

Trampoline Rules/Requirements remain the same.

Trampoline Competition-Warm Ups have changed:

Beginner through Sub-Advanced: 2 touches with One Routine on each touch

Advanced & Elite: 3 touches with One Routine on each touch

Double Mini Trampoline Rules/Requirements have changed for Competitive Athletes:

1. Two passes for ALL LEVELS

- A. Beginner: Two non-somersaulting passes
- B. Novice: One non-somersaulting pass and One single somersaulting pass (No twisting---may still use a ½ turn or full turn)
- C. Intermediate: Two single somersaulting passes. One pass must have a somi with no more than 180' twist. One pass has a non-twisting somersault (No Gainer) You may have turns: ½ turn/full turn/1 1/2 turn/double turn)
- D. Sub-Advanced: One single somersaulting pass. One pass must have two single somersaults. (You may use a full twisting back/front or rudi at this level) Maximum Difficulty of 2.6
- E. Advanced Level: Two passes with two somersaulting skills in each pass (Skills may be single somersaulting skills/twisting somersaults/double somersaulting skills.) Maximum Difficulty of 4.5
- F. Elite Level: Two passes with 2 somersaulting skills in each pass. Minimum Difficulty: 4.6

Double Mini Trampoline Competition Warm Ups have changed.

Beginner and Novice Warm-Ups: One run with straight bounces ONLY and two practice passes.

Intermediate through Sub-Advanced Level Warm-Ups: One run with straight bounces ONLY and 3 practice passes.

Advanced through Elite Level Warm-Ups: One run with straight bounces ONLY and 4 practice passes

****A Double Mini Mounter Mat or Small Wedge (no higher than mounter edge of trampoline) is approved for use on the mini trampoline and double mini trampoline for ages 6 & Under Beginner Athletes. At Invitational meets you may use a small wedge or a folding mat-6'X12' Only.**

****If an athlete does an illegal skill in any event: There is a .5 deduction and lose of difficulty.**

Tumbling Rules/Requirements have only One change at the Elite Level:

There will be NO compulsory pass required. One 5 skill and One 8 skill pass is required for preliminaries. And One 8 skill pass is required for finals. No ceiling on difficulty. Minimum Difficulty of 4.5 is necessary.

Tumbling Competition Warm-Ups have changed:

Sub-Beginner through Advanced Beginner: No run/ 2 passes (One Routine each touch)

Sub-Novice through Intermediate: One run/ 2 passes (One Routine each touch)

Sub-Advance through Elite: One run/ 4 passes (One Routine each touch)

Other Changes:

1. No deduction for using a sting mat on any event. Sting mat must be no thicker than 4 inches.
2. Inappropriate Attire Deduction: Changed deduction from 2.0 to 1.0 deduction. No large holes in lower back of leotard/No spaghetti straps/No open shoulder leotards/No Unitards. (Keyhole necks and fastenings for neck back are acceptable.)
3. First pass on both Double Mini Trampoline & Single Mini trampoline=Straight Jumps ONLY.
4. Mini Trampoline: Landing with toes under the mini tramp-Deduction changed from .9 to .3.
5. Judges scores must be within .8 of each other for All Events.
6. No deductions for Hair or Tattoos.
7. Doing an illegal skill in any event: .5 deduction and lose of difficulty.
8. Mini Trampoline offers 6 levels only: See Form A
9. Novice Synchro Trampoline has been added to the Junior Olympic Events.
10. Mini Trampoline offers 6 levels ONLY: See Form A
11. ******IMPORTANT CHANGE****TEAM TRIALS for February 18 & (19- if necessary) is OPEN to any AAU TEAM—No Exclusions this year—This means that new teams who are invited and AAU teams who did not make it to Junior Olympics are still welcome to try out for the 2017 Team Trials and are also welcome to bring other athletes to compete at the Invitational meet. If you make the AAU Team: You will have a two-year commitment to attend the 2017 & 2018 Junior Olympic Games.**