficulty)
3. Cartwheel, Round-off, Handspring, Handspring, Back Tuck (1.0 pt. difficulty)

PASS 2 - Eight (8) Skills

1. Front Tuck, Round-off, Handspring Step-out (pivot), Round-off, 3 Handsprings, Back Tuck (2.1pt. difficulty)
2. Barani, 6 Handsprings, Back Layout (2.4 pt. difficulty)
3. Round-Off, Whip, 5 Handsprings, Back ½ Twist (2.2 pt. difficulty)

DIFFICULTY The Difficulty Judges will evaluate the difficulty of a skill according to the position of the feet upon landing.

Difficulty Ratings - Difficulty scores must be flashed.

1. Round-offs (neutral skill)0.2 pt
2. Backward & Forward Handsprings.....0.2 pt
3. Back somersault - tuck.....0.4 pt.
4. Back somersault - whip.....0.4 pt.
5. Back somersault - pike.....0.5 pt.
6. Back somersault - straight0.5 pt.
7. Front somersault - tuck.....0.5 pt.
8. Back somersault with ½ twist or Arabian front0.6 pt.
9. Front somersault - pike.....0.6 pt.
10. Front somersault - straight0.6 pt.
11. Barani (front somersault with ½ twist).....0.7 pt.
12. Bounding credit0.1 pt.
13. A cartwheel is a front skill with no difficulty value
but a legal skill at this level..... 0.0 pt

REPEATS:

1. Round-offs and Handsprings can be repeated without deduction.
2. With the exception of round-offs and handsprings, only one difficulty skill can be repeated without deduction.
3. Repeated non-difficulty skills (cartwheels) will receive the following deductions. (The following are total deductions, not accumulative).

3.1. DEDUCTIONS

- For repeating three identical skills in a row..0.1 pt.
For repeating four identical skills in a row0.3 pt.
For repeating five identical skills in a row....0.6 pt.

LEVEL SPECIFIC DEDUCTIONS

1. The **last backward** single somersault executed at the end of a completed pass must be shoulder height or above. 0.3 pt.
 2. A completed pass, not rebounding out of a round-off or handspring at the end of the pass..... 0.5 pt.
NOTE: If an athlete does not perform enough skills and ends their uncompleted pass in a handspring (or round-off) and rebounds, as long as it meets the description of a rebound, you consider it a rebound and judge it accordingly.
 3. For not having a somi in a pass 2.0 pt.
 4. *Performing more than two somis in a pass 2.0 pt.
 5. *Performing more than one twist of 180 per pass 2.0 pt.
- *NOTE: 4 & 5 - Will result in a mandate to Sub-Advanced**

INTERRUPTIONS OF A PASS - Whatever terminates a pass will receive the appropriate deduction.

1. Takes intermediate step with a hand or foot or stops.
 2. *Performing a twist of greater than 180 per pass 2.0 pt.
 3. *Performing a reversal skill 2.0 pt.
- *NOTE: 2 & 3 - Will also result in loss of skill and mandate to Sub-Advanced**
4. Not starting with a run or a hurdle (will result in termination).

SUB-ADVANCED DIVISION TUMBLING

AGE GROUPS - Boys and Girls will not compete against each other. There shall be separate divisions for each.

Girls & Boys Age Groups are: 8 & Under; 9 - 10 yrs.; 11 - 12 yrs.; 13 - 14 yrs.; 15 - 16 yrs.; 17 & Over

REQUIREMENTS:

Two optional passes are required. A pass at this level **must** begin with a run or a hurdle and end in a two foot landing. All completed passes must end with a somersault. All completed passes must end in a two-footed landing. A Tumbling pass must move in one direction only; however, a single skill in the reverse direction from a somi is allowed at the end of a pass.

Each pass must consist of a MINIMUM of two (2) somersaults and no more than four somersaults. Only one somi with a 360 twist is allowed per pass. One reversal tumbling skill is allowed at the end of a pass from a somersault per pass. MAXIMUM combined difficulty is 5.0.

1. First pass is a five (5) skill pass.
2. Second pass is a eight (8) skill pass.

Maximum difficulty for combined passes is 5.0 pt.

SKILLS PERMITTED	SKILLS NOT PERMITTED
<ol style="list-style-type: none">1. Round-off (neutral skill)2. Handspring (front and back)3. Cartwheel (1 or 2 hands)4. Front and Back Somi (any position)5. Somi with 180 twist (front or back)6. Somi with 360 twist (one per pass)7. Reversal skills8. Step-outs allowed except on the last skill of a completed pass.	<ol style="list-style-type: none">1. Front or back roll2. Limbering skill3. Walkover4. Tinsica5. Somi with more than 360 twist6. Multiple somersault

SAMPLE PASSES

PASS 1 - Five (5) Skills

1. Round-off, Whip, Whip, Back Tuck, "Punch" {reversal} Front Tuck (2.3 difficulty)
2. Round-off, Handspring, Handspring, Whip, Full (1.9 difficulty)
3. Round-off, Whip, Whip, Full, Front Tuck (2.7 difficulty)

PASS 2 - Eight (8) Skills

1. Round-off, Handspring, Whip, Whip, Handspring, Handspring, Handspring, Back Layout (2.4 difficulty)
2. Tuck Front, Round-off, Handspring, Whip, Whip, Handspring, Handspring, Full (3.0 difficulty)
3. Barani, 5 Handsprings, Whip, Back Tuck (2.6 difficulty)

DIFFICULTY The Difficulty Judges will evaluate the difficulty of a skill according to the position of the feet upon landing.

Difficulty Ratings:

1. Round-offs (neutral skill)0.2 pt
2. Backward & Forward Handsprings.....0.2 pt
4. Back somersault - tuck.....0.4 pt.
5. Back somersault - whip.....0.4 pt.
6. Back somersault - pike.....0.5 pt.
7. Back somersault - straight (layout).....0.5 pt.
8. Front somersault - tuck.....0.5 pt.
9. Back somersault with ½ twist or arabian front0.6 pt.
10. Back somersault with 1/1 twist0.8 pt.
11. Front somersault - pike or straight.....0.6 pt.
12. Front somersault with ½ twist (Barani)0.7 pt.
13. Front somersault with 1/1 twist0.9 pt.
14. Bounding credit.....0.1 pt.
15. Reversal credit0.1 pt.
If a reversal (punch) somi is performed at the end of an incomplete pass
(Not enough skills), the athlete will still receive that skill & difficulty.
16. A cartwheel is a front skill with no difficulty value but a legal skill at this level.
17. In exceeding pass maximums if a legal skill at this level, will receive difficulty.

Difficulty scores must be flashed.

NOTE:

- a. Reversal front somis are clarified by position (tuck, pike, and layout). A pike or layout reversal front will receive a 0.1 pt. bonus.
- b. Reversal baranis are not clarified by position and do not receive the position bonus.

REPEATS:

Round-offs and Handsprings can be repeated without deduction. With the exception of handsprings and round-offs, only one difficulty skill may be repeated in an optional pass without loss of difficulty. Repeating more than one difficulty skill in a pass will result in loss of difficulty for the second repeated difficulty skill.

1. Skills having the same amount of rotation, but performed in the tucked, piked, and straight positions are considered to be different skills and not repetitions.
2. The tucked and piked positions are not considered to be the same skill.
3. A somersault shall not be considered a repetition if preceded by a different element.

Repeated **non-difficulty skills** (cartwheels) will receive the following deductions. (The following are total deductions, not accumulative).

1. DEDUCTIONS

- For repeating three identical skills in a row..0.1 pt.
For repeating four identical skills in a row0.3 pt.
For repeating five identical skills in a row....0.6 pt.

LEVEL SPECIFIC DEDUCTIONS

1. A somi at the end of a completed pass that is not executed at shoulder height or above 0.3 pt.
The **last backward**, single somersault executed at the end of a completed pass must be shoulder height or above. **NOTE:** This includes the last backward, single somi performed prior to a reversal skill.
2. Completed pass, not ending in a somersault..... 0.5 pt.
NOTE: If a pass has too many skills and the last required skill is not a somersault, the 0.5 pt. deduction will be taken for not ending a completed pass in a somersault.
3. For additional skills (total) 1.0 pt.
4. For not performing required number of skills in a pass (too few)..... 1.0 pt.
5. For not having a minimum of two somersaults in a pass 2.0 pt.
6. *Performing more than four somis in a pass..... 2.0 pt.
7. *Performing more than one twist of 360 per pass..... 2.0 pt.
8. *Performing combined pass difficulty greater than 5.0 pt. 2.0 pt.

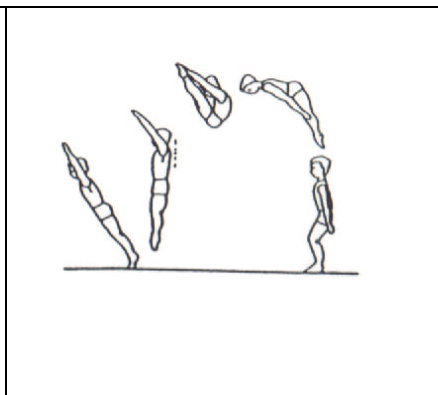
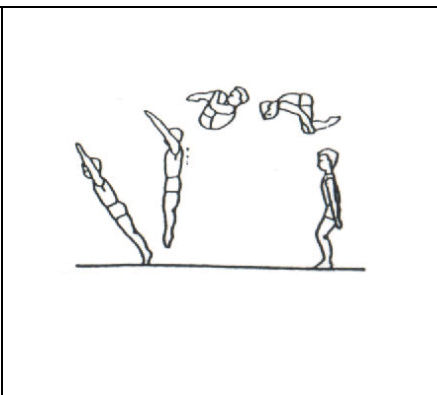
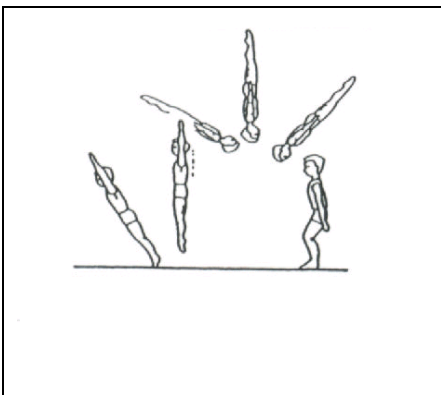
***NOTE: 6, 7, & 8 - Will result in a mandate to the Advanced level of competition.**

INTERRUPTIONS OF A PASS - Whatever terminates a pass will receive the appropriate deduction.

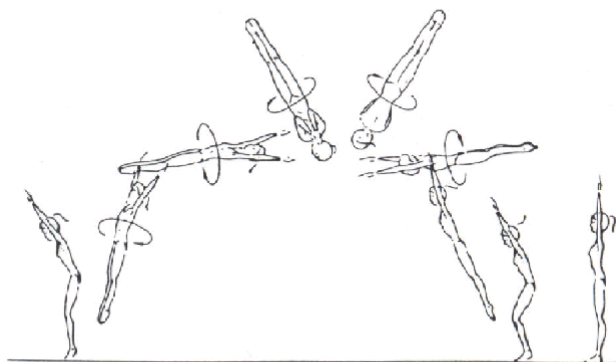
1. Takes intermediate step with a hand or foot or stops.
2. *Performing twists greater than 360 per pass..... 2.0 pt.
***NOTE: Will also result in loss of skill and mandate to the Advanced level of competition.**
3. Not starting with a run or a hurdle (will result in termination).

SUB-ADVANCED SKILLS

STRAIGHT (LAY-OUT) BACK	TUCK BACK	PIKE BACK
-------------------------	-----------	-----------



FULL TWISTING BACK SOMI



ADVANCED DIVISION TUMBLING

AGE GROUPS - Boys and Girls will not compete against each other. There shall be separate divisions for each.

Girls & Boys Age Groups are: 8 & Under; 9 - 10 yrs.; 11 - 12 yrs.; 13 - 14 yrs.; 15 - 16 yrs.; 17 & Over

REQUIREMENTS - Tumbling in the advanced division shall be characterized by continuous, speedy, rhythmic rotational movement from feet to hands or feet to feet movement, without hesitation or intermediate steps down the center of the mat.

Two optional passes are required. A pass at this level must begin with a run or a hurdle and the completed passes must end in a somi and a two foot landing. All completed passes must end with a somersault.

PASS REQUIREMENTS: Each pass must consist of at least two (2) somersaults. A Tumbling pass must move in one direction only; however, a single skill in the reverse direction from a somi is allowed at the end of the pass.

LEVEL REQUIREMENT: At least one pass must have three (3) somis.

PRELIMINARIES.

1. There shall be two optional passes.
 - a. The first optional pass will consist of five (5) skills
 - b. The second optional pass will consist of *eight (8) skills.
 - c. **NATIONALS ONLY:** 8.0 combined 2 pass difficulty cap.

FINALS.

1. Optional at Invitational Competitions, Mandatory at National Championships, and Team Trials.
 - a. The top ten (10) scoring athletes will advance to finals. In the event of a tied score with the tenth scoring athlete, all athletes with the same score will be eligible to compete in finals.
 - b. Finals will be in order of merit, the competitor with the lowest preliminary score going first in both passes. In the event of ties, the starting order will be decided by a draw.
 - c. There shall be one optional eight (8) skill pass in the finals.
 - d. **The final pass must consist of a MINIMUM of three (3) somersaults. 2.0 deduction.**
 - e. In the final passes the competitor may repeat the eight (8) skill optional pass performed in the Preliminaries.
 - f. There is no new life. Preliminary Scores will be added to Final Scores.

**Sanctioned Invitationals Competitions that don't meet the floor length requirements may receive prior approval from the AAU Vice-President (must state said on sanction form & on entry form) to have the Advanced and/or Elite competitors perform two 5-skill passes. In this case the passes must differ by one skill and only one of the passes may end in a reversal. Failure to have different passes and/or ending both passes in a reversal will result in a 2.0 pt deduction (each).*

SKILLS PERMITTED	SKILLS NOT PERMITTED
1. Round-off (neutral skill) 2. Handspring (front and back) 3. Cartwheel (1 or 2 hands) 4. Single and Multiple Front and Back aerials (any position) 5. Somi with twists 6. Reversal skills 7. Step-outs allowed except on the last skill of a completed pass	1. Front or back roll 2. Limbering skill 3. Walkover 4. Tinsica

SAMPLE PASSES

PASS 1 - Five (5) Skills

- 1.Round-off, Whip, Whip, Full, Full (2.9 pt. difficulty)
- 2.Barani, Whip, Full, Full, Back Layout (3.6 pt. difficulty)
- 3.Barani, Full, Whip, Whip, Double-Full (3.9 pt. difficulty)

PASS 2 - Eight (8) Skills

- 1.Round-off, Handspring, Whip, Full, Full, Whip, Double-Full, Punch Front Tuck (5.1 pt. difficulty)
- 2.Barani, Full, Full, Whip, Handspring, Whip, Triple-Full, Punch Barani (6.6 pt. difficulty)
- 3.Barani, Whip, Whip, Whip, Whip, Whip, Handspring, Double Back Tuck (5.4 pt. difficulty)

DIFFICULTY - *Difficulty scores must be flashed*

REFER TO DIFFICULTY CHART LOCATED AFTER ELITE TUMBLING

The Difficulty Judges will evaluate the difficulty of a skill according to the position of the feet upon landing.

- 1.Degree of Difficulty; the Difficulty value of each skill is calculated on the following basis:
- 2.Only skills terminating on the feet will be evaluated.
- 3.Cartwheels have no difficulty value, but are a legal skill at this level.
- 4.Each 1/4 twist..... 0.1pt
- 5.Each 1/4 somersault..... 0.1pt
- 6.Each 1/1 front somersault will receive a bonus of..... 0.1pt
- 7.Somersaults done in the piked or straight position without twist will receive a bonus of..... 0.1pt
- 8.Each 1/4 twist beyond 2/1 twists 0.2pt
9. Multiple Somersaults - with or without twist:
 - 9.1Each somersault performed in the pike position will receive a bonus of..... 0.1pt
 - 9.2Each somersault performed in the straight position will receive a bonus of..... 0.2pt
- 10.Double Somis will be figured as follows:

DOUBLE SOMIES - Figure difficulty as usual, multiple by 2, divide that total by 4, then add that total to the original difficulty .
Example: Double Tuck Back (each tuck back is 0.4) $0.4+0.4 = 0.8 \times 2 = 1.6$ which divided by 4 is 0.4., add the 1.6 and 0.4 for a total of 2.0. *An additional bonus of 0.1 will be awarded for each somi performed in the straight (lay-out) position.

- 11.Single or multiple somersault skills, whether twisting or not which are executed from a previous somersault, if performed in the same direction receive a bonus of (bounding) 0.1pt
- 11.1If performed in the reverse direction, the total bonus will be 0.2pt
- 12.A skill completed in the landing zone will only be considered valid if it is landed on the feet.

REPEATS:

1. Handsprings and round-offs may be repeated without deduction.
2. **Continuous whips may be repeated without penalty (loss of difficulty) if the completed pass ends in a 720 degree twisting or rotational somi. Failure to end the pass in a 720 degree twisting or rotational somi will result in loss of difficulty for the repeated whips.**
3. With the exception of handsprings, round-offs, and whips as stated above, no skill may be repeated in an optional pass; otherwise, the Difficulty of the repeated skill will not be counted.
4. Skills having the same amount of rotation, but performed in the tucked, piked, and straight positions are considered to be different skills and not repetitions.
5. The tucked and piked positions are not considered to be the same skill.
6. Multiple somersaults (of more than 360 rotation) having the same number of twists and somersaults will not be considered a repetition if the twist is located in different phases of the skill.
7. A somersault shall not be considered a repetition if preceded by a different element.

NOTE:

- a. Reversal front somis are clarified by position (tuck, pike, and layout). A pike or layout reversal front will receive a 0.1 pt. bonus.
- b. Reversal baranis are not clarified by position and do not receive the position bonus.

8. Repeated **non-difficulty skills** (cartwheels) will receive the following deductions. (The following are total deductions, not accumulative).

8.1 DEDUCTIONS

- | | |
|---|---------|
| For repeating three identical skills in a row | 0.1 pt. |
| For repeating four identical skills in a row | 0.3 pt. |
| For repeating five identical skills in a row | 0.6 pt. |

REQUIRED POSITIONS DURING A ROUTINE

1. In multiple somersaults (2/1 or more) with twists, the tuck and pike position may be modified during the twisting phase.
2. Any backward or forward non-twisting, single somersault executed at shoulder height or below and performed in the middle of a pass, regardless of position, will be considered a whip.
3. Any backward, single somersault executed at the end of a completed pass must be above shoulder height; otherwise, a 0.3 deduction will be taken. **NOTE:** This includes the last backward, single somi performed prior to a reversal skill.

LEVEL SPECIFIC DEDUCTIONS

1. A completed pass, not ending in a somi..... 0.5 pt.
NOTE: If a pass has too many skills and the last required skill is not a somersault, the 0.5 pt. deduction will be taken for not ending a completed pass in a somi.
2. The **last backward** single somersault executed at the end of a completed pass must be shoulder height or above. **NOTE:** This includes the last backward, single somersault performed prior to a reversal skill 0.3 pt.
3. For additional skills (total) 1.0 pt.
4. For not performing required number of skills in a pass (too few)..... 1.0 pt.
5. For not having two somersaults in a pass 2.0 pt.
6. For not performing a pass with three somersaults 2.0 pt.
NOTE: It is possible to take 2.0 for not having two somersaults in the second pass and a 2.0 for not having a pass with three somersaults.

7. For not having three somersaults in the final pass 2.0 pt.

NOTE: A skill cannot be initiated in the landing zone - pass will be interrupted prior to a skill that begins in the landing zone

INTERRUPTIONS OF A PASS

1. Not starting with a run or a hurdle (will result in termination).

NATIONAL CHAMPIONSHIPS

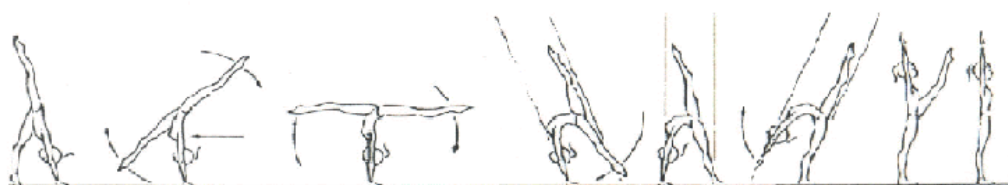
A competitor will automatically qualify to compete at Nationals in the Advanced level if he/she competes at their State Championship in the Advanced Level; however, the competitor must have competed in the Advanced Level of competition at a AAU Sanctioned competition (during that competition season) prior to their state meet and met the difficulty requirements unless mandated.

DIFFICULTY CHART NOTE:

Skill	0.4 for each somi	0.1 for Front	0.1 for each 1/4 turn up to double - 0.2 for each 1/4 turn beyond a double	Bonus position 0.1 for pike or layout for each somi/layout another 0.1 double and above per somi	double somi bonus (diff of each somi + diff of each twist + diff of position) x 2. Take those points & divide them by 4 and add the two totals together	Total DD
Tuck Back	0.4					0.4
Pike or Layout Back	0.4			0.1		0.5
Tuck Front	0.4	0.1				0.5
Pike or Layout Front	0.4	0.1		0.1		0.6
Barani any Position	0.4	0.1	0.2			0.7
Front 1 1/2 - Rudi	0.4	0.1	0.6			1.1
Back with 1/2	0.4		0.2			0.6
Back Full	0.4		0.4			0.8
Back Double Full	0.4		0.8			1.2
Back Triple Full	0.4		1.6			2.0
Double Back Tuck	0.8				$1.6 + (1.6/4) = 1.6 + .4$	2.0
Double Back Pike	0.8			0.2	$2.0 + (2.0/4) = 2.0 + .5$	2.5
Double Back Layout	0.8			0.4	$2.4 + (2.4/4) = 2.4 + .6$	3.0
Full In or Out Double Back Tuck	0.8		0.4		$2.4 + (2.4/4) = 2.4 + .6$	3.0
Full In or Out Double Back Pike	0.8		0.4	0.2	$2.8 + (2.8/4) = 2.4 + .7$	3.5
Full In or Out Double Back Layout	0.8		0.4	0.4	$3.2 + (3.2/4) = 3.2 + .8$	4.0
Full In Full Out Double Back Tuck	0.8		0.8		$3.2 + (3.2/4) = 3.2 + .8$	4.0
Full In Full Out Double Back Pike	0.8		0.8	0.2	$3.6 + (3.6/4) = 3.6 + .9$	4.5
Full In Full Out Double Back Lay	0.8		0.8	0.4	$4.0 + (4.0/4) = 4 + 1$	5.0
Full In Double Full Out Layout	0.8		1.2	0.4	$4.8 + (4.8/4) = 4.8 + 1.2$	6.0
Triple Back Tuck	1.2				$3.6 + (3.6/4) = 3.6 + .9$	4.5
Triple Back Pike	1.2					5.1
Triple Back Lay	1.2					5.7
Double Front 1/2	0.8	0.2	0.2		$2.4 + (2.4/4) = 2.4 + .6$	3.0

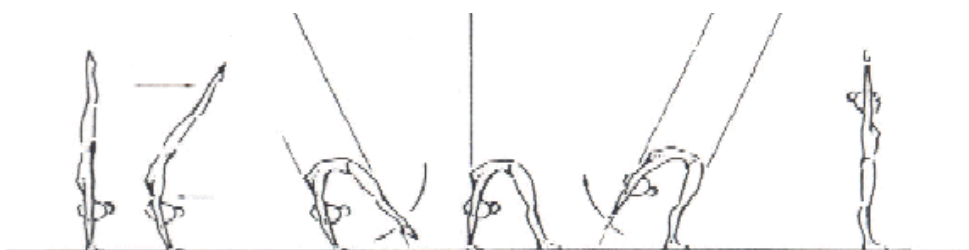
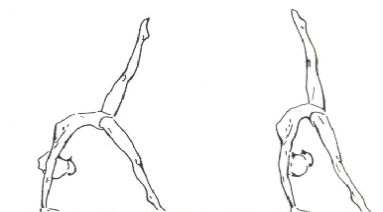
Punch Fronts	.4 for each somi	.1 for Front	.1 for each 1/4 twist	bonus position	.1 for Bounding & .1 for Reversal	Total DD
Reversal (Punch) Tuck	0.4	0.1			0.2	0.7
Reversal (Punch) Pike	0.4	0.1		0.1	0.2	0.8
Reversal (Punch) Barani	0.4	0.1	0.2		0.2	0.9
Reversal (Punch) Rudi	0.4	0.1	0.6		0.2	1.3

ADDITIONAL VISUAL AIDS AND DEDUCTION CHARTS -



FRONT WALKOVER














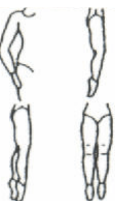







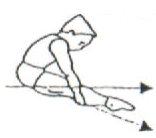

COMPARISON OF AMPLITUDE IN STEP-OUT PHASE OF FRONT WALKOVERS








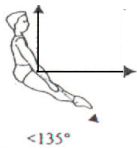


FRONT LIMBER

GUIDE TO JUDGING

DEDUCTIONS FOR FAULTY EXECUTION

DEDUCTIONS	0.0	0.1	0.2		0.4	0.5
Position of the Head						
Tuck position Angle of upper body to thigh	 somersault					
Knees apart						
Position of the hands						
Somersaults with twists Position of the Limbs						
Pike position Angle of upper body to thighs						
Position of the legs with respect to horizontal (jump)						

Position of the hands (jump & somi)						
Straddle jump (piked) Opening of the legs						
Somersaults without twists Angle between chest and thighs						
Multiple somersaults with twist Angle between chest and thighs						
Straight position without twist Bending of the body						
Somersaults without twist Bending of the body						
Somersaults with twist Position of arms						

Puck position Multiple somersaults with twist						

Glossary of Tumbling Terms

Back Handspring - A skill in which the athlete jumps and rotates backward to momentarily push off the hands before landing on the feet to complete 360° rotation.

Barani - A single front somersault with a ½ (180°) twist initiated after 45° degrees of somersaulting rotation.

Brandi - A Round-off in which the hands do not touch the floor.

Bounding Credit - A 0.1 point difficulty credit awarded when single or multiple somersault skills, whether twisting or not which are executed from a previous somersault performed in the same direction.

Front Handspring - A skill in which the athlete jumps and rotates forward to momentarily push off the hands before landing on the feet to complete a 360° rotation.

Full - A single back somersault in the straight position with 1/1 (360°) twist.

Hurdle - An upward and forward jump from two feet, with the weight landing on one leg (back leg of the round-off). The weight should transfer from the back to front leg to begin the following skill.

Instability - Landing: Lacking stability or steadiness. See landing instability.

Landing area - The entire landing mat provided at the end of the tumbling run.

Landing stability - Stability when ending a pass. Moving body around, waving arms, and/or taking steps. Not holding the landing still for three seconds results in an aesthetic deduction of 0.1-0.3 pt.

Landing zone - The designated area within the landing area that marks the zone a skill can land in without deduction.

Miller - A double back somersault with a full in, double full out. Difficulty: straight - 6.0

Randi - A single front somersault in the straight position with 2½ twist.

Rebound - An immediate straight jump (straight up and down) directly following the landing of a skill. performed out of a round-off or handspring at the end of a sub-novice, novice, or intermediate level pass.

Round-Off - A neutral repulsion skill that can be used as a front or back skill which begins by placing the hands on the floor parallel to each other - pushing off as the feet come together in the air before doing a ½ twist and landing on the feet - ending the skill facing the opposite direction as started. The hands should lift off the mat before the feet land.

Rudi - A single front somersault in the straight position with 1½ twist.

Somersault - A skill in which the athlete jumps completes a 360° rotation beginning and ending on the feet.

Somi - A shortened term for a somersault.

Whip - A somersault performed in the middle of a pass (should be performed at or below shoulder height). Length and speed characterize a handspring.

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January 2015 Revision

SAFETY RULES FOR DOUBLE-MINI TRAMPOLINE

- 1. Only the standard accepted AAU. regulation double-mini trampoline should be used in this activity.**
- 2. 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.**
- 3. No double-mini tramping should ever take place unless a qualified instructor in this event is supervising the activity.**
- 4. 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' (minimum) by 12' - refer to the General Double-Mini Rules.**
- 5. The double-mini tramp should only be set up in a level area where adequate space is available for run, ceiling height, and placement of the landing mat for landing.**
- 6. No one should ever run across the area in which double-mini trampoline students or performers are taking their approach runs.**
- 7. No one in street clothes or shoes should be allowed to practice double-mini trampoline. Proper gym wear and gym slippers are required.**
- 8. The double-mini trampoline should never be employed as a trampoline. Only one mount or spotter skill should ever be allowed at one time.**
- 9. 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 are allowed on double-mini trampolines.**
- 10. Once a double-mini trampoline pass has been completed students and performers should clear the landing pad area immediately to make room for the next performer.**
- 11. Double-mini trampolines should be folded, locked, and stored when not in use.**
- 12. All double-mini trampoline skills should be first learned successfully on a trampoline before being attempted on the double-mini trampoline.**
- 13. No horseplay ever is allowed on a double-mini trampoline.**
- 14. No student or performer should ever execute a dismount to any other landing area than the regulation landing pad.**
- 15. During competition, coaches must stand behind the starting point or behind the landing point of competition unless their athlete is on the equipment.**
- 16. During warm-ups and competition, the AAU. recommends a spotter stands at the dismount area at all times.**
- 17. No one should be allowed on the double-mini during a power outage or in a dark area.**

EQUIPMENT & SAFETY

EQUIPMENT

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.

Recommended at Invitationals. Required at State, Nationals, and Team Trials.

Double-Mini - Regulation Size with side pads (*Recommended: 6mm bed or Euro-bed*). The profile of the frame must have rounded edges.

1. The mount side of the double-mini should be 17.3" from the floor plus or minus 3.9" which can be as high as 21.2" or as low as 13.4."

Safety padding - Padded Mats covering floor around Double-mini and Landing area

1. Carpet bonded foam or equal thickness matting is required to cover the entire length of the double-mini trampoline sides to the front of the landing area.
2. Carpet bonded foam or equal thickness matting is required to cover the entire length of the double mini trampoline sides to the back of the landing area.
3. Side mats are required to be 6' wide.
4. One 5'x10'x8' mat is required on the floor beyond the back of the landing area.
5. The frame and springs must be entirely covered by shock absorbent padding. The padding must not cover any part of the bed.
6. The padding should be firmly fixed to the frame without hindering the normal action of the bed and springs, nor should it cause noise during the course of the pass.
7. The bars beneath the bed must be padded. The frame ends on the dismount end must be covered with pads firmly joined together with the padding.

Bed

1. The penalty zone must be marked in red on the bed.

Landing Area

1. 6' x 12' x 12" or 62" x 13' x 12" required; 8' x 16' x 12" or larger recommended; 10' x 20' required for Nationals, and Team Trials. 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*. A shock absorbent mat must be used as a landing area and it must allow a stable landing on the feet. If two or more mats are joined together to form the landing area:
 - a. Must be the same height and density.
 - b. Must be held firmly together so as not to separate in use.
2. A landing zone must be marked in the landing area with a contrasting color.
NOTE: The color of the landing zone must be yellow for State, Nationals, and Team Trials
3. Hurricane or padded ratchet straps must be used to secure the landing mat to the double-mini so as not to separate during use.

Run Up - Minimum 65 feet; Floor Mats must be used on the run-up. The Run-up Mat must be marked for length at State, National, and Team Trial Competitions - recommended for Invitationals.

EQUIPMENT & SAFETY - p2

6 & Under Athletes and Athletes with a physical handicap (who have submitted a letter of appeal to the AAU National Office and received approval) - May use one 13@ 6'x12' folded mat placed laying flat in front of the double-mini mounting bed with the narrow end running long wise with the Run-up Mat without penalty. See diagram below for allowed placement. *Using the mat the other way at ANYTIME will result in a "0" score.*

All other athletes using a mat to mount the double-mini will receive a 0.5 pt deduction from each aesthetic judge.

If the mounting mat is used, but the athlete jumps over it, it is still a 0.5 pt. deduction.

The Superior Judge will be responsible to be sure that when a run-up mat is used to mount the double-mini, it lays flat and is not pushed up under the double-mini onto the legs/mat so that it angles up.

THROW-IN MAT

1. **Required** at all competitions.

NOTE: A throw-in Asting@ mat may be used; however, if an athlete lands on a throw-in mat during a routine, the pass will be terminated and the athlete will lose the skill and receive a 0.9 landing deduction in addition to any other applicable deductions.

SAFETY

1. The competitor may have spotters. Once a spotter touches during the pass, an athlete, the pass will be terminated with a loss of skill. If a spotter touches the athlete after landing the dismount skill, a 0.8 pt. deduction will be taken.
2. The Meet Director is responsible for controlling the actions of the spotters.
 - Ξ During warm-ups and competition, the AAU. recommends a spotter stands at the dismount area at all times.

DRESS (ATHLETE ATTIRE) - The Superior Judge makes the decision.

ATHLETE ATTIRE - Athletes **MUST** be in competition attire from the beginning of their warm-ups through their competition (athletes will receive one warning - failure to heed warning will result in a 2.0 major deduction to be taken on their 1st pass) and during all Award Ceremonies.

Men: A gymnastics step-in (without sleeves) is required. Uniform gym shorts (cannot be sweat material, cut-offs, boxers, jean shorts, baggy or oversized) finger-tip length or shorter, must be worn. Only one pair of shorts may be worn. Shorts may not be rolled down at the waist. No singlets, biking shorts, or t-shirts are allowed. Deduction 2.0 pt per pass.

Appropriate **undergarments** must be worn. Undergarments that show **MUST** match the color of the shorts. Deduction 0.3 pt. per pass.

Women: A leotard must be worn. It may be long sleeve, short sleeve, or sleeveless (which means that a leotard must have arm/sleeve holes). No two piece leotards, unitards, halter leotards, skirts, or tights are allowed. No leotards with holes on the side(s) or below the waist on the back are allowed. Deduction 2.0 pt.

Appropriate **undergarments** must be worn.

1. Briefs, if worn, **MUST** match the color of the leotard located around the leg opening or be the athlete's flesh color. Deduction 0.3 pt. per pass.
2. Sport bras that show **MUST** match the majority color of the upper half of the leotard, be the athlete's flesh color, or be neutral (any shade or beige). Deduction 0.3 pt. per pass.

Footwear: White gymnastic shoes and/or white foot covering must be worn. Although the rules state shoes must be white, we will accept Aoff-white@ or tan.

Shoes may have an un-embellished manufacturer's trademark, but no other markings, designs, or decorations. If socks are worn, they must be all white and not higher than ankle length (up to 1" above the ankle bone). Deduction 1.0 pt. per pass.

Not wearing foot covering will result in termination.

Distracting Dress: Distracting dress, such as undergarments, thongs, etc. Deduction 0.3 pt. per pass.

Jewelry: The wearing of jewelry or watches may not be worn in competition. Jewelry must be removed, taping over will result in deduction. Maximum deduction per pass - 1.0 pt.

Hair: All hair should be pulled back out of the eyes, even short hair. Hair that is distracting or falls in the face will result in a 0.3 pt. deduction per pass.

Ribbons or scrunchies that fall off during competition will result in a 0.3 pt. deduction per pass. There will not be a deduction taken for glasses & hearing aids that fall off during competition.

Hard hair beads and/or hard hair balls. 2.0 pt. deduction per pass.

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 pt per pass.

Athletic Wrap: Athletic wrap must be plain without designs. Athletic wrap with designs will result in a 0.3 distracting deduction.

Casts: Athletes will not be allowed to warm-up or compete.

≡ Attire deductions are taken on a per pass basis ≈

COMPETITION AGE DETERMINATION

Ages will be determined by a Universal Birthdate of December 31. Whatever age a competitor will be on December 31 will determine the age he/she will compete the entire competition year (i.e., whatever the age is as of 12/31/13, will compete at from September 2013 through August 31, 2014).

The five levels of double-mini are listed from lowest to highest.

Beginner	Girls: 4 & Under, 5, 6, 7, 8, 9, 10, 11 & Over Boys: 4 & Under, 5 & 6, 7 & 8, 9 & 10, 11 & Over
Novice	Girls: 6 & Under, 7, 8, 9, 10, 11, 12, 13 & 14, 15 & Over Boys: 6 & Under, 7 & 8, 9 & 10, 11 & 12, 13 & Over
Intermediate	Girls: 8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 & Over Boys: 8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 & Over
Sub-Advanced	Girls: 8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 - 16, 17 & Over Boys: 8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 - 16, 17 & Over
Advanced	Girls: 8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 - 16, 17 & Over Boys: 8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 - 16, 17 & Over

STRETCH-OUTS

Stretch-out Mats at Competition: If a competitor is doing skills at or above their level on the stretch out mats, 3 coaches/judges would have to sign a complaint with the competitors name/age/level competing/ team and turn it into the National Office after the meet to then be dealt with for the welfare and fairness of the competitor as well as fairness to all to make sure it is investigated & reviewed before a mandate is decided.

WARM-UPS

Warm-ups must start after the scheduled coaches & judges' meeting (not during or before).

Athletes must wear competition attire during warm-ups. From the time a flight begins until competition is completed, athletes must remain in competition attire. Athletes not attired properly will not be allowed to warm-up or compete. First warning verbal and the second warning will result in disqualification for athletes who do not stay in their competition attire from the beginning of warm-ups through the end of their competition (and at nationals, until after their flight awards) unless approved by the Superior Judge.

During warm-ups, if an athlete performs a skill from a higher level, the athlete will receive a 2.0 deduction on the 1st pass and will be mandated to the next level at the next competition.

BEGINNER.... 4 PASSES

NOVICE... 6 PASSES

INTERMEDIATE6 PASSES

SUB-ADVANCED6 PASSES

ADVANCED PRELIMS... 7 PASSES

ADVANCED FINALS5 PASSES

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, piked, or straight.
3. The arms should be straight and held close to the body whenever possible.
4. The legs should be a minimum of 135° apart during the execution of a **pike straddle jump** with a minimum of 135° bend at the waist.

NOTE: Failure to meet this bend at the waist will result in being counted as a straight jump.

NOTE: Failure to meet the 135° split of the legs will result in being counted as a pike jump.

5. For all tuck, pike, and straddled skills, the arms should press down to the sides after the tuck, pike, or straddle position is attained.
6. The following defines the minimum requirements for a particular body shape:
 - 6.1.**Straight Position:** The angle between the upper body and thighs must be greater than 135° and the angle between the thighs and the lower legs must be greater than 135 °.
 - 6.2.**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 °.
 - 6.3.**Tuck Position:** The angle between the upper body and thighs must be less than 135 N and the angle between the thigh and the lower leg must be less than 135N.
 - 6.4.**Puck Position:** In multiple somersaults (2/1 or more) with twists, the tuck and pike position may be modified during the twisting phase.
7. 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).
8. In the **tuck** position, the hands should touch the legs below the knees except in the twisting phase of multiple somersaults (2/1 or more).
9. In the **pike** position, the hands should touch the toes except in the twisting phase of multiple somersaults.
10. The position of somersaulting skills will be determined between 10:00 and 2:00 (tuck, pike, straight).
11. In multiple somersaults (2/1 or more) with twists, the tuck and pike position may be modified during the twisting phase. If a double somersaulting skill, the position is determined by the somersault with the lesser degree position

INTERRUPTIONS OF THE ROUTINE (SCORING STOPS)

Whatever terminates a pass results in loss of skill and the appropriate deduction.

The Superior Judge make the decision. A routine is to be considered interrupted if:

1. The first skill is not a mounter or spotter skill.
2. During a routine, obviously does not land on and/or take off with both feet simultaneously.
3. A straight jump mount must make contact with the mount bed. Failure for not having some part of the both feet make contact with the mount bed will result in a termination.

The new penalty zone rule applies to where the athlete lands their first skill. If it is a straight jump mount that lands all in the red B the pass would be terminated. However, If a mounter skill (other than a straight jump) lands all in the red, the pass would not be terminated, but a 0.2 pt. deduction would be taken. If a spotter skill lands all in the red, the pass would not be terminated, but a 0.2 pt. deduction would be terminated.

NOTE: An initial contact in which one foot strikes the bed before the other will result in a 0.1-0.5 pt. deduction and the rest of the routine will be scored as long as some portion of both feet are on the mounter bed.

4. Does not use the elasticity of the bed (kills bounce) after landing for the immediate continuation of the next skill, thus causing a break.
5. During the pass, leaves the double mini-tramp due to insecurity.
6. If the competitor lands on any part of his body except his feet on the double mini-tramp bed.
7. The pass is judged only on the skills completed on both feet to the point of interruption.
8. The pass must end on both feet in the landing zone after the dismount off the bed.
9. For more than three (3) contacts with the bed.
10. 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.
11. The second skill (dismount skill) must dismount the double-mini. Penalty: loss of skill, loss of DD, 2.0 deduction, and any other applicable deductions.
12. Performs an illegal skill (may also result in a mandate if a skill from a higher level).
13. Touches any part of the double-mini other than the bed unless elasticity occurs.
14. Skills that begin or end facing the side on the Double-Mini will result in loss of skill and termination unless a dismount skill.
15. Landing on a "throw-in" mat will result in loss of skills, termination, and 0.9 pt. deduction.
16. Performs a straight jump other than as a mounter skill.
17. Refer to each Specific Level for additional deductions under this heading.

MAJOR DEDUCTIONS IN SCORING

1. Each pass must consist of two (2) skills (One mounter or spotter skill and one dismount skill).
Penalty: 2.0 Deduction.
2. A straight mounting jump (without twists) is not considered a skill.
3. The first skill must be either a mounter or spotter skill. Penalty: Termination.
4. The second skill or the third contact (whichever comes first) must dismount the double-mini.
Penalty: Loss of skill and termination.
5. A straight jump is not a skill, but does count as a contact.
5.1A straight (stretch) jump may be performed only as a mounter skill.
5.2A straight jump performed at any other time will terminate the pass at that point.
6. The dismount must land in the landing zone. For a dismount that lands in Zone C (Blue Zone), a 0.5 landing zone deduction will be taken in addition to a 0.9 pt. deduction for going out.
7. The dismount must land on both feet. Penalty: Loss of skill, loss of DD, a 2.0 deduction and any other appropriate landing deduction.
8. The dismount must originate from the Dismount bed. Penalty: Loss of skill, loss of DD, and a 2.0 deduction.
9. A skill is considered repeated when used during the passes more than once as a mounter, spotter, or dismount. If the competitor disregards this rule, it will result in a Penalty: Loss of DD & 1.0 pt. Deduction
9.1A tuck jump forward or backward is the same skill and will be considered a repeat if performed more than once as a mounter, spotter, or dismount skill.

DEDUCTIONS TAKEN ON THE INSTRUCTION OF THE SUPERIOR JUDGE - p1

Refer to each Specific Level for deductions under this heading.

1. Use of mat to Mount the Double-Mini0.5 pt
EXCEPTION: Athletes ages 6 & under and athletes with a physical handicap (Who have submitted a letter of appeal to the AAU National Office and received approval) may one 6'x12' folded mat placed flat in front of the double-mini mounting bed with the narrow end running long wise with the Run-up Mat.
2. Repeating a spotter, mounter, or dismount skill1.0 pt
NOTE: May also lose difficulty of skill - refer to each level.
3. An initial contact in which one foot strikes the mounter bed before the other as long as both feet contact the mounter bed0.1-0.5 pt
4. Touching the double-mini after landing0.5 pt
5. Touching anything other the double-mini bed (i.e. side pad) if elasticity occurs.....0.9 pt
6. Not meeting pass requirements2.0 pt
7. Exceeding pass requirements2.0 pt
NOTE: Will also result in a mandate.
8. For not having two skills per pass.....2.0 pt
9. Performing an illegal skill.....2.0 pt
NOTE: Will also result in loss of skill, termination, and possible mandate.
10. 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 pt)0.3 pt
11. For being spotted after the landing0.8 pt
12. For each landing or take-off from the penalty zone in the center of the mini-tramp while performing a mount, spotter or dismount skill0.2 pt
13. Each 2 and 1/1 turn (feet to feet) that is short or long by 20°....0.5 pt
 - 13.1A jump 2 turn will be accepted between 160 and 200 degrees. Anything longer will result in a 0.5 pt major deduction. Anything shorter will be called a straight jump. If the skill begins or ends facing the side pad, the pass will be terminated.
 - 13.2A jump 1/1 turn will be accepted between 340 and 380 degrees. Anything shorter or longer will result in a 0.5 pt major deduction. Anything shorter will be called a 2 turn. If the skill begins or ends facing the side pad, the pass will be terminated.

DEDUCTIONS TAKEN ON THE INSTRUCTION OF THE SUPERIOR JUDGE - p2

14. Dress - Refer to DM - p4

15. Use of profanity or unsportsmanlike conduct during the entire competition will result in disqualification from the competition, for the first offense.

16. **Landing deductions.**NOTE: All the following landing deductions are in addition to the aesthetic deduction of the last skill performed. *Landing deductions apply for incomplete passes, complete passes, or passes with too many skills.* If a pass has too many skills, LANDING deductions will be taken on the last skill performed, not at the point where the pass was to have stopped. Landing deductions are not accumulative, if more than one landing infraction occurs, the greater deduction will be taken.

After the landing on the landing mat, the competitor must stand upright for at least three seconds; otherwise, the athlete will receive a landing deduction

- 16.1 Instability Steps 0.1-0.3 pt

NOTE: When judging instability, the competitor should stop and hold the landing for three seconds prior to turning to salute.

Counting to 3 (seconds), regardless of the size of the step(s), taking one step results in a 0.1 deduction; taking two steps results in a 0.2 deduction; and taking three or more steps results in a 0.3 deduction. THIS STRESSES THE LACK OF STABILITY OR NUMBER OF STEPS TAKEN.

Although technically, "instability" includes arm waving and/or body movement, the Technical Committee agreed to exclude those from these clarifications. If an aesthetic judge feels there is too much movement, they can increase the deduction on the last skill - the movement is probably a direct result of how they completed that skill anyway.

- 16.2 Touching the landing mat with one hand 0.4 pt

- 16.3 Touching the landing mat with both hands ... 0.5 pt

- 16.4 For falling to the elbows, knees, or hands and knees . 0.6 pt

- 16.5 For falling to seat or placing hand(s) or elbows behind body . 0.7 pt

- 16.6 For falling to front, back, head.. 0.8 pt

- 16.7 For touching anywhere outside the landing zone 0.9 pt

NOTE: 16.2 - 16.7 will also result in loss of skill and termination of pass

17. Landing Zone Deductions - Refer to chart on following page:

DEDUCTIONS TAKEN ON THE INSTRUCTION OF THE SUPERIOR JUDGE - p3

DOUBLE MINI DISTANCE & DEVIATION DEDUCTIONS

1. LANDING INSIDE ZONE A - 0.0 pts.
2. LANDING INSIDE ZONE B - 0.3 pts.
3. LANDING INSIDE ZONE C - 0.5 pts.

Landing in Zone C (currently Aout of bounds@) will result in a 0.5 major zone deduction and will be scored out of 10.0 - 1.4 (0.5 for landing in Zone C plus 0.9 for going out of bounds). This landing will NOT constitute a termination or loss of skill

4. MOVING FROM ZONE A to B, ZONE B to C, or ZONE A to C - 0.1 pt. maximum

NOTE: Landing a dismount skill and their toes or part of their feet are hanging over the landing mat under the double-mini with part of their feet in Zone A will result in a 0.9 pt. deduction and a termination, and any other applicable deductions.

DUTIES OF THE SUPERIOR JUDGE

1. Control of facilities and organize the Judges conference and the trial scoring.
2. Place and supervise all Judges and Recorders.
3. Direct the competition.
4. Convene the Competition Jury.
5. Convene and preside over the Arbitration Jury.
6. Inform aesthetic judges of major deductions for the passes.
7. Decide on the competitors= dress.
8. Decide whether the spotter touched the competitor.
9. Decide when the competitors pass has begun.
10. Declare the maximum mark in the case of an interrupted pass.
11. Inform the aesthetic judges additional deductions.
12. Personally score the Execution in each pass before he verifies the marks of the Aesthetic Judges in case the difference between the scores is too great.
13. Supervise all scores, calculations and the final results.
14. Be responsible that when a run-up mat is used to mount the double-mini, it lays flat and is not pushed up under the double-mini onto the legs/mat so that it angles up.
15. Determine the distance and deviation from the center deduction, in addition to the landing/instability deduction.
16. Determine penalty zone deductions.

DUTIES OF THE DIFFICULTY JUDGE

Determining the degree of difficulty.

- 1.The difficulty of each skill is calculated on the following basis:
 - 1.1 1/1 somersault(360°) 0.5 pt.
 - 1.2 2 twist (180°) 0.1 pt.
 - 1.3 1/1 twist ..(360°) 0.2 pt.
- 2.Side somersaults and skills without rotation have no difficulty value.
- 3.In skills combining somersault and twist, the difficulty values for somersault and twist are added together.
- 4.Somersaults executed in the straight or pike position will be awarded an extra 0.1 pt provided that there is at least 1/1 somersault rotation without twist.
- 5.2/1 somersaults, or more, with or without twists, will be awarded an extra 0.1 pt when executed in the pike or straight position.
- 6.Inward, gainer, and reverse somersaults (360° rotation) receive an additional 0.1 pt.
- 7.Only skills which land on the feet will be evaluated.
- 8.**ADVANCED LEVEL ONLY:** Multiple somersaults performed from previous multiple somersaults shall be awarded a bonus of 0.2 pt.
- 9.**ADVANCED LEVEL ONLY:** Multiple somersaults (2 or more) with or without twist, will be awarded an extra 0.1 pt. for each 360° of somersault executed in the pike or straight position.

Determining repetition.

- 1.Skills may only be repeated when performed in different parts of a pass. For example, as a mount, as a spotter, and as a dismount.
- 2.A skill is considered repeated when used during any of the five passes more than once as a mount, spotter or dismount. If the competitor disregards this rule, the degree of difficulty of the repeated skill will not be counted.
- 3.A tuck jump forward or backward is the same skill and will be considered a repeat if performed more than once as a mounter, spotter, or dismount skill, i.e. dismount with a forward moving tuck jump and then dismount with a backward moving tuck jump.
- 4.Skills having the same amount of rotation, but performed in the tuck, pike, and straight positions, are considered to be different skills and not repetitions.
- 5.Any repeated skill will receive a 1.0 pt. deduction plus loss of difficulty as stated above.
- 6.**ADVANCED & ELITE LEVELS ONLY:** Multiple somersaults (of more than 360°) having the same number of twists and somersaults will not be considered a repetition if the twist is located in different phases of the skill.

DUTIES OF THE AESTHETIC JUDGE - p1

- 1.Evaluate the Execution (form, consistency of height, control, and rhythm), and write down their deductions.
- 2.Subtract their deductions from the maximum mark indicated by the Superior Judge.

AESTHETIC DEDUCTIONS FOR FAULTY EXECUTION

The scoring of a pass starts once the athlete touches the Double Mini trampoline. The run shall not be considered.

- 1.Instability when mounting the double-mini and lack for lack of form, control, and lift on the straight jump mount0.1-0.3 pt
- 2.Lack of form, individual constant height, and lack of control in each skill 0.1-0.8 pt
- 3.Tumbling across or lack of height (overall pass)..... 0.1-0.3 pt
- 4.For not kicking out of a tuck or pike position (somersault)..... 0.1-0.2 pt
 - 4.1 Kick out before 1:00 o'clock..... 0.0 pt.
 - 4.2 Kick out between 1:00 and 3:00 o'clock..... 0.1 pt.
 - 4.3 Kick out after 3:00 o'clock 0.2 pt.

Reference kick-outs to the face of a clock..

RELATIVE PASS HEIGHT - In a double-mini pass, the dismount skill should be performed with greater height than the preceding mounter or spotter skill.

METHOD OF SCORING

BEGINNERS through INTERMEDIATE

1. Three judges will be used. Two aesthetic judges and one Superior/Difficulty Judge required for Invitational, State, and National Competitions. Recommend the Superior Judge be positioned between the two aesthetic judges when possible.
2. The evaluation of form (execution and control) and difficulty is done in 10ths of a point.
3. Each pass is scored separately and a total of performance plus difficulty is calculated for each pass.
4. The scores of the judges must be written independently of each other. The score for performance shall not exceed 10.0 pt. per pass. The total of the two aesthetic scores is added together provided that the difference between the two scores is not too great and then the difficulty score is added.
5. If a pass has only one skill, a 2.0 pt deduction will be taken on the advice of the Superior Judge and the score for performance shall not exceed 3.0 pt. plus difficulty.
6. Difficulty scores must be flashed.

ADVANCED through ELITE

1. There will be four (4) aesthetic judges, one (1) difficulty judge, and one (1) superior judge, for a total of six (6) judges. This is recommended for Invitational Competitions and required for Team Trials, State and National Championships.
2. The evaluation of execution (form, consistency of height and control) and difficulty is done in 10ths of a point.
 - 2.2 Judges must write their deductions independently of each other. The mark for performance shall not exceed 10.0 pt per pass. When signaled by the Superior Judge, the scores of the Aesthetic judges must be shown simultaneously.
 - 2.2.1 If any of the Execution judges fail to display their marks when signaled by the Superior Judge, then the average of the other marks will be taken for the missing mark. This decision will be made by the Superior Judge.
 - 2.3 Evaluation of the score for Execution:
 - 2.3.1 The deductions for poor execution are subtracted from the maximum mark.
 - 2.3.2 In the individual competition: The highest and lowest marks of the execution judges are deleted. The total of the two remaining marks is the score for execution.
 - 2.4 Evaluation of the Score for Difficulty:
 - 2.4.1 The Difficulty Judge calculates the difficulty value of the routine.
 - 2.5 Evaluation of the Competitor's Score for the round:
 - 2.5.1 In individual competition, the difficulty score is added to the execution score.
3. All advanced aesthetic scores must be within 1.0 (not just the middle scores).

COMPETITION PROCEDURES

BEGINNERS

Large age groups will be pyramided into groups of 15 except at Nationals where the groups will be 10 or less. Age groups with five (5) or fewer competitors may be combined with adjacent age group(s) for Invitational Competitions as long as the Meet Director states policy on entry form. The AAU. recommends approval of all coaches with athletes in said age group(s). Passes do not run consecutively.

FINALS - Two (2) passes are required and athlete may repeat preliminary passes.

NOVICE through INTERMEDIATE

Large age groups will be pyramided into groups of 10 or less.

Age groups with five (5) or fewer competitors may be combined with adjacent age group(s) for Invitational Competitions as long as the Meet Director states policy on entry form. The AAU. recommends approval of all coaches with athletes in said age group(s). Passes do not run consecutively.

FINALS - Two (2) passes are required and athlete may repeat preliminary passes, **Novice level:** at least one pass Must have a somi, both passes MAY have one somi or have a difficulty skill.

SUB-ADVANCED

Large age groups will be pyramided into groups of 10 or less.

Age groups with five (5) or fewer competitors may be combined with adjacent age group(s) for Invitational Competitions as long as the Meet Director states policy on entry form. The AAU. recommends approval of all coaches with athletes in said age group(s). Passes do not run consecutively.

FINALS - Two (2) passes are required and athlete may repeat preliminary passes. One pass MUST have two Somis and two passes MAY have two somis.

COMPETITION CARDS - REQUIRED

The competition card must be handed in at the time and place specified by the organization committee. In optional routines, changes to the skills written on the competition card are permitted. There is no deduction for deviation from the routine listed on the competition card.

ADVANCED

Large age groups will be pyramided into groups of 10 or less.

Age groups with five (5) or fewer competitors may be combined with adjacent age group(s) for Invitational Competitions as long as the Meet Director states policy on entry form. The AAU. recommends approval of all coaches with athletes in said age group(s). Passes do not run consecutively.

COMPETITION CARDS - REQUIRED

The competition card must be handed in at the time and place specified by the organization committee. In optional routines, changes to the skills written on the competition card are permitted. There is no deduction for deviation from the routine listed on the competition card.

FINALS

The competitors with the top ten (10) scores from the preliminaries will advance to finals. In the event of a tied score with the tenth scoring athlete, all athletes with the same scores will be eligible to compete in finals.

The starting order for the finals will be in the order of merit, the competitor with the lowest preliminary score will be going first. In the event of ties, the starting order will be decided by draw.

PROTESTS

Fees:	\$50	-	Invitationals
	\$100	-	State
	\$100	-	Team Trials
	\$100	-	National Championships

A protest can only be made at levels of competition that have difficulty points and/or "*black and white*" situations (i.e., number of skills, positions, etc.)

"*Complaints*" regarding aesthetics must be presented to meet director only. The meet director may then discuss the situation with the Superior Judge. Spectators may NOT go directly to judges.

Only a coach, competitor, or representative of a Federation may approach the meet director.

- 1.If a scoring error results in a change of award placement after awards have been announced to the public or in the award room at any sanctioned competition, no award or placement shall be taken away from any competitor. The correct award and placement shall also be given to the athlete.
- 2.Coaches and/or competitors will not be allowed to approach the judges at any time during a competition to justify scores.
3. Coaches/athletes may inquire about difficulty or skill positions of their pass with no discussion allowed.
4. All other score inquiries must go through the Meet Director.
5. Infractions will result in a verbal warning for the first offense and disqualification from the meet for the second offense.

A written protest with protest fee must be handed to the meet director within 5 minutes of the end of that flight of competition. The Meet Director will then present the protest to the Superior Judge.

A written protest with protest fee must be handed to the meet director within 5 minutes of the end of that flight of competition. The meet director will inform the respective judging panel that a protest has been filed, gather the appropriate protest committee members and prepare the video for viewing by the committee.

- o During this time, there is to be *no discussion* amongst the committee regarding the pass or rules in questions. This eliminates any pre-determined conceptions of the pass and any bias or persuasion of committee members to vote one way or another. Once the committee is convened and the video is set for review, the meet director will read only the general facts related to the protest and indicate the specific skill (i.e. ... the second skill, the last skill, etc.) or movement in question (i.e. ... landing).
- o At this time, the committee may also ask the meet director and/or superior judge to review any rules related to the protest. (i.e. ... "A position is determined by ____ degree angle between..." or "A pass is initiated when....")

A protest concerning the Execution scores can only be made in respect of a numerical error.

At ALL Competitions, a video other than the meet director's designated video can be used if the meet director's designated video does not record the pass. In this situation only, the meet director has the option to review the first video tape available to use by the Arbitration Jury. If no video is available, the judges' decision stands and the protest fee will be returned.

Arbitration juries may view the pass in slow motion.

Protests must be dealt with by the Arbitration Jury prior to the start of the next round and their decision announced immediately. A decision must be made within 5 minutes of reviewing the video. The decision of the Arbitration Jury is final and must be abided by.

If the protest is sustained, the fee will be returned. If a protest is won, the scores must be taken back to the judging panel for proper score adjustment.

If the protest is overruled, the fee will be given to the Meet Director.

Decision made by the Arbitration Jury cannot be overturned by the AAU. Executive Board.

ARBITRATION JURY

1. Designation

- 1.1 The Protest Committee (Arbitration Jury) shall be designated at all competitions. The Meet Director must select and post a list of the Protest (Arbitration Jury) Committee Members (including an alternate) prior to the start of sanctioned competitions. The Meet Director will announce the Protest Committee Members (including an alternate) during the coaches and judges' meeting at these competitions.

2. Composition

- 1.2 For a protest with a panel of 4+ judges, the committee will consist of the superior judge, a member of the Technical Committee (or in his absence a member of the Board of Directors), the meet director, and two judges of the appropriate event appointed by the meet director before the competition begins. Note: One of the two judges must be a difficulty judge.
- 1.3 For a protest with a panel of 3 or less judges, composition will consist of the meet director, a member of the Technical Committee (or in his absence a member of the Board of Directors), the Superior Judge, an Aesthetic judge of the appropriate event and an Aesthetic Judge from another panel. If a member of the Technical Board is also a judge on the panel involved in the protest, that judge may not serve as a member of the Protest Committee as the Technical Board Representative.
- 1.4 If the protest concerns a competitor from the meet director's team, the meet director will be replaced by another member of the Technical Committee or Board of Directors for that protest.
- 1.5 If the protest concerns a competitor from the Technical Committee Member at the competition, the meet director shall designate an unbiased coach.

3. Procedure

A written protest with protest fee must be handed to the meet director within 5 minutes of the end of that flight of competition. The meet director will inform the respective judging panel that a protest has been filed, gather the appropriate protest committee members and prepare the video for viewing by the committee.

- o During this time, there is to be *no discussion* amongst the committee regarding the pass or rules in questions. This eliminates any pre-determined conceptions of the pass and any bias or persuasion of committee members to vote one way or another. Once the committee is convened and the video is set for review, the meet director will read only the general facts related to the protest and indicate the specific skill (i.e. the second skill, the last skill, etc.) or movement in question (i.e. ... landing).
- o At this time, the committee may also ask the meet director and/or superior judge to review any rules related to the protest. (i.e. "A position is determined by ____ degree angle between..." or "A pass is initiated when...")
- o Each Protest Committee Member must review the protest procedure rules prior to acting on any protest.

RESULTS

A complete copy of the results must be sent to the National Office.

LEVELS

Beginner

1. 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.
2. No somersaults are allowed.
3. Repeats are not allowed. A skill is considered repeated when used during the two (2) passes more than once as a mount, spotter, or dismount. A repeated skill will result in 1.0 pt deduction and loss of difficulty of skill.

*Novice

1. Three (3) 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.
2. Two (2) passes must have difficulty, three (3) passes may have difficulty. One pass must include one somi, only two passes may include a somi.
3. Repeats are not allowed. A skill is considered repeated when used during the three (3) passes more than once as a mount, spotter, or dismount. A repeated skill will result in 1.0 pt deduction and loss of difficulty of skill.

Intermediate

1. Three (3) 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.
2. Each pass must include one somi, but cannot include two somies.
3. Repeats are not allowed. A skill is considered repeated when used during the three (3) passes more than once as a mount, spotter, or dismount. A repeated skill will result in 1.0 pt deduction and loss of difficulty of skill.

*Sub-Advanced

1. Three passes are required. Each pass must consist of a minimum of 2 contacts with the bed and no more than 3. A maximum of two skills per pass.
2. Each pass must contain at least one (1) somersault. At least one (1) pass must contain two (2) somersaults. No more than two (2) passes may contain two (2) somersaults.
3. At least one pass must contain a spotter somi.
4. Maximum difficulty per pass - 1.3 pt.
5. Repeats are not allowed. A skill is considered repeated when used during the three (3) passes more than once as a mount, spotter, or dismount. A repeated skill will result in 1.0 pt deduction and loss of difficulty of skill.

Advanced

1. Advanced double-mini trampoline competition consists of three (3) optional routines. 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.
 - 1.1 Preliminaries - Three (3) passes with two (2) Somies in each pass.
 - 1.2 Finals - Two (2) passes in the finals with a minimum of two (2) Somies in each pass. The final two (2) passes must be different than the preliminary passes. No repeats in all five (5) passes.
2. Repeats are not allowed. A skill is considered repeated when used during the three (3) passes more than once as a mount, spotter, or dismount. A repeated skill will result in 1.0 pt deduction and loss of difficulty of skill.

***NOTE: Novice and Sub-Advanced are the only two levels where there may be two 2.0 deductions taken on the last pass. One for not meeting pass requirements and one for not meeting level requirements.**

BEGINNER DIVISION - DOUBLE-MINI

AGE GROUPS - Boys and Girls will not compete against each other. There shall be separate divisions for each.

Girls: 4 & Under, 5, 6, 7, 8, 9, 10, 11 & Over

Boys: 4 & Under, 5 & 6, 7 & 8, 9 & 10, 11 & Over

REQUIREMENTS

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.

No somersaults are allowed.

LIST OF SKILLS PERMITTED	LIST OF SKILLS NOT PERMITTED
1. Tuck Jump 2. Pike Jump 3. Pike Straddle Jump 4. 2 Turn (Difficulty - 0.1 pt) 5. Full Turn (Difficulty - 0.2 pt) 6. 1 2 Turn (Difficulty - 0.3 pt) 7. Double Full Turn (Difficulty - 0.4 pt)	1. Somersaults

SAMPLE PASSES

1. Spotter Tuck Jump, Tuck Jump dismount 0.0 difficulty

2. Mounter Tuck Jump, Straddle Jump dismount.. 0.0 difficulty

3. Spotter Tuck Jump, Full Turn dismount 0.2 difficulty

4. Spotter Full Turn, Full Turn dismount 0.4 difficulty

5. Spotter Straddle Jump, Double Full Turn dismount 0.4 difficulty

DIFFICULTY

Determining the degree of difficulty. The difficulty of each skill is calculated on the following basis:

1. 2 twist/turn (180N) 0.1 pt.

2. 1/1 twist/turn (360N)..... 0.2 pt.

	TUCK	PIKE	LAYOUT	PUCK
Tuck Jump	-	-	-	-
Pike Jump	-	-	-	-
Straddle Pike Jump	-	-	-	-
Front Jump 2 Twist	-	-	.1	-
Front Jump 1 Twist	-	-	.2	-
Front Jump 1 1/2 Twist	-	-	.3	-
Front Jump Double Turn	-	-	.4	-

REPEATS - Repeats are not allowed.

A skill is considered repeated when used during the two (2) passes more than once as a mount, spotter, or dismount. A repeated skill will result in 1.0 pt deduction and loss of difficulty of skill.

NOTE: Tuck jump forward dismount will be considered the same as a tuck jump backward dismount; therefore, a repeat.

LEVEL SPECIFIC DEDUCTIONS - The following deductions apply to the Beginner Level of Double-Mini in addition to the Universal Deductions found in the General Rules.

1. No somersaults are allowed. Use of a somersault at this level will result in termination, loss of skill, loss of difficulty, a deduction of 2.0 pt., and a mandate to the Novice level.

NOVICE DIVISION - DOUBLE-MINI

AGE GROUPS - Boys and Girls will not compete against each other. There shall be separate divisions for each.

Girls: 6 & Under, 7, 8, 9, 10, 11, 12, 13 & 14, 15 & Over

Boys: 6 & Under, 7 & 8, & 10, 11 & 12, 13 & Over

REQUIREMENTS

1. Three (3) passes are required. A maximum of two skills per pass.
2. Each pass must consist of a minimum of two contacts with the bed and no more than three.
3. Two (2) passes must have difficulty, three (3) passes may have difficulty.
4. One pass must include one somi, only two passes may include a somi.

LIST OF SKILLS PERMITTED WITH DIFFICULTY	LIST OF SKILLS NOT PERMITTED
<ol style="list-style-type: none"> 1. Beginner Skills 2. Front Tuck Somi (Difficulty - 0.5) 3. Front Pike Somi (Difficulty - 0.6) 4. Front Straight Somi (Difficulty - 0.6) 5. Back Tuck Somi (Difficulty - 0.5) 6. Back Pike Somi (Difficulty - 0.6) 7. Back Straight Somi (Difficulty - 0.6) 	<ol style="list-style-type: none"> 1. Twisting somersaults. 2. Somersaults exceeding 360N rotation. 3. Gainer somersaults 4. Inward somersaults.

SAMPLE PASSES

1. Spotter Tuck Jump, Front Tuck dismount 0.5 difficulty
2. Spotter Straddle Jump, Front Pike dismount ... 0.6 difficulty
3. Spotter Front Tuck, Tuck Jump dismount 0.5 difficulty
4. Spotter 2 turn, Straight Back Somi dismount ... 0.7 difficulty
5. Spotter full turn, Front Pike dismount 0.8 difficulty

DIFFICULTY

Determining the degree of difficulty. The difficulty of each skill is calculated on the following basis:

1. 1/1 somersault (360N) .. 0.5 pt.
2. 2 twist/turn (180N) 0.1 pt.
3. 1/1 twist/turn (360N). 0.2 pt.

DIFFICULTY CHART

2 Turn	0.1
Full Turn	0.2
1 2 Turn	0.3
Double Turn	0.4
Front Tuck Somi	0.5
Front Pike Somi	0.6
Front Straight Somi.....	0.6
Back Tuck Somi	0.5
Back Pike Somi	0.6
Back Straight Somi	0.6

REPEATS

- 1.Repeats are not allowed. A skill is considered repeated when used during the three (3) passes more than once as a mount, spotter, or dismount.
- 2.If the competitor repeats a skill, the degree of difficulty of the repeated skill will not be counted and a 1.0 point deduction will be taken.

NOTE: Tuck jump forward dismount will be considered the same as a tuck jump backward dismount; therefore, a repeat.

LEVEL SPECIFIC DEDUCTIONS - These deductions apply to the Novice Level of Double-Mini in addition to the Universal Deductions found in the General Rules.

- 1.Two passes must have difficulty, all three passes may have difficulty. One pass must include one somi, but cannot include two somies, two passes may include one somi.
 - 1.1 For not having two passes with difficulty, a deduction of 2.0 will be taken on the last pass.
 - 1.2 For not having difficulty in two passes and not having a somi in one pass, a deduction of 4.0 (TWO separate 2.0 deductions) will be made on the last pass.
 - 1.3 For more than two passes with one somersault , a deduction of 2.0 will be taken. *In addition*, no difficulty will be given for any somersault over the maximum requirement and the competitor will be mandated to the intermediate level of double-mini by the next meet.
 - 1.4 For a pass that has only one skill, a 2.0 pt deduction will be taken on the advice of the Superior Judge and the score for performance shall not exceed 3.0 pt. plus difficulty.
- 2.No somersaults may twist. Performing a somersault with twist, the pass will be terminated at that point, a 2.0 pt. deduction will be taken, and no difficulty will be given for any somersault that contains a twist. A competitor will be mandated to the Intermediate level of double-mini by the next meet.
- 3.If the competitor performs all three passes with one somersault, a 2.0 pt. deduction will be taken and the competitor will be mandated to the Intermediate level of double-mini by the next meet. *No difficulty will be awarded for the somi in the third pass.*
- 4.If a competitor performs a pass with two somersaults, a 2.0 pt. deduction will be taken and the competitor will be mandated to the Intermediate level of double-mini by the next meet. *No difficulty will be awarded for the second somi in the pass.*

INTERMEDIATE DIVISION - DOUBLE-MINI

AGE GROUPS - Boys and Girls will not compete against each other. There shall be separate divisions for each.

Girls: 8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 & Over
 ..Boys: 8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 & Over

REQUIREMENTS

1. Three (3) 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.
2. Each pass must include one somi, but cannot include two somies.

LIST OF SKILLS PERMITTED WITH DIFFICULTY	LIST OF SKILLS NOT PERMITTED
Beginner Skills Novice Skills.... Barani Tuck (Difficulty - 0.6) Barani Pike (Difficulty - 0.6) Barani Straight (Difficulty - 0.6) Back Somersault with a 2 Twist (Difficulty - 0.6)	1. Somersaults exceeding 180N twist 2. Somersaults exceeding 360N rotation 3. Gainer Somersaults 4. Inward Somersaults

SAMPLE PASSES - Any Novice pass with a Somersault.

Straddle Jump, Front Pike dismount0.6 difficulty
 Tuck Jump, Barani dismount0.6 difficulty
 2 turn, Straight Back dismount0.7 difficulty
 Spotter Back Straight, Full Turn dismount0.8 difficulty

DIFFICULTY

Determining the degree of difficulty. The difficulty of each skill is calculated on the following basis:

1. 1/1 somersault (360N)0.5 pt.
 2. 2 twist/turn (180N)0.1 pt.
 3. 1/1 twist/turn (360N).0.2 pt.
 4. Side somersaults and skills without rotation have no difficulty value.
 5. In skills combining somersault and twist, the difficulty values for somersault and twist are added together.
 6. Somersaults executed in the straight or pike position will be awarded and extra 0.1 pt provided that there is at least 1/1 somersault rotation without twist.
 7. Only skills which land on the feet will be evaluated.
- Refer to the difficulty listed with the **List of Skills Permitted** above

REPEATS

Repeats are not allowed. A skill is considered repeated when used during the three (3) passes more than once as a mounter, spotter, or dismount. A repeated skill will result in 1.0 pt deduction and loss of difficulty of skill.

NOTE: Tuck jump forward dismount will be considered the same as a tuck jump backward dismount; therefore, a repeat.

LEVEL SPECIFIC DEDUCTIONS.

These deductions apply to the Intermediate Level of Double-Mini in addition to the Universal Deductions found in the General Rules.

1. Each pass must include one Somersault, but cannot include two Somersaults. For more than one (1) somersault per pass, a deduction of 2.0 pt. will be made. In addition, no difficulty will be given for any somersault over one. A competitor will be mandated to the sub-advanced level of double-mini by the next competition.
2. No somersaults exceeding 180° twist. For a somersault exceeding 180° twist, the pass will be terminated, a 2.0 pt. deduction will be taken. In addition, the skill will not count, no difficulty will be given for any somersault exceeding 180° twist, and the competitor will be mandated to the Sub-Advanced level of double-mini by the next competition.
3. For a pass with a somersault with over 360° rotation. For performing a somersault with over 360° rotation, the pass will be terminated, the skill will not count, a 2.0 pt. deduction will be taken, and the competitor will be mandated to the Sub-Advanced level of double-mini by the next competition.
4. No gainer skills are allowed. For performing a gainer, the pass will be terminated, a 2.0 deduction will be taken. In addition, the skill will not count, no difficulty will be awarded for the gainer, and the competitor will be mandated to the Sub-Advanced level of double-mini by the next competition.

SUB-ADVANCED DIVISION - DOUBLE-MINI

AGE GROUPS - Boys and Girls will not compete against each other. There shall be separate divisions for each.

Girls: 8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 - 16, 17 & Over

Boys: 8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 - 16, 17 & Over

REQUIREMENTS

Three passes are required. Each pass must consist of a minimum of 2 contacts with the bed and no more than 3. A maximum of two skills per pass.

Each pass must contain at least one (1) somersault. At least one (1) pass must contain two (2) somersaults. No more than two (2) passes may contain two (2) somersaults. At least one pass must contain a spotter Somersault.

MAXIMUM DIFFICULTY 1.3 pt. per pass

LIST OF SKILLS PERMITTED WITH DIFFICULTY	LIST OF SKILLS NOT PERMITTED
1. Beginner Skills 2. Novice Skills 3. Inward Somersault (Gainer) bonus to somersault for gainer) 4. 360N Twisting Somersault	1. No somersaults exceeding 360° twist. 2. No somersaults exceeding 360° rotation.

SAMPLE PASSES - Any Intermediate pass with a Somersault

1. Spotter Tuck Jump, Front Tuck dismount0.5 difficulty
2. Mounter Barani Tuck, Back Tuck dismount1.1 difficulty
3. Spotter Str Jump, Front Full Twisting Somersault dismount0.7 difficulty
4. Mounter Front Tuck, Front Tuck dismount1.0 difficulty
5. Spotter 2 Turn, Full Twisting Somersault dismount0.8 difficulty

DIFFICULTY

Determining the degree of difficulty. The difficulty of each skill is calculated on the following basis:

1. 1/1 somersault (360°).0.5 pt.
2. 2 twist/turn (180°)0.1 pt.
3. 1/1 twist/turn (360°)0.2 pt.
4. Side somersaults and skills without rotation have no difficulty value.

In skills combining somersault and twist, the difficulty values for somersault and twist are added together. Somersaults executed in the straight or pike position will be awarded an extra 0.1 pt provided that there is at least 1/1 somersault rotation without twist.

Inward and gainer somersaults (360° rotation) receive an additional 0.1 pt.

Only skills which land on the feet will be evaluated.

Refer to the difficulty listed under **DOUBLE-MINI TRAMPOLINE DIFFICULTY**.

REPEATS - Repeats are not allowed.

A skill is considered repeated when used during the three (3) passes more than once as a mount, spotter, or dismount. A repeated skill will result in 1.0 pt deduction and loss of difficulty.

NOTE: Tuck jump forward dismount will be considered the same as a tuck jump backward dismount; therefore, a repeat.

LEVEL SPECIFIC DEDUCTIONS

These deductions apply to the Sub-Advanced Level of Double-Mini in addition to the Universal Deductions found in the General Rules.

1. Each pass must contain at least one (1) somersault. At least one (1) pass must contain two (2) somersaults. No more than two (2) passes may contain two (2) somersaults. At least one pass must contain a spotter Somersault.
 - 1.1 For not have a somersault in a pass, a deduction of 2.0 pt. will be taken on that pass.
 - 1.2 For not having a pass with two somersaults, a deduction of 2.0 will be taken on the last pass.
 - 1.3 For not having a pass with a spotter somersault, a 2.0 pt. deduction will be taken on the last pass.
 - 1.4 For not having one pass with two somersaults and not having one pass with a spotter somersault, a 4.0 pt. deduction (two separate 2.0 major deductions) will be taken on the last pass.
2. If all three (3) passes have two (2) Somersaults, a deduction of 2.0 pt. will be taken. *In addition, no difficulty will be given for the second Somersault in the third pass.* The competitor will be mandated to the Advanced Level of double mini by the next competition.
3. For exceeding the maximum 1.3 difficulty pass, a deduction of 2.0 pt. will be made. In addition, the competitor will be mandated to the Advanced level of double-mini by the next meet. The difficulty will be awarded to the athlete if a legal skill at this level.
4. For exceeding a 360° degree twist, the pass will be terminated at that point, a 2.0 deduction will be taken, and the athlete will be mandated to the Advanced level of double-mini by the next competition.

ADVANCED - DOUBLE-MINI

AGE GROUPS - Boys and Girls will not compete against each other. There shall be separate divisions for each.

Girls: 8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 - 16, 17 & Over

Boys: 8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 - 16, 17 & Over

REQUIREMENTS. Advanced double-mini trampoline competition consists of three (3) optional routines. 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.

Preliminaries Three (3) passes with two (2) Somersaults in each pass.

Finals

1. Two (2) passes in the finals with a minimum of two (2) Somersaults in each pass.
2. The final two (2) passes must be different than the preliminary passes. No repeats in all five (5) passes.
3. The competitors with the top ten (10) scores from the preliminaries will advance to finals. In the event of a tied score with the tenth scoring athlete, all athletes with the same scores will be eligible to compete in finals.
4. The winner is the competitor with the highest overall number of points.
 - 4.1 Competitors with the same scores will be given the same place and medals will be awarded according to the Championship Regulations.
5. The starting order for the Finals will be in order of merit, the competitor with the lowest preliminary score going first in both passes. In the event of ties, the starting order will be decided by a draw.

SAMPLE PASSES - Any Sub-Advanced pass with 2 Somersaults

- | | |
|---|----------------|
| 1. Spotter Back Tuck, Rudi dismount | 1.3 difficulty |
| 2. Mounter Barani Straight, Double Full dismount..... | 1.5 difficulty |
| 3. Spotter Full, Barani Tuck dismount | 1.3 difficulty |
| 4. Mounter Barani Tuck, Back Tuck dismount..... | 1.1 difficulty |
| 5. Mounter Barani Pike, Back Pike dismount..... | 1.2 difficulty |
| 6. Spotter Front Pike, Front Tuck dismount | 1.1 difficulty |
| 7. Spotter Barani Tuck, Back Double Tuck dismount | 1.6 difficulty |
| 8. Spotter Back Double Tuck, Flifis Tuck dismount..... | 2.3 difficulty |
| 9. Mounter Flifis Tuck, Double Back Straight dismount | 2.5 difficulty |

DIFFICULTY

Determining the degree of difficulty. The difficulty of each skill is calculated on the following basis:

1. 1/1 somersault (360°)..... 0.5 pt.
2. 2 twist/turn (180°)..... 0.1 pt.
3. 1/1 twist/turn (360°)..... 0.2 pt.
4. Side somersaults and skills without rotation have no difficulty value.
5. In skills combining somersault and twist, the difficulty values for somersault and twist are added together.
6. Somersaults executed in the straight or pike position will be awarded an extra 0.1 pt provided that there is at least 1/1 somersault rotation without twist.
7. 2/1 somersaults, or more, with or without twists, will be awarded an extra 0.1 pt when executed in the pike or straight position.
8. Inward and reverse somersaults (360° rotation) receive an additional 0.1 pt.
9. Mounter or Spotter double Somersaults performed with a dismount double Somersault will be awarded an extra 0.2 pt.
10. Only skills which land on the feet will be evaluated.
11. Performing two double-Somersaults in one pass will receive an additional 0.2 ..
12. Refer to the difficulty listed under **DOUBLE-MINI TRAMPOLINE DIFFICULTY**.

REPEATS

Repeats are not allowed. A skill is considered repeated when used during the three (3) passes more than once as a mount, spotter, or dismount. A repeated skill will result in 1.0 pt deduction and loss of difficulty.

LEVEL SPECIFIC DEDUCTIONS

These deductions apply to the Advanced Level of Double-Mini in addition to the Universal Deductions found in the General Rules.

For a pass with only one somersault, a deduction of 2.0 pt.

For a pass without any somersaults, a deduction of 2.0 pt.

For a pass that has only one skill, a 2.0 pt deduction will be taken on the advice of the Superior Judge and the aesthetic score for performance shall not exceed 3.0 pt.

COMPETITION CARDS - REQUIRED

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

There is no deduction for deviation from the routine listed on the competition card.

SCORES

All advanced aesthetic scores must be within 1.0 (not just the middle scores).

NATIONAL CHAMPIONSHIPS

A competitor will automatically qualify to compete at Nationals in the Advanced level if he/she competes at their State Championship in the Advanced; however, the competitor must have competed in the Advanced Level of competition at a AAU. Sanctioned competition prior to their state meet and met the difficulty requirements unless mandated.

DOUBLE-MINI TRAMPOLINE DIFFICULTY

MOUNTING SKILLS

	TUCK	PIKE	LAYOUT	PUCK
Tuck Jump	-	-	-	-
Pike Jump	-	-	-	-
Straddle Pike Jump	-	-	-	-
Front Jump 2 Twist	-	-	.1	-
Front Jump 1 Twist	-	-	.2	-
Front Jump 1 1/2 Twist	-	-	.3	-
Front Jump Double Turn	-	-	.4	-
Front Somersault	.5	.6	.6	-
Front Double Somersault	1.0	1.2	1.2	-
Front Somersault 2 Twist (Barani)	.6	.6	.6	-
Front Somersault 1 Twist	-	-	.7	-
Front Somersault 1 1/2 Twist (Rudy)	-	-	.8	-
Front Somersault 2 Twist	-	-	.9	-
Front Somersault 2 1/2 Twist (Randy)	-	-	1.0	-
Front Somersault 3/2 Twist (Adolph)	-	-	1.2	-
Front Double Somersault 2 Twist (Fliffis/Barani Out)	1.1	1.3	-	-
Front Triple Somersault 2 Twist (Triffis/Barani Out)	1.6	1.9	-	-
Reverse Somersault (Gainor)	.6	.7	.7	-
Reverse Somersault 1 Twist (Gainor)	-	-	.8	-
Reverse Somersault 2 Twist (Gainor)	-	-	1.0	-

SPOTTER SKILLS

	TUCK	PIKE	LAYOUT	PUCK
Tuck Jump	-	-	-	-
Pike Jump	-	-	-	-
Straddle Pike Jump	-	-	-	-
Front Jump 2 Twist	-	-	.1	-
Front Jump 1 Twist	-	-	.2	-
Front Jump 1 1/2 Twist	-	-	.3	-
Front Jump 2 Twist	-	-	.4	-
Front Somersault	.5	.6	.6	-
Front Double Somersault	1.0	1.2	1.2	-
Front Somersault 2 Twist (Barani)	.6	.6	.6	-
Front Somersault 1 Twist	-	-	.7	-
Front Somersault 1 1/2 Twist (Rudy)	-	-	.8	-
Front Somersault 2 Twist	-	-	.9	-
Front Somersault 2 1/2 Twist (Randy)	-	-	1.0	-
Front Somersault 3/2 Twist (Adolph)	-	-	1.2	-
Front Double Somersault 2 Twist (Barani Out)	1.1	1.3	-	-
Front Triple Somersault 2 Twist (Triffis/Barani Out)	1.6	1.9	-	-
Back Somersault	.5	.6	.6	-

	TUCK	PIKE	LAYOUT	PUCK
Back Double Somersault	1.0	1.2	1.2	-
Back Double Somersault 1 Twist (2 In 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 Somersault 1 Twist	-	-	.7	-
Back Somersault 2 Twist	-	-	.9	-
Back Somersault 3 Twist	-	-	1.1	-

FORWARD

	TUCK	PIKE	LAYOUT	PUCK
Tuck Jump	-	-	-	-
Pike Jump	-	-	-	-
Straddle Pike Jump	-	-	-	-
Straight Jump 2 Twist	-	-	.1	-
Straight Jump 1 Twist	-	-	.2	-
Front Jump 1 2 Twist	-	-	.3	-
Front Jump 2 Twist	-	-	.4	-
Front Somersault	.5	.6	.6	-
Front Double Somersault	1.0	1.2	1.2	-
Front Somersault 2 Twist (Barani)	.6	.6	.6	-
Front Somersault 1 Twist	-	-	.7	-
Front Somersault 1 2 Twist (Rudy)	-	-	.8	-
Front Somersault 2 Twist	-	-	.9	-
Front Somersault 2 2 Twist (Randy)	-	-	1.0	-
Front Somersault 3 2 Twist (Adolph)	-	-	1.2	-
Front Double Somersault 2 Twist (Fliffis/Barani Out)	1.1	1.3	-	-
Front Somersault 3 Twist	-	-	1.1	-
Front Somersault 3 2 Twist	-	-	1.2	-
Front Double Somersault 1 Twist	1.2	1.4	-	-
Front Double Somersault 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	1.9	-	-

BACKWARD

	TUCK	PIKE	LAYOUT	PUCK
Backward Pike Jump	-	-	-	-
Backward Straddle Pike Jump	-	-	-	-
Backward Jump 2 Twist	-	-	.1	-
Backward Jump 1 Twist	-	-	.2	-

Backward Jump 1 2 Twist	-	-	.3	-
Backward Jump 2 Twist	-	-	.4	-
Backward Somersault	.5	.6	.6	-
Backward Double Somersault	1.0	1.2	1.2	-
BACKWARD continued	TUCK	PIKE	LAYOUT	PUCK
Backward Somersault 2 Twist	-	-	.6	-
Backward Somersault 1 Twist	-	-	.7	-
Backward Somersault 1 2 Twist	-	-	.8	-
Backward Somersault 2 Twist	-	-	.9	-
Backward Somersault 3 Twist	-	-	1.1	
Backward Double Somersault 2 Twist (1/1 In 1/1 Out)	1.4	1.6	1.6	1.4
Back Double Somersault	-	1.4	1.4	1.2
2 Twist (2 In 2 Out)	-	1.4	1.4	1.2
(Full In Back Out)	-	1.6	1.6	1.4
(2 In Rudy Out)				

NOTE: 11. Performing two double-Somersaults in one pass will received an additional 0.2 difficulty.....

Glossary

Barani - a single front somersault with a 2 twist initiated after 45° of somersaulting rotation.

Dismount - a skill that initiates from the second bed and terminates on the landing mat.

Full - a single backward or forward somersault in the straight position with one full twist (360°)

Mounter - the element that begins on the first bed (mounter bed) and ends on the second bed (spotter bed) of the double-mini trampoline

Penalty Zone - the red zone in the center of the double-mini trampoline. The two end red zones are not penalty zones.

Pike jump - a jump in which the legs lift straight in front of the body to the horizontal position. *See pike position.*

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°. In multiple somersaults (2/1 or more) with twists, the pike position may be modified during the twisting phase.

Pike Straddle jump - a jump in which the angle between the upper body and the front of the thigh is less than 135° degree. The angle between the legs should be greater than 135°.

Randi - a single front somersault in the straight position with 2 1/2 twist.

Rudi - a single front somersault in the straight position with 1 1/2 twist.

Spotter - the spotter skill should initiate and terminate from the center of the second bed. A straight jump is performed from the first (mounter) bed to the second (spotter) bed.

Straight jump - a jump where the body is held tight and straight. The shoulders should be extended and the back flat. A complete push through the feet occurs as the athlete leaves the double-mini trampoline bed. *See straight position.*

Straight position - The angle between the upper body and thighs must be greater than 135° and the angle between the thighs and lower legs must be greater than 135°.

Tuck jump - a jump in which the legs lift in front with a bend at both the hips and knees. The thighs should be close to the chest. *See tuck position.*

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°. In multiple somersaults (2/1 or more) with twists, the tuck position may be modified during the twisting phase.

IV. EXCERPTS FROM AAU CODE BOOK

- A. **AAU Membership.** All participants must be a member of the AAU in order to participate in any AAU Licensed Event. Event Operators may not collect AAU membership money at any AAU licensed event.

Membership Requirements. Membership in the AAU is a privilege granted by the AAU. The AAU at its sole discretion reserves the right to accept or reject applicants for membership.

1. **Conditions for Membership.** Membership in any class may be granted only after an application is submitted and approved. By submitting an application, the applicant agrees to comply with all the provisions of the Constitution, Bylaws, policies, procedures and rules of the AAU.
2. **Categories of Membership.** Classes of membership in the AAU are as follows:
 - a. **District Member.** The organization chartered by the Congress to provide administrative services within a designated geographic area.
 - b. **Club Member.** An organization or group that has been approved for membership after meeting the registration requirements of the Code.
 - c. **Individual Member.** A person who has been approved for membership after meeting the registration requirements of the Code. Individual membership categories are:
 - i. Youth Athlete
 - ii. Adult Athlete
 - iii. Non-Athlete
 - d. **Allied Member.** An organization or group approved by Congress which is engaged in athletics or sports-related activities.

B. **Use of Logos and Trademarks**

1. **AAU Registered Marks.** The AAU name, mark, seal, logo, and other insignia (all "AAU marks") are protected through trademark registration and are defined as the intellectual property of the AAU. Only those subordinates and affiliated organizations which are expressly authorized by the National AAU may use the intellectual property of the AAU. The National AAU may withdraw its approval to use its marks, in its sole discretion. Members shall immediately comply with notice to cease and desist from the use of the AAU's intellectual property. The unauthorized use of any of the intellectual property of the AAU is a violation of this policy and may subject the member/entity to penalties set out in the AAU Code.
2. Only chartered Districts, District Sport Committees and National Sport Committees may use the AAU marks in their name.
3. There are three (3) levels of AAU club membership. Level 1 AAU Clubs acquire no rights to use the AAU's intellectual property. Level 2 and Level 3 Clubs may use AAU's intellectual property for the promotion of its organization and/or licensed AAU events only. Member clubs may not use the name AAU in their legal name.
4. In the event of a dispute or conflict as to a member's/entity's claim(s) to use any of the intellectual property of the AAU.

C. **Event Licenses**

1. No event shall be conducted under the auspices of the AAU unless a written license has been issued for the activity. A license is the written approval of the AAU for the conduct of the activity.

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January 2015 Revision

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 platforms and mats should always be used. Mats should be placed around the entire trampoline with landing mats on the floor at the ends of the trampoline by the end decks.
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 (unless the trampolines are in pits). Trampoline spotters must be at least 18 years old, 5' tall, and have a current AAU A/B Membership. The AAU recommends using six (6) spotters for advanced and elite competitors with two (2) on each side and one (1) on each end. The AAU Sport of T&T requires every Trampoline Club supply two spotters from their club for every competition entered.
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. All trampoline skills and passes must begin and end facing the end of the trampoline.
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.
18. No one should be allowed to jump trampoline during a power outage or in a dark area.
19. No one should be allowed to perform any skills with a difficulty of 1.1 or more that do not terminate on the feet.

EQUIPMENT - p1

The interior height of the hall in which trampoline competitions are to take place must be at least 25 feet.

Recommended at Invitationals. Required for State, Nationals, and Team Trials.**Dimensions**

1. The dimensions of the trampoline must be 7' x 14'.

Trampoline Bed

The web of the bed should be 6mm or a Euro-bed. The bed must be strong enough to withstand wear and not tear when in use. The jumping zone must be marked out clearly on the middle of the trampoline bed. The center of the bed is indicated by a red cross.

Suspension

1. The bed must be suspended with springs in such a way as to present no danger to users.
 2. The tension of the bed should be such that the bed stabilizes within one second after contact.
 3. The area beneath the bed must be free of obstruction.
- The trampoline must be constructed so that the competitor will not touch any part of the frame beneath the bed.

Safety Padding

1. The frame and springs must be entirely covered by a shock absorbent padding. The padding must not cover any part of the bed.
2. The padding should be firmly fixed to the frame without hindering the normal action of the bed and springs, nor should it cause noise during the course of the routine.
3. Trampoline wedges

Safety Platform (End Decks)

1. The platforms must be placed at both ends of the trampoline. The platforms must be made of a framework that is firmly attached to the trampoline. The platforms must be constructed so that they are shock absorbent. The surfaces must be covered with a shock absorbent mat (minimum 5' x 10' x 8") firmly fixed to the platform.
2. The platform dimensions must be such that the mats are sufficiently supported to ensure that on landing, they support the weight of the competitor without collapsing or folding.
3. The mats covering the platforms must extend to the edge of the bed (covering the springs).
4. The base of any wheel stands must also be covered with padding.

Safety Mats on the Ground

1. Landing mats (5'x10'x8") or carpet bonded foam of equal thickness at least 6' wide must cover the entire length of the trampoline sides to the back of each end deck.
2. One additional mat (5'x10'x8") is required beyond the mat on the floor at the end of each safety platform (end deck).
3. 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.

Riser Height

1. All risers must all be the same height, a minimum of 36" high. Recommended for Invitationals; required for State, Team Trials, and Nationals.
- * If bleachers are used, all judges must sit at the same level and be a minimum of 36" high.

EQUIPMENT- p2

Spotters

1. There must be four spotters around the sides of the trampoline at all times. The AAU. recommends using six (6) spotters for advanced and elite competitors with two (2) on each side and one (1) on each end.
2. Trampoline spotters must be at least 18 years old, 5' tall, and have a current AAU A/B Membership.

Spotter Mats (Throw-in Mats)

1. **Required** at all competitions.

NOTE: A throw-in “sting” mat may be used; however, if an athlete lands on a throw-in mat during a routine, the pass will be terminated and the athlete will lose the skill and receive a 0.9 landing deduction in addition to any other applicable deductions.

Synchronized Trampoline Competition

1. During synchronized competition, the trampolines must be parallel and not staggered.

DRESS (ATHLETE ATTIRE) The Superior Judge makes the decision.

ATHLETE ATTIRE -Athletes **MUST** be in competition attire from the beginning of their warm-ups through the end of their competition (athletes will receive one warning - failure to heed warning will result in a 2.0 major deduction to be taken on their 1st pass) and during all Award Ceremonies.

Men: A sleeveless gymnastics step-in is required. Long white or solid team colored trousers which must come from a gymnastics supplier (no sweat pants allowed). Deduction 2.0 pts per pass.

Appropriate **undergarments** must be worn. Undergarments that show **MUST** match the color of the shorts. Deduction 0.3 pt. per pass.

NOTE: If wearing long white trampoline pants with dark or colored shorts or briefs underneath that show will result in a 0.3 pt. deduction.

Women: A leotard must be worn. It may be long sleeve, short sleeve, or sleeveless (which means that a leotard must have arm/sleeve holes). No two piece leotards, unitards, halter leotards, skirts, or tights are allowed. No leotards with holes on the side(s) or below the waist on the back are allowed. Deduction 2.0 pt per pass.

Appropriate **undergarments** must be worn.

1. Briefs, if worn, **MUST** match the color of the leotard located around the leg opening or be the athlete's flesh color. Deduction 0.3 pt.
2. Sport bras that show **MUST** match the majority color of the upper half of the leotard, be the athlete's flesh color, or be neutral colored (any shade of beige).. Deduction 0.3 pt.

Footwear: White gymnastic shoes and/or white foot covering **must** be worn. Although the rules state shoes must be white, we will accept Aoff-white@ and tan. Shoes may have an un-embellished manufacturer's trademark, but no other markings, designs, or decorations. Deduction 1.0 pt. per pass.

If socks are worn, they must be all white and not higher than ankle length (up to 1" above the ankle bone). **EXCEPTION:** Male only - colored foot covering may be worn provided they are the same color as their long trampoline pants. Deduction 1.0 pt. per pass.

Not wearing foot covering will result in termination and a "0" score.

Distracting Dress: Distracting dress, such as undergarments, thongs, etc.. Deduction 0.3 pt. per pass.

Jewelry: The wearing of jewelry or watches may not be worn in competition. Jewelry must be removed, taping over will result in deduction. Maximum deduction per pass - 1.0 pt.

Hair: All hair should be pulled back out of the eyes, even short hair. Hair that is distracting or falls in the face will result in a 0.3 pt. deduction per pass.

Ribbons or scrunchies that fall off during competition will result in a 0.3 pt. deduction per pass. There will not be a deduction taken for glasses & hearing aids that fall off during competition.

Hard hair beads and/or hard hair balls. 2.0 pt. deduction.

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 pt per pass for distracting dress to be taken on the advice of the Superior Judge.**

Athletic Wrap: Athletic wrap must be plain without designs. Athletic wrap with designs will result in a 0.3 distracting deduction.

Casts: Athletes will not be allowed to warm-up or compete.

≡ Attire deductions are taken on a per pass basis ≈

<p>Additional rules apply for Synchronized Trampoline.</p>

COMPETITION AGE DETERMINATION

Ages will be determined by a Universal Birth Date of December 31. Whatever age a competitor will be on December 31 will determine the age he/she will compete at the entire competition year, *i.e., whatever the age is as of 12/31/13, will compete at from September 2013 through August 31, 2014).

Boys and Girls will not compete against each other (except for Collegiate). There shall be separate divisions for each.

Age groups with five (5) or fewer competitors may be combined with adjacent age group(s) for Invitational Competitions as long as the Meet Director states policy on entry form. The AAU recommends approval of all coaches with athletes in said age group(s).

RECOMMENDATION: At Invitational competitions, it is strongly recommended if more than 30 competitors are in one age-group, another division be added and duplicate awards given.

***EXCEPTIONS to the age groups will be made to include children with developmental disabilities through petitioning procedures.**

BEGINNER

Girls Age Groups are: 4 & Under; 5 yrs.; 6 yrs.; 7 yrs.; 8 yrs.; 9 yrs.; 10 yrs.; 11 & Over

Boys Age Groups are: 4 & Under; 5-6 yrs.; 7-8 yrs.; 9-10 yrs.; 11 & Over

NOVICE

Girls Age Groups are: 6 & under; 7 yrs.; 8 yrs.; 9 yrs.; e.) 10 yrs.; 11 yrs.; 12 yrs.; 13-14 yrs.; 15 & Over

Boys Age Groups are: 6 & under; 7-8 yrs.; 9-10 yrs.; 11-12 yrs.; 13 & Over

INTERMEDIATE

Girls Age Groups are: 8 & Under; 9-10 yrs.; 11-12 yrs.; 13-14 yrs.; 15 & Over

Boys Age Groups are: 8 & Under; 9-10 yrs.; 11-12 yrs.; 13-14 yrs.; 15 & Over

SUB-ADVANCED

Girls Age Groups are: 8 & Under; 9-10 yrs.; 11-12 yrs.; 13-14 yrs.; 15-16 yrs.; 17 & Over

Boys Age Groups are: 8 & Under; 9-10 yrs.; 11-12 yrs.; 13-14 yrs.; 15-16 yrs.; 17 & Over

ADVANCED

Girls Age Groups are: 8 & Under; 9-10 yrs.; 11-12 yrs.; 13-14 yrs.; 15-16 yrs.; 17 & Over

Boys Age Groups are: 8 & Under; 9-10 yrs.; 11-12 yrs.; 13-14 yrs.; 15-16 yrs.; 17 & Over

STRETCH-OUT & WARM-UPS

Stretch-out Mats at Competition: If a competitor is doing skills at or above their level on the stretch out mats, 3 coaches/judges would have to sign a complaint with the competitors name/age/level competing/team and turn it into the National Office after the meet to then be dealt with for the welfare and fairness of the competitor as well as fairness to all to make sure it is investigated & reviewed before a mandate is decided.

WARM-UPS

Warm-ups must start after the scheduled coaches & judges= meeting (not during or before).

Athletes must wear competition attire during warm-ups. From the time a flight begins until the athlete=s flight competition is completed, athletes must remain in competition attire. Athletes not attired properly will not be allowed to warm-up or compete. First warning verbal and the second warning will result in disqualification for athletes who do not stay in their competition attire from the beginning of warm-ups through the end of their competition (and at nationals, until after their flight awards) unless approved by the Superior Judge.

During warm-ups, if an athlete performs a skill from a higher level, the athlete will receive a 2.0 deduction on the 1st pass and will be mandated to the next level at the next competition.

BEGINNER

1 Turn @ 45 Seconds

NOVICE

2 Turns @ 30 Seconds Each

INTERMEDIATE

2 Turns @ 30 Seconds Each

SUB-ADVANCED

2 Turns @ 30 Seconds Each

ADVANCED

1. **Preliminaries** - 3 Turns @ 45 Seconds Each
2. **Finals** - 3 Turns @ 45 Seconds Each

SYNCHRO TRAMP

SUB-ADVANCED

3 Turns @ 45 Seconds Each

ADVANCED

3 Turns @ 45 Seconds Each

START OF A ROUTINE

Each competitor will start a routine facing the end-deck after the Superior Judge signals the competitor to begin.

A competitor may take as many preliminary bounces as desired before beginning the routine. Scoring begins upon the initiation of the first skill. The routine must begin directly facing one of the end decks.

A competitor's routine shall be considered started once the first element is initiated. Prior to that, if there is a faulty start, the competitor may re-start without penalty on a signal from the Superior Judge.

Second attempt at routines are not allowed.

EXCEPTION: If a competitor is obviously disturbed in a routine (faulty equipment or external influence), the Superior Judge may allow a second attempt. Spectator noise, applause, etc. would not normally constitute disturbance.

During a competition pass, if an individual walks between the competitor and judges, the competitor's coach has the option to have the athlete re-perform the pass. The scores received for the re-performed pass will be used.

At the Advanced and Elite Levels of Trampoline, athletes will not be charged with a tuck jump or a pike jump if the knees or hips bend during the course of building height before the start of their pass.

OBJECT OF A ROUTINE

The object of a routine is to execute the routine with control, consistent minimum height (waist height) and perfection in the execution of each skill in the center of the trampoline.

All skills performed must be combined in such a fashion so as to give the athlete the safest order of skills.

END OF A ROUTINE

A competitor will be judged only on the number of skills (contacts) completed on the bed of the trampoline. The routine must end under control in an upright position, with both feet on the trampoline bed; otherwise, there will be a deduction.

After the last skill in individual competitions, the competitor is allowed to do one more jump in a stretched position (out-bounce) using the elasticity of the bed.

To be considered an out-bounce, the action must be an automatic repulsion which goes straight up and down (arms must be straight up) or the motion will be considered instability (taking steps).

In the case of an interrupted routine, if the last bounce is a straight jump, it will be considered an out-bounce, not an intermediate jump as long as it meets the requirements of an out-bounce.

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. For take-off from the feet, the body should be held straight with arms up and shoulders extended. For all Straight Jumps, Extensions (press-outs) and Twists, the body should be held straight.
3. The arms should be straight and held close to the body whenever possible.
4. In all positions, the feet and legs should be kept together (except for straddle jumps) and the feet and toes pointed.
5. Depending on the requirements of the movement, the body should be either tucked, piked, or straight.
6. For all tuck, pike, and straddled skills, the arms should press down to the sides after the tuck, pike, or straddle position is attained.
7. The legs should be a minimum of 135° apart during the execution of a **pike straddle jump** with a minimum of 135° bend at the waist.

NOTE: Failure to meet the bend at the waist will result in being counted as a straight jump.

NOTE: Failure to meet the 135° split of the legs will result in being counted as a pike jump.

8. The knees should bend at a 90 degree angle, the head should be in the neutral position (facing down toward the trampoline bed), and the elbows should be out during a **front drop**.
9. The following defines the minimum requirements for a particular body shape:
 - 9.1 **Straight Position:** The angle between the upper body and thighs must be greater than 135° and the angle between the thighs and the lower legs must be greater than 135°.
 - 9.2 **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 °.
 - 9.3 **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°.
 - 9.4 **Puck Position:** In multiple somersaults (2/1 or more) with twists, the tuck and pike position may be modified during the twisting phase.
10. 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).
11. In the **tuck** position, the hands should touch the legs below the knees and the arms should be bent into the body except in the twisting phase of multiple somersaults (2/1 or more).
12. In the **pike** position, the hands should touch the toes except in the twisting phase of multiple somersaults.
13. The position of somersaulting skills will be determined between 10:00 and 2:00 (tuck, pike, straight). If a double somersaulting skill, the position is determined by the somersault with the lesser degree position.
14. In multiple somersaults (2/1 or more) with twists, the tuck and pike position may be modified during the twisting phase. If a double somersaulting skill, the position is determined by the somersault with the lesser degree position.

INTERRUPTIONS OF THE ROUTINE (SCORING STOPS)

Whatever terminates a pass results in loss of skill and the appropriate deduction.

The Superior Judge makes the decision. A routine is to be considered interrupted if the competitor:

1. Touches the springs or frame with any part of the body (including if while performing a skill (back drop, front drop, or 3/4) an athlete's hair (i.e. pony tail) hits the end pads, side pads, or springs. Deduction 0.9 pt.
2. Leaves the trampoline as a result of lack of control or insecurity. Deduction 1.0 pt
3. Being touched by a spotter while performing a skill results in loss of skill and termination. Being touched by a spotter between skills results in termination.
4. Does not use the elasticity of the bed (kills bounce) after landing to rebound into the next skill, causing a break in the rhythm of the routine.
5. During a routine, obviously fails to land on both feet simultaneously at the end of a skill. Landing on one foot will result in termination of the pass, loss of skill, and 0.3 deduction will be taken by the aesthetic judges - even if the 10th contact.
6. Use of an illegal skill terminates the pass at that point, results in loss of the skill, and may result in a mandate to the next level. Deduction 2.0 pt
7. A contact or dragging of the feet on a back drop, or ball-out would be cause for termination if the feet and the back contact the bed at the same time.
 - 7.1 If the dragging occurs before the return to feet and does not cause a depression of the bed (brushing), it should be considered an aesthetic deduction.
 - 7.2 If the dragging occurs before the return to feet and does cause a depression of the bed, it should be considered a contact and the return to feet would be counted as a straight jump.
8. Performs a skill facing the side of the trampoline unless it is the last skill of the routine.
9. Landing on a throw-in mat during a routine will result in loss of skill and 0.9 pt. landing deduction in addition to any other applicable deductions. NOTE: If the athlete does not touch the throw-in mat, there will be no termination, loss of skill, or 0.9 landing deduction.
10. Landing deductions 14.2 - 14.9 on page TR-12

No credit will be given for the skill in which the interruption occurs.

DUTIES OF THE AESTHETIC JUDGE

NOTE: All risers must all be the same height, a minimum of 36" high. Recommended for Invitationals; required for State, Team Trials, and Nationals.

1. If bleachers are used, all judges must sit at the same level and be a minimum of 36" high.
1. Evaluate the Execution (form, head position, arm position, consistency of height, control, and rhythm, perfection in execution of each skill) in the center of the trampoline, and write down the deductions.
2. Subtract their deductions from the maximum mark indicated by the Superior Judge.

AESTHETIC DEDUCTIONS FOR FAULTY EXECUTION

DEDUCTIONS FOR FAULTY EXECUTION

The competitor is judged on the skills completed on the bed of the trampoline. Skills must land with both feet on the bed simultaneously. A stretch jump (out-bounce) is optional after the last skill.

1. Lack of form, head position, arm position, individual constant height, deviation from the center, and lack of control in each skill 0.1-0.8 pt

NOTE: A dragging of the feet on a back drop or ball-out that occurs before the return to feet that **does not** cause a depression of the bed (brushing) will be considered in the 0.1-0.8 aesthetic deduction.

2. Lack of individual minimum height - overall pass (maximum)..... 0.1-0.3 pt
Minimum height - waist high

NOTE: Skills that originate on the front, back, or seat are allowed to lose 1/4 of height without deduction.

3. Deductions for a kick out (opening of a somersault) is only based on the position of the opening of the somersault without regard to the style
 - 3.1 Kick out between 12:00 and 1:00 o'clock 0.0 pt.
 - 3.2 Kick out between 1:00 and 3:00 o'clock 0.1 pt.
 - 3.3 Kick out after 3:00 o'clock.. 0.2 pt.

Reference body positions to the face of a clock.

NOTE: Aesthetic deductions for faulty execution are not taken on intermediate straight jumps.

DEDUCTIONS TAKEN ON THE INSTRUCTION OF THE SUPERIOR JUDGE - p1

1. Talking to or giving any signal to a competitor by his own spotters or coach during the routine (maximum per pass).0.3 pt
2. If a competitor executes more than the number of contacts defined in the pass requirements (maximum)..... ..1.0 pt
3. Each intermediate straight jump will receive a 1.0 deduction (per straight jump). **Intermediate straight jumps do not receive aesthetic deductions, but do count as contacts. EXCEPTION:** In the Elite Level, a straight jump will cause termination of the pass. In the case of an interrupted routine, if the last bounce is a straight jump, it will be considered an out-bounce, not an intermediate jump as long as it meets the requirements of an out-bounce.
4. Repeated skills
 - 4a. Beginner, Novice, & Intermediate. A repeated skill will receive a 0.5 deduction. NOTE: A skill is not considered a repeat if performed in a different position or performed in a combination (entered into or exited out of in a different manner..
 - 4b. Sub-Advanced & Advanced. Repeated difficulty skills will result in loss of difficulty. There is not penalty for repeating non-difficulty skills.
 - 4c. Return to feet is permitted without being a repetition.
5. Any omitted compulsory skill or skills or not meeting pass requirements (maximum)..... ..2.0 pt
6. Dragging the feet that causes a depression of the bed should be considered a separate, additional contact with the bed and counted the same as a return to feet (in upper levels - 0.1 difficulty).
7. Performing an illegal skill will result in termination, 2.0 deduction, and may result in a mandate to the next level of competition.
8. Exceeding pass maximums will result in termination, 2.0 deduction, and mandate to the next level of competition.
9. Each 2 and 1/1 turn (feet to feet) that is short or long by 20°0.5 pt
 - 9.1 A jump 2 turn will be accepted between 160 and 200 degrees. Anything longer will result in a 0.5 pt major deduction. Anything shorter will be called a straight jump. If the skill begins or ends facing the side pad, the pass will be terminated.
 - 9.2 A jump 1/1 turn will be accepted between 340 and 380 degrees. Anything shorter or longer will result in a 0.5 pt major deduction. Anything shorter will be called a 2 turn. If the skill begins or ends facing the side pad, the pass will be terminated with a loss of skill (unless it is the last skill)

DEDUCTIONS TAKEN ON THE INSTRUCTION OF THE SUPERIOR JUDGE - p2

10. Attempt of an out-bounce that does not go straight up and down (arms up) using the elasticity of the bed will be considered Ainstability@ and the appropriate landing deduction will be taken.
11. **LANDING DEDUCTIONS.** NOTE: All the following landing deductions are in addition to the aesthetic deduction of the last skill performed. *Landing deductions apply for incomplete passes, complete passes, or passes with too many skills.* If a pass has too many skills, LANDING deductions will be taken on the last skill performed, not at the point where the pass was to have stopped. Landing deductions are not accumulative, if more than one landing infraction occurs, the greater deduction will be taken.

After the final landing on the trampoline bed, the competitor must stand upright for at least three seconds; otherwise, the athlete will receive a landing deduction.

11.1 Instability Steps 0.1-0.3 pt

When judging instability, the competitor should stop and hold the landing for three seconds prior to turning to salute.

Counting to 3. Regardless of the size of the step(s), taking one step results in a 0.1 deduction; taking two steps results in a 0.2 deduction; and taking three or more steps results in a 0.3 deduction.

Although technically "instability" includes arm waving and/or body movement, the Technical Committee agreed to exclude those from these clarifications. If an aesthetic judge feels there is too much movement, they can increase the deduction on the last skill - the movement is probably a direct result of how they completed that skill anyway.

If an out-bounce is not automatic or does not travel straight up and down - it will be considered instability.

NOTE: 11.2 - 11.9 will also result in loss of skill and termination of pass

- 11.2 Touching the bed with one hand 0.4 pt
- 11.3 Touching the bed with both hands (unless behind body)..... 0.5 pt
- 11.4 Touching the bed with elbow(s), knee(s) or hand(s)/knee(s)..... 0.6 pt
- 11.5 Touching the bed with the seat and/or
touching hand(s) or elbows on the bed behind body..... 0.7 pt
- 11.6 Falling to the stomach, back, or head..... 0.8 pt
- 11.7 Touching the landing or suspension system,
pads, frame or spotter mat 0.9 pt
- NOTE: (including if while performing a skill (back drop, front drop, or 3/4) an
Athlete's hair (i.e. pony tail) hits the end pads, side pads, or springs.
- 11.8 Landing on a throw-in mat (will also result in loss of skill) 0.9 pt.
- 1219 Falling off the trampoline 1.0 pt

Refer to each Specific Level for additional deductions under this heading.

DUTIES OF THE DIFFICULTY JUDGE

DUTIES OF THE DIFFICULTY JUDGE - Determining the degree of difficulty for Sub-Advanced, Advanced, & Elite levels:

1. The difficulty value of each skill is calculated on the basis of the amount of twists and somersault rotation.

Twisting skills must start facing one of the end decks and end facing one of the end decks to receive twisting credit. Starting early or late and/or under or over-rotating do not get full credit.

- 1.1 1/4 somersault (90) degrees.. ..0.1 pt
- 1.2 3/4 somersault (270 degrees)0.3 pt
- 1.3 1/1 somersault (360 degrees)0.5 pt
- 1.4 2 twist (180) degrees)0.1 pt
- 1.5 1/1 twist (360 degrees)0.2 pt

2. Skills without twist or rotation have no difficulty value.
3. In skills combining somersault and twist, the difficulty values of the somersault and twist are added together.
4. Single somersaults executed in the straight or pike position will be awarded any extra 0.1 pt. provided that there are 360° of somersault rotation without twist.
5. Multiple somersaults (2/1 or more), with or without twists, will be awarded an extra 0.1 pt. for each 360° of somersault executed in the straight or pike position.

DUTIES OF THE SUPERIOR JUDGE

1. Control of facilities and equipment.
2. Organize the Judges conference and the trial scoring.
3. Place and supervise all Judges and Recorders.
4. Direct the competition.
5. Convene the Competition Jury.
6. Convene and preside over the Arbitration Jury.
 7. Inform aesthetic judges of deductions for the passes.
 8. Decide on the competitors dress.
 9. Decide whether the spotter touched the competitor.
 10. Decide when the competitors pass has begun.
 11. Declare the maximum mark in the case of an interrupted pass.
 12. Inform the aesthetic judges additional deductions.
 13. Personally score the Execution in each pass before he verifies the marks of the Aesthetic Judges in case the difference between the scores is too great.
 14. Supervise all scores, calculations and the final results.
 15. Decide if there is a use of profanity or unsportsmanlike conduct during the competition which will result in disqualification from the competition, for the first offense.

METHOD OF SCORING

BEGINNER through INTERMEDIATE

1. It is mandatory that there be two aesthetic judges and one superior judge. Recommend the superior judge be positioned between the two aesthetic judges when possible.
2. The aesthetic judges will score the routine by evaluating the form, consistency of height, control, and execution of performance in tenths of a point.
3. Each pass will be judged out of the number of skills successfully completed. A completed pass with the correct number of skills will be scored out of ten (10) points.
3.1 Each skill will be worth 1.0.
4. The scores of the judges must be written independently of each other. The deductions for poor execution are subtracted from the maximum mark. The two aesthetic judges scores will be added together and the difficulty score is added to that total.
5. There is no difficulty awarded at these levels.

SUB-ADVANCED

1. There will be two aesthetic judges, one difficulty judge, and one superior judge for a total of four (4) judges. This is recommended for Invitational Competitions and required for State and National Championships. Recommend the superior judge be positioned between the two aesthetic judges when possible.
2. The aesthetic judges will score the routine by evaluating the form, consistency of minimum individual height, control, and execution of performance in the center of the trampoline in tenths of a point.
3. Each pass will be judged out of the number of skills successfully completed. A completed pass with the correct number of skills will be scored out of ten (10) points.
3.1 Each skill will be worth 1.0.
4. The scores of the judges must be written independently of each other. The deductions for poor execution are subtracted from the maximum mark. The two aesthetic judges scores will be added together and the difficulty score is added to that total.
5. There is difficulty awarded at this level.

ADVANCED

1. There will be four (4) aesthetic judges, two (2) difficulty judges, and one (1) superior judge for a total of seven (7) judges. This is recommended for Invitationals and required for State and National Championships.
2. The aesthetic judges will score the routine by evaluating the form, consistency of minimum individual height, control, and execution of performance in the center of the trampoline in tenths of a point.
3. Each pass will be judged out of the number of skills successfully completed. A completed pass with the correct number of skills will be scored out of ten (10) points.
3.1 Each skill will be worth 1.0.
4. In the individual competition: The highest and lowest marks of the execution judges are deleted. The total of the two remaining marks is the score for execution. The difficulty score is added to that total.
5. All advanced aesthetic scores must be within 1.0 (not just the middle scores).

SYNCHRONIZED TRAMPOLINE

1. In the synchronized competition, the two 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

Superior Judges	
Trampoline No. 1	1
Trampoline No. 2	1
Difficulty Judges	
Trampoline No. 1	1
Trampoline No. 2	1
Aesthetic - Judges	
Trampoline No. 1	2
Trampoline No. 2	2
Synchronization Judge	1

COMPETITION PROCEDURES

BEGINNERS

Large age groups will be pyramided into groups of 15 except at Nationals where the groups will be 10 or less. Age groups with five (5) or fewer competitors may be combined with adjacent age group(s) for Invitational Competitions as long as the Meet Director states policy on entry form. The AAU. recommends approval of all coaches with athletes in said age group(s).

FINALS - No finals.

NOVICE through INTERMEDIATE

Large age groups will be pyramided into groups of 10 or less. Age groups with five (5) or fewer competitors may be combined with adjacent age group(s) for Invitational Competitions as long as the Meet Director states policy on entry form. The AAU. recommends approval of all coaches with athletes in said age group(s).

FINALS - No finals.

SUB-ADVANCED

Large age groups will be pyramided into groups of 10 or less. Age groups with five (5) or fewer competitors may be combined with adjacent age group(s) for Invitational Competitions as long as the Meet Director states policy on entry form. The AAU. recommends approval of all coaches with athletes in said age group(s).

FINALS - No finals.

COMPETITION CARDS - REQUIRED

The competition card must be handed in at the time and place specified by the organization committee. In optional routines, changes to the skills written on the competition card are permitted. There is no deduction for deviation from the routine listed on the competition card.

ADVANCED

Large age groups will be pyramided into groups of 10 or less. Age groups with five (5) or fewer competitors may be combined with adjacent age group(s) for Invitational Competitions as long as the Meet Director states policy on entry form. The AAU. recommends approval of all coaches with athletes in said age group(s).

COMPETITION CARDS - REQUIRED

The competition card must be handed in at the time and place specified by the organization committee. In optional routines, changes to the skills written on the competition card are permitted. There is no deduction for deviation from the routine listed on the competition card.

FINALS

The competitors with the top ten (10) scores from the preliminaries will advance to finals. In the event of a tied score with the tenth scoring athlete, all athletes with the same scores will be eligible to compete in finals.

The starting order for the finals will be in the order of merit, the competitor with the lowest preliminary score will be going first. In the event of ties, the starting order will be decided by draw.

PROTESTS

Fees: \$ 50- Invitationals
 \$100 - State Championships
 \$100 - Team Trials
 \$100 - National Championships)

A protest can only be made at levels of competition that have difficulty points and/or Ablack and white@ situations (i.e., number of skills, positions, etc.)

"Complaints" regarding aesthetic scores must be presented to meet director only. The meet director may then discuss the situation with the Superior Judge. Spectators may NOT go directly to judges. Only a coach, competitor, or representative of a Federation may approach the meet director.

If a scoring error results in a change of award placement after awards have been announced to the public or in the award room at any sanctioned competition, no award or placement shall be taken away from any competitor. The correct award and placement shall also be given to the athlete.

Coaches and/or competitors will not be allowed to approach the judges at any time during a competition to justify scores. Coaches/athletes may inquire about difficulty or skill positions of their pass with no discussion allowed. All other score inquiries must go through the Meet Director. Infractions will result in a verbal warning for the first offense and disqualification from the meet for the second offense.

A written protest with protest fee must be handed to the meet director within 5 minutes after the end of that flight of competition. The Meet Director will then present the protest to the Superior Judge.

A written protest with protest fee must be handed to the meet director within 5 minutes of the end of that flight of competition. The meet director will inform the respective judging panel that a protest has been filed, gather the appropriate protest committee members and prepare the video for viewing by the committee.

- o During this time, there is to be *no discussion* among the committee regarding the pass or rules in questions. This eliminates any pre-determined conceptions of the pass and any bias or persuasion of committee members to vote one way or another. Once the committee is convened and the video is set for review, the meet director will read only the general facts related to the protest and indicate the specific skill (i.e. B the second skill, the last skill, etc.) or movement in question (i.e. B landing).
- o At this time, the committee may also ask the meet director and/or superior judge to review any rules related to the protest. (i.e. "A position is determined by ____ degree angle between.... or "A pass is initiated when...")

A protest concerning the execution scores can only be made in respect of a numerical error.

At ALL competitions, a video other than the meet director's designated video can be used if the meet director's designated video does not record the pass. In this situation only, the meet director has the option to review the first video tape available to use by the Arbitration Jury as long as it can be verified as the competition routine. If no video is available, the judges' decision stands and the protest fee will not be returned.

Arbitration juries may view the video in slow motion.

Protests must be dealt with by the Arbitration Jury prior to the start of the next round and their decision announced immediately.

A decision must be made within 5 minutes of reviewing the tape. The decision of the Arbitration Jury is final and must be abided by.

If the protest is sustained, the fee will be returned. If a protest is won, the scores must be taken back to the judging panel for proper score adjustment.

If the protest is overruled, the fee will be given to the Meet Director. Decisions made by the Arbitration Jury at a competition cannot be overturned by the AAU Executive Board.

ARBITRATION JURY

Designation

1. The Protest Committee (Arbitration Jury) shall be designated at all competitions. The Meet Director must select and post a list of the Protest (Arbitration Jury) Committee Members (including an alternate) prior to the start of sanctioned competitions. The Meet Director will announce the Protest Committee Members (including an alternate) during the coaches and judges' meeting at these competitions.

Composition

1. For a protest with a panel of 4+ judges, the committee will consist of the superior judge, a member of the Technical Committee (or in his absence a member of the Board of Directors), the meet director, and two judges of the appropriate event appointed by the meet director before the competition begins. **Note:** One of the two judges must be a difficulty judge.
2. For a protest with a panel of 3 or less judges, composition will consist of the meet director, a member of the Technical Committee (or in his absence a member of the Board of Directors), the Superior Judge, an Aesthetic judge of the appropriate event and an Aesthetic Judge from another panel. If a member of the Technical Board is also a judge on the panel involved in the protest, that judge may not serve as a member of the Protest Committee as the Technical Board Representative.
3. If the protest concerns a competitor from the meet director's team, the meet director will be replaced by another member of the Technical Committee or Board of Directors for that protest.
4. If the protest concerns a competitor from the Technical Committee Member at the competition, the meet director shall designate an unbiased coach.
5. Each Protest Committee Member must review the protest procedure rules prior to acting on any protest.

RESULTS

1. A complete copy of the results (along with the Meet Director's Report and Judges' Reports) must be sent to the National Office within two weeks of the competition. Results may be emailed for a fee of \$10.

LEVELS

BEGINNER

Beginner Trampoline competition consists of one routine of ten (10) contacts (skills) with the bed. There are three (3) compulsory skills and seven (7) optional skills to be included within the ten (10) skill routine with no particular order.

The three (3) compulsory skills are Straight Jump with 2 Twist (180E), Pike Jump or Tuck Jump, and a Front or Back Contact. NOTE: The Straight Jump with 2 Twist (180E) MUST originate from and return to the feet. The Front or Back Contact requirement skill does not have to originate from the feet.

NOVICE

Novice Trampoline Competition consists of one routine of ten (10) contacts (skills) with the bed. There are four (4) compulsory skills* and six (6) optional skills to be included within the ten (10) skills with no particular order. Maximum of two (2) semis.

The four (4) compulsory skills are a Front Somersault (any position) *or* a Back Somersault (any position), 2 turn, pike jump and a Front or Back Contact (this could include, but is not limited to airplane [2 turn to a front drop]), front drop, back drop). NOTE: The Straight Jump with 2 Twist must originate from the feet and end on the feet. The Front or Back Contact requirement does not have to originate from the feet.

INTERMEDIATE

Intermediate Trampoline Competition consists of one routine of ten (10) contacts (skills) with the bed. There are four (4) compulsory skills* and six (6) optional skills to be included within the ten (10) skills with no particular order. Maximum - 5 semis.

The four (4) compulsory skills are a Straight Jump with 1/1 (360E) twist, a Front Somersault (any position - no twist), a Back Tuck Somersault, and a Front or Back Contact (this could include, but is not limited to airplane [2 turn to a front drop]). NOTE: The Straight Jump with 1/1 Twist must originate from the feet and end on the feet.

SUB-ADVANCED

Sub-Advanced trampoline competition consists of one (1) routine with ten (10) contacts (skills) with the bed. There are three (3) compulsory skills and seven (7) optional skills to be included within the ten (10) skills with no particular order. The routine must include the three (3) compulsory skills plus two (2) optional somies with no maximum of single somersaults. The three (3) compulsory skills are Back Somersault Layout Position, 3/4 Front or 3/4 Back Somie, Baran Tuck. Maximum - 4.6 pt. difficulty.

ADVANCED

1. **Preliminaries** (NATIONALS ONLY - Difficulty cap of 7.5
One ten (10) bounce optional routine.
Minimum of seven (7) somies and 4.7 difficulty.
Any repeated difficulty skills will result in loss of difficulty for the repeated skill, but will still count as a skill.
2. **Finals** - Difficulty cap of 7.5
One ten (10) bounce optional routine (may be the same as the preliminary routine).

BEGINNER DIVISION - TRAMPOLINE

AGE GROUPS - Boys and Girls will not compete against each other. There shall be separate divisions for each.

Girls Age Groups are: 4 & Under; 5 yrs.; 6 yrs.; 7 yrs.; 8 yrs.; 9 yrs.; 10 yrs.; 11 & Over

Boys Age Groups are: 4 & Under; 5-6 yrs.; 7-8 yrs.; 9-10 yrs.; 11 & Over

PASS REQUIREMENTS

Beginner Trampoline competition consists of one routine of ten (10) contacts (skills) with the bed.

There are three (3) compulsory skills and seven (7) optional skills to be included within the ten (10) skill routine with no particular order.

The three (3) compulsory skills are:

1. Straight Jump with 2 Twist (180°). **NOTE:** The Straight Jump with 2 Twist (180°) **MUST** originate from and return to the feet.
2. Pike Jump or Tuck Jump **MUST** originate from and return to the feet
3. Front or Back Contact. **NOTE:** The Front or Back Contact requirement skill **does not** have to originate from the feet.
4. The seven (7) optional skills must be selected from the list below.

LIST OF SKILLS PERMITTED	LIST OF SKILLS NOT PERMITTED
<ol style="list-style-type: none"> 1. Return to Feet (Please remember this is a contact) 2. Tuck Jump 3. Pike Straddle Jump 4. Pike Jump 5. Seat Drop 6. Front Drop (Stomach Drop) 7. Back Drop 8. Straight Jump with 2 Twist (180°)* 9. Straight Jump with 1/1 Twist (360°)** 10. Straight Jump with 1 1/2 Twist (540°) 11. Straight Jump with 2 1/2 Twist (720°) 	<ol style="list-style-type: none"> 1. All skills that involve landing on the knees 2. Somersaults 3. 3/4 Fronts, 3/4 Backs 4. Doggie Drops (Hands & Knees) 5. Back Drop-Pullover to Feet 6. Knee Drops

*A jump 2 turn (feet to feet) will be accepted between 160 and 200 degrees. Anything longer will result in a 0.5 pt major deduction. Anything shorter will be called a straight jump. If the skill begins or ends facing the side pad, the pass will be terminated.

**A jump 1/1 turn (feet to feet) will be accepted between 340 and 380 degrees. Anything shorter or longer will result in a 0.5 pt major deduction. Anything shorter will be called a 2 turn. If the skill begins or ends facing the side pad, the pass will be terminated.

SAMPLE PASSES

1. Tuck Jump, Straddle Jump, Seat Drop, 2 Turn to Seat, Return to Feet, 2 Turn, Seat Drop, To Feet, Front Drop, To Feet.
 2. Tuck Jump, Straddle Jump, Seat Drop, to Feet, 2 Turn, Seat Drop, To Front Drop, To Feet, Back Drop, To Feet
 3. Tuck Jump, Straddle Jump, Pike Jump, Seat Drop, To Feet, 2 Turn, Front Drop, To Feet, Seat Drop, 2 Turn To Feet
 4. Tuck Jump, Straddle Jump, Seat Drop, 2 Turn to Seat, To Feet, 2 Turn, Pike Jump, Back Drop, Front Drop, To Feet
- DIFFICULTY** There is no difficulty awarded at the Beginner Level of Trampoline.

REPEATS

No Repeats allowed (except return to feet) - repeated skills will result in a 0.5 pt. deduction. At this level, a skill will not be considered a repeat if it is entered into or exited from in a different manner. Example: Seat drop-return to feet is different from Seat drop-2 return to feet; Seat drop to front drop-return to feet is different from Seat drop-return to feet and different from Front drop-return to feet.

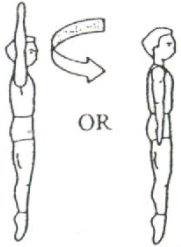
Combination skills which may be used without a repeat penalty involve two (2) contacts with the bed and also a rebound back to the feet. Each contact with the bed represents a "skill" and must be counted in the TEN (10) CONTACT requirement. Twists may be included between skills prior to the contact for variety and progression toward higher level skills. Twisting skills must start facing one of the end decks and end facing one of the end decks to receive twisting credit. Starting early or late and/or under or over-rotating do not get full credit. Examples are as Follows:

1. Swivel Hips
2. Seat Drop to Stomach Drop
3. Front Drop to 2 Turn to Front Drop (2 Turntable)
4. Front Drop to 1/1 Turn to Front Drop (1/1 Turntable)
5. Seat Drop to 1/1 Turn to Seat Drop (Barrel Roll)
6. Back Drop to 2 Turn to Back Drop (Cradle)
7. Back Drop to 1/1 Turn to Back Drop (Cat Twist)
8. All of these combinations may be followed by a 2 or 1/1 twist when returning to the feet.

LEVEL SPECIFIC DEDUCTIONS

1. A routine with any omitted compulsory skill or skills or not meeting pass requirements will receive a maximum deduction of 2.0.

FINALS - No finals in the Beginner Division.

			
Full Turn	Tuck Jump	Pike Jump	Back (Contact) Drop

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Pike Straddle Jump	Seat Drop	Front (Contact) Drop	Pike Straddle Jump

NOVICE DIVISION - TRAMPOLINE

AGE GROUPS - Boys and Girls will not compete against each other. There shall be separate divisions for each.

Girls Age Groups are: 6 & under; 7 yrs.; 8 yrs.; 9 yrs.; e.) 10 yrs.; 11 yrs.; 12 yrs.; 13-14 yrs.; 15 & Over

Boys Age Groups are: 6 & under; 7-8 yrs.; 9-10 yrs.; 11-12 yrs.; 13 & Over

PASS REQUIREMENTS

Novice Trampoline Competition consists of one routine of ten (10) contacts (skills) with the bed. There are four (4) compulsory skills* and six (6) optional skills to be included within the ten (10) skills with no particular order.

MAXIMUM OF TWO (2) SOMIES.

The four (4) compulsory skills are:

1. Front Somersault (any position) or a Back Somersault (any position) - **non-twisting**, 360 degree rotational, single somersault - **MUST** originate from and return to the feet
2. 2 Turn - **MUST** originate from and return to the feet
3. Pike Jump - **MUST** originate from and return to the feet
4. Front or Back Contact (this could include, but is not limited to airplane [2 turn to a front drop]), front drop, back drop).

MAXIMUM: Two (2) somies

The six (6) optional skills may be selected from the list below or the beginner trampoline list.

LIST OF SKILLS PERMITTED	LIST OF SKILLS NOT PERMITTED
<ol style="list-style-type: none"> 1. Beginner Skills 2. Back Somersault (Tuck, Pike, or Layout [Straight]) 3. Front Somersault (Tuck, Pike, or Layout [Straight]) 4. Routine may include two somi's maximum. 	<ol style="list-style-type: none"> 1. All skills that involve landing on the knees 2. No twisting somersaults are allowed. 3. Doggie Drops (Hands & Knees) 4. Knee Drops 5. Rotational skills with 270° (3/4 front, 3/4 back, pullover, etc)

SAMPLE PASSES

1. Back Straight, Pike Jump, Seat Drop, 2 Turn to Seat, Return To Feet, 2 Turn, Front Drop, Return To Feet, Seat Drop, Return to Feet
2. Straddle Jump, Pike Jump, Seat Drop, 2 Turn to Seat, Return to Feet, 2 Turn, Front Drop, Return to Feet, Tuck Jump, Front Tuck
3. Tuck Jump, Back Tuck, Pike Jump, Seat Drop, to Feet, 2 Turn, Seat Drop, 2 Turn to Feet, Front (or Back) Drop, Return to Feet

DIFFICULTY. There is no difficulty awarded at the Novice level of trampoline.

REPEATS

No Repeats allowed (except return to feet) - repeated skills will result in a 0.5 pt. deduction. At this level, a skill will not be considered a repeat if it is entered into or exited from in a different manner. Example: Seat drop-return to feet is different from Seat drop-2 return to feet; Seat drop to front drop-return to feet is different from Seat drop-return to feet and different from Front drop-return to feet.

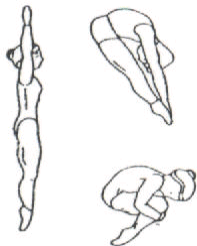

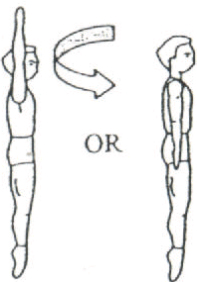

Combination skills which may be used without a repeat penalty involve two (2) contacts with the bed and also a rebound back to the feet. Each contact with the bed represents a "skill" and must be counted in the TEN (10) CONTACT requirement. Twists may be included between skills prior to the contact for variety and progression toward higher level skills. Examples are as Follows:

- 1 Swivel Hips
- 2 Seat Drop to Stomach Drop
- 3 Front Drop to 2 Turn to Front Drop (2 Turntable)
- 4 Front Drop to 1/1 Turn to Front Drop (1/1 Turntable)
- 5 Seat Drop to 1/1 Turn to Seat Drop (Barrel Roll)
- 6 Back Drop to 2 Turn to Back Drop (Cradle)
- 7 Back Drop to 1/1 Turn to Back Drop (Cat Twist)
- 8 All of these combinations may be followed by a 2 or 1/1 twist when returning to the feet.

LEVEL SPECIFIC DEDUCTIONS

1. A routine consisting of over two (2) somersaults will result in a 2.0 pt deduction (maximum) and an automatic mandate to the Intermediate level by the next competition.
2. A routine with any omitted compulsory skill(s) or not meeting pass requirements will receive a maximum deduction of 2.0.

FINALS - No finals in the Novice Division.

			
<p align="center">Somersault Straight, Tuck, Pike</p>	<p align="center">Kick-Out at 12:00</p>	<p align="center">Full Turn</p>	<p align="center">Pike Jump</p>

INTERMEDIATE DIVISION - TRAMPOLINE

AGE GROUPS - Boys and Girls will not compete against each other. There shall be separate divisions for each.
 Girls Age Groups are: 8 & Under; 9-10 yrs.; 11-12 yrs.; 13-14 yrs.; 15 & Over
 Boys Age Groups are: ..8 & Under; 9-10 yrs.; 11-12 yrs.; 13-14 yrs.; 15 & Over

REQUIREMENTS

Intermediate Trampoline Competition consists of one routine of ten (10) contacts (skills) with the bed.

There are four (4) compulsory skills* and six (6) optional skills (one of which must be an optional somi) to be included within the ten (10) skills with no particular order. NOTE: A : Front or Back Somi may be used as the Front or Back Contact.

The four (4) compulsory skills are:

1. Straight Jump with 1/1 twist. MUST originate from and return to the feet.
2. Front Somersault - 360 degree rotational single non-twisting somersault (any position).
3. Back Tuck Somersault
4. Front or Back Contact (this could include, but is not limited to airplane [2 turn to a front drop]). MAY, but **does not have to end on the feet.**
5. One optional somersault (may twist)

MAXIMUM: Five (5) somies; **MINIMUM:** Three (3) somies

The six (6) optional skills may be selected from the list of skills permitted or the below. The routine may include five (5) somersaults maximum.

NOTE: If one of the compulsory somersaults is repeated during a routine, the repeated somi may be counted as one of the three required somersaults; however, a 0.5 pt. deduction will be taken for a repeat.

LIST OF SKILLS PERMITTED	LIST OF SKILLS NOT PERMITTED
1. Beginner Skills 2. Novice Skills 3. Back Somersault* (Tuck, Pike, or Layout [Straight]) 4. Front Somersault* (Tuck, Pike, or Layout [Straight]) 5. Barani (Tuck, Pike, or Layout [Straight]) 6. 3/4 Front or 3/4 Back 7. Back or Front Somersault with 180° Twist 8. Arabian Front	1. All skills that involve landing on the knees 2. Doggie Drops (Hands & Knees) 3. Knee Drops 4. Somersaults over 360E in rotation 5. Somersaults over 180E twist

SAMPLE PASSES

1. Back Straight, Seat Drop, 2 Turn to Seat, Return to Feet, Front Drop, Return to Feet, Full Turn, Tuck Jump, Back Tuck, Front Tuck
2. Back Straight, Seat Drop, Return to Feet, Tuck Jump, Back Tuck, Front Drop, Return to Feet, Full Turn, Straddle

Jump, Front Pike

DIFFICULTY - There is no difficulty awarded at the Intermediate level of trampoline.

REPEATS

No Repeats allowed (except return to feet) - repeated skills will result in a 0.5 pt. deduction.

At this level, a skill will not be considered a repeat if it is entered into or exited from in a different manner. Example: Seat drop-return to feet is different from Seat drop-2 return to feet; Seat drop to front drop-return to feet is different from Seat drop-return to feet and different from Front drop-return to feet.

A 3/4 back (or front) done in a different position will be considered a different skill in determining repeats.

LEVEL SPECIFIC DEDUCTIONS

- 1.A routine consisting of over five (5) somies will result in a 2.0 pt. deduction (maximum) and an automatic mandate to the Sub-Advanced level.
- 2.A routine without an optional somi will result in a 1.0 pt. deduction (maximum).
- 3.A routine without one of the compulsory skills will result in a 2.0 pt. deduction (maximum).

Refer to the Difficulty Chart on page 36.

REPEATS

Repeated difficulty skills will result in loss of difficulty; however, may count as one of the optional somies. Skills having the same amount of rotation, but performed in the tucked, piked, and straight positions are considered to be different skills and not repetitions.

There is no deduction for repeated non-difficulty skills at this level.

A 3/4 back (or front) done in a different position will be considered a different skill in determining repeats, but will not receive bonus difficulty. All 3/4 back or front will receive a 0.3 difficulty.

LEVEL SPECIFIC DEDUCTIONS

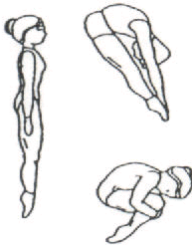
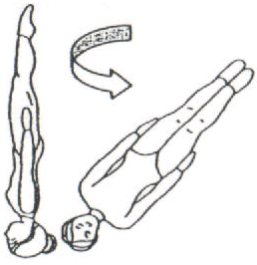

1. Lack of any of the two (2) optional somersaults will result in a 1.0 deduction per somi.
2. Lack of any compulsory skill will result in a 2.0 deduction (maximum).
3. Skills are limited to those with a value of 0.7 pt. difficulty or less. If a competitor performs a skill with a difficulty value of more than 0.7 pt. - the pass will be terminated at that point, the skill will not be counted, will result a 2.0 deduction and mandate to the Advanced Division by the next competition.
4. Exceeding 4.6 pt. difficulty will result in a 2.0 pt. deduction and a mandate to the Advanced Division by the next competition (difficulty above the 4.6 will be awarded as long as all of the skills are legal at this level and are not repeats).

COMPETITION CARDS - REQUIRED

The competition card must be handed in at the time and place specified by the organization committee.

In optional routines, changes to the skills written on the competition card are permitted.

There is no deduction for deviation from the routine listed on the competition card.

		
Barani (Tuck, Pike, & Straight)		

ADVANCED DIVISION - TRAMPOLINE

AGE GROUPS - Boys and Girls will not compete against each other. There shall be separate divisions for each.

Girls Age Groups are: 8 & Under; 9-10 yrs.; 11-12 yrs.; 13-14 yrs.; 15-16 yrs.; 17 & Over

Boys Age Groups are: 8 & Under; 9-10 yrs.; 11-12 yrs.; 13-14 yrs.; 15-16 yrs.; 17 & Over

REQUIREMENTS

Advanced trampoline competitions consist of one (1) optional routine with ten contacts (skills) with the bed..

1. Preliminaries

1. One ten (10) contact optional routine.
2. Minimum of seven (7) somies and 4.7 difficulty.
3. Any repeated difficulty skills will result in loss of difficulty for the repeated skill, but will still count as a somi.
4. Non-difficulty skills may be repeated without a deduction.
5. No difficulty points will be awarded for any skill which has a degree of difficulty of 1.1 pt. or more which does not terminate on the feet. Loss of skill, termination, and 2.0 deduction. NOTE: The AAU. does not recommend the use of these skills at any time during competition or training.

2. Finals

1. One ten (10) contact optional routine (may be the same as the preliminary routine).
2. Preliminary Rules 1 through 6 apply.
3. The competitors with the top ten (10) scores from the preliminaries will advance to finals. In the event of a tied score with the tenth scoring athlete, all athletes with the same scores will be eligible to compete in finals.
4. The starting order for the finals will be in the order of merit, the competitor with the lowest preliminary score will be going first. In the event of ties, the starting order will be decided by draw.

MINIMUM: Seven (7) Somies and 4.7 Difficulty

SAMPLE PASSES

1. Back with Full Twist, Straddle Jump, Barani Tuck, Back with Double Twist, Barani Pike, Back Pike, Front Tuck, Tuck Jump, 3/4 Front, Rudi Ball-out; 5.1 DD
2. Back Double Tuck, Tuck Jump, Back with a Full Twist, 3/4 Back Cody, Back Tuck, 3/4 Front, Rudi Ball-out, Tuck Jump, Back with a Double Twist; 5.2 DD
3. Back Tuck, Barani Tuck, Back Pike, Barani Pike, Back Straight, Barani Straight, Tuck Jump, Back Full, Rudi, Front Pike; 5.6 DD

DIFFICULTY - Refer to the Difficulty Chart on page 36.

Position awarded for Double Somersaults is determined by the lesser position. i.e. A tuck-in pike out will be given difficulty for a double tuck.

REPEATS

1. During the routine, all repeated Difficulty Skills will result in loss of difficulty. Skills having the same amount of rotation, but performed in the tucked, piked, and straight positions are considered to be different skills and not repetitions.
2. The tucked and pucked positions are considered to be the same.
3. Multiple somersaults (of more than 360N) having the same number of twists and somersaults will not be considered a repetition if the twist is located in different phases of the skill.
4. A 3/4 back (or front) done in a different position will be considered a different skill in determining repeats, but will not receive bonus difficulty. All 3/4 back or front somersaults will receive a 0.3 difficulty.
5. There is no deduction for repeating non-difficulty skills.

LEVEL SPECIFIC DEDUCTIONS

1. Failure to have seven (7) somies and/or a minimum of 4.7 difficulty will result in a deduction of 2.0 pt.
MAXIMUM 2.0 pt per pass.
2. Performing a skill with 1.1 difficulty or more that does not end on the feet will result in termination, loss of skill, and a 2.0 deduction.

<p>At the Advanced Level of Trampoline, athletes will not be charged with a tuck jump or a pike jump if the knees or hips bend during the course of building height before the start of their pass.</p>
--

COMPETITION CARDS - REQUIRED

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

There is no deduction for deviation from the routine listed on the competition card.

SCORES

All advanced aesthetic scores must be within 1.0 (not just the middle scores).

NATIONAL CHAMPIONSHIPS

- γ A competitor will automatically qualify to compete at Nationals in the Advanced level if he/she competes at their State Championship in the Advanced Level; however, the competitor must have competed in the Advanced Level of competition at a AAU. Sanctioned competition (during that competition season) prior to their state meet and met the difficulty requirements unless mandated.

AAU. SYNCHRONIZED TRAMPOLINE

GENERAL RULES

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

- 1.A synchronized pair consists of two girls or two boys wearing identical competition attire. NOTE: There is no deduction if one of the athletes wears shoes and the other wears socks as long as the footwear meets proper dress requirements.
- 2.A competitor may compete in only one synchronized pairing of the same sex.
- 3.Synchronized competitions will consist of preliminaries only.
- 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.
- 6.Both members of Synchronized Competition must have competed at their level of Competition at their State Championships and at least one of the pair must have qualified in their age group to be eligible to compete at the National Championships.
- 7.Age groups will be the same as in Age-Group Competition.
- 8.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.
9. There are no finals at the Advanced Division of Synchronized Trampoline
10. There is no difficulty cap at the Advanced Division of Synchronized Trampoline.

ELIGIBILITY - During the State Championships, athletes must have entered and competed their level of age- group trampoline and at least one of the pair must have qualified for Nationals in their own age group to be eligible to compete in Synchro Trampoline at the National Championships. Proof of eligibility is validated by the official score sheets that are sent into the National Office by the State Championship Meet Directors. The National Office will develop and maintain a list of athletes qualified and eligible for Synchronized Trampoline.

LEVELS

Sub-Advanced Division - Refer to Sub-Advanced Trampoline Rules

Advanced Division - Refer to Advanced Trampoline Rules

PASS REQUIREMENTS

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

Advanced Synchronized Trampoline - Refer to Advanced Trampoline Rules.

NOTE: There are no finals in Synchronized Trampoline

COMPETITION AGE DETERMINATION - The age of the older competitor determines the age group.

ATHLETE ATTIRE - DRESS

Same sex synchronized pairs must wear identical (mirror image) 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 synchronized pair receiving a 2.0 pt. aesthetic deduction per aesthetic judge upon the advice of the Superior Judge. NOTE: The only exception is footwear - there is no deduction if one of the athletes wears shoes and the other wears socks as long as the footwear meets proper dress requirements.

INTERRUPTIONS OF THE ROUTINE (SCORING STOPS)

1. 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.

NOTE: A pair may perform 2 twist to feet and there will be no interruption to the routine even if one of the pair adopts a "tuck" shape at the same point in the skill. In a Barani however, different positions are possible under the above criteria and therefore both partners must adopt the same position.

2. In synchronized competition, both competitors must be moving upward or downward at the same time or the pass will be terminated.

COMPETITION CARDS - REQUIRED

The competition card must be handed in at the time and place specified by the organization committee. In optional routines, changes to the skills written on the competition card are permitted. There is no deduction for deviation from the routine listed on the competition card.

DUTIES OF THE DIFFICULTY JUDGES

1. Determine the difficulty of the pass.
2. Determine if the competitors in synchronized competition perform the same skills at the same time.
3. The pair are deemed to have performed different skills if one of the pair is more than half a skill behind or ahead of the other.

DUTIES OF THE SYNCHRONIZATION JUDGE

1. Evaluate the Synchronized Performance and write down their marks.
2. Subtract their deductions from the maximum mark indicated by the Superior Judge.
3. Make and record the following deductions for each unsynchronized landings:
 - 3.1. Landing differences under 1'8" in height 0.1-0.3 pt
 - 3.2. Landing differences over 1'8" in height 0.4-0.5 pt
 - 3.3. After the 10th skills, not making the same movement (out-bounce or standing still) 0.2 pt
4. Terminate the pass when difference is so great that one athlete is on the way up and the other is on the way down.

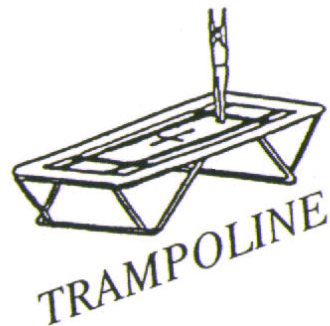
TRAMPOLINE DIFFICULTY	TUCK	PIKE	LAYOUT	PUCK
Tuck Jump	-	-	-	-
Pike Jump	-	-	-	-
Straddle Pike Jump	-	-	-	-
Straight Jump 2 Twist	-	-	.1	-
Straight Jump 1 Twist	-	-	.2	-
Straight Jump 1 1/2 Twist	-	-	.3	-
Straight Jump 2 Twist	-	-	.4	-
3/4 Front	.3	.3	.3	-
Front Somersault	.5	.6	.6	-
Ball Out	.6	.7	.7	-
Front Double Somersault	1.0	1.2	1.2	-
Front Somersault 2 Twist (Barani)	.6	.6	.6	-
Barani Ball Out	.7	.7	.7	-
Front Somersault 1 Twist	-	-	.7	-
Front Somersault 1 1/2 Twist (Rudi)	-	-	.8	-
Rudi Ball Out	-	-	.9	-
Front Somersault 2 Twist	-	-	.9	-
Front Somersault 2 1/2 Twist (Randi)	-	-	1.0	-
Front Somersault 3 Twist	-	-	1.1	-
Front Somersault 3 1/2 Twist (Adolph)	-	-	1.2	-
Front Double Somersault 2 Twist (Barani in/Barani out - Fliffis)	1.1	1.3	1.3	-
Front Double Somersault 1 Twist	1.2	1.4	-	-
Front Double Somersault 1 1/2 Twist (Rudi 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 (Barani in/Barani Out - Triffis)	1.6	1.9	-	-
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				
(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				
(Full In Full Out)	-	1.6	1.6	1.4
(2 In Rudy 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 lay-out positions in double somersaults - both somies must be performed in the same position to receive the difficulty

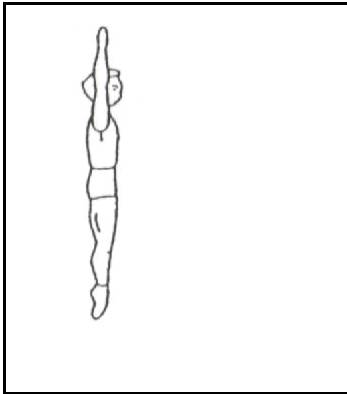
listed above.

TRAMPOLINE

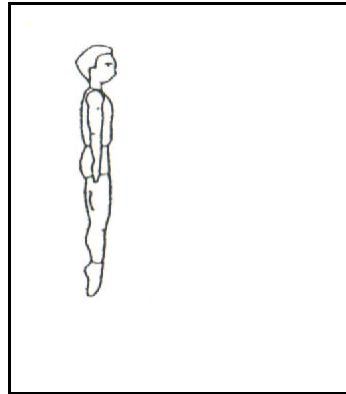
Guide to Judging



TRAMPOLINE GUIDE TO JUDGING



For take-off of all skills from the feet and straight jumps, the body should be held straight with arms up and shoulders extended



For all tucked, piked, and straddled skills, the arms should press down to the sides after the tuck, pike, or straddle position is attained.

REQUIRED POSITIONS DURING A PASS

- υ **[The body should be tight at all times]**
- υ **[In the pike and straddle pike positions, the hands should touch the toes]**

In all positions, the feet and legs should be kept together (except straddle jumps) and the feet and toes pointed.

Depending on the requirements of the movement, the body should be either tucked, piked, or straight.

In the tuck and pike positions, the thighs should be close to the upper body.

In the tuck position, the hands should touch the legs below the knees.

In the pike position, the hands should touch the toes.

The arms should be straight and held close to the body whenever possible.

The following defines the minimum requirements for a particular body shape.

Straight Position: The angle between the upper body and thighs must be greater than 135° and the angle between the thighs and lower leg must be greater than 135° .







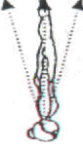





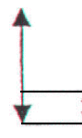



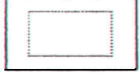



Pike Position: The angle between the upper body and thighs must be equal to or less than 135° and the angle between the thighs and the lower legs must be greater than 135° .

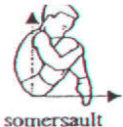














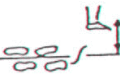
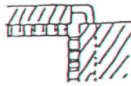



Tuck Position: The angle between the upper body and thighs must be less than 135° and the angle between the thigh and the lower leg must be less than 135° .

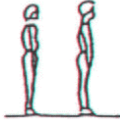
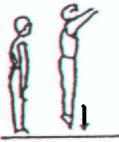











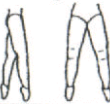
NOTE: In multiple somersaults (2/1 or more) with twists, the tuck and pike position may be modified during the twisting phase.



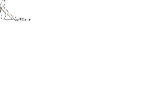


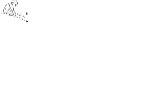
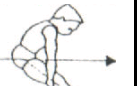









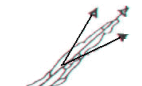



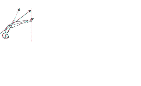


TRAMPOLINE - GUIDE TO JUDGING



DEDUCTIONS FOR FAULTY EXECUTION

DEDUCTIONS	0.0	0.1	0.2	0.3	0.4	0.5
Position of the Head						
Take-off						
Return to bed						
Bending of the knees/feet						
Opening the somersault						
After vertical						
Loss of height						
Take off from Feet						
Loss of height						
Take off from front, back, or seat						
Insecurity on the bed						


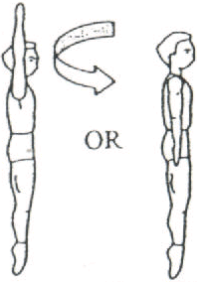
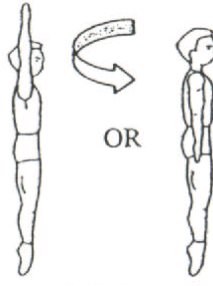


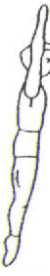
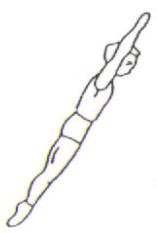
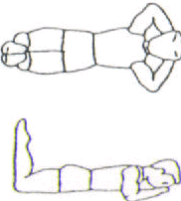

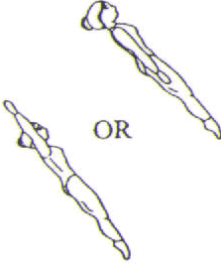


DEDUCTIONS	0.0	0.1	0.2	0.3	0.4	0.5
Tuck position Angle of upper body to thigh						
Knees apart		 				
Position of the hands						
After the last skill	 0.6 	 0.7 	 0.8 	 0.9 	 1.0 	

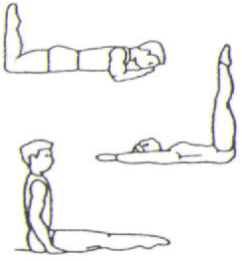




	0.0	0.1	0.2	0.3	0.4	0.5
Synchronization Difference in landing between two cometitors						
Somersaults with twists						
Position of the Limbs						
Pike position						

DEDUCTIONS	0.0	0.1	0.2	0.3	0.4	0.5
Angle of upper body to thighs						
Position of the legs with respect to horizontal (jump)						
Position of the hands (jump & somi)						
Straddle jump (piked)						
Opening of the legs	$> 135^\circ$	$< 135^\circ$				
Somersaults without twists						
Angle between chest and thighs						
Multiple somersaults with twist						
Angle between chest and thighs	$< 135^\circ$					
Straight position without twist						
Bending of the body						
Somersaults without twist						
Bending of the body						
Somersaults with twist						
Position of arms						
Puck position						
Multiple somersaults						

DEDUCTIONS with twist	0.0	0.1	0.2	0.3	0.4	0.5
		 $> 120^\circ$				

TRAMPOLINE - GUIDE TO JUDGING

1. Take-off	1. Position	1. Extension/ Press-out	1. Bed Contact
Half & Full Turn 			
Front Drop 			
Return to Feet from Front, Back, or Seat 			

			
 <p>Front Somersault (Tuck & Pike)</p>			

Glossary

3/4 Somersault - A skill that initiates from the feet. The somersault contains 270 degrees of forward or backward rotation and is complete when the stomach or back makes contact with the trampoline bed.

Adolph - A skill that initiates from the feet. The somersault contains 360 degrees of rotation with a 3 2 twist.

Ball-out - A front skill that initiates from the back and contains 450 degrees of forward somersaulting rotation. The skill is complete when the feet make contact with the bed.

Barani - A single front somersault with a 2 twist initiated after 45° of somersaulting rotation.

Cody - A back skill that initiates from the front and contains 450 degrees of backward somersaulting rotation. The skill is complete when the feet make contact with the bed.

Cradle - A skill that initiates from the back with 180° forward rotation. When the athlete reaches vertical a 2 twist is initiated, the skill is complete when the back makes contact with the bed.

Cruise - A skill that initiates from the stomach, has 180° of backward rotation with a 2 twist initiated at vertical allowing the athlete to land on the stomach. The chest must pass through vertical position.

Flifis - A front double somersault with 2 twist. The 2 twist may be performed in the 1st somersault or the 2nd somersault (Barani in or Barani out).

Full - A single backward or forward somersault in the straight position with one full twist (360°)

Miller - A double back somersault with a full in, double full out. Difficulty: tuck or puck -1.6; pike or straight -1.8.

Out-bounce (stretch jump) - After performing the last skill in individual competitions, the competitor is allowed to do one more jump in a stretched position (out-bounce) using the elasticity of the bed. To be considered an out-bounce, the action must be an automatic repulsion which goes straight up and down (arms must be straight up) or the motion will be considered instability (taking steps).

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 °. In multiple somersaults (2/1 or more) with twists, the pike position may be modified during the twisting phase.

Pike straddlejump - a jump in which the angle between the upper body and the front of the thigh is less than 135N° degrees. The angle between the legs should be greater than 135°.

Porpoise - A front skill that initiates from the back with a complete 360° of rotation. The skill is complete when the back makes contact with the bed.

Pull-over - A skill that initiates on the back with 270° of backward somersaulting rotation. The skill is complete when the feet make contact with the trampoline bed.

Randi - a single front somersault in the straight position with 2 1/2 twist.

Rudi - a single front somersault in the straight position with 1 1/2 twist.

Straight jump - A jump where the body is held tight and straight. The shoulders should be extended and the back flat. A complete push through the feet occurs as the athlete leaves the trampoline bed.

Straight position - The angle between the upper body and thighs must be greater than 135° and the angle between the thighs and lower legs must be greater than 135° . Also called a “lay-out” position.

Trifis - A front triple somersault with 2 twist. The 2 twist may be performed in the 1st somersault or the 3rd somersault (Barani in or Barani out).

Tuck jump - a jump in which the legs lift in front with a bend at both the hips and knees. The thighs should be close to the chest. *See tuck position.*

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° . In multiple somersaults (2/1 or more) with twists, the tuck position may be modified during the twisting phase.

2. Only AAU members may participate in licensed events unless otherwise provided in the Bylaws.
3. Licenses may be issued to any club in good standing. Any license may be reviewed within 15 days of submission by the District Sport Committee Director. If the license is reviewed and rejected, the Registrar shall notify the organization submitting the license.
4. No license shall take effect until the 15-day review period has expired, or until the Registrar processes the license following approval of the District Sport Committee Director. Beginning with the 2009 Membership year, all applications for licenses must be completed and submitted through the online process or the AAU National Office.
5. The National Registration Executive Committee has the authority to issue licenses as follows:
 - a. For events in locations where there is no active District member.
 - b. For events in Districts where there is no current active participation. (No District Championship in the prior membership year).
 - c. For events directly sponsored by the National AAU or National Sports Committee.
 - d. For inter-District league play.
 - e. Review and approve any license rejected by the District.
 - f. Licenses issued to one organization cannot be transferred to another organization.
 - g. No license will be issued for any event where the word "Olympic" or any derivative thereof is used in any advertisements or notice in connection with the event except upon the specific written approval of the Board of Directors.
 - h. Licenses must be reviewed and processed by the District Registrar and reported to the National Headquarters. A record shall be kept by each District of all licenses issued.

D. District Sport Committee Biennial Meeting

1. **District Sport Committee Biennial Meeting.** It is the duty of the District Sport Committee to hold a bi-annual meeting, the date of which shall be approved by the District Executive Committee. [Not the Sport Committee Executive Committee]
2. **Notice of District Sport Meetings.** Notice of the Biennial or special meetings of the District Sport Committee shall be issued (or issue approved) by the District Secretary, to clubs eligible to vote as of 30 days prior to the scheduled Biennial meeting.
 - a. **Quorum.** Five (5) member clubs must be present to constitute a quorum of the Annual Sport Committee meeting.
 - b. **Voting.** Each member of a Committee shall have one vote unless the operating rules of the Committee provide for weighted voting. There shall be no voting by proxy. [A club may designate another representative for the club.]

E. Functions of District Sport Committees

1. **District Sport Committees.** In each approved AAU sport in which the District has athletes actively participating, there may be a Committee to manage competition within the District.
2. **Composition.** The District Sport Committee shall include the following:
 - a. Each club member which registers at least five individual members in the sport shall have one representative on the District Sport Committee;
 - b. District Sport Committee Officers and Chairmen of Committees as defined by that sport's operating rules. [Added 10/07].
 - c. The Governor may appoint five (5) at-large members.

3. **Duties.** The duties of the District Sport Committee are to:
 - a. In even years, hold a Biennial meeting, the date, time and location of which shall be approved by the District Executive Committee. [Added 10/08]
 - b. Adopt at the Biennial Meeting, rules of operation of the Committee to be submitted to the Executive Committee for approval and which shall not conflict with the provisions of the AAU Constitution, Bylaws, National Policies or National Sport Committee rules.
 - c. Determine whether to establish a Committee operating account and if so to comply with all relevant AAU procedures and policies.
 - d. Conduct of the District championships.

F. Functions of the District Sport Director

1. **District Sport Director.** In each sport in which five or more club members have designated the sport as its primary sport, the Director shall be elected by the Committee at its Biennial Meeting. When there are fewer than five clubs registered to the Sport, the Chair may be appointed by the Governor with the approval of the National Sport Committee Chair. The District Sport Director takes office upon election or upon appointment.
 - a. **Term.** The term of office for an elected District Sport Director shall be four (4) years to run concurrently with the District Officers. The term of office for an appointed District Sport Director shall be one year or until such time as the Sport Committee meets the criteria to elect a Chair.
 - b. **Vacancies.** A vacancy occurring in an elected District Sport Director position shall be filled in accordance with the Sport Committee operating rules. A vacancy occurring in an appointed District Sport Director position shall be filled by the Governor with the approval of the National Sport Committee Chair.
2. **Duties.** The Sport Committee Director shall:
 - a. Develop a budget for the Sport Committee to file with the District Executive Committee.
 - b. Perform the duties set forth in the Committee Rules of Operation.
 - c. Approve event licenses in the sport.
 - d. Preside at Sport Committee meetings.
3. **Removal.** District Sport Directors may be removed as follows:
 - a. **By District Sport Committee.** An elected Sport Committee Director may be removed by a two-thirds (2/3) vote of the Sport Committee at the Biennial meeting provided that the Notice of the meeting specifies that a motion to remove is on the agenda. [Rev. 10/07]
 - b. **By National Sport Chair.** Each National Sport Chair shall annually review the number of events held in their sport. If the number of licensed events, excluding practice licenses, is below five (5), the National Sport Chair may remove the District Director. If the District Governor does not agree with the removal, the President shall appoint an arbiter who will make the final decision. [Rev. 10/07]
 - c. **By National Board of Review.** An elected Sport Director may be removed by order of the National Board of Review following the filing of a complaint and the Board's proceedings. [Added 10/07]

G. Membership and Residency

1. Adult members will not be bound by residence requirements.
2. Youth members must register in the District of their bona fide residency, except as follows:

- a. A youth member who resides in the county of one District that adjoins a county of another District and who attends a school located in the adjoining county will have the option of registering in either District.
- b. A youth member subject to a written joint legal custody arrangement whose custodians reside in different Districts shall have the option of registering in either District.
- c. A bona fide student at an educational institution may be considered a resident of the District in which the institution is located.
- d. Persons living outside the U.S. may register online or through the AAU National Office. The respective National Sports Committee rules shall govern their participation in AAU competitions.

H. Eligibility

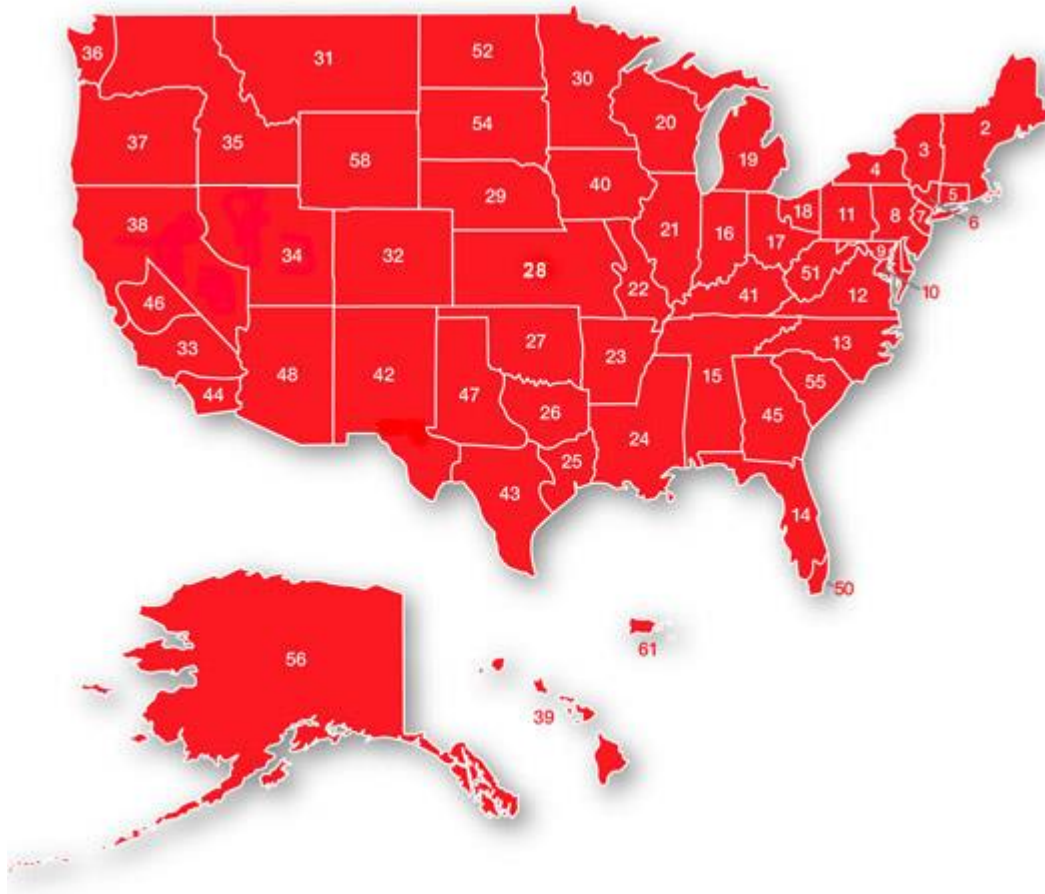
- 1. A youth member may elect to participate in his or her District of bona fide residence or a District that geographically adjoins that District. Exception: In team events the National Sports Committee shall determine the number of youth members permitted to participate on a team from an adjoining District.
- 2. **Club Attachment.** A youth member becomes attached to a club member when he/she competes with that club in any AAU licensed event (practice not included). A youth member may be attached to only one club with the following exceptions: An athlete may attach to additional clubs (one in each sport) if he/she participates in additional sports.
 - a. Participants in an AAU licensed league does not create club attachment.
- 3. **Transfers.** Athletes who transfer under this section are subject to National Championship eligibility restrictions as adopted by the National Sport Committee. After a youth member becomes attached to a club, he/she may only transfer to another club in the same sport as follows:
 - a. If the youth member has not competed in any AAU licensed events in that Sport for a period of sixty (60) days.
 - b. If the representative of the club to which an athlete is attached signs a release form permitting an immediate transfer. (Athletes who transfer under this section are subject to National Championship eligibility restrictions as adopted by National Sport Committees.) [Added 10/07]
 - c. When the transfer is for the purpose of competing with a team which has qualified for a National Championship as provided by National Sport Committee rules.
 - d. If the Registrar determines there is good cause to believe that the transfer is due to events outside the control of the athlete or that the transfer serves the best interest of the AAU.

V. **APPENDIX** (*Examples Below – All Additional Misc. Information*)

- A. **District Sport Director Contacts**
- B. **Executive Committee Directory**
- C. **National Chairman Information**
- E. **Dates for National Championships**
- F. **Definitions/Glossary**
- G. **Clarifications**
- H. **Athlete Honor Oath**

APPENDIX A

District Map and Alignment with District Sport Directors



3 - ADIRONDACK DISTRICT (Organized January 31, 1920). That portion of New York State east and north of Broome, Cortland, Dutchess, Onondaga, Orange, Oswego and Sullivan Counties.
Neighboring Districts: Connecticut, Middle Atlantic, New England, New York Metropolitan and Niagara.

56 - ALASKA DISTRICT (Organized December 3, 1965). State of Alaska.
Neighboring Districts: None

48 - ARIZONA DISTRICT (Organized March 10, 1956). State of Arizona.
Neighboring Districts: Colorado, New Mexico, Pacific Southwest, Southern Nevada, Southern Pacific and Utah

23 - ARKANSAS DISTRICT (Organized February 16, 1936). State of Arkansas and (added December, 1948) Bowie County, Texas.
Neighboring Districts: Southeastern, Southern, Southwestern, Oklahoma, Missouri Valley and Ozark

12 -CENTRAL DISTRICT (Organized 1890). Illinois, except Calhoun, Greene, Jersey, Madison, Monroe and St. Clair Counties (counties of Calhoun, Greene, Jersey, Madison, Monroe and St. Clair given to Ozark District, with reservation that all judo therein to be controlled by Central District).
Neighboring Districts: Wisconsin, Iowa, Ozark, Kentucky and Indiana

46 - CENTRAL CALIFORNIA DISTRICT (Organized 1952). Counties of Fresno, Inyo, Kern, Kings, Madera, Mariposa, Merced, Mono, Tulare in the State of California. (Territory re-aligned, December, 1963).
Neighboring Districts: Pacific, Southern Nevada and Southern Pacific

32 - COLORADO DISTRICT (Organized November, 1906). State of Colorado. (Territory re-aligned December, 1963, 1965, 1968. Renamed October, 2004.)
Neighboring Districts: Wyoming, Nebraska, Missouri Valley, Oklahoma, New Mexico, Arizona and Utah

5 - CONNECTICUT DISTRICT (Organized September 17, 1929). State of Connecticut.
Neighboring Districts: Adirondack, New England and New York Metropolitan

14 - FLORIDA DISTRICT (Organized January, 1925). Florida, except Miami-Dade (official county name has been changed to Miami-Dade), Broward, that part of Hendry County West of Route 833 and Palm Beach Counties. (Territory re-aligned, December 1958, 1959, 1963, 1972, and 1999.)
Neighboring Districts: Florida Gold Coast, Georgia and Southeastern

50 - FLORIDA GOLD COAST DISTRICT (Organized December 30, 1959). Counties of Broward, Miami-Dade (official county name has been changed to Miami-Dade), that part of Hendry County East of Route 833, and Palm Beach Counties. (Territory re-aligned, December 1958, 1959, 1963, 1972 and 1999.)
Neighboring Districts: Florida

45 - GEORGIA DISTRICT (territory realigned September, 1989). State of Georgia
Neighboring Districts: Florida, North Carolina, Southeastern and South Carolina

25 - GULF DISTRICT (Organized March 6, 1931). That part of the State of Texas bounded on the North and including the counties of Angelina, Houston, Leon, Nacogdoches, Robertson and Shelby; on the East by the State of Louisiana; on the South by the Gulf of Mexico and on the West by and including the counties of Austin, Brazos, Colorado, Fort Bend, Grimes, Matagorda, Robertson, Waller, Washington and Wharton. (Territory re-aligned September, 1992.)
Neighboring Districts: Southern, Southwestern and South Texas

39 - HAWAIIAN DISTRICT (Organized November, 1910). State of Hawaii.
Neighboring Districts: None

16 - INDIANA DISTRICT (Organized August 22, 1919). All of State of Indiana excepting Clark, Dearborn and Floyd Counties with the reservation that all wrestling therein be controlled by the Indiana District.
Neighboring Districts: Central, Kentucky, Michigan and Ohio

35 - INLAND EMPIRE DISTRICT (Organized April 25, 1937). State of Washington, counties of Adams, Asotin, Benton, Chelan, Columbia, Douglas, Ferry, Franklin, Garfield, Grant, Kittitas, Klickitat, Lincoln, Okanogan, Spokane, Stevens, Walla Walla, Whitman and Yakima County. State of Idaho, State of Nevada, counties of Elko, Eureka and White Pine. (Territory re-aligned September, 1987.)
Neighboring Districts: Pacific Northwest, Pacific, Oregon, Southern Nevada, Utah, Wyoming and Montana

40 - IOWA DISTRICT (Organized January 15, 1939). State of Iowa.
Neighboring Districts: Minnesota, South Dakota, Wisconsin, Missouri Valley, Nebraska, Ozark and Central

41 - KENTUCKY DISTRICT (Organized February 27, 1939). The Commonwealth of Kentucky and Clark and Floyd County in the State of Indiana (except for the sports of wrestling, boys and girls basketball). (Territory re-aligned, September, 1987; October 2003).
Neighboring Districts: Central, Indiana, Ohio, Ozark, Southeastern, Virginia and West Virginia

18 - LAKE ERIE DISTRICT (Organized January 5, 1931 As Northeastern Ohio District. Name changed at 1956 Convention). The Counties of Ashland, Ashtabula, Belmont Columbiana, Crawford, Cuyahoga, Erie, Geauga, Huron, Jefferson, Lake, Lorain, Mahoning, Medina, Portage, Richland, Seneca, Stark, Summit, Trumbull, Tuscarawus and Wayne. (Territory re-aligned December, 1960 and September, 1991.)
Neighboring Districts: Ohio and Western Pennsylvania

9 - MARYLAND DISTRICT (Organized, 1981). State of Maryland (except the counties of Montgomery and Prince Georges.) (Territory re-aligned December, 1968.)
Neighboring Districts: Potomac, Virginia, West Virginia, Western Pennsylvania and Middle Atlantic

19 - MICHIGAN DISTRICT (Organized November, 1923). State of Michigan. (Territory re-aligned December, 1962 and October, 1971.)
Neighboring Districts: Indiana and Ohio

8 - MIDDLE ATLANTIC DISTRICT (Organized 1906). New Jersey, south of Mercer and Monmouth County; all of the State of Delaware and the Commonwealth of Pennsylvania, east of and including Bedford, Centre, Clinton and Potter Counties (Territory re-aligned December, 1962.)
Neighboring Districts: Adirondack, New Jersey, New York Metropolitan, Niagara, Western Pennsylvania and Maryland

30 - MINNESOTA DISTRICT (territory realigned September, 1989). State of Minnesota.
Neighboring Districts: Iowa, North Dakota, South Dakota and Wisconsin

28 - MISSOURI VALLEY DISTRICT (Organized February 14, 1931). All of Kansas and that portion of the western part of the state of Missouri including and bounded by Adair, Audrain, Benton, Callaway, Christian, Cole, Greene, Hickory, Macon, Montineau, Morgan, Polk, Randolph, Schuyler and Taney. (Territory re-aligned December, 1962.)
Neighboring Districts: Iowa, Nebraska, Colorado, Oklahoma, Arkansas and Ozark

31 - MONTANA DISTRICT (Organized February 15, 1936). State of Montana.
Neighboring Districts: Inland Empire, North Dakota, South Dakota and Wyoming

29 - NEBRASKA DISTRICT (Organized June 26, 1922). State of Nebraska. (Territory re-aligned September, 1986.)
Neighboring Districts: South Dakota, Wyoming, Colorado, Missouri Valley and Iowa

2 - NEW ENGLAND DISTRICT (Organized, 1890). New Hampshire, Maine, Massachusetts, Rhode Island and Vermont. (Territory re-aligned September, 1987.)
Neighboring Districts: Adirondack and Connecticut

7 - NEW JERSEY DISTRICT (Organized April 21, 1930). New Jersey north of and including Hudson, Mercer and Monmouth Counties.
Neighboring Districts: Middle Atlantic and New York Metropolitan

42 - NEW MEXICO DISTRICT (Organized May 29, 1947). State of New Mexico and the counties of Brewster, Culbertson, Crockett, El Paso, Hudspeth, Jeff Davis, Presidio and Terrell in the State of Texas. (Territory re-aligned September, 1988.)
Neighboring Districts: Colorado, Utah, Arizona, West Texas, South Texas and Oklahoma

6 - NEW YORK METROPOLITAN DISTRICT (Organized, 1890). New York, south of and including Dutchess, Orange, Sullivan and Ulster Counties; also the Canal Zone. (Renamed October, 2004)
Neighboring Districts: Adirondack, Connecticut, Middle Atlantic and New Jersey

4 - NIAGARA DISTRICT (Organized September 27, 1919). State of New York west of and including Broome, Cortland, Onondaga and Oswego Counties.
Neighboring Districts: Adirondack, Middle Atlantic and Western Pennsylvania

13 - NORTH CAROLINA DISTRICT (Organized December 5, 1965). State of North Carolina.
Neighboring Districts: Georgia, South Carolina, Southeastern and Virginia

52 - NORTH DAKOTA DISTRICT (Organized December 1, 1962). State of North Dakota
Neighboring Districts: Minnesota, Montana and South Dakota

17 - OHIO DISTRICT (Organized May 1, 1923). State of Ohio (except the counties of Ashland, Ashtabula, Belmont, Columbiana, Crawford, Cuyahoga, Erie, Geauga, Huron, Jefferson, Lake, Lorain, Mahoning, Medina, Portage, Richland, Seneca, Stark, Summit, Trumbull, Tuscarawus and Wayne); and the Dearborn County in the State of Indiana. (Territory re-aligned, December, 1959, 1960, 1962, 1963, and October, 2003).
Neighboring Districts: Indiana, Lake Erie, Michigan, Kentucky, West Virginia and Western Pennsylvania

27 - OKLAHOMA DISTRICT (Organized February 23, 1936). State of Oklahoma.
Neighboring Districts: Missouri Valley, Colorado, New Mexico, West Texas, Southwestern and Arkansas

37 - OREGON DISTRICT (Organized September 23, 1935). State of Oregon and the following counties of Washington: Clark, Cowlitz and Skamania. (Territory re-aligned September, 1987.)
Neighboring Districts: Inland Empire, Pacific and Pacific Northwest

22 - OZARK DISTRICT (Organized, 1935). Missouri east of and including the following counties, Camden, Dallas, Douglas, Knox, Miller, Monroe, Montgomery, Osage, Ozark, Pike, Scotland, Shelby, including the city of St. Louis, and Webster. Counties of Calhoun, Greene, Jersey, Madison, Monroe and St. Clair in Illinois with reservation that all judo therein be controlled by Central DISTRICT. (Territory re-aligned December, 1962.)
Neighboring Districts: Arkansas, Central, Kentucky, Iowa, Missouri Valley and Southeastern

38 - PACIFIC DISTRICT (Organized, 1890). The State of California, north of but not including the counties of Fresno, Madera, Mariposa, Merced, Mono and San Luis Obispo and the Counties of Churchill, Douglas, Humboldt, Lander, Lyon, Mineral, Ormsby, Pershing, Storey and Washoe in the State of Nevada. (Territory re-aligned December, 1961 and December, 1962 and 1963.)
Neighboring Districts: Central California, Inland Empire, Oregon, Southern Nevada and Southern Pacific

36 - PACIFIC NORTHWEST DISTRICT (Organized June, 1905). Washington, west of but not including Chelan, Kittitas, Okanogan and Yakima Counties and north of but not including Cowlitz, Klickitat and Skamania Counties.
Neighboring Districts: Inland Empire and Oregon

44 - PACIFIC SOUTHWEST DISTRICT (Organized December 10, 1949, as Southwest Pacific Border DISTRICT. Name changed at 1956 Convention). Imperial and San Diego Counties, California.
Neighboring Districts: Arizona and Southern Pacific

10 - POTOMAC VALLEY DISTRICT (Organized October 15, 1929). All territory within the District of Columbia, counties of Montgomery and Prince Georges in the State of Maryland, and counties of Arlington and Fairfax and cities of Alexandria and Falls Church in the Commonwealth of Virginia. (Territory re-aligned December 1968. Formerly District of Columbia District. Renamed December, 1972.)
Neighboring Districts: Maryland and Virginia

61 - PUERTO RICO DISTRICT (Organized September 8, 1984). Puerto Rico and U.S. Virgin Islands.
Neighboring Districts: None

55 - SOUTH CAROLINA DISTRICT (Organized December 5, 1965). State of South Carolina.
Neighboring Districts: Georgia and North Carolina

54 - SOUTH DAKOTA DISTRICT (Organized December 4, 1964). State of South Dakota.
Neighboring Districts: Iowa, Minnesota, Montana, Nebraska, North Dakota and Wyoming

43 - SOUTH TEXAS DISTRICT (Organized November 12, 1945). That part of the State of Texas bounded on the East by and including the counties of Burleson, Fayette, Jackson, Lavaca, Lee, Milam and; on the South by the Gulf of Mexico and the Republic of Mexico; on the West by and including the counties of Schleicher, Sutton and Val Verde, and on the North by and including the counties of Bell, Burnett, Coryell, Falls, Lampasas, Llano, Mason and Menard. (Territory re-aligned December, 1961, 1963 and September, 1992.)
Neighboring Districts: Gulf, Southwest, South Texas, New Mexico and West Texas

District Sport Directory

Map #	District	District Sport Director
12	Central (CE)	John Konstantaras
14	Florida (FL)	Rich Masters
25	Gulf (GU)	Charles Glancy
16	Indiana (IN)	John Truelove
35	Inland Empire (IE)	Paul Campbell
40	Iowa (IA)	Linda Whitmore
41	Kentucky (KY)	Henry Young
18	Lake Erie (LE)	Kim Mack
19	Michigan (MI)	Yvette Wafer
50	Ohio (OH)	Debbie Barber
27	Oklahoma (OK)	Donne Stewart
15	Ozark (OZ)	Jeri Inman
43	South Texas (ST)	Jerry Strickland
51	West Virginia (WV)	Paul Gilmer
11	Western Pennsylvania (WP)	Gerald Gresko
20	Wisconsin (WI)	Keith Noll

APPENDIX B

DISTRICT EXECUTIVE COMMITTEE CONTACT

Executive Committee

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APPENDIX C

DISTRICT MAP

A. Zone Alignment Bylaw 8.6 (pgs. 39-40)

There shall be four (4) Zones of the AAU. The Districts which comprise the Zones of the AAU are:

a. Zone A Bylaw 8.6.1 (pg. 39) Yellow

Adirondack, Connecticut, Lake Erie, Maryland, Middle Atlantic, New England, New Jersey, New York Metropolitan, Niagara, Ohio, Potomac Valley, Virginia, Western Pennsylvania

b. Zone B Bylaw 8.6.2 (pg. 39) Red

Florida, Florida Gold Coast, Georgia, Gulf, Kentucky, North Carolina, Puerto Rico, South Carolina, South Texas, Southeastern Southern, Southwestern, West Texas, West Virginia

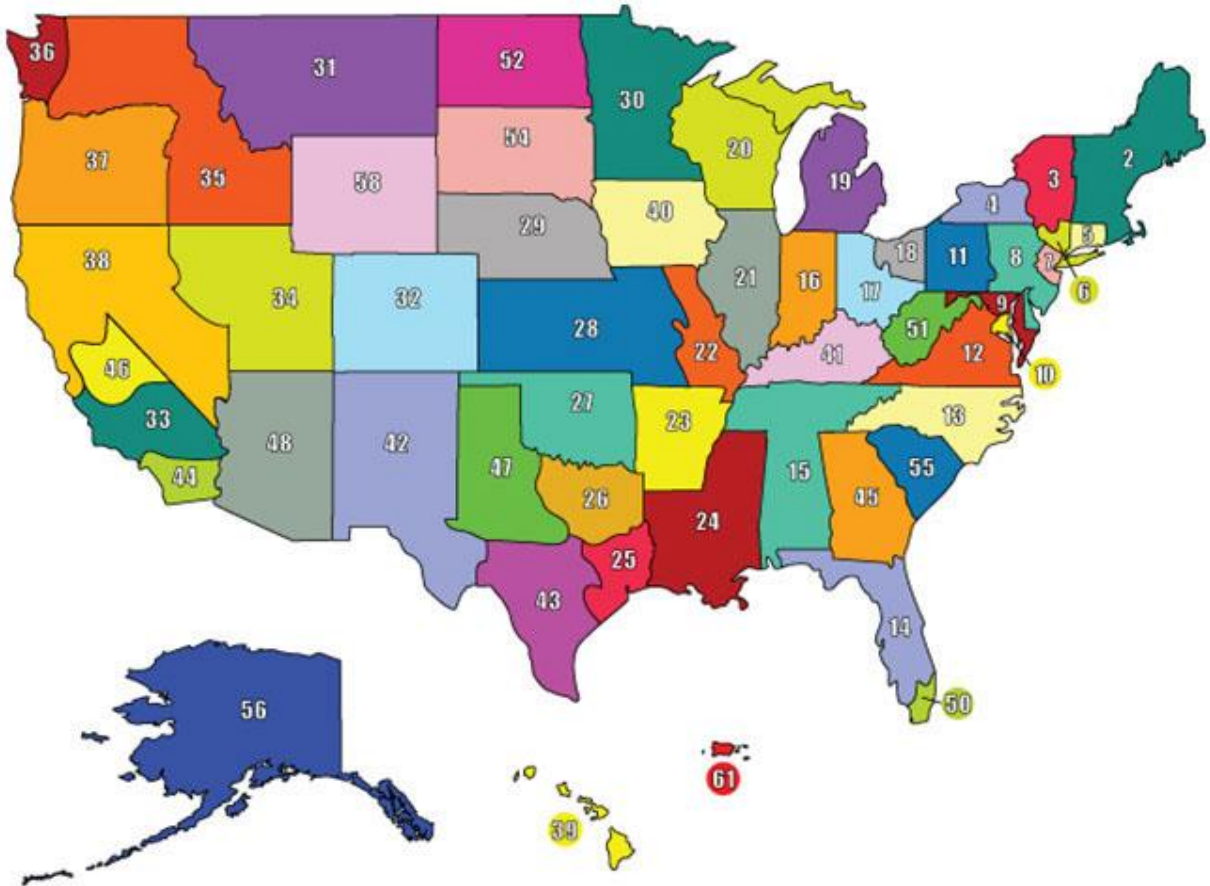
c. Zone C Bylaw 8.6.3 (pg. 40) Blue

Arkansas, Central, Indiana, Iowa, Ozark, Oklahoma, Michigan, Minnesota, Missouri Valley, Montana, Nebraska, North Dakota, South Dakota, Wisconsin, Wyoming

d. Zone D Bylaw 8.6.4 (pg. 40) Green

Alaska, Arizona, Central California, Colorado, Hawaiian, Inland Empire, New Mexico, Oregon, Pacific, Pacific Northwest, Pacific Southwest, Southern Pacific, Southern Nevada, Utah

AAU DISTRICT MAP



- | | | |
|-------------------------|----------------------|-----------------------|
| 2 New England | 22 Ozark | 42 New Mexico |
| 3 Adirondack | 23 Arkansas | 43 South Texas |
| 4 Niagara | 24 Southern | 44 Pacific Southwest |
| 5 Connecticut | 25 Gulf | 45 Georgia |
| 6 New York Metropolitan | 26 Southwestern | 46 Central California |
| 7 New Jersey | 27 Oklahoma | 47 West Texas |
| 8 Middle Atlantic | 28 Missouri Valley | 48 Arizona |
| 9 Maryland | 29 Nebraska | 50 Florida Gold Coast |
| 10 Potomac Valley | 30 Minnesota | 51 West Virginia |
| 11 Western Pennsylvania | 31 Montana | 52 North Dakota |
| 12 Virginia | 32 Colorado | 54 South Dakota |
| 13 North Carolina | 33 Southern Pacific | 55 South Carolina |
| 14 Florida | 34 Utah | 56 Alaska |
| 15 Southeastern | 35 Inland Empire | 58 Wyoming |
| 16 Indiana | 36 Pacific Northwest | 61 Puerto Rico |
| 17 Ohio | 37 Oregon | |
| 18 Lake Erie | 38 Pacific | |
| 19 Michigan | 39 Hawaiian | |
| 20 Wisconsin | 40 Iowa | |
| 21 Central | 41 Kentucky | |

APPENDIX D

DATES FOR NATIONAL CHAMPIONSHPS

1. AAU Junior Olympics National Championships

Virginia Beach, VA

July 29 – August 2, 2015

APPENDIX E

GLOSSARY DEFINITIONS

- 1. Fiscal year:** The fiscal year of the Corporation shall begin on the 1st day of September in each year and end on the last day of August in the following year.
- 2. Membership year:** The fiscal year of the Amateur Athletic Union is September 1 through August 31 of the following year.
- 3. Parade of Champions:** The Parade of Champions will take place on the last day of T&T Competition at the AAU Junior Olympic Games at a time designated on the schedule of events. All T&T athletes, coaches, and judges who take part in the T&T competition will march in by association. All T&T athletes, coaches, and judges who march in will be required to be dressed in the proper attire - competition attire, warm-ups, appropriate shoes, etc. (Refer to rules in handbook) An exhibition of the AAU T&T National Team and Stars of Tomorrow will be given during the Parade of Champions The Awards Presentation will be held during the Parade of Champions.
- 4. Practice:** For the purpose of AAU licensing, A practice is organized and/or regularly scheduled sessions supervised at all times by a registered AAU coach or instructors and conducted for the purpose of preparing, training, instructing, and conditioning only AAU registered athletes for AAU competitions. Tryouts and scrimmages are included as long as they meet all the requirements of the above definition.
- 5. Scrimmage:** A practice of an AAU club or with AAU athletes or another club. A scrimmage does not qualify as a practice if an admission fee is charged, or the officials are paid. Scrimmage results must not affect the teams club=s standing or rankings.
- 6. Supervision:** Supervision requires that an AAU registered coach/instructor be physically present at all times at the practice premises or site during each practice session.

APPENDIX F

CLARIFICATIONS

11/26/08

1. BEGINNER & ADVANCED-BEGINNER. New Round-off rule.

The rule says IF a round-off is used - it must be the last skill in the pass. If a round-off is performed anywhere else in the pass, you would take a 2.0 major deduction for not meeting pass requirements.

If the athlete performs a round-off anywhere else in the pass, they should NOT rebound. If they do rebound out of it - you would deduct for the number of steps taken. A straight up and down rebound is two feet, so you would take two 0.5 step deductions...if more steps are taken, you take 0.5 for each step up to the termination number; i.e. 3 steps for Beginner, 2 steps for Adv-Beginner. There are many other things that may happen - reversal of motion, etc.; however, if the athlete rebounds and continues without interruption of the pass - you take for steps and continue to judge the pass.

If the athlete performs a round-off anywhere else in the pass - they do not need to rebound and you do not judge the rebound. You only judge the rebound (or lack of) on the last round-off of a completed pass as in sub-novice, novice, and intermediate.

2. ADVANCED. The new rule states that at least one pass must have three somies. Failure to have three somies in one pass results in a 2.0 major deduction as a two pass requirement.

If an athlete performs the 1st pass with 2 somies and the second pass with one somi - you would deduction 2.0 on the 2nd pass for not having 2 somies and 2.0 for one pass not having at least 3 somies. The 1st 2.0 is for not meeting pass requirements and the 2nd 2.0 is for not meeting the combined pass requirements. This is the same as in Sub-Advanced where at least one pass must have two somies.

04/30/08

1. FOOT WEAR. When shoes are worn (tumbling, trampoline, & double-mini), although the rules state they must be white - we will accept "off-white" and tan. Many of the major shoe manufacturers have begun making various shades of white.

2. SYNCRHO DRESS. The rules remain the same; however, the deduction for failure to wear identical attire will result in each member of the synchro pair receiving a 2.0 pt. aesthetic deduction per aesthetic judge upon the advice of the Superior Judge.

02/04/08

1. WARM-UPS. Warm-ups. Warm-ups must start after the scheduled coaches & judges' meeting (not during or before).

11/07

1. **INSTABILITY DEDUCTION, ALL EVENTS**, Re-clarified by the Technical Committee.
Counting to 3. Regardless of the size of the step(s), taking one step results in a 0.1 deduction; taking two steps results in a 0.2 deduction; and taking three or more steps results in a 0.3 deduction. **THIS STRESSES THE SIZE OF THE LACK OF STABILITY OR NUMBER OF STEPS TAKEN.**
2. Although "instability" includes arm waving and/or body movement, the Technical Committee agreed to exclude those from these clarifications. If an aesthetic judge feels there is too much movement, they can increase the deduction on the last skill - the movement is probably a direct result of how they completed that skill anyway. I will state this in the clarification.
3. **HARD HAIR BALLS** will be considered the same as "Hair Beads" and will not be allowed in competition. 2.0 deduction.

10/07

GENERAL

1. **SKILL POSITION** - The position for skills will be determined between 10:00 and 2:00 (tuck, pike, or straight).
2. **LANDING DEDUCTIONS, ALL EVENTS** - As previously clarified, will be taken on incomplete and/or completed passes.
3. **TERMINATIONS & DEDUCTIONS** - Once a pass is terminated, you do not take additional deductions for anything that happens after the point of termination. Example: On trampoline, the athlete lands on one foot (termination) and then the other foot hits the side pad...you take the 0.3 for landing on one foot, but not the 0.9 for the side pad (athlete also loses that skill)

However, remember, if the pass is terminated due to a landing deduction which concludes in a greater landing deduction - you take the greater of the two. The example I used before - if an athlete falls to their seat (termination), rolls to their back, rolls off the floor - you take the greater landing deduction of 0.9 for going off the floor. This is a different scenario & we have a rule defining this.

TRAMPOLINE

1. A 3/4 back (or front) done in a different position will be considered a different skill in determining repeats, but will not receive different difficulty. All positions will receive a 0.3 difficulty.

11/06 & 4/07

GENERAL

1. ATHLETE ATTIRE

- 1.1 Leotards may have holes in the back as long as they are above the waist. 04/07 1.2
Socks may be rolled down without deduction. 04/07

2. JEWELRY - The wearing of jewelry or watches in competition will result in a 1.2 pt. deduction per pass to be taken on the advice of the Superior Judge. Jewelry must be removed, taping over will result in deduction. 11/06

3. HAIR

3.1 The wearing of hair beads will result in a 2.0 pt. deduction per pass to be taken on the advice of the Superior Judge. NOTE: Not a termination. 04/07

3.2 Hair pins, barrettes, etc. that fall out of the hair will result in a 0.3 pt. deduction (same as scrunchies) to be taken on the advice of the Superior Judge. 04/07

4. THE COACHING DEDUCTION SHOULD READ - Talking to or giving any signal to a competitor by his own spotters or coach during the routine. (Maximum deduction - 0.3 pt. per pass). NOTE: This includes clapping, gesturing, etc. Wait at least three (3) seconds after the competitor completes their pass. 11/06

TUMBLING

1. SUB-BEGINNER, BEGINNER, ADV-BEGINNER LEVELS.

1.1 The pass does not start until the hands touch the mat. 11/06

1.2 A cartwheel is a front skill only. If performed in a back tumbling pass, a 2.0 deduction will be taken.

2. INTERMEDIATE LEVEL REPEAT RULE - Round-offs and hand-springs can be repeated without deduction. With the exception of handsprings and round-offs, only one difficulty skill may be repeated in an optional pass; otherwise, the difficulty of the repeated skill will not be awarded.

11/06

DOUBLE-MINI

1. FOOT COVERING - An athlete must wear foot covering or they will not be allowed to compete.

Termination. NOTE: If an athlete wears black or colored foot covering, they will be allowed to compete; however, a 2.0 pt deduction per pass will be taken on the advice of the Superior Judge.

11/06

2. If an athlete lands after their mounter skill, stops, and then touches the blue side pad - you would not take a 0.9 pt. deduction because the stop terminated the pass. 04/07

3. When a double-mini athlete lands their dismount skill out of the landing zone, the skill does not count and you take the 0.9 pt. deduction because landing out is what terminated the pass. 04/07

TRAMPOLINE

1. FOOT COVERING - An athlete must wear foot covering or they will not be allowed to compete.

Termination. 11/06

2.1 If an athlete does not get completely around when performing swivel hips - you just take an aesthetic deduction. NOTE: It will probably also affect the next skill's aesthetics. 04/07

OCTOBER 2006

GENERAL CLARIFICATION - There is no deduction for glasses & hearing aids that fall off during competition.

TUMBLING

1. Landing Deductions:

- 1a. When judging instability at the end of a pass, the competitor should stop and hold the landing for three seconds prior to turning to salute.
- 1b. If a pass has too many skills, the deduction for not holding the landing for three seconds is taken on the last skill performed, not at the point where the pass was to have stopped.

2. In the beginner levels, during the execution of some skills, the elbows may touch the tumbling mat. If there is smooth continuation of the skill, then there is no deduction (termination) for the elbow. If the athlete is unstable or off-balance and falls to or pushes off the elbow, then the pass will be terminated at that point, no credit would be given for the skill, and a 0.6 pt. deduction would be taken for the elbow.

3. At the beginner levels, if the competitor performs the wrong pass, a 2.0 deduction will be taken. This is not a termination. NOTE: Performing an illegal skill will result in a termination.

4. A cartwheel is a front skill only. If performed in a back tumbling pass, a 2.0 deduction will be taken.

5. If a reversal (punch) somi is performed at the end of an incomplete pass (not enough skills), the athlete will still receive that skill & difficulty.

6. Any backward non-twisting single somersault executed at shoulder height or below and performed in the middle of a pass, regardless of position, will be considered a whip back.

7. Any backward non-twisting, single somersault at the end of a tumbling pass must be defined by position as a tuck, pike, or straight somersault including the last somersault prior to the reversal skill. If not performed above shoulder height, a deduction of 0.3 will be taken.

8. At the sub-advanced, advanced, and elite levels, if a pass has too many skills and the last required skill is not a somersault, a 0.5 pt. deduction will be taken for not ending the pass in a somersault.

9. There is no height deduction for a twisting somersault (such as a full, double-full, etc.) executed below shoulder height at the end of the pass; however, an aesthetic deduction should be taken.

DOUBLE-MINI

- 1. Landing Deductions - Instability landing deduction will be taken on the last skill performed.
NOTE: Whatever terminates a pass will receive the appropriate deduction, i.e., fall to the seat.

2. A tuck jump forward or backward is the same skill and will be considered a repeat if performed more than once as a mounter, spotter, or dismount skill. A 0.5 pt. deduction will be taken for the repeated skill.

3. At the novice level, if a competitor fails to have two passes with difficulty and one somersault in a pass, a 4.0 deduction will be taken on the last pass.
4. At the sub-advanced level, if a competitor fails to have one pass with two somersaults and to have one pass with a spotter somersault, a 4.0 deduction will be taken on the last pass.
5. An initial contact with the double-mini in which one foot strikes the bed before the other (ta-dump) will result in a 0.1 to 0.5 pt. deduction taken on the instruction of the superior judge.
6. Mounting Deduction - The deduction for instability when mounting the double-mini and for lack of form, control, and lift on the straight jump mount is 0.1 to 0.3 pts. A maximum deduction of 0.3 can be taken on the straight jump mount.

TRAMPOLINE

1. Landing Deductions - Instability landing deduction will be taken on the last skill performed.
NOTE: Whatever terminates a pass will receive the appropriate deduction, i.e., fall to the seat.
2. Twisting skills must start facing one of the end decks and end facing one of the end decks to receive twisting credit. Starting early or late and under or over-rotating do not get full credit.
3. Landing a trampoline skill on one foot will result in termination of the pass at that point, even if the last skill. No credit will be given for the skill and a deduction of 0.3 pt. will be taken.
4. Twisting skills must start facing one of the end decks and end facing one of the end decks to receive credit. Starting early or late and under- or over-rotating does not get full credit.
1. SUB-ADVANCED D-MINI. POSSIBLE TO HAVE TWO (2) 2.0 DEDUCTIONS (LIKE NOVICE).
- 2.0 FOR NO SPOTTER SOMI & -2.0 FOR NOT MEETING PASS REQUIREMENTS.
2. TRAMPOLINE. TWISTING SKILLS MUST START FACING ONE OF THE END DECKS AND END FACING ONE OF THE END DECKS TO RECEIVE CREDIT. STARTING EARLY OR LATE & UNDER OR OVER ROTATING DO NOT GET FULL CREDIT.
3. THERE WILL NOT BE A DEDUCTION TAKEN FOR GLASSES & HEARING AIDS THAT FALL OFF DURING COMPETITION.
4. IF A REVERSAL SOMI (PUNCH) IS PERFORMED AT THE END OF AN UNCOMPLETED PASS (NOT ENOUGH SKILLS), THE ATHLETE WILL STILL RECEIVED THE DIFFICULTY OF THE SKILL.

5/30/05

1. Beginner Tumbling Levels. The athlete rocks forward to the knees before performing their 1 st skill - what should be done?

Answer: No deduction.

2. Beginner Tumbling Levels. The athlete salutes the judges, turns around, and tumbles toward the athletes (reverse direction). What should be done?

Answer: Score the skills performed on the mat. Terminate if and when the athlete goes off the mat.

3. Sub-Advanced - Elite Level Tumbling. The athlete performs an extra skill; i.e., performs 9 skills for the 8 skill pass....the 8th skill is a somi in the straight position (or pike). Does the athlete receive the difficulty for a straight (or pike)?

Answer: Yes; however, if it is below shoulder height - deduct the 0.3 height deduction. Also if the 8th skill is not a somi, deduct 0.5 for not ending in a somi.

4. Double-Mini. The athlete performs their 1st skill (spotter) and intends to do a gainer off, but does a tuck back instead. Do you judge out of 1 skill (5.0 pts) and deduct 2.0 for pass requirements or is this a termination?

Answer: Score 1 skill (5.0 pts) and take the 2.0 deduction for pass requirements.

5. Double-Mini. The athlete performs their 1st skill and falls to their hands and knees on the double-mini bed....do we terminate after the 1st skill, judge out of 5.0, take 0.6 for the hands and knees, and 2.0 for pass requirements.

Answer: Terminate after the P skill, judge out of 5.0, take 0.6 for the hands and knees, and 2.0 for pass requirements.

6. Double-Mini. The athlete performs their 1st skill, lands on the blue side pad and automatically continues on to perform their 2nd skill. According to our rules, we take the deduction for hitting the side pad and score the 2nd skill...however, there is some confusion on this...sometimes, judges terminate because the feet were all on the side pad; but, our rules do not define how much of the feet touch.

Answer: Give the skill if they use the elasticity of the double-mini. Superior Judge decides.

7. Double-Mini. When do you take two separate 2.0 deductions.

Clarification states in the Novice & Sub-Advanced levels.

-2.0 for not having difficulty in 2 passes

-2.0 for not having a somi in one pass

-4.0 pt total deduction will be taken on the last pass.

8. Double-Mini. The athlete mounts the double-mini, hits the spotter bed and does a gainer off. Do we score out of 1 skill (5.0) or does the athlete get a "0"?

Answer: The athlete gets the one skill if it starts from the dismount bed.

9. Double-Mini. The athlete's dismount skill lands outside the landing zone. Does the athlete get that skill and do you take 0.9 pt. deduction for going out?

Answer: The athlete does NOT get the dismount skill (judge out of 1 skill - 5.0), take the 2.0 pt deduction for pass requirements, and take the 0.9 pt deduction for going out.

2. Advanced Double-Mini. Repeating a skill results in the loss of difficulty and a 0.5 deduction. Should there be the added 0.5 deduction?

Answer: Take the 0.5 deduction for a repeat.

3. Trampoline. Can a coach ask for no spotters for their competitor? What does this do to liability if the athlete flies off the trampoline at that spot and is injured (this applies to spotters at the end of the end-decks for Advanced and Elite)?

Answer: There must be a spotter as described in the handbook. The Superior judge shouldn't call the athlete if the spotters aren't in the described positions. An athlete will not be allowed to warmup or compete without the determined number of recommended spotters.

1. Intermediate Trampoline. Our rules differ in several places...

Correct Info:

- a. maximum number of somies - 5
- b. 3/4 can count as an optional front or back contact
- c. 3/4 can count as the 3rd optional somi

09/04

1. Advanced Beginner Tumbling - No deduction on Front Limbers for landing with feet shoulder width apart or less.

2. Same deductions apply for Sub-Beginner, Beginner, and Adv-Beginner when competing on the rod floor as on panel mats.

3. For Beginner if the athlete takes 3 steps, the pass will be terminated and 1.5 will be taken for the three steps.

4. For Advanced Beginner if the athlete takes 2 steps, the pass will be terminated and 1.0 will be taken for the two steps.

APPENDIX H

Rule Changes as of 10/20/2009

1. The age of athlete competition will be determined by the age the athlete as of December 31st of the prior year.
2. Athletes age 6 and under will no longer be mandated in any level or discipline.
3. Trampoline – Skills that begin or end facing the side (vertical) of the trampoline will result in loss of skill and termination, except for the last skill.
4. Sub-Advanced Trampoline – A repeated skill will lose difficulty of the skill.
5. The maximum difficulty for Sub-Advanced Trampoline will be 4.6.
6. The minimum difficulty for Advanced Trampoline will be 4.7.
7. Double-mini – Skills that begin or end facing the side (vertical) of the Double-mini will result in loss of skill and termination.
8. Double-Mini - ALL 6 year old and under athletes will be allowed to use a mounting mat no matter the level of athlete.
9. Double-Mini Advanced athletes warm-ups will be as follows... Preliminaries – 7 warm-up passes “NO STRETCH JUMP”... Finals – 5 Warm-up passes “NO STRETCH JUMP”
10. Sub-Advanced Trampoline - During Competition Finals: one of the two passes must contain a spotter and one pass must contain two somersaults. Both of these requirements may be met in one pass.

APPENDIX I

AAU Athlete's Honor Oath

I promise that I shall participate in AAU Trampoline and Tumbling Competitions

Respecting and abiding by the rules which govern it

In the true spirit of sportsmanship, for the glory of sport,

And the honor of my team.