

TRAMPOLINE **TABLE OF CONTENTS**
REVISED MAY 2016

SAFETY RULES FOR TRAMPOLINE	TR-p1
 AAU. DEVELOPMENTAL RULES – TRAMPOLINE / GENERAL RULES	
EQUIPMENT	TR-p2
TRAMPOLINE SPOTTER SAFETY	
RULES.....	TR-p2
DRESS	TR-p4
COMPETITION AGE DETERMINATION & AGE GROUPS.....	TR-p5
STRETCH OUT & WARM-UPS	TR-p6 START
OF A ROUTINE	TR-p7
OBJECT OF A ROUTINE	TR-p7 END
OF A ROUTINE	TR-p7
REQUIRED POSITIONS DURING A ROUTINE	TR-p8
INTERRUPTIONS OF A ROUTINE (SCORING STOPS)	TR-p9
DUTIES OF THE AESTHETIC JUDGE	TR-p10
DEDUCTIONS FOR FAULTY EXECUTION	TR-p10
DEDUCTIONS TAKEN ON THE ADVICE OF THE SUPERIOR JUDGE	TR-p11
LANDING DEDUCTIONS	TR-p12
DUTIES OF THE DIFFICULTY JUDGE	TR-p13
DUTIES OF THE SUPERIOR JUDGE	TR-p13
METHOD OF SCORING	TR-p14
COMPETITION PROCEDURES	TR-p15
PROTESTS.....	TR-p16
ARBITRATION JURY	TR-p17
TEAM POINTS & RESULTS	TR-p18 TJR.
OLYMPIC COMPETITION PROMOTION RULE	TR-p18
LEVELS
BEGINNER DIVISION	TR-p20
NOVICE DIVISION	TR-p22
INTERMEDIATE DIVISION	TR-p24
SUB-ADVANCED DIVISION	TR-p26
ADVANCED	TR-p28
ELITE TRAMPOLINE	TR-p30
SYNCHRONIZED TRAMPOLINE	TR-p32
 DIFFICULTY CHART	TR-p34
 GUIDE TO JUDGING	TR-p37
 GLOSSARY OF TRAMPOLINE TERMS	TR-p41

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 and 5' tall. 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 or more 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.

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 Jr. Olympics, State, 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. **Recommend end-deck wedges be used at all meets beginning the 2015-16 season, required beginning the 2016-17 season.**

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. A minimum of 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.

GUIDELINES FOR TRAMPOLINE SPOTTERS

- 1. Trampoline spotters should have current AAU Memberships.**
- 2. Team Coaches are to talk to their trampoline spotters and inform them of safety procedures while Spotting on trampoline.**
- 3. No cell phones are to be used while spotting trampoline, the timer may use the cell phone for timing.**
- 4. Visiting or talking to other people while trampoline spotting is NOT allowed.**
- 5. Trampoline spotters should keep the LINE UP athletes behind them.**
- 6. Remember you are the athlete's last chance to be
SAFE, BE AWARE AND WATCH THEM!**

EQUIPMENT- p2

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.

Spotters

1. There must be four spotters around the sides of the trampoline at all times. The U.S.T.A. 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 and 5' tall.

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.

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

ATHLETE ATTIRE - During stretch-out, athletes may wear competition warm-ups (which must be stored in a designated area or bag) over their competition attire. Athletes **MUST** be in competition attire from the beginning of their warm-ups through the end of their competition (deduction 2.0 on their 1st pass) and during all Award Ceremonies.

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

A Compression shirt may be Worn with no deduction.

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

NOTE: Wearing long white trampoline pants with dark or colored shorts or briefs underneath that show will result in a 0.3 pt. deduction. **Pants may be worn on ALL EVENTS.**

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 cut-outs below the arm holes 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. Bras, if worn, may be flesh colored or match the leotard.

Footwear: White gymnastic shoes and/or white foot covering **must** be worn. Although the rules state shoes must be white, we will accept "off-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 .1 score.

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. 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 »

Additional rules apply for Synchronized Trampoline.

Synchronized Trampoline will be Intermediate/Sub Adv./Adv. / Elite Levels

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 12/31/15, will compete at from September 2015 through August 31, 2016).

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 U.S.T.A. 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: 4 & Under, 5-6, 7-8, 9-10, 11-12, 13-14, 15 & Over
Boys: 4 & Under, 5-7, 8-10, 11-13, 14 & Over

Novice
Girls: 4 & Under, 5-6, 7-8, 9-10, 11-12, 13-14, 15 & Over
Boys: 4 & Under, 5-7, 8-10, 11-13, 14 & Over

Intermediate
Girls: 4 & Under, 5-6, 7-8, 9-10, 11-12, 13-14, 15 & Over
Boys: 4 & Under, 5-7, 8-10, 11-13, 14 & Over

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

Advanced
Girls: 4 & Under, 5-6, 7-8, 9-10, 11-12, 13-14, 15 & Over
Boys: 4 & Under, 5-7, 8-10, 11-13, 14 & Over

Elite Open Age Group

STRETCH-OUT & WARM-UPS

During stretch-out, athletes may wear competition warm-ups (which must be stored in a designated area or bag) over their competition attire.

Stretch-out Mats at Competition: If a competitor is doing skills at or above their level on the stretch out mats, a 3.0 pt. deduction will be taken on the 1st pass.

WARM-UPS

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

Athletes **MUST** be in competition attire from the beginning of their warm-ups (deduction 2.0 on their 1st pass) through the end of their competition (and at nationals, until after their flight awards) unless approved by the Superior Judge. and during all Award Ceremonies.

If a competitor is doing skills at or above their level during warm-ups, a 3.0 pt. deduction will be taken on the 1st pass.

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

ELITE

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

SYNCHRO TRAMP

INTERMEDIATE 2 Turns @ 30 Seconds Each

SUB-ADVANCED 3 Turns @ 45 Seconds Each

ADVANCED 3 Turns @ 45 Seconds Each

ELITE 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 attempts 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.

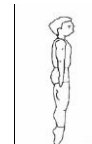
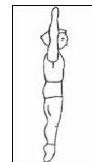
To be considered an out-bounce, the action must be an automatic repulsion which goes straight up and down (arms must be straight up) or the motion will be considered instability (taking steps).

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

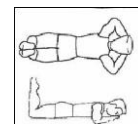
1. In all positions (except for straddle jumps), the feet and legs should be kept together and the feet and toes pointed.
2. For take-off from the feet, the body should be held straight with arms up and shoulders extended. For all Straight Jumps, Extensions (press-outs) and Twists, the body should be 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. During a seat drop, ½ turn - the arms should be up during the ½ twist.
7. The legs should be a minimum of 135N apart during the execution of a **pike straddle jump** with a minimum of 135N 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 135N split of the legs will result in being counted as a pike jump.

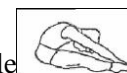
8. The knees should bend at a 90 degree angle, the head should be in the neutral position (facing down toward the trampoline bed), and the elbows should be out during a **front drop**.
9. The following defines the minimum requirements for a particular body shape:



- 9.1 **Straight Position:** The angle between the upper body and thighs must be greater than 135N and the angle between the thighs and the lower legs must be greater than 135N.
- 9.2 **Pike Position:** The angle between the upper body and thighs must be equal to or less than 135 N and the angle between the thighs and the lower legs must be greater than 135 N.
- 9.3 **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.
- 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.

NOTE: To meet body position, both legs must meet the minimum requirements.


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 *even if the 10th contact*.
6. Use of an illegal skill terminates the pass at that point (will also result in loss of skill, a 2.0 deduction and may also result in a 3.0 deduction if from a higher level).
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 (begins or ends) a skill facing the side of the trampoline. EXCEPTION: If the last skill of the routine ends facing the side pad, the pass will not be terminated.
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 11.2 - 11.8 on page TR-12
11. **No credit will be given for the skill in which the interruption occurs.**
12. **No mandates2.0 deduction....No zero scores .1 Awarded**

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.

A. 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.
3. All aesthetic scores must be within .8 (not just the middle score).

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 0.1-0.5 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 0.1-0.5 aesthetic deduction.

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.

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

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.

- 2.1 To be included in the 0.1-0.8 skill deductions, for not sliding out of a tuck, pike or straddle position
(jumps & single somis) 0.1 - 0.2 pt

- 2.1.1 A touch and slide with arms pressed down to sides fully 0.0 pt
- 2.1.2 A touch and slide with arms not fully pressed down to sides 0.1 pt

- 2.1.3 A touch only. 0.2 pt

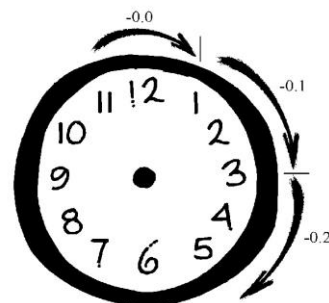
4. Deductions for a kick out (opening of a somersault) is only based on the position of the opening of the somersault without regard to the style

- 4.1 Kick out between 12:00 and 1:00 o'clock 0.0 pt

- 4.2 Kick out between 1:00 and 3:00 o'clock
. 0.1 pt

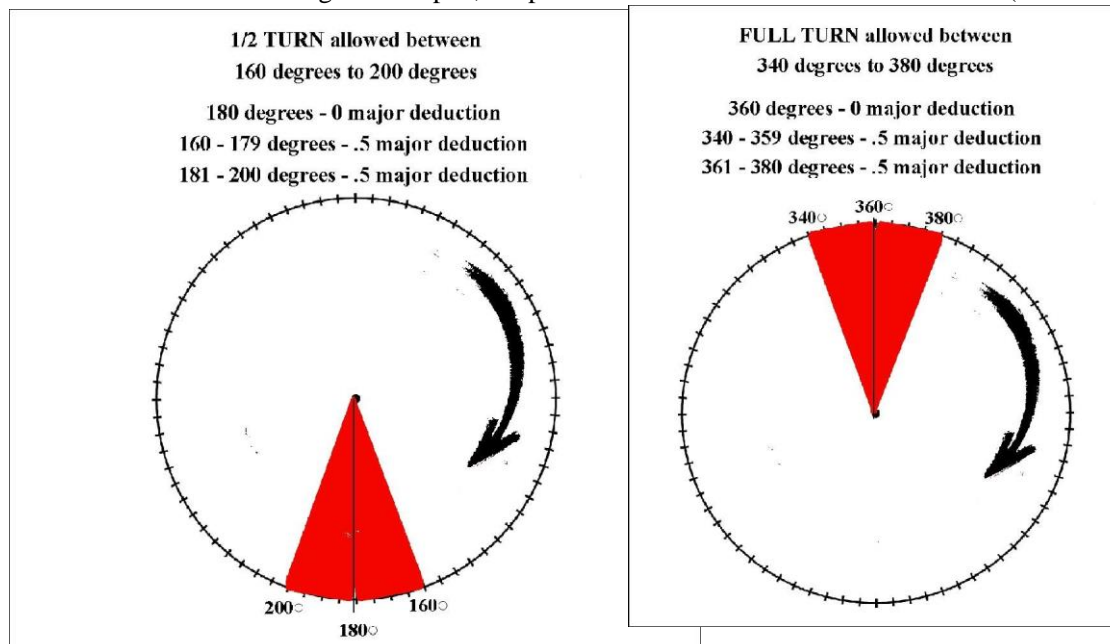
- 4.3 Kick out after 3:00 o'clock
. 0.2 pt

Reference body positions to the face of a clock.



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, loss of skill, a 2.0 deduction, and may also result in a 3.0 deduction if from a higher level.
8. Exceeding level/pass maximums (**NOTE:** Will also result in a 2.0 pt. deduction.). 3.0 pt
9. Each ½ and 1/1 turn (feet to feet) that is short or long by 20N 0.5 pt
 - 9.1 A jump ½ 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 ½ 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 (*with arms up*) using the elasticity of the bed will be considered “instability” 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 - 11.8 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 Falling off the trampoline 1.0 pt
- 11.9 Illegal skill, no mandate.....2.0 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 ALL 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 ½ 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 360N 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 360N 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.

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.

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.

ELITE

Competition procedures are the same as advanced except there are two passes for the Preliminary Competition. Passes do not run consecutively.

IT IS RECOMMENDED THAT WHEN COMBINING AGE GROUPS FOR INVATIONALS THAT COACHES BE NOTIFIED.

PROTESTS

Fees: \$ 50 -Invitational
\$100 -State Championship
\$100 -Team Trial
\$100 -Jr. Olympics

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 aesthetic scores must be presented to the 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. oDuring 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 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

Composition; (3) The Meet Director, a Member of the AAU Executive Board or a Coach appointed by The Meet Director , and a judge from another panel who is currently available. The Meet Director Will designate the Coach who will serve in place of an AAU Executive Board Member if none are Present at the Coaches/ Judges meeting. . AT THE COACHES/JUDGES MEETING, The AAU EXECUTIVE BOARD will be Introduced.

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. If the protest concerns a competitor from the Executive Board or meet Director at the competition, the meet director shall designate an unbiased coach.

2. Each Protest Committee Member must review the protest procedure rules prior to acting on any protest.

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.

TEAM POINTS ARE NOT AWARDED AT JR. OLYMPICS, WE ARE LEAVING THEM IN CASE AT SOME POINT WE WANT TO DETERMINE TEAM VALUE.

TEAM POINTS

1. The top three preliminary raw scores used are added together for the girls and the top two preliminary raw scores used are added together for the boys.

RESULTS

1. A complete copy of the results (along with the Meet Director’s Report and Judges’ Reports) must be sent to the Secretary Jeri Inman within two weeks of the competition.

JR. OLYMPIC COMPETITION MANDATE RULE: NONE

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 ½ Twist (180E), Pike Jump or Tuck Jump, and a Front or Back Contact. NOTE: The Straight Jump with ½ 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), ½ turn, pike jump and a Front or Back Contact (this could include, but is not limited to airplane [½ turn to a front drop]), front drop, back drop). NOTE: The Straight Jump with ½ 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 [½ 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** (Jr. Olympics ONLY - Difficulty cap of 7.0) 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** - Optional at Invitational & State Competitions; mandatory at Nationals)
Difficulty cap of 7.0 One ten (10) bounce optional routine (may be the same as the preliminary routine).

ELITE

1. **Preliminaries**
One (1) Compulsory Pass and One (1) Optional ten bounce routines.

Compulsory Routine: ¾ Ft/Back any position, or Cody Ballout any position, Tuck Jump, Barani Tuck,

Back Tuck, Barani Pike, Back Pike, Barani Layout, Back Layout, Back Full
2. **Finals**
One (1) Optional Ten Bounce Routine.
Minimum difficulty of 7.1 pt. without repeats.
All skills must have a minimum of 270E rotation.

**NO ZERO SCORES / COURTESY SCORE OF .1 FOR ALL LEVELS
DIFFICULTY AWARDS AT ALL LEVELS OF TRAMPOLINE 9/16**

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 ½ Twist (180E). **NOTE:** The Straight Jump with ½ Twist (180E) **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 ½ Twist (180E)* 9. Straight Jump with 1/1 Twist (360E)** 10. Straight Jump with 1½ Twist (540E) 11. Straight Jump with 2/1 Twist (720E) 	<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 ½ 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 ½ 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, ½ Turn to Seat, Return to Feet, ½ Turn, Seat Drop, To Feet, Front Drop, To Feet.
2. Tuck Jump, Straddle Jump, Seat Drop, to Feet, ½ Turn, Seat Drop, To Front Drop, To Feet, Back Drop, To Feet
3. Tuck Jump, Straddle Jump, Pike Jump, Seat Drop, To Feet, ½ Turn, Front Drop, To Feet, Seat Drop, ½ Turn To Feet
4. Tuck Jump, Straddle Jump, Seat Drop, ½ Turn to Seat, To Feet, ½ Turn, Pike Jump, Back Drop, Front Drop, To Feet

DIFFICULTY : AWARDED 9/16**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-½ 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.

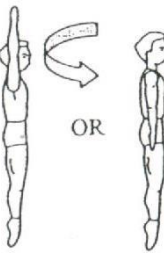


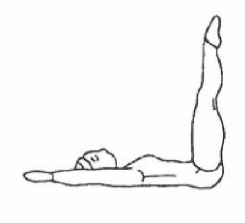

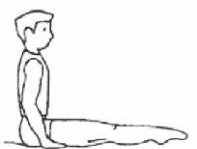
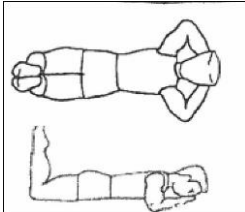

Combination skills which may be used without a repeat penalty involve two (2) contacts with the bed and also a rebound back to the feet. Each contact with the bed represents a "skill" and must be counted in the TEN (10) CONTACT requirement. Twists may be included between skills prior to the contact for 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. Skills that start 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 ½ Turn to Front Drop (½ 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 ½ 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 ½ 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 .2	Tuck Jump	Pike Jump	Back (Contact) Drop
			 < 135°
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. ½ 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 [½ turn to a front drop]), front drop, back drop). Does NOT have to originate or return to the feet.

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 270N (3/4 front, 3/4 back, pullover, etc)

SAMPLE PASSES

1. Back Straight, Pike Jump, Seat Drop, ½ Turn to Seat, Return To Feet, ½ Turn, Front Drop, Return To Feet, Seat Drop, Return to Feet
2. Straddle Jump, Pike Jump, Seat Drop, ½ Turn to Seat, Return to Feet, ½ Turn, Front Drop, Return to Feet, Tuck Jump, Front Tuck
3. Tuck Jump, Back Tuck, Pike Jump, Seat Drop, to Feet, ½ Turn, Seat Drop, ½ Turn to Feet, Front (or Back) Drop, Return to Feet

DIFFICULTY. AWARDED 9/16

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- $\frac{1}{2}$ turn 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.

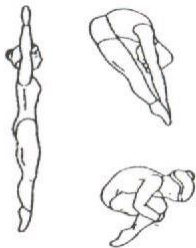

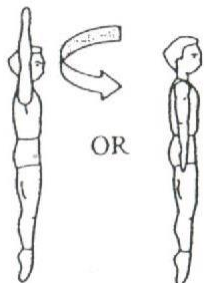

Combination skills which may be used without a repeat penalty involve two (2) contacts with the bed and also a rebound back to the feet. Each contact with the bed represents a "skill" and must be counted in the TEN (10) CONTACT requirement. Twists may be included between skills prior to the contact for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

- 1 Swivel Hips
- 2 Seat Drop to Stomach Drop
- 3 Front Drop to $\frac{1}{2}$ Turn to Front Drop ($\frac{1}{2}$ 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 $\frac{1}{2}$ 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 $\frac{1}{2}$ 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.
***NOTE: Will also result in a 3.0 deduction for exceeding pass/level maximums.**
2. A routine with any omitted compulsory skill(s) or not meeting pass requirements will receive a maximum deduction of 2.0.

FINALS - at Jr. Olympics

			
Somersault Straight, Tuck, Pike	Kick-Out at 12:00	Full Turn	Pike Jump

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 $\frac{3}{4}$ Front or Back Somi may be used as the Front or Back Contact, but **not** as a somersault.

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 [$\frac{1}{2}$ 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
<ol style="list-style-type: none"> 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. $\frac{3}{4}$ Front or $\frac{3}{4}$ Back 7. Porpoise (Constitutes a front somi) 8. Back or Front Somersault with 180E Twist 9. Arabian Front 	<ol style="list-style-type: none"> 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, $\frac{1}{2}$ 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 – AWARDED 9/16

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-½ _____ 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) somis will result in a 2.0 pt. deduction.
***NOTE Will also result in a 3.0 deduction for exceeding pass/level maximums.**
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).

SUB-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

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. All compulsory skills must start from and end on the feet.

The three (3) compulsory skills are: Back Somersault Straight Position

*3/4 Front or 3/4 Back (must originate on the feet) Barani

Tuck

The routine must include a minimum of four (4) somersaults; the three (3) compulsory skills plus two (2) optional somies with no maximum of single somersaults. **Maximum 4.6 difficulty.**

NOTE: A 3/4 skill may be used as the compulsory 3/4 skill prior to a ball-out, porpoise, or cody as long as it originates on the feet.

Any repeated difficulty skills will result in loss of difficulty for the repeated skill, but will still count as a somi.

MAXIMUM: 4.6 pt. difficulty.

LIST OF SKILLS PERMITTED	LIST OF SKILLS NOT PERMITTED
1. Beginner Skills 2. Novice Skills 3. See Intermediate Skills 4. Back Somersault with 360E Twist 5. Front Somersault with 360E Twist 6. Arabian Front 7. Ball-outs 8. Cody 9. Somersaults with maximum of 450E rotation 10. Somersaults with a maximum of 540E twist (Rudi)	1. All skills that involve landing on the knees 2. Doggie Drops (Hands & Knees) 3. No somersaults over 450E in rotation or 540E in twisting are allowed.

SAMPLE PASSES

1. Back Straight, Straddle Jump, Back Pike, Tuck Jump, Back Tuck, Barani Tuck, Seat Drop, To Feet, 3/4 Front (or 3/4 Back), Return to Feet; 2.7 DD
2. Back 3/4, To Feet, Straddle Jump, Back Straight, Pike Jump, Back Pike, Rudi, Back Tuck, Barani Tuck, Front Tuck; 4.0 DD
3. Full Twisting Back Somersault, Tuck Jump, Barani Tuck, Back Tuck, Rudi, Back Straight, Barani Straight, Pike Jump, 3/4 Front, ½ Turn to Feet; 4.3 DD

DIFFICULTY - Difficulty is awarded at the Sub-Advanced level.
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.

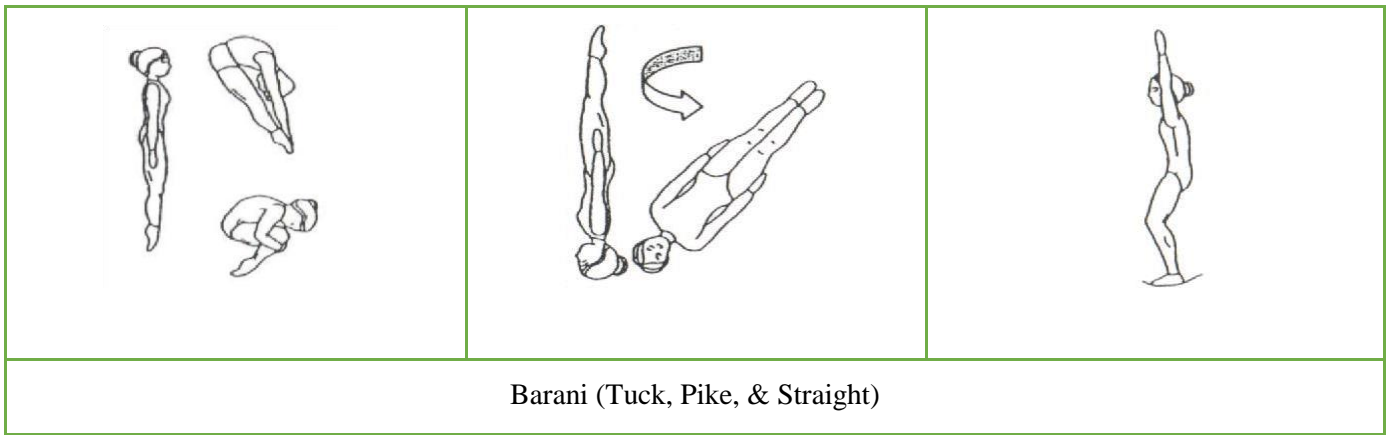
LEVEL SPECIFIC DEDUCTIONS

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 0.8 pt. difficulty or less. Performing a skill with a difficulty value of more than 0.8 pt. will result in termination, loss of skill, loss of difficulty, and a 2.0 deduction for use of an illegal skill.
4. Exceeding 4.6 pt. maximum difficulty will result in a 2.0 deduction (difficulty above the 4.6 will be awarded as long as all of the skills are legal at this level and are not repeats).

***NOTE: 3 & 4 - Will also result in a 3.0 deduction for exceeding pass/level maximums.**

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 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. After 10 completed skills, the 11th jump will be considered an out bounce unless it has rotation.
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: AAU does not recommend the use of these skills at any time during competition or training.
6. : 7.0 difficulty cap.

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.
- 7.5 difficulty cap.

MINIMUM: Seven (7) Somies and 4.7 Difficulty MAXIMUM 7.1 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.

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.

At the Advanced Level of Trampoline, after 10 completed skills, the 11th jump will be considered an out bounce unless it has rotation.

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 .8 (not just the middle scores).

JR. OLYMPICS

g A competitor will automatically qualify to compete at JR. OLYMPICS in the Advanced level if he/she competes at their

State Championship in the Advanced Level of Trampoline; however, the competitor must have competed in the Advanced Level of competition at An AAU Sanctioned competition (during that competition season) prior to their state meet.

g After their State Championship has been held, an Advanced athlete scores will not count to reach the qualifying score for the Elite Level of Competition

g **7.1** difficulty to qualify for the Elite Level of Trampoline.

AAU ELITE RULES - TRAMPOLINE

GENERAL RULES

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

ELIGIBILITY

During the current competition season, the athlete must perform a routine with a difficulty of at least **7.1 pt.** at the Advanced level at a sanctioned AAU competition to be eligible to compete in Elite Trampoline. Proof of eligibility is validated by the official score sheets that are sent to the Secretary, of T&T by Meet Directors. The Secretary will compile a list of Elite Athletes and verify eligibility for each season of competition

The AAU Secretary of T & T will develop and maintain a list of athletes qualified for Elite Trampoline.

AGE GROUPS

There are no age groups in the Elite Division. All girls compete against each other and all boys compete against each other.

PRELIMINARY PASS REQUIREMENTS: One (1) Pass with Compulsory Skills and One (1) Optional ten contact routines.

PASS #1, COMPULSORY SKILL PASS: $\frac{3}{4}$ Front/Back any position or Cody Ballout any position, Tuck Jump, Barani Tuck, Back Tuck, Barani Pike, Back Pike, Barani Layout, Back Layout, Back Full.

No difficulty will be awarded.

All skills must have a minimum of 270E rotation. Performing a skill without 270E rotation will result in termination at that point with loss of the skill.

Any repeated difficulty skills will result in 0.5 pt. deduction.

PASS #2, OPTIONAL PASS

The Optional Pass will consist of ten (10) contacts with a minimum difficulty of 7.1 pt. without repeats.

Failure to meet the 7.1 pt. minimum difficulty without repeats will result in a 2.0 pt. aesthetic deduction. A competitor may not advance to finals if they do not meet these minimum difficulty score requirements.

Any repeated difficulty skills will result in loss of difficulty for the repeated skill, but will still count as a skill.

All skills must have a minimum of 270E rotation. Performing a skill without 270E rotation will result in termination at that point with loss of the skill.

The competitors with the top ten (10) scores from the preliminaries will advance to finals as long as the minimum difficulty score of 7.5 pt. is met. 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.

FINAL PASS REQUIREMENTS

The Optional Final Pass will consist of ten (10) contacts with a minimum difficulty of 7.1 pt. without repeats.

All skills must have a minimum of 270E rotation. Performing a skill without 270E rotation will result in termination at that point with loss of the skill.

LEVEL SPECIFIC DEDUCTIONS

1. All skills must have a minimum of 270E rotation. If a skill does not include a minimum rotation of 270E the pass will be terminated at that point.
2. **PASS #1, COMPULSORY SKILL PASS.** Repeated skills will result in a 0.5 pt. deduction.
3. **PASS #1, COMPULSORY SKILL PASS.** Lack of any compulsory skill will result in a 2.0 deduction (maximum).
4. **OPTIONAL PASS & FINAL PASS.** Repeated skills will result in a loss of difficulty.
5. **OPTIONAL PASS & FINAL PASS.** Failure to meet the 7.1 pt. minimum difficulty without repeats will result in a 2.0 pt. aesthetic deduction.

At the Elite 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 momentum before the start of their pass.

At the Elite Level of Trampoline, after 10 completed skills, the 11th jump will be considered an out bounce unless it has rotation.

ORDER OF COMPETITION

Preliminaries

It is required for all State, Jr. Olympics, and Team Trial Competitions that the starting order for preliminary competition for Elite Trampoline shall be decided by a random sort on computer.

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.

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. Competition cards are recommended at Invitationals and mandatory at State, National, & Team Trial Competitions.

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

SCORES

All elite aesthetic scores must be within .8 (not just the middle scores).. **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 , Intermediate, Sub Adv. & 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 Jr. Olympic 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. If there is no Synchro

Trampoline offered at State Competition, pairs may enter the Jr. Olympic Synchro Trampoline as eligible.

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 ½ 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 skill, 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 DIFFICULTYTUCK PIKE LAYOUT PUCK

The piked and lay-out positions in double somersaults - both somies must be performed in the same position to receive the difficulty listed.

Tuck Jump	-	-	-	-
Pike Jump	-	-	-	-
Straddle Pike Jump	-	-	-	-
Straight Jump ½ Twist	-	-	.1	-
Straight Jump 1 Twist	-	-	.2	-
Straight Jump 1½ Twist	-	-	.3	-
Straight Jump 2 Twist	-	-	.4	-
¾ 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 ½ Twist (Barani)	.6	.6	.6	-
Barani Ball Out	.7	.7	.7	-
Front Somersault 1 Twist	-	-	.7	-
Front Somersault 1½ Twist (Rudi)	-	-	.8	-
Rudi Ball Out	-	-	.9	-
Front Somersault 2 Twist	-	-	.9	-
Front Somersault 2½ Twist (Randi)	-	-	1.0	-
Front Somersault 3 Twist	-	-	1.1	-
Front Somersault 3½ Twist (Adolph)	-	-	1.2	-
Front Double Somersault ½ Twist (Barani in/Barani out - Fliffis)	1.1	1.3	1.3	-
Front Double Somersault 1 Twist	1.2	1.4	-	-
Front Double Somersault 1½ Twist (Rudi Out)	1.3	1.5	1.5	1.3
(Full In Barani Out)	-	1.5	1.5	1.3
(Barani In Full Out)	-	1.5		
Front Triple Somersault ½ Twist (Barani in/Barani Out - Triffis)	1.6	1.9	-	-
¾ 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				
(½ In/½ 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
(½ In Rudy Out)	-	1.6	1.6	1.4
Back Somersault 1 Twist	-	-	.7	-
Back Somersault 2 Twist	-	-	.9	-

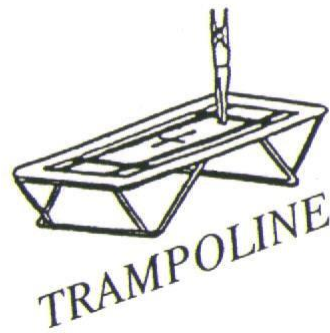
Back Somersault 3 Twist

- - 1.1 -

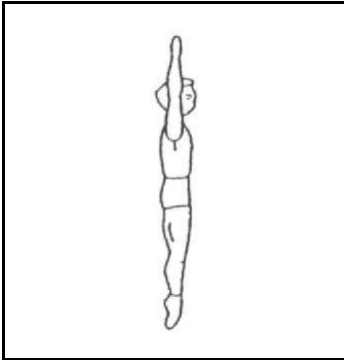
TRAMPOLINE

Guide to

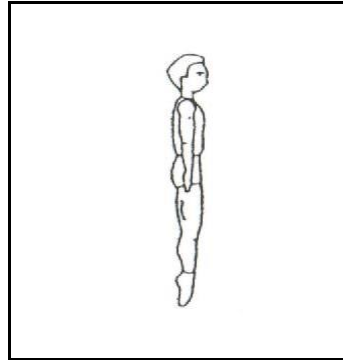
Judging



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



REQUIRED POSITIONS DURING A PASS u [The

body should be tight at all times] For all tucked, piked, and straddled skills, the arms should press down to the sides after the tuck, pike, or straddle position is attained.

u [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.


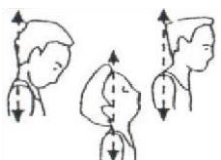
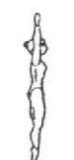



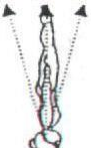

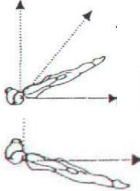
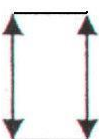
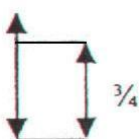
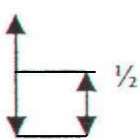
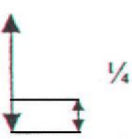
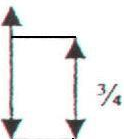

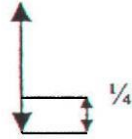

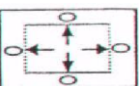
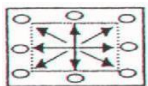
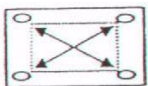
Straight Position: The angle between the upper body and thighs must be greater than 135° and the angle between the thighs and lower leg must be greater than 135°.

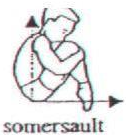










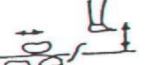
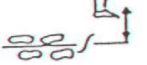







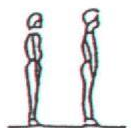
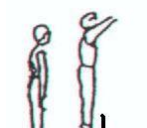
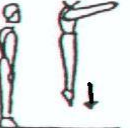
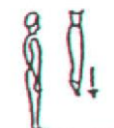
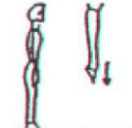
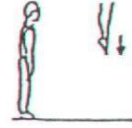
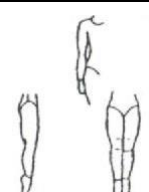
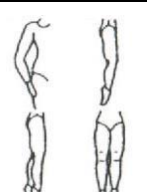
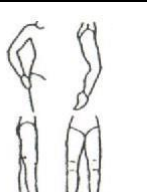
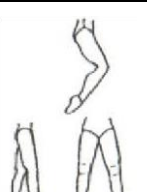
Pike Position: The angle between the upper body and thighs must be equal to or less than 135° and the angle between the thighs and the lower legs must be greater than 135°.




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°.












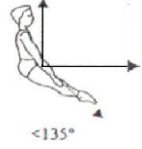
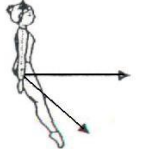
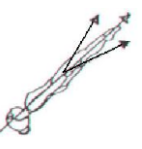
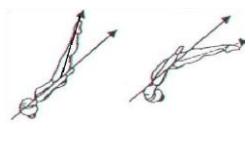
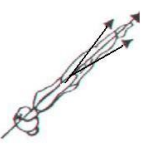
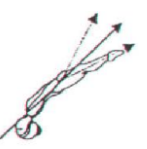
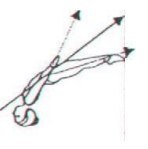
NOTE: In multiple somersaults (2/1 or more) with twists, the tuck and pike position may be modified during the twisting phase.

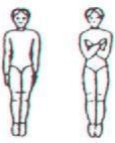



TRAMPOLINE - GUIDE TO JUDGING DEDUCTIONS FOR FAULTY EXECUTION

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						


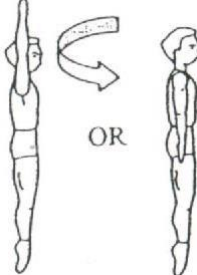
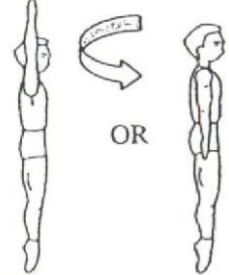



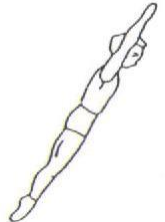
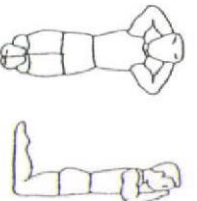
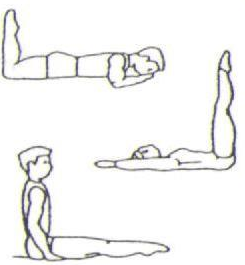
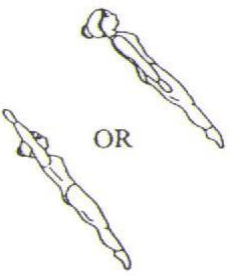


DEDUCTIONS	0.0	0.1	0.2	0.3	0.4	0.5
Tuck position Angle of upper body to thigh	 somersault					
Knees apart						
Position of the hands						
After the last skill						
	0.6	0.7	0.8	0.9	1.0	
						
Synchronization Difference in landing between two cometitors	0.0	0.1	0.2	0.3	0.4	0.5
						
Somersaults with twists Position of the Limbs						

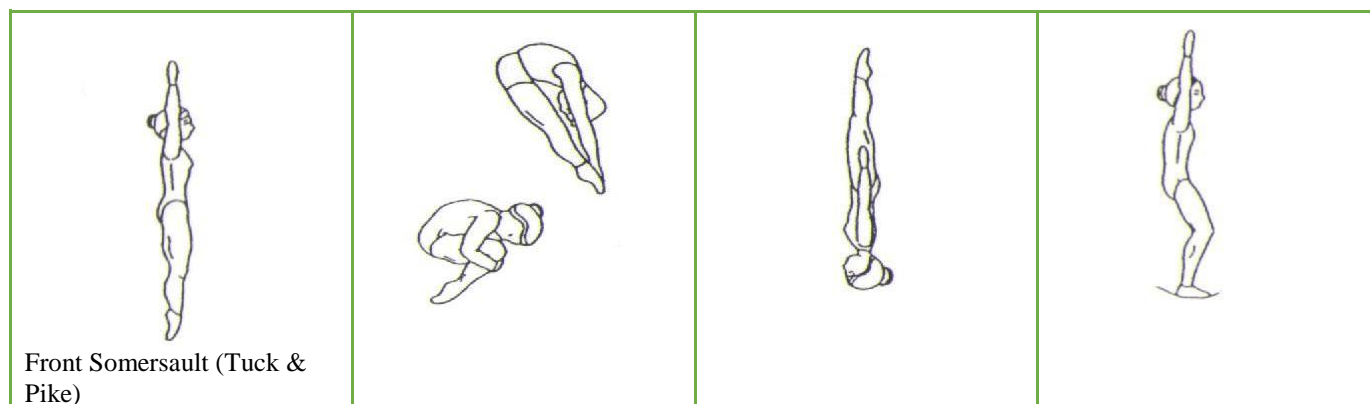
Pike position Angle of upper body to thighs						
--	---	---	---	--	--	--

DEDUCTIONS	0.0	0.1	0.2	0.3	0.4	0.5
Position of the legs with respect to horizontal (jump)						
Position of the hands (jump & somi)						
Straddle jump (piked) Opening of the legs	 > 135°	 < 135°				
Somersaults without twists Angle between chest and thighs						
Multiple somersaults with twist Angle between chest and thighs	 < 135°					
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						

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 			



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 ½ 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 ½ twist initiated after 45N 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 180N forward rotation. When the athlete reaches vertical a ½ twist is initiated, the skill is complete when the back makes contact with the bed.

Cruise - A skill that initiates from the stomach, has 180N of backward rotation with a ½ twist initiated at vertical allowing the athlete to land on the stomach. The chest must pass through vertical position.

Fliffis - A front double somersault with ½ twist. The ½ 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 (360N)

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 outbounce, 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 N and the angle between the thighs and the lower legs must be greater than 135 N. 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 135N.

Porpoise - A front skill that initiates from the back with a complete 360N of rotation. The skill is complete when the back makes contact with the bed.

Pull-over - A skill that initiates on the back with 270N 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 2½ twist.

Rudi - a single front somersault in the straight position with 1½ 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 135N and the angle between the thighs and lower legs must be greater than 135E. Also called a “lay-out” position.

Trifis - A front triple somersault with ½ twist. The ½ 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 N and the angle between the thigh and the lower leg must be less than 135N. In multiple somersaults (2/1 or more) with twists, the tuck position may be modified during the twisting phase.