

**2023-2024 Amateur Athletic Union**

**AAU Trampoline & Tumbling Handbook**



**Sports for All, Forever!**

# AAU Trampoline and Tumbling Handbook

## PREAMBLE

The AAU Trampoline and Tumbling National Committee has been established in order to promote the benefits of participation in athletics and hereby adopts these rules & regulations (subject to change) for the advancement of that purpose.

### **I. NATIONAL SPORT COMMITTEE GOVERNANCE AND ADMINISTRATION**

#### **A. National Committee Structure and Procedures**

1. **National Chair.** National Sports Chair shall be elected by the National Sport Committee at the committee meeting during National Conventions in which National Officers are elected. Terms are four years. National election policies shall apply. National Sport Chairs can be removed for cause by a majority vote of the National Officers, subject to the Right of Appeal to the National Board of Review. The President, with the approval of a majority of the officers, may appoint a person to fill a vacant Sport Chair position. The appointee will serve until the next regular or special meeting of the Sport Committee, at which time an election shall be held to complete the term.
2. **Executive Committee Composition.** The Executive Committee shall conduct the business of the Trampoline and Tumbling Committee in accordance with the rules and regulations of the AAU and the AAU Trampoline and Tumbling Program. It shall include the National Chair (voted position), National Vice Chair (appointed position), Secretary (appointed position), Treasurer (appointed position), Technical & Ethics (appointed position). All above mentioned positions shall be appointed by the elected National Chair every four years.
3. **National Sport Committee Composition.** The Committee will consist of the National Sports Chair, members of the Executive Committee who are elected, the elected or appointed Sport Director of each District, or a representative designated by the District Governor and one appointed representative from each Allied member that registers members in the sport. The President may appoint up to two (2) members-at-large.
  - a. **Voting.** Only members Committee are permitted to vote. There shall be no voting by proxy. Each member of the Committee will have one vote. Only representatives from Districts which registered a minimum of .5% (a half percent) of the total number of athletes in that sport in the previous year shall be allowed to vote in the National Sport Committee meeting.
4. **Other Committee Positions.** The National Chair may appoint additional committee positions.

#### **B. Sport Committee Meetings**

1. **National Sport Committee Regular Meetings.** Regular Meetings of the National Sport Committee shall be in conjunction with the AAU Convention.

2. **Non – Regular Sport Committee Meetings.** National Sport Committee may hold a Non-Regular National Sport Committee meeting in odd years subject to the following provisions:
  - a. The meeting is called by the Chair following approval of the National Office.
  - b. The National Office has the right to coordinate the meeting and pick the site for the meeting.
3. **National Sport Committee Special Meetings.** Special meetings of a Committee are scheduled at the request of the Chair or upon written request of at least one half (1/2) of the Committee members. Ten (10) days' notice is required and notice shall state the purpose of the meeting.
4. **National Sport Executive Committee Meetings.** The National Chair shall determine the date and location of Executive Committee Meetings.
5. **Agenda Additions.**
  - a. **Sport Committee Meeting Order (Agendas).** The Regular National Sport Committee meetings, the Non-Regular National Sport Committee meetings, and National Sport Committee Special meetings shall follow meeting order (agenda format) as established by Code (Bylaw 9.5)

## II. **SPORT POLICIES AND PROCEDURES**

- A. **Sportsmanship.** It is the obligation of coaches, players, administrators, volunteers and other representatives of the AAU to practice the highest principles of sportsmanship and to observe the ethics of competition. Good sportsmanship is defined as qualities of behavior, which are characterized by courtesy and genuine concern for others. The display of good sportsmanship is a statement of the individual's understanding and commitment to fair play, ethical behavior and integrity.
- B. **Program Violations.** Disciplinary action may be considered by the Districts, Sport Committee or the Executive Committee for any violations bringing discredit upon the AAU or any violation of any part of this Handbook or the AAU Code. In instances of alleged violations, Board of Review action may be taken against athletes, coaches, parents and/or clubs according to AAU Code. (Updated 10/12)
- C. **No Guarantee Policy.** The AAU can not and does not guarantee the appearance and/or participation of specific participant(s) and/or teams (as applicable) in this event. The AAU has licensed (approved) this Event as an official AAU Event (competition), but the AAU is not and shall not be responsible for any participant's or spectator's expenses related to this Event (nor reimbursements for same) in case of dissatisfaction of any participant, friend, family, or spectator, this includes, but is not limited to all travel, hotel (lodging), food, entry fees and/or any other expenses related to the event.

### III. EXCERPTS FROM AAU CODE BOOK

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

**Membership Requirements.** Membership in the AAU is a privilege granted by the AAU. It is not a right. The AAU at its sole discretion reserves the right to accept or reject applicants for membership.

- 1 **Conditions for Membership.** Membership in any class may be granted only after an application is submitted and approved. By submitting an application, the applicant agrees to comply with all the provisions of the AAU Code, including its Constitution, Bylaws, policies, procedures and rules of the AAU.

2 **Categories of Membership**

- a. **District Member.** The organization chartered by the Congress to provide administrative services within a designated geographic area.
- b. **Club Member.** An organization or group that has been approved for membership after meeting the registration requirements of the Code.
- c. **Individual Member.** A person who has been approved for membership after meeting the registration requirements of the Code. Individual membership categories include:
- i. Youth Athlete
  - ii. Adult Athlete
  - iii. Non-Athlete
- d. **Allied Member.** An organization or group approved by Congress which is engaged in athletics or sports-related activities.

**B. Membership and Residency**

- 1 Adult members will not be bound by residence requirements.
- 2 Youth members must register in the District of their bona fide residency, except as follows:
- a. A youth member who resides in the county of one District that adjoins county of another District and who attends a school located in the adjoining county will have the option of registering in either District.



"AAU marks") are protected through trademark registration and are defined as the intellectual property of the AAU. No person or entity may use

the AAU's intellectual property without the prior and continued approval of the National AAU. Only those subordinates and affiliated organizations which are expressly authorized by the National AAU may use the intellectual property of the AAU. The National AAU may withdraw its approval to use its marks, in its sole discretion. Members shall immediately comply with notice to cease and desist from the use of the AAU's intellectual property. The unauthorized use of any of the intellectual property of the AAU is a violation of this policy as well as the (Federal) Lanham Act and may subject the member/entity to penalties set out in the AAU Code. If granted approval/permission to use any of the AAU marks, the limited right to use the marks shall be non-exclusive and the user shall not acquire any ownership in or of such mark(s).

2. Only chartered Districts, District Sport Committees and National Sport Committees may use the AAU marks in their name.
3. There are three (3) levels of AAU club membership. Level 1 AAU Clubs acquire no rights to use the AAU's intellectual property. Level 2 and Level 3 Clubs may use AAU's registered marks only as follows:
  - a. For the purpose of promoting an AAU licensed event.
  - b. For the purpose of promoting the club's AAU related activities.
  - c. Neither members nor clubs may use the name AAU in their legal name, domain name, email or any other name without the express written consent of the National AAU.
4. In the event of a dispute or conflict as to a member's/entity's claim(s) to use any of the intellectual property of the AAU, the Officers of the AAU shall decide and determine the dispute in their sole discretion.
5. No license will be granted by the AAU for any event where the word "Olympic" or any derivative thereof is used in any advertisement or notice in any manner in connection with AAU competition.

#### **E. Event Licenses**

1. No event shall be conducted under the auspices of the AAU unless a written license has been issued for the activity. A license is the written approval of the AAU for the conduct of the activity.
2. Only AAU members may participate in licensed events unless otherwise provided in the Bylaws.
3. Licenses may be issued to any club in good standing and which meets the membership criteria. A license should be reviewed by the District Sport Committee Director or the Governor if there is no District Sport Director. If the license is reviewed and rejected, the

organization submitting the license application shall be notified.

4. No license shall take effect until approved or until the 15-day review period has expired.
5. The National Registration Executive Committee has the authority to:
  - a. Issue a license in an unchartered District.
  - b. Issue a license for events in locations where there is no active District member.
  - c. Issue a license for events in Districts where there is no current active participation. (No District Championship in the prior membership year).
  - d. Issue a license for events directly sponsored by the National AAU or National Sports Committee (The National Sport Committee shall consult with the District Sports Director and Governor prior to seeking an event license.)
  - e. Review and approve any sanction license rejected by the District.
  - f. Revoke an approved license for good cause.
6. Event licenses issued to one organization cannot be transferred to another organization.
7. No event license will be issued for any event where the word "Olympic" or any derivative thereof is used in any advertisements or notice in connection with the event except upon the specific written approval of the Board of Directors.

#### **F. District Sport Committee Biennial Meeting**

1. **District Sport Committee Biennial Meeting.** It is the duty of the District Sport Committee to in event years hold a biennial meeting, the date, time and location shall be approved by the District Executive Committee. [Not the Sport Committee Executive Committee]
2. **Notice of District Sport Meetings.** Notice of the biennial meetings of the District Sport Committee will be given to all clubs with members registered in the sport. Notice shall be sent not less than 30 or more than 60 days prior to the scheduled I meeting. In election years, the notice of election must be sent 60 days prior to the meeting.
3. **Quorum.** Five (5) member clubs with voting eligibility must be present to constitute a quorum of the Biennial Sport Committee meeting.
4. **Voting.** Each club with has registered at least five (5) individual members in the sport during the current year shall appoint one (1) representative to serve on the District Sport Committee. The representative shall be designated on the club membership



application.

5. Minutes of the meeting must be written and filed with the District Secretary and the National AAU Compliance Department.

#### **G. Functions of District Sport Committees**

1. **District Sport Committees.** In each approved AAU sport in which the District has athletes actively participating, there may be a Committee to manage competition within the District.
2. **Composition.** The District Sport Committee shall include the following :
  - a. Each club member which registers at least five individual members in the sport shall have one representative on the District Sport Committee.
  - b. District Sport Committee Officers as defined by that sport's operating rules.
  - c. The Governor may appoint up to two (2) at-large members.
3. **Duties.** The duties of the District Sport Committee are to:
  - a. In even years, hold a Biennial meeting, the date, time and location of which shall be approved by the District Executive Committee.
  - b. Adopt at the Biennial Meeting, rules of operation of the Committee to be submitted to the Executive Committee for approval and which shall not conflict with the provisions of the AAU Constitution, Bylaws, National Policies or National Sport Committee rules.
  - c. Determine whether to establish a Committee operating account and if so to comply with all relevant AAU procedures and policies.
  - d. Provide for the conduct of the District championships.
  - e. If the District Sport Committee is organized as an administration club under the AAU, it shall annually file the Location of Assets Report with the District Office, and forward a copy to the National Office.

#### **H. Functions of the District Sport Director**

1. **District Sports Director.** In each approved sport in which the District has athletes actively participating, there may be a Director.
  - a. **Election.** In each sport in which five or more club members have designated the sport as its primary sport, the Director shall be elected by the Committee at its Biennial Meeting. The District Sport Director takes office upon election.
  - b. **Appointment.** When there are fewer than five clubs registered to

the Sport, the Sport Director may be appointed by the Governor with the approval of the National Sport Committee Chair. The District Sport Director takes office upon election or upon appointment.

- c. **Term of Office.** The term of office for an elected District Sport Director shall be four (4) years to run concurrently with the District Officers. Once elected, each District Sport Director is required to purchase a four (4)-year membership that will complete their term. The term of office for an appointed District Sport Director shall be one year or until removed by the Governor; or until the Sport Committee has met the criteria to elect a Director.
- d. **Vacancies.** A vacancy occurring in an elected District Sport Director shall be filled by the Governor with approval of the National Sport Committee Chair.

2. **Duties.** The Sport Committee Director shall:

- a. Develop a budget for the Sport Committee to file with the District Treasurer;
- b. Perform the duties set forth in the Committee Rules of Operation.
- c. Review and approve, or for a reasonable cause deny event licenses in the sport.
- d. Maintain records of the District Sport Committee, including but not limited to the minutes of all meetings, the budget, location of assets report (if required), and the District Sports Committee operating rules.
- e. Preside at Sport Committee meetings;
- f. Prepare, or have prepared, meeting minutes (which shall be approved at all District Sports Committee meetings). Forward a copy of all minutes to the National Office and District Secretary no later than 30 days following the District Sport Committee meeting.
- g. File a copy of all records requested by the District Secretary and the AAU National Office Compliance Department no later than 30 days following District Sport Committee meetings.
- h. At the conclusion of service as Sport Director, turn over all records to the successor to the position.

3. **Removal.** District Sport Directors may be removed as follows:

- a. **By District Sport Committee.** An elected Sport Committee Director may be removed by a two-thirds (2/3) vote of the Sport Committee at the Biennial meeting provided that the Notice of the meeting specifies that a motion to remove is on the agenda.
- b. **By National Sport Chair.** Each National Sport Chair shall annually review the number of events held in their sport. If the minimum number of licensed days of activity, excluding practice licenses, is below the minimum established by the National Sports Council, the National Sport Chair may remove the District Director with

consent of the Governor. If the District Governor does not agree with the removal, the President shall appoint an arbiter who will make the final decision, which shall be binding.

- c. **By National Board of Review.** A Sport Director may be removed by order of the National Board of Review following the filing of a complaint and the Board's proceedings.
- d. By the National Board of Review Chair after the failure of the District Sports Director to file minutes, reports and records as required by this article.



# TRAMPOLINE & TUMBLING CODE OF POINTS

TRAMPOLINE | TUMBLING | DOUBLE MINI TRAMPOLINE | SINGLE MINI TRAMPOLINE

[www.aautrampolineandtumbling.org](http://www.aautrampolineandtumbling.org) | [www.aausports.org](http://www.aausports.org)

*\*\*\* Updated January 2024\*\*\**

# AAU T&T CODE OF POINTS

TRAMPOLINE | TUMBLING | DOUBLE MINI TRAMPOLINE | SINGLE MINI TRAMPOLINE

\*\*\* Updated January 2024\*\*\*

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# **1. SAFETY RULES AND EQUIPMENT SPECIFICATIONS**

## **1.1. SAFETY RULES FOR TUMBLING**

- 1.1.1. Tumbling should take place only in situations where a safe tumbling mat is provided. Safe tumbling mats should be sufficiently shock absorbent so as to minimize any danger of ankle injuries on landing. Safe tumbling mats should be at least 1" thick (depending on the material), at least 6' in width, and of sufficient length for the type of tumbling involved.
- 1.1.2. No student or performer should ever attempt to execute any tumbling skill unless that skill has been thoroughly taught to the student by a qualified instructor.
- 1.1.3. Tumbling mats should be set up in a level area, (clear of obstructions) that are placed sufficiently far enough away from a wall or other obstructive object to provide ample running room for the tumbling to take place.
- 1.1.4. Tumbling should never be done while dressed in street clothes or shoes. A proper tumbling uniform should be provided that allows the student or performer freedom of action.
- 1.1.5. Never run across a tumbling mat while students are tumbling!
- 1.1.6. In tumbling classes, never stand at the end of a mat while someone else is tumbling, students should stand off to one side.
- 1.1.7. Small, segmented tumbling mats should be joined together at the ends to form one continuous and secure length of mat.
- 1.1.8. No tumbling should ever take place in a gymnasium or training hall unless a qualified instructor is there to supervise the activity.
- 1.1.9. No tumbling should ever be undertaken by anyone who is under the influence of alcohol, drugs, or medication that could hinder the person's coordination or perceptive faculties.
- 1.1.10. No tumbling should ever be undertaken by anyone who is in a state of fatigue, is over-tired, or in a state of vertigo.
- 1.1.11. Although not strictly necessary, aerial skills in tumbling are better learned first on either the trampoline, or Double Mini trampoline before they should be attempted on the tumbling mats.
- 1.1.12. No horseplay should ever be allowed in tumbling class.
- 1.1.13. No rings, hair adornments, hair beads, hard balls, or other encumbering items should be worn by a tumbler during workouts or practice sessions. Tumblers should always have hair secured away from the face.
- 1.1.14. Tumblers should know their limitations. Skills which are possible and safe on trampolines and Double Mini trampolines may not be safe or practical for tumbling.
- 1.1.15. Safety standards must be imposed for what types of floors will be acceptable for the advanced and elite tumblers to use in future competitions.
- 1.1.16. During competition, coaches must stand behind the starting point or behind the landing point of competition unless their athlete is on the equipment.
- 1.1.17. Regulation equipment should always be used for competitions.
- 1.1.18. Tumbling should only take place where running through a doorway is NOT necessary.
- 1.1.19. Tumbling should never be allowed during a power outage or where the lighting is deemed to be insufficient or poor.

## **1.2. SAFETY RULES FOR TRAMPOLINE**

- 1.2.1. 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.
- 1.2.2. 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.
- 1.2.3. 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.
- 1.2.4. 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.
- 1.2.5. 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.
- 1.2.6. No one should ever use a trampoline when that person is tired, fatigued, or is in a state of vertigo.
- 1.2.7. No horseplay should ever be allowed on the trampoline.
- 1.2.8. No one should ever use a trampoline in street clothes. Proper gym outfits and training clothes and gym slippers should always be used.
- 1.2.9. Two or more people should never jump on the same trampoline at the same time.
- 1.2.10. No student or performer should ever dismount from the trampoline by either jumping or executing a skill to the floor.
- 1.2.11. 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.
- 1.2.12. No one should ever jump on a trampoline where the lighting is judged to be insufficient or poor.
- 1.2.13. 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.
- 1.2.14. All trampoline equipment should be safely stored and locked when not in use.
- 1.2.15. Never sit on, stand on, or lean on the sides or ends of the trampoline when a person is jumping.
- 1.2.16. All trampoline skills and passes must begin and end facing the end of the trampoline.
- 1.2.17. 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.
- 1.2.18. No one should be allowed to perform any skills with a difficulty of 1.1 or more that do not terminate on the feet.

## **1.3. SAFETY RULES FOR DOUBLE MINI TRAMPOLINE**

- 1.3.1. Only the standard accepted AAU regulation Double Mini trampoline should be used in this activity.
- 1.3.2. No student or performer should ever attempt to execute a Double Mini trampoline skill without first having been taught that skill by a qualified instructor.
- 1.3.3. No Double Mini trampolining should ever take place unless a qualified instructor in this event is supervising the activity.
- 1.3.4. The Double Mini trampoline should never be used unless it is used in conjunction with a regulation landing pad, at least 12" thick by 6' (minimum) by 12' - refer to the General Double Mini Rules.
- 1.3.5. The Double Mini trampoline should only be set up in a level area where adequate space is available for run, ceiling height, and placement of the landing mat for landing.
- 1.3.6. No one should ever run across the area in which Double Mini trampoline student or performer is taking their approach runs.

- 1.3.7. No one in street clothes or shoes should be allowed to practice Double Mini trampoline. Proper gym wear and gym slippers who are required. The Double Mini trampoline should never be employed as a trampoline. Only one mount or spotter skill should ever be allowed at one time.
- 1.3.8. Only two-foot take-offs for mounts and dismounts and two-foot landings on mounts and dismounts are allowed. No shoulder, seat, stomach, or back landing are allowed on Double Mini trampolines.
- 1.3.9. Once a Double Mini trampoline pass has been completed students and performers should clear the landing pad area immediately to make room for the next performer.
- 1.3.10. Double Mini trampolines should be folded, locked, and stored when not in use.
- 1.3.11. All Double Mini trampoline skills should be first learned successfully on a trampoline before being attempted on the Double Mini trampoline.
- 1.3.12. No horseplay ever is allowed on a Double Mini trampoline.
- 1.3.13. No student or performer should ever execute a dismount to any other landing area than the regulation landing pad.
- 1.3.14. During competition, coaches must stand behind the starting point or behind the landing point of competition unless their athlete is on the equipment.
- 1.3.15. During warm-ups and competition, the AAU recommends a spotter stands at the dismount area at all times.
- 1.3.16. No one should be allowed on the Double Mini during a power outage or in a dark area.

#### **1.4. SAFETY RULES FOR SINGLE MINI TRAMPOLINE**

- 1.4.1. Only the standard accepted AAU regulation Single Mini trampoline should be used in this activity.
- 1.4.2. No student or performer should ever attempt to execute a Single Mini trampoline skill without first having been taught that skill by a qualified instructor.
- 1.4.3. No Single Mini tramping should ever take place unless a qualified instructor in this event is supervising the activity.
- 1.4.4. The Single Mini tramp should never be used unless it is used in conjunction with a regulation landing pad, at least 12" thick by 6' (minimum) by 12' - refer to the General Single Mini Rules.
- 1.4.5. The Single Mini tramp should only be set up in a level area where adequate space is available for run, ceiling height, and placement of the landing mat for landing.
- 1.4.6. No one should ever run across the area in which Single Mini trampoline student or performer is taking their approach runs.
- 1.4.7. No one in street clothes or shoes should be allowed to practice Single Mini trampoline. Proper gym wear and gym slippers or socks are required.
- 1.4.8. The Single Mini trampoline should never be employed as a trampoline. Only one skill should ever be allowed at one time.
- 1.4.9. Only two-foot take-offs for mounts and dismounts and two-foot landings on mounts and dismounts are allowed. No shoulder, seat, stomach, or back landing are allowed on Single Mini trampolines.
- 1.4.10. Once a Single Mini trampoline pass has been completed students and performers should clear the landing pad area immediately to make room for the next performer.
- 1.4.11. Single Mini trampolines should be folded, locked, and stored when not in use.
- 1.4.12. All Single Mini trampoline skills should be first learned successfully on a trampoline before being attempted on the Single Mini trampoline.
- 1.4.13. No horseplay ever is allowed on a Single Mini trampoline.
- 1.4.14. No student or performer should ever execute a dismount to any other landing area than the regulation landing pad.
- 1.4.15. During competition, coaches must stand behind the starting point or behind the landing point of competition unless their athlete is on the equipment.
- 1.4.16. During warm-ups and competition, the AAU recommends a spotter stands at the dismount area at all times.
- 1.4.17. No one should be allowed on the Single Mini during a power outage or in a dark area.

## 1.5. TUMBLING EQUIPMENT SPECIFICATIONS

- 1.5.1. Tumbling should only take place where running through a doorway is NOT necessary.
- 1.5.2. The interior height of the hall in which tumbling competitions are to take place must be at least 16 feet for the entire length of the tumbling floor and landing zone.
- 1.5.3. "A white line must run down the middle of the mat for all levels of competition. The line must be 2" wide or less. The line is also to be numbered in one foot increments (starting with "0") from the landing zone back to the start of the 84' rod floor (not the run-up) for all levels competing on the rod floor."
- 1.5.4. A red cracker must be used to connect the rod floor and the landing area, placed  $\frac{1}{2}$  on the rod floor and  $\frac{1}{2}$  on the landing area. If an athlete punches off the red, the skill will count.

### 1.5.5. RECOMMENDED AT INVATIONALS. REQUIRED FOR STATE, Jr. OLYMPICS AND TEAM TRIALS.

- 1.5.5.1. SUB-BEGINNER, BEGINNER, & ADVANCED-BEGINNER
  - 1.5.5.1.1. \*Single layer tumbling mat ( 1"-2" thick), 42' long and at least 6' wide OR rod floor or at least 42' carpet with at least one additional 6'x12' mat available for a coach to add to the end of the existing 42' of mat if needed.
- 1.5.5.2. SUB-NOVICE 1, SUB-NOVICE, NOVICE, INTERMEDIATE, SUB-ADVANCED, ADVANCED, AND ELITE
  - 1.5.5.2.1. 6' x 84' rod floor. Carpet bonded foam with an underlayment of foam. The 2 layers should be a minimum of 3 inches thick. May have the option to have the rod floor extended out to a total of 117' with the 84' starting point marked. At State, Nationals, and Team Trial competitions, the rod floors must have 1" rods with a minimum of four (4) rods per foot or 7/8" rods with a minimum of six (6) rods per foot. Double layer mats or 2" ethafoam used on both floor and spring floor.
  - 1.5.5.2.2. 33' x 3' wide run-up will be flat/level with the rod floor. The wood run-up platform will be covered with vault carpet cover. Competitors must start their run no further than the designated 33' run-up. Must not run through a doorway.
  - 1.5.5.2.3. Minimum of 8'x16' landing mat even with the floor with a 6'x12' or 6½'x13' landing zone. Minimum 10' x 20' landing mat required for Nationals and Team Trials.
  - 1.5.5.2.4. Recommended landing area consists of 6' x 12' landing mat even with the competition floor.
  - 1.5.5.2.5. Throw mat be used on the landing surface provided no landing zone lines are covered. Limited to the standard 4'x6'x4" mat.
  - 1.5.5.2.6. \*At Invitational Meets, may have the option to have the rod floor extended out to a total of 117' with the 84' starting point marked.
- 1.5.6. **\*CLARIFICATION; If an athlete starts their pass BEFORE the marked 84' floor (in the run-up zone), the pass will be terminated resulting in a "0" score. An athlete may perform their hurdle in the run-up zone. There is no deduction for starting anywhere within the 84' floor.**

## 1.6. TRAMPOLINE EQUIPMENT SPECIFICATIONS

- 1.6.1. Height of Hall - The interior height of the hall in which trampoline competitions are to take place must be at least 25 feet.
- 1.6.2. Recommended equipment at Invitationals. Required for Jr. Olympics, State, and Team Trials.
  - 1.6.2.1. **Dimensions:** The dimensions of the trampoline must be 7' x 14'.
- 1.6.3. **Trampoline Bed**
  - 1.6.3.1. 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
- 1.6.4. **Suspension**
  - 1.6.4.1. The bed must be suspended with springs in such a way as to present no danger to users.
  - 1.6.4.2. The tension of the bed should be such that the bed stabilizes within one second after contact.
  - 1.6.4.3. The area beneath the bed must be free of obstruction.

1.6.4.4. The trampoline must be constructed so that the competitor will not touch any part of the frame beneath the bed.

#### **1.6.5. Safety Padding**

1.6.5.1. The frame and springs must be entirely covered by a shock absorbent padding. The padding must not cover any part of the bed.

1.6.5.2. 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.

1.6.5.3. Trampoline wedges are required.

#### **1.6.6. Safety Platform (End Decks)**

1.6.6.1. 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.

1.6.6.2. 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.

1.6.6.3. The mats covering the platforms must extend to the edge of the bed (covering the springs).

1.6.6.4. The base of any wheel stands must also be covered with padding.

#### **1.6.7. Safety Mats on the Ground**

1.6.7.1. 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.

1.6.7.2. 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).

1.6.7.3. 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.

#### **1.6.8. Riser Height**

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

1.6.8.2. \* If bleachers are used, all judges must sit at the same level and be a minimum of 36" high.

#### **1.6.9. Spotters**

1.6.9.1. There must be four spotters around the sides of the trampoline at all times, (6) spotters for advanced and elite competitors with two (2) on each side and one (1) on each end.

1.6.9.2. Trampoline spotters must be at least 18 years old and 5' tall.

1.6.9.3. No cell phones are to be used while spotting.

#### **1.6.10. Spotter Mats (Throw-in Mats)**

1.6.10.1. Required at all competitions.

#### **1.6.11. Synchronized Trampoline Competition**

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

#### **1.6.12. TRAMPOLINE SPOTTER SAFETY RULES**

1.6.12.1. Trampoline spotters should have current AAU Memberships.

1.6.12.2. Team Coaches are to talk to their trampoline spotters and inform them of safety procedures while Spotting on trampoline.

1.6.12.3. No cell phones are to be used while spotting trampoline, the timer may use the cell phone for timing.

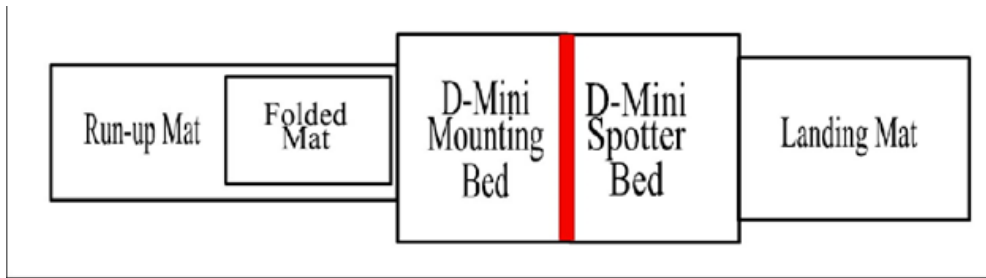
1.6.12.4. Visiting or talking to other people while trampoline spotting is NOT allowed.

1.6.12.5. Trampoline spotters should keep the LINE UP athletes behind them.

1.6.12.6. Remember you are the athlete's last chance to be SAFE, BE AWARE AND WATCH THEM!

## 1.7. DOUBLE MINI EQUIPMENT SPECIFICATIONS

- 1.7.1. **EQUIPMENT** - Recommended at Invitationals. Required at State, Nationals, and Team Trials.
- 1.7.2. **HEIGHT OF HALL** -The interior height of the hall in which Double Mini tramp competitions are to take place must be at least 20 feet.
- 1.7.3. **DOUBLE MINI - Regulation Size with side pads (Recommended: 6mm bed or Euro-bed). The profile of the frame must have rounded edges.**
- 1.7.3.1. The mount side of the Double Mini should be 17.3" from the floor plus or minus 3.9" which can be as high as 21.2" or as low as 13.4."
- 1.7.4. **SAFETY PADDING - Padded Mats covering floor around Double Mini and Landing area**
- 1.7.4.1. Carpet bonded foam or equal thickness matting is required to cover the entire length of the Double Mini trampoline sides to the front of the landing area.
- 1.7.4.2. Carpet bonded foam or equal thickness matting is required to cover the entire length of the double mini trampoline sides to the back of the landing area.
- 1.7.4.3. Side mats are required to be 6' wide.
- 1.7.4.4. One mat (minimum 5'x10'x8') is required on the floor behind the back of the landing area.
- 1.7.4.5. The frame and springs must be entirely covered by shock absorbent padding. The padding must not cover any part of the bed.
- 1.7.4.6. The padding should be firmly fixed to the frame without hindering the normal action of the bed and springs, nor should it cause noise during the course of the pass.
- 1.7.4.7. The bars beneath the bed must be padded. The frame ends on the dismount end must be covered with pads firmly joined together with the padding.
- 1.7.4.8. The bar at the end of the Double Mini have a secure, padded covering.
- 1.7.5. **Bed - The penalty zone must be marked in red on the bed.**
- 1.7.6. **Landing Area**
- 1.7.6.1. 6' x 12' x 12" or 6½' x 13' x 12" required; 8' x 16' x 12" or larger recommended; 10' x 20' required for Nationals, and Team Trials. On landing mats that are larger than 6' x 12' x 12" - the 6' x 12' landing zone must be marked in white or yellow line, a solid color zone 6' x 12' or a solid line of 1½" minimum width with inside edge dimensions 6' x 12'. Touching the line is out-of-bounds. A shock absorbent mat must be used as a landing area and it must allow a stable landing on the feet.
- 1.7.6.2. If two or more mats are joined together to form the landing area:
- 1.7.6.2.1. Must be the same height and density.
- 1.7.6.2.2. Must be held firmly together so as not to separate in use.
- 1.7.6.3. A landing zone must be marked in the landing area with a contrasting color.
- 1.7.6.4. NOTE: The color of the landing zone must be yellow for State, Nationals, and Team Trials.
- 1.7.6.5. Hurricane or padded ratchet straps must be used to secure the landing mat to the Double Mini so as not to separate during use.
- 1.7.7. **RUN UP - Minimum 65 feet; Floor Mats must be used on the run-up. The Run-up Mat must be marked for length at State, Jr. Olympics, and Team Trial Competitions - recommended for Invitationals.**
- 1.7.7.1. 6 & Under Athletes and Athletes with a physical handicap (who have submitted a letter of appeal to the AAU National Office and received approval) - May use one 1¼ 6'x12' folded mat placed lying flat in front of the Double Mini mounting bed with the narrow end running long wise or a small wedge ramp with the run-up mat without penalty. See diagram below for allowed placement. Using the mat the other way at ANYTIME will result in a "0" score.
- 1.7.7.2.



1.7.7.3.

1.7.7.4. All other athletes using a mat to mount the Double Mini will receive a 0.5 pt deduction from each aesthetic judge.

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

1.7.7.6. The Superior Judge will be responsible to be sure that when a run-up mat is used to mount the Double Mini, it is not pushed up under the Double Mini onto the legs/mat so it angles up.



1.7.7.7. Legal Positioning =

### 1.7.8. THROW-IN MAT

1.7.8.1. Required at all competitions.

1.7.8.2. May be used on the landing surface provided no landing zone lines are covered. Limited to the standard 4'x6'x4" mat.

### 1.7.9. SAFETY

1.7.9.1. The competitor may have spotters. Once a spotter touches during the pass, an athlete, the pass will be terminated with a loss of skill. If a spotter touches the athlete after landing the dismount skill, a 1.0 deduction will be taken.

1.7.9.2. The Meet Director is responsible for controlling the actions of the spotters. During warm-ups and competition, the AAU recommends a spotter stands at the dismount area at all times.

## 1.8. SINGLE MINI EQUIPMENT & SAFETY

1.8.1. EQUIPMENT - Recommended at Invitationals. Required at State, Nationals.

1.8.2. HEIGHT OF HALL -The interior height of the hall in which Single Mini trampoline competitions are to take place must be at least 20 feet.

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

1.8.3.1. The mount side of the Single Mini should be 17.3" from the floor plus or minus 3.9" which can be as high as 21.2" or as low as 13.4."

**1.8.4. SAFETY PADDING - Padded Mats covering floor around Single Mini and Landing area**

1.8.4.1. Carpet bonded foam or equal thickness matting is required to cover the entire length of the Single Mini trampoline sides to the front of the landing area.

- 1.8.4.2. Carpet bonded foam or equal thickness matting is required to cover the entire length of the Single Mini trampoline sides to the back of the landing area.
- 1.8.4.3. Side mats are required to be 6' wide.
- 1.8.4.4. One mat (minimum 5'x10'x8') is required on the floor behind the back of the landing area.
- 1.8.4.5. The frame and springs must be entirely covered by shock absorbent padding. The padding must not cover any part of the bed.
- 1.8.4.6. The padding should be firmly fixed to the frame without hindering the normal action of the bed and springs, nor should it cause noise during the course of the pass.
- 1.8.4.7. The bars beneath the bed must be padded. The frame ends on the dismount end must be covered with pads firmly joined together with the padding.
- 1.8.5. Bed - The penalty zone must be marked in red on the bed.**
- 1.8.6. Landing Area**
- 1.8.6.1. 6' x 12' x 12" or 6½' x 13' x 12" required for Invitationals, Nationals, and Team Trials. On landing mats that are larger than 6' x 12' x 12" - the 6' x 12' landing zone must be marked in white or yellow line, a solid color zone 6' x 12' or a solid line of 1½" minimum width with inside edge dimensions 6' x 12.' Touching the line is out-of-bounds. A shock absorbent mat must be used as a landing area and it must allow a stable landing on the feet.
- 1.8.6.2. If two or more mats are joined together to form the landing area:
  - 1.8.6.2.1. Must be the same height and density.
  - 1.8.6.2.2. Must be held firmly together so as not to separate in use.
- 1.8.6.3. A landing zone must be marked in the landing area with a contrasting color.
- 1.8.6.4. NOTE: The color of the landing zone must be yellow for State, Nationals. Hurricane or padded ratchet straps must be used to secure the landing mat to the Single Mini so as not to separate during use.
- 1.8.7. RUN UP - Minimum 20 feet, Maximum 42 feet; Floor Mats must be used on the run-up. The Run-up Mat must be marked for length at State, Jr. Olympic Competitions- recommended for Invitationals.**
- 1.8.7.1. \*\*AGE 6 & Under Athletes and Athletes with a physical handicap (who have submitted a letter of appeal to the AAU National Office and received approval) - May use one 1¼ 6'x12' folded mat placed lying flat in front of the Single Mini mounting bed with the narrow end running long wise or a small wedge ramp with the run-up mat without penalty.
- 1.8.7.2. All other athletes using a mat to mount the Single Mini will receive a 0.5 pt deduction from each aesthetic judge.
- 1.8.7.3. If the mounting mat is used, but the athlete jumps over it, it is still a 0.5 pt deduction.
- 1.8.7.4. The Superior Judge will be responsible to be sure that when a run-up mat is used to mount the Single Mini, it is not pushed up under the Single Mini onto the legs/mat so it angles up.
- 1.8.8. THROW-IN MAT**
- 1.8.8.1. Required at all competitions.
- 1.8.9. SAFETY**
- 1.8.9.1. The competitor may have spotters. Once a spotter touches during the pass, an athlete, the pass will be terminated with a loss of skill. If a spotter touches the athlete after landing the dismount skill, a 0.8 deduction will be taken.
- 1.8.9.2. The Meet Director is responsible for controlling the actions of the spotters. During warm-ups and competition, the AAU recommends a spotter stands at the dismount area at all times.



## 2. DRESS CODE

The AAU requires the appropriate dress code to be followed during all training, warm-up, competition and award sessions at all licensed events.

### 2.1. ATHLETE COMPETITION ATTIRE

#### 2.1.1. Dress for Male Competitors:

- 2.1.1.1. A gymnastics step-in or compression shirt (tight/form-fitting) **MUST** be worn.
  - 2.1.1.1.1. Wrestling singlets and t-shirts are not allowed.
- 2.1.1.2. Competition shorts or trampoline pants **MUST** be worn.
  - 2.1.1.2.1. Competition shorts and trampoline pants must be a solid color, with no designs, patterns, images or words. A manufacturer's logo of no more than 1" is allowed. Pockets, buttons, snaps or zippers are not allowed.
  - 2.1.1.2.2. Competition shorts must have no more than 5" inseam.
  - 2.1.1.2.3. Shorts/pants may not be rolled at the waist; only one pair of shorts may be worn.
- 2.1.1.3. Appropriate undergarments must be worn (but there is no deduction if showing)
- 2.1.1.4. Appropriate footwear per Section 2.1.3:
  - 2.1.1.4.1. **MUST** be worn on trampoline, double mini and single mini trampoline
  - 2.1.1.4.2. **MAY** be worn on tumbling
- 2.1.1.5. Jewelry and banned hair accessories may not be worn per Section 2.1.4

#### 2.1.2. Dress for Female Competitors:

- 2.1.2.1. A leotard (of any sleeve length) **MUST** be worn.
  - 2.1.2.1.1. Two-piece leotards, unitards, halter leotards, skirts, or tights are not allowed.
  - 2.1.2.1.2. Cut-outs below the arm holes are not allowed.
  - 2.1.2.1.3. Plastic hooks/clasps on girls leotards is allowed. No metal hooks or clasps.
- 2.1.2.2. Skin-tight shorts **MAY** be worn.
  - 2.1.2.2.1. Shorts must be a solid color that matches a color found in the leotard or be solid black. Designs, patterns, images or words are not allowed. A manufacturer's logo of no more than 1" is allowed.
  - 2.1.2.2.2. Competition shorts must have no more than 5" inseam.
- 2.1.2.3. Appropriate undergarments must be worn (but there is no deduction if showing)
- 2.1.2.4. Appropriate footwear per Section 2.1.3:
  - 2.1.2.4.1. **MUST** be worn on trampoline, double mini and single mini trampoline
  - 2.1.2.4.2. **MAY** be worn on tumbling
- 2.1.2.5. Jewelry and banned hair accessories may not be worn per Section 2.1.4

#### 2.1.3. Footwear:

- 2.1.3.1. White trampoline shoes and/or white foot covering must be worn on all trampoline events, and may be worn on tumbling, with the exception of Rules 2.1.3.1.1-2.1.3.1.2
  - 2.1.3.1.1. Trampoline shoes that are off-white or tan will be accepted without deduction.
  - 2.1.3.1.2. Males who choose to wear trampoline pants may wear colored foot covering that is the same color of the pants. If shorts are worn, the foot covering must be white.
  - 2.1.3.1.3. Shoes may have an un-embellished, manufacturer's logo, but no other designs patterns, images, or words.
  - 2.1.3.1.4. Socks must be all white (no logos) and go no higher than 1" above the ankle bone.

#### 2.1.4. Jewelry

- 2.1.4.1. Jewelry may not be worn in competition:

2.1.4.1.1. Jewelry includes, but is not limited to: earrings, hardware for body piercings and gages, rings, bracelets, watches, hair ties worn around the wrist, and hard hair balls/beads.

2.1.4.1.2. Jewelry does NOT include: glasses, hearing aids or other medical devices.

2.1.4.2. Jewelry must be removed completely; taping over it to cover it up will result in deduction.

### **2.1.5. Hair & Accessories**

2.1.5.1. Although there is no associated deduction, for safety purposes, long hair should be pulled back out of the athlete's eyes and firmly secured to the head using the appropriate hair accessories.

2.1.5.2. Only rubber bands, ribbons, flat metal clips or soft hair decorations are allowed. Hard hair balls or beads are not allowed and will be considered jewelry.

### **2.1.6. Braces, Athletic Tape and Supports**

2.1.6.1. Athletic wrap/tape, supports and braces must be a plain/solid color without designs. Manufactures logos are allowed.

### **2.1.7. Casts**

2.1.7.1. For safety purposes, athletes with casts are not allowed to warm up or compete. Athletes may salute only and receive a 0.1 "zero" score for participation and qualification purposes.

### **2.1.8. Deductions for an Athlete's Competition Attire (Maximum 1.0 Per Pass)**

2.1.8.1. If a judge or other official notices a dress code violation during warm up, the athlete and/or athlete's coach will be informed of the violation and a deduction will only be taken if the violation is not corrected before the athlete competes.

2.1.8.2. Athletes in violation of the dress code during competition will receive the appropriate deduction(s) from each pass where the violation(s) occurred, on the advice of the superior judge.

2.1.8.2.1. Interruption/Disqualification ("Zero"/0.1 Scores)

2.1.8.2.1.1. Athletes who compete in trampoline, double mini or single mini without any foot covering will be interrupted and receive a score of 0.1 from each aesthetic judge.

2.1.8.2.1.2. Athletes who compete in a cast will be interrupted and receive a score of 0.1 from each aesthetic judge.

2.1.8.2.2. Major Violations - Inappropriate Attire (Maximum 1.0 Per Pass):

2.1.8.2.2.1. Athlete in violation of dress Rules 2.1.1.1-2.1.1.2.3 and Rules 2.1.2.1-2.1.2.2.2, in violation of the footwear rules in Section 2.1.3 AND/OR of wearing jewelry per Section 2.1.4 will receive a 1.0 deduction for wearing inappropriate attire

2.1.8.2.3. Minor Violations – Distracting Dress OR Insecure Hair Accessories (Per Occurrence):

2.1.8.2.3.1. Athletes without solid-colored athletic supports per Rule 2.1.6.1 will receive a 0.3 deduction for distracting dress.

2.1.8.2.3.2. Ribbons, bows or scrunchies that fall off and onto the equipment will receive a 0.3 deduction

2.1.8.3. Dress code violations are cumulative up to a maximum of 1.0 per pass where the violation(s) occurred.

## **2.2. ATHLETE ATTIRE BEFORE AND AFTER COMPETITION**

2.2.1. **Stretching:** While stretching in the designated stretching area, athletes may wear competition warm-ups over their competition attire. All warm up and belongings taken to this area must be stored in a bag and should not be left in the warm up area.

2.2.2. **Awards Ceremonies:** Athletes must be in competition attire for all awards presentations.

### 3. COMPETITION AGE DETERMINATION & AGE GROUPS

#### 3.1. AGE GROUP DETERMINATION

3.1.1. Ages will be determined by the start date of the competition. If an invitational deviates from this rule it is HIGHLY SUGGESTED that the meet hosts publishes their determination date with their meet info to eliminate confusion.

#### 3.2. GROUPING DETERMINATION

- 3.2.1. Boys and Girls will not compete against each other. There shall be separate divisions for each.
- 3.2.2. Age groups with five (5) or fewer competitors may be combined with adjacent age group(s) for Invitational Competitions as long as the Meet Director states policy on entry form. The AAU recommends approval of all coaches with athletes in said age group(s).
- 3.2.2.1. **RECOMMENDATION:** At Invitational competitions, it is strongly recommended if more than 30 competitors are in one age-group, the Meet Director add another division and give duplicate awards.
- 3.2.2.2. AAU Junior Olympics Games age groups will be limited to 20 kids per age group and will be split by birthdate.
- 3.2.2.3. **\*EXCEPTIONS** to the age groups will be made to include children with developmental disabilities through petitioning procedures.

|                          |   |
|--------------------------|---|
| <b>Sub-Beginner</b>      | Girls: 4 & Under, 5-6<br>Boys: 4 & Under, 5-6                                       |
| <b>Beginner</b>          | Girls: 5 & Under, 6-8, 9-11, 12 & Over<br>Boys: 5 & Under, 6-8, 9-11, 12 & Over     |
| <b>Advanced Beginner</b> | Girls: 5 & Under, 6-8, 9-11, 12 & Over<br>Boys: 5 & Under, 6-8, 9-11, 12 & Over     |
| <b>Sub-Novice 1</b>      | Girls: 5 & Under, 6-8, 9-11, 12 & Over<br>Boys: 5 & Under, 6-8, 9-11, 12 & Over     |
| <b>Novice</b>            | Girls: 5 & Under, 6-8, 9-11, 12 & Over<br>Boys: 5 & Under, 6-8, 9-11, 12 & Over     |
| <b>Intermediate</b>      | Girls: 8 & Under, 9-11, 12-14, 15 & Over<br>Boys: 8 & Under, 9-11, 12-14, 15 & Over |
| <b>Sub-Advanced</b>      | Girls: 8 & Under, 9-11, 12-14, 15 & Over<br>Boys: 8 & Under, 9-11, 12-14, 15 & Over |
| <b>Advanced</b>          | Girls: 8 & Under, 9-11, 12-14, 15 & Over<br>Boys: 8 & Under, 9-11, 12-14, 15 & Over |
| <b>Elite</b>             | Open Age Group  |

3.2.2.4.

## **4. STRETCH-OUT & WARM-UPS**

### **4.1. STRECHING**

- 4.1.1. During stretch-out, athletes may wear competition warm-ups (which must be stored in a designated area or bag) over their competition attire.
- 4.1.2. The Line-up person will monitor the stretch out mat and remind athletes to stretch out only, no practicing of skills.

### **4.2. WARM-UPS**

- 4.2.1. Warm-ups must start after the scheduled coaches & judges' meeting (not during or before).
- 4.2.2. Athletes **MUST** be in competition attire from the beginning of their warm-up 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.

### **4.3. TUMBLING WARM-UPS BY LEVEL:**

- 4.3.1. **SUB-BEGINNER** - No-run. Two (2) passes with one routine per pass.
- 4.3.2. **BEGINNER** - No-run. Two (2) passes with one routine per pass.
- 4.3.3. **ADVANCED BEGINNER** - No-run. Two (2) passes with one routine per pass.
- 4.3.4. **SUB NOVICE 1** - One run down mat. Two (2) passes with one routine per pass.
- 4.3.5. **SUB-NOVICE** - One run down mat. Two (2) passes with one routine per pass.
- 4.3.6. **NOVICE** - One run down mat. Four (4) passes with one routine per pass.
- 4.3.7. **INTERMEDIATE** - One run down mat. Five (5) passes with one routine per pass.
- 4.3.8. **SUB-ADVANCED** - One run down mat. Five (5) passes with one routine per pass.
- 4.3.9. **ADVANCED** - One run down mat. Five (5) passes with one routine per pass.
- 4.3.10. **ELITE:**
  - 4.3.10.1. Preliminaries: One run down mat. Seven (7) passes with one routine per pass.
  - 4.3.10.2. Finals: Six (6) Passes.

### **4.4. TRAMPOLINE WARM-UPS BY LEVEL:**

- 4.4.1. **BEGINNER - 2 TOUCHES, ONE ROUTINE PER TOUCH**
- 4.4.2. **NOVICE - 2 TOUCHES, ONE ROUTINE PER TOUCH**
- 4.4.3. **INTERMEDIATE - 2 TOUCHES, ONE ROUTINE PER TOUCH**
- 4.4.4. **SUB-ADVANCED - 2 TOUCHES, ONE ROUTINE PER TOUCH**
- 4.4.5. **ADVANCED:**
  - 4.4.5.1. **PRELIMINARIES - 3 TOUCHES, ONE ROUTINE PER TOUCH**
  - 4.4.5.2. **FINALS - 3 TOUCHES, ONE ROUTINE PER TOUCH**
- 4.4.6. **ELITE:**
  - 4.4.6.1. **PRELIMINARIES - 4 TOUCHES, ONE ROUTINE PER TOUCH**
  - 4.4.6.2. **FINALS - 3 TOUCHES, ONE ROUTINE PER TOUCH**

### **4.5. SYNCHRO TRAMP WARM-UPS BY LEVEL:**

- 4.5.1. **INTERMEDIATE - 2 TOUCHES, ONE ROUTINE PER TOUCH**
- 4.5.2. **SUB-ADVANCED - 2 TOUCHES, ONE ROUTINE PER TOUCH**
- 4.5.3. **ADVANCED - 3 TOUCHES, ONE ROUTINE PER TOUCH**
- 4.5.4. **ELITE - 3 TOUCHES, ONE ROUTINE PER TOUCH**

#### **4.6. DOUBLE MINI WARM-UPS BY LEVEL:**

- 4.6.1. BEGINNER - FIRST WARM-UP STRAIGHT JUMPS, 2 PRACTICE PASSES**
- 4.6.2. NOVICE - FIRST WARM-UP STRAIGHT JUMPS, 3 PRACTICE PASSES**
- 4.6.3. INTERMEDIATE - FIRST WARM-UP STRAIGHT JUMPS, 4 PRACTICE PASSES**
- 4.6.4. SUB-ADVANCED - FIRST WARM-UP STRAIGHT JUMPS, 4 PRACTICE PASSES**
- 4.6.5. ADVANCED PRELIMS - FIRST WARM-UP STRAIGHT JUMPS, 4 PRACTICE PASSES**
- 4.6.6. ADVANCED FINALS - FIRST WARM-UP STRAIGHT JUMPS, 4 PRACTICE PASSES**
- 4.6.7. ELITE PRELIMS - FIRST WARM-UP STRAIGHT JUMPS, 5 PRACTICE PASSES**
- 4.6.8. ELITE FINALS - FIRST WARM-UP STRAIGHT JUMPS, 5 PRACTICE PASSES**

#### **4.7. SINGLE MINI WARM-UPS BY LEVEL:**

- 4.7.1. BEGINNER - FIRST WARM-UP STRAIGHT JUMPS, 2 PRACTICE PASSES**
- 4.7.2. NOVICE - FIRST WARM-UP STRAIGHT JUMPS, 3 PRACTICE PASSES**
- 4.7.3. INTERMEDIATE - FIRST WARM-UP STRAIGHT JUMPS, 4 PRACTICE PASSES**
- 4.7.4. SUB-ADVANCED - FIRST WARM-UP STRAIGHT JUMPS, 4 PRACTICE PASSES**

## **5. START OF A ROUTINE**

### **5.1. TUMBLING:**

#### **5.1.1. Sub-Beginner through Adv. Beginner Levels**

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

#### **5.1.2. Sub-Novice 1 & Sub Novice**

- 5.1.2.1. Each competitor will start on the signal given by the Superior Judge.
- 5.1.2.2. A pass shall be considered started once the first skill is initiated.
- 5.1.2.3. The pass must start from a run or a hurdle. Penalty - interruption.

#### **5.1.3. Novice through Elite Levels**

- 5.1.3.1. Each competitor will start on the signal given by the Superior Judge.
- 5.1.3.2. A pass shall be considered started once the first skill is initiated.
- 5.1.3.3. The pass must start from a run or a hurdle. Penalty - interruption.
- 5.1.3.4. Competitors must start their run no further than the designated 33' run-up. Deduction - interruption.
- 5.1.3.5. There is no deduction for starting anywhere within the 84' floor.
- 5.1.3.6. **CLARIFICATION;** If an athlete starts their pass BEFORE the marked 84' floor (in the 33' run-up zone), the pass will be terminated resulting in a ".1" score. An athlete may perform their hurdle in the run-up zone.

#### **5.1.4. Second attempts at passes are not allowed**

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

### **5.2. TRAMPOLINE:**

- 5.2.1. Each competitor will start a routine facing the end-deck after the Superior Judge signals the competitor to begin.
- 5.2.2. 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.
- 5.2.3. 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.
- 5.2.3.1. 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 routine.

#### **5.2.4. Second attempts at routines are NOT allowed.**

- 5.2.4.1. **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.

- 5.2.4.2. 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.

### **5.3. DOUBLE MINI:**

- 5.3.1. Each competitor will start a routine after the Superior Judge signals the competitor to begin.
- 5.3.2. A competitor's routine shall be considered started once the competitor touches the Double Mini trampoline. Prior to that, if there is a faulty start, the competitor may re-start without penalty on a signal from the Superior Judge. Second attempt at passes are not allowed.
  - 5.3.2.1. If a competitor is obviously disturbed in a pass (faulty equipment or substantial external influence), the Superior Judge may allow another attempt in which case, the second score will be kept.
  - 5.3.2.2. Spectator noise, applause, and the like would not normally constitute a disturbance.
  - 5.3.2.3. During a competition pass, if an individual walks between the competitor and judges, the competitor's coach has the option to have the athlete re-perform the pass. The scores received for the re-performed pass will be used.

### **5.4. SINGLE MINI:**

- 5.4.1. Each competitor will start a routine after the Superior Judge signals the competitor to begin.
- 5.4.2. A competitor's routine shall be considered started once the competitor touches the Single Mini trampoline. Prior to that, if there is a faulty start, the competitor may re-start without penalty on a signal from the Superior Judge. Second attempt at passes are not allowed.
  - 5.4.2.1. If a competitor is obviously disturbed in a pass (faulty equipment or substantial external influence), the Superior Judge may allow another attempt in which case, the second score will be kept.
  - 5.4.2.2. Spectator noise, applause, and the like would not normally constitute a disturbance.
  - 5.4.2.3. During a competition pass, if an individual walks between the competitor and judges, the competitor's coach has the option to have the athlete re-perform the pass. The scores received for the re-performed pass will be used.

## 6. OBJECT OF A ROUTINE

### 6.1. TUMBLING:

- 6.1.1. Sub-Beginner - Tumbling in the Sub-Beginner division shall be characterized by continuous, rotational movement without hesitation or intermediate steps down the center of the mat. The routine should show good control, form, execution, and rhythm.
- 6.1.2. Beginner through Adv. Beginner - Tumbling in the Beginner & Adv. Beginner divisions shall be characterized by continuous, rotational movement without hesitation or intermediate steps down the center of the mat. A tumbling routine at these levels shall be planned to demonstrate a variety of forward or backward skills. The routine should show good control, form, execution, and rhythm.
- 6.1.3. Sub-Novice 1 through Novice - Tumbling in the Novice divisions shall be characterized by continuous, speedy, rhythmic hands to feet and feet to hands movement, without hesitation or intermediate steps down the center of the mat. The routine should show good control, form, execution, and maintenance of height and rhythm.
- 6.1.4. Intermediate through Elite - Tumbling in these divisions shall be characterized by continuous, speedy, rhythmic rotational movement from feet to hands or feet to feet movement, without hesitation or intermediate steps down the center of the mat. The routine should show good control, form, execution, and maintenance of height and rhythm.

### 6.2. TRAMPOLINE:

- 6.2.1. 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.
- 6.2.2. All skills performed must be combined in such a fashion so as to give the athlete the safest order of skills.

### 6.3. DOUBLE MINI:

- 6.3.1. The object of a routine is to mount the Double Mini with stability, perform the routine with control, proper height and perfection in the execution of each skill.
- 6.3.2. All skills performed must be combined in such a fashion so as to give the athlete the safest order of skills.
- 6.3.3. Each pass consists of two (2) skills (one mounter or spotter and one dismount skill) - each skill is worth 5.0.
  - 6.3.3.1. The first skill must be either a mounter or spotter skill or the pass will be terminated.
  - 6.3.3.2. The second skill must dismount the Double Mini or loss of skill.
  - 6.3.3.3. A straight jump (stretch jump) mount without twists is not considered a skill. In the event of a straight jump (as a spotter or dismount) the pass is valid but the contact *does not count as a skill*.
  - 6.3.3.4. Failure to have two valid skills in a routine will result in a 1.0 pt deduction taken on the advice of the Superior Judge (may also result in additional deductions).

### 6.4. SINGLE MINI:

- 6.4.1. The object of a routine is to mount the Single Mini with stability, perform the routine with control, proper height and perfection in the execution of each skill.
  - 6.4.1.1. All skills performed must be safe.
  - 6.4.1.2. Each pass consists of one (1) skill.



## **7. REQUIRED POSITIONS DURING A ROUTINE**

- 7.1.1. In all positions, the feet and legs should be kept together (except for straddle jumps ) and the feet and toes pointed.
- 7.1.2. Depending on the requirements of the movement, the body should be either tucked, piked, or straight.
- 7.1.3. The arms should be straight and held close to the body whenever possible.
- 7.1.4. The legs should be a minimum of 135 degree of angle apart during the execution of a pike straddle jump with a minimum of 135 degree of angle bend at the waist.
  - 7.1.4.1. NOTE: Failure to meet this bend at the waist will result in being counted as a straight jump.
  - 7.1.4.2. NOTE: Failure to meet the 135 degree of angle split of the legs will result in being counted as a pike jump.
- 7.1.5. For all tuck, pike, and straddled skills, the arms should press down to the sides after the tuck, pike, or straddle position is attained.
- 7.1.6. The following defines the minimum requirements for a particular body shape:
  - 7.1.6.1. Straight Position: The angle between the upper body and thighs must be greater than 135 degree of angle and the angle between the thighs and the lower legs must be greater than 135 degree of angle.
  - 7.1.6.2. Pike Position: The angle between the upper body and thighs must be equal to or less than 135 degree of angle and the angle between the thighs and the lower legs must be greater than 135 degree of angle.
  - 7.1.6.3. Tuck Position: The angle between the upper body and thighs must be less than 135 degree of angle and the angle between the thigh and the lower leg must be less than 135 degree of angle.
  - 7.1.6.4. Puck Position: In multiple somersaults (2/1 or more) with twists, the tuck and pike position may be modified during the twisting phase.
  - 7.1.6.5. NOTE: To meet body position, both legs must meet the minimum requirements.
  - 7.1.6.6. 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).
  - 7.1.6.7. In the tuck position, the hands should touch the legs below the knees except in the twisting phase of multiple somersaults (2/1 or more).
  - 7.1.6.8. In the pike position, the hands should touch the toes except in the twisting phase of multiple somersaults.
- 7.1.7. The position of somersaulting skills will be determined between 10:00 and 2:00 (tuck, pike, straight).
- 7.1.8. 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.

## **8. INTERRUPTIONS OF ROUTINE (SCORING STOPS)**

An interruption is a fault in performance that causes the scoring of the routine to stop, as determined by the superior judge. No credit or difficulty are awarded to a skill where the interruption occurs. Interrupted routines do NOT incur landing deductions, but ARE accountable for major penalties (pass requirements).

### **8.1. TUMBLING INTERRUPTIONS**

#### **8.1.1. A tumbling pass is considered interrupted when a competitor:**

- 8.1.1.1. Receives help from a spotter
- 8.1.1.2. Performs an illegal skill for the athlete's respective level
- 8.1.1.3. Obviously fails to land on two feet, with the exception of cartwheels, walkovers and skills clearly intended to be a step out.
- 8.1.1.4. Performs an incomplete element or falls to the mat during the routine
  - 8.1.1.4.1. During the execution of rolls, the head, back or elbows may touch the tumbling mat. If there is a smooth continuation of the skill, then there is no deduction. If the athlete is unstable and falls to or pushes off the elbow(s) or hands are behind, the pass will be interrupted at that point and no credit will be given for the skill.
- 8.1.1.5. Tumbles off the side or end of the mat with any part of the body.
  - 8.1.1.5.1. During the execution of a skill, a competitor's fingers may not wrap around the edges of the mat
  - 8.1.1.5.2. If a competitor's torso IS NOT in the center of the mat during the execution of a straddle roll, once the competitor's foot touches the floor OR the heel goes all the way off the mat, the pass will be interrupted
  - 8.1.1.5.3. If the torso of a competitor IS in the middle of the tumbling mat during the execution of a straddle roll there is no interruption if the competitor's foot touches the floor or if their heel goes all the way off the mat.
- 8.1.1.6. Takes intermediate steps with the feet or hand(s)
  - 8.1.1.6.1. Sub Beginner and Beginner – Passes are interrupted on the third consecutive step
  - 8.1.1.6.2. Advanced Beginner – Passes are interrupted on the second consecutive step
  - 8.1.1.6.3. Sub Novice 1 and Up – Passes are interrupted if any step is taken
- 8.1.1.7. Stops or pauses for a substantial amount of time between skills
- 8.1.1.8. Changes the direction of motion during the pass (i.e. rocks forwards on a backwards roll, starts falling backwards while standing up from a limber or swings the arms and chest forward on a poorly executed back handspring)
  - 8.1.1.8.1. Skills at the beginner levels will not be considered to have changed directions, if the shoulders continue to move in the original direction of motion, even if athlete takes a step in the opposite direction.
  - 8.1.1.8.2. At the Sub Advanced-Elite levels, the final skill of a pass may change direction without interruption
- 8.1.1.9. Initiates a skill in the wrong area of the floor:
  - 8.1.1.9.1. Initiates a skill with any part of the foot in the landing area
  - 8.1.1.9.2. Starts running beyond the maximum 33' runway as defined for the Novice through Elite levels.
  - 8.1.1.9.3. Initiates a skill (touches hands down) on the runway prior to the start of the 84' tumbling track as defined in Novice through Elite levels.
- 8.1.1.10. Does not perform a compulsory routine as prescribed. The interruption occurs at the point of change.
- 8.1.2. No credit or difficulty will be given for the skill in which the interruption occurs, and athletes will be judged only out of the number of elements successfully completed before the interruption
- 8.1.3. Landing deductions are not taken on interrupted routines, they are only taken on completed routines.
- 8.1.4. Major penalties (pass requirements, etc.) are taken on both interrupted and complete routines.

## 8.2. TRAMPOLINE INTERRUPTIONS

- 8.2.1. A trampoline routine is considered interrupted when a competitor:
  - 8.2.1.1. Is touched by a spotter or spotting/throw-in mat
  - 8.2.1.2. Performs an illegal skill for the athlete's respective level
  - 8.2.1.3. Obviously does not land simultaneously on both feet
  - 8.2.1.4. Lands on any part of the body except the feet, seat, front or back
  - 8.2.1.5. Performs an incomplete element or falls during the routine
  - 8.2.1.6. Touches anything other than the trampoline bed (spring, side pad, etc.) with any part of the body
  - 8.2.1.7. Leaves the trampoline as a result of lack of control or insecurity.
  - 8.2.1.8. Does not use the elasticity of the bed after landing for the immediate continuation of the next skill (kills the bed).
  - 8.2.1.9. Performs (begins or ends) a skill facing the side of the trampoline, with the exception of the 10<sup>th</sup> skill
  - 8.2.1.10. Performs an intermediate straight jump at the intermediate level and above
  - 8.2.1.11. Does not perform a compulsory routine as prescribed. The interruption occurs at the point of change.
- 8.2.2. No credit or difficulty will be given for the skill in which the interruption occurs, and athletes will be judged only out of the number of elements successfully completed before the interruption
- 8.2.3. Landing deductions are not taken on interrupted routines, they are only taken on completed routines.
- 8.2.4. Major penalties (pass requirements, etc.) are taken on both interrupted and complete routines.

## 8.3. DOUBLE MINI INTERRUPTIONS

- 8.3.1. A double mini pass is considered interrupted when a competitor:
  - 8.3.1.1. Is touched by a spotter or spotting/throw-in mat
  - 8.3.1.2. Performs an illegal skill for the athlete's respective level
  - 8.3.1.3. During a routine, obviously does not land on and/or take off with both feet simultaneously
    - 8.3.1.3.1. An initial contact of the bed in which one foot strikes the bed before the other (ta-dump) will not constitute an interruption and will result in a 0.1-0.5 penalty as long as some portion of both feet land the mounter bed.
  - 8.3.1.4. Performs an incomplete element or falls to the mat during the routine
  - 8.3.1.5. Lands on any part of the body except the feet
  - 8.3.1.6. Does not use the elasticity of the bed after landing for the immediate continuation of the next skill (kills the bed).
  - 8.3.1.7. Obviously lands on any part of the double mini other than the bed (side pad) during the routine
    - 8.3.1.7.1. **NOTE:** If an athlete just brushes the side pad or briefly touches a spring, pad lifter, etc. on the way in or out of the bed and continues with their routine, the pass is not interrupted and a 1.0 penalty is taken per Rule 9.3.1.7.
  - 8.3.1.8. Lands on any part of the body except the feet, seat, front or back
  - 8.3.1.9. Performs an element prior to contacting the double mini (i.e. a round off from the floor onto the double mini)
  - 8.3.1.10. Performs a skill that begins or ends facing the side of the double mini.
  - 8.3.1.11. Does not perform a mounter, spotter or dismount skill to or from the correct area
    - 8.3.1.11.1. The first skill is not a mounter or spotter skill.
    - 8.3.1.11.2. A mounter straight jump or skill must make contact with both feet entirely in the mounter bed (this includes all in the red)
    - 8.3.1.11.3. Lands a spotter skill back in the mounter bed
    - 8.3.1.11.4. The second skill must dismount the bed the double mini
  - 8.3.1.12. Performs more than three (3) contacts with the bed.

- 8.3.1.13. Performs a straight jump other than a mounter skill
- 8.3.2. No credit or difficulty will be given for the skill in which the interruption occurs, and athletes will be judged only out of the number of elements successfully completed before the interruption
- 8.3.3. Landing deductions are not taken on interrupted routines, they are only taken on completed routines.
- 8.3.4. Major penalties (pass requirements, etc.) are taken on both interrupted and complete routines.

#### **8.4. SINGLE MINI INTERRUPTIONS:**

- 8.4.1. A single mini pass is considered interrupted when a competitor:
  - 8.4.1.1. Is touched by a spotter or spotting/throw-in mat
  - 8.4.1.2. Performs an illegal skill for the athlete's respective level
  - 8.4.1.3. Obviously does not land on and/or take off with both feet simultaneously
    - 8.4.1.3.1. An initial contact of the bed in which one foot strikes the bed before the other (ta-dump) will not constitute an interruption and will result in a 0.1-0.5 penalty
  - 8.4.1.4. Lands on any part of the body except the feet
  - 8.4.1.5. Does not use the elasticity of the bed after landing for the immediate continuation into the skill (kills the bed).
  - 8.4.1.6. Obviously lands on any part of the single mini other than the bed during the routine
  - 8.4.1.7. Performs an element prior to contacting the single mini (i.e. a round off from the floor onto the single mini)
  - 8.4.1.8. Performs a skill that begins facing the side of the single mini.
  - 8.4.1.9. Performs more than one (1) contacts with the bed (with the exception of the beginner level)
  - 8.4.1.10. Performs a skill without on/without dismounting the single mini
- 8.4.2. No credit or difficulty will be given for the skill in which the interruption occurs, and athletes will be judged only out of the number of elements successfully completed before the interruption
- 8.4.3. Landing deductions are not taken on interrupted routines, they are only taken on completed routines.
- 8.4.4. Major penalties (pass requirements, etc.) are taken on both interrupted and complete routines.

# 9. PENALTIES (MAJORS), DEDUCTIONS AND DISQUALIFICATIONS

Penalties (a.k.a. “majors”) are a violation of pass, level or other requirements that are taken by the aesthetic judge on the advice of the superior judge on all completed and incomplete routines. Deductions (i.e. – landing deductions) are deductions from the aesthetic score that are taken on completed routines only. Disqualifications are serious violations that result in 0.1 scores regardless of what was performed.

## 9.1. TUMBLING:

### 9.1.1. PENALTIES (MAJOR DEDUCTIONS) - APPLIED TO COMPLETE AND INCOMPLETE TUMBLING PASSES

- 9.1.1.1. Failing to meet any pass requirements (maximum per pass) .....1.0
- 9.1.1.2. On the final pass only, failing to meet any level or combined difficulty requirements.....1.0
- 9.1.1.2.1. On the final pass only, if the athlete fails to meet pass requirement AND fulfill the level requirements, a 1.0 will be taken for each for a total of a 2.0 deduction.
- 9.1.1.3. Exceeding pass or level requirements.....1.0
- 9.1.1.3.1. **NOTE:** This penalty would be for performing more than the maximum number of somis or something similar, **NOT** for exceeding pass/level difficulty (in which case just the DD would be capped) or for performing an illegal skill (in which case the pass would be interrupted at that point.)
- 9.1.1.4. Not performing the required type of pass (i.e. – front or back) .....1.0
- 9.1.1.5. Performing too many skills (maximum per pass).....1.0
- 9.1.1.6. Not performing enough skills (maximum per pass) .....1.0
- 9.1.1.7. Talking or giving any signal (includes clapping, gesturing, etc.) to a competitor by their own coach or spotter during the competition routine (maximum per pass) .....0.3
- 9.1.1.8. Non-weight bearing hand or foot slide(s) between or during skills other than a round-off or handsprings THAT DEMONSTRATE REPULSION/REBOUND per occurrence .....0.3
- 9.1.1.8.1. **NOTE:** Sliding both hands or feet simultaneously will receive the same deduction a sliding one hand/foot.
- 9.1.1.9. Non-weight bearing hand slides on **round-offs that DO NOT demonstrate repulsion/rebound** (maximum per round-off performed) ..... 0.1-0.5
- 9.1.1.9.1. One hand slide less than 1:00 o'clock.....0.1
- 9.1.1.9.2. One hand slide to between 1:00 and 2:00 o'clock .....0.2
- 9.1.1.9.3. One hand slide to between 2:00 and 3:00 o'clock .....0.3
- 9.1.1.9.4. One hand slide past 3:00 o'clock .....0.4
- 9.1.1.9.5. Both hands slide .....0.5
- 9.1.1.10. A step (weight bearing or non-weight bearing) with the hand or foot, per occurrence .....0.5
- 9.1.1.10.1. At the Sub-Beginner and Beginner Levels, the pass is interrupted on the third consecutive step taken (1.5 penalty total)
- 9.1.1.10.2. At the Advanced Beginner Level, the pass is interrupted on the second consecutive step taken (1.0 penalty total)
- 9.1.1.10.3. At the power tumbling levels (Sub-Novice 1 – Elite), the pass is interrupted once a step is taken (.5 penalty total)

### 9.1.2. DEDUCTIONS – APPLIED TO COMPLETED TUMBLING PASSES ONLY

- 9.1.2.1. Instability and Landing Deductions After a Completed Pass
- 9.1.2.1.1. Instability and landing deductions are taken from the aesthetic score upon the instruction of the Superior Judge on completed passes only.

- 9.1.2.1.1.1.If a pass does not have enough skills, it is not considered completed and instability and landing deduction are not applicable.
- 9.1.2.1.1.2.If a pass has too many skills, the instability and landing deductions are determined by the last skill performed, not at the point where the pass was supposed to have stopped.
- 9.1.2.1.2. Instability and landing deduction are not cumulative. If more than one landing infraction occurs, the greater of the two deductions is taken. Passes will receive a deduction for instability OR a landing deduction, never both.
- 9.1.2.1.3. Instability ..... 0.1-0.3
- 9.1.2.1.3.1.After landing a completed routine on the competition floor or in the landing area, the competitor must stand upright for approximately three seconds before turning to salute to avoid an instability deduction.
- 9.1.2.1.3.2.**The maximum deduction for all instability demonstrated is 0.3. Instability deduction, up to and not exceeding 0.3 may be accrued by:**
  - 9.1.2.1.3.2.1. Regardless of the size/length of the step(s) or hop(s), 0.1 should be taken for each movement. Taking one step/hop results in a 0.1 deduction; taking two steps/hops results in a 0.2 deduction; and taking three or more steps/hops results in a full 0.3 deduction. Any additional movements or deductions max out at .3 deduction.
  - 9.1.2.1.3.2.2. Stepping back to center to correct a stable, upright position with the original foot that took the original step will **NOT** constitute an additional deduction.
  - 9.1.2.1.3.2.3. Not standing upright (i.e. remaining in a squat) with the legs less than shoulder width apart will increase the instability deduction by 0.1.
  - 9.1.2.1.3.2.4. Turning to the judge before correcting steps to a centered, upright position will increase the instability deduction of any steps already taken by 0.1 (up to the maximum of .3 total).
  - 9.1.2.1.3.2.5. Turning to the judge before becoming totally stable will result in the maximum deduction of 0.3.
- 9.1.2.1.4. Landing Deductions
- 9.1.2.1.4.1.After landing, touching the track/landing zone with one or both hands.....0.5
- 9.1.2.1.4.2.After landing, falling to the elbows, knees, hands/knees, seat, seat with hands behind, front, head and/or back.....1.0
- 9.1.2.1.4.3.After landing, touching outside the landing zone or track with any part of the body (i.e. – stepping off the floor) .....1.0
- 9.1.2.1.4.4.After landing, receiving assistance from a spotter .....1.0
- 9.1.2.2. Deductions for Specific Ending Skills
- 9.1.2.2.1. A completed pass, not ending in a two-foot landing (All Levels) .....0.5
- 9.1.2.2.2. On a completed pass, not performing a rebound for passes ending in a handspring or round-off (Advanced Beginner – Intermediate).....0.5
- 9.1.2.2.3. A completed pass not ending in a somi (Sub Advanced – Elite).....0.5
- 9.1.2.2.4. On a completed pass, performing the last backward, single somi that is not executed at shoulder height or above.....0.3

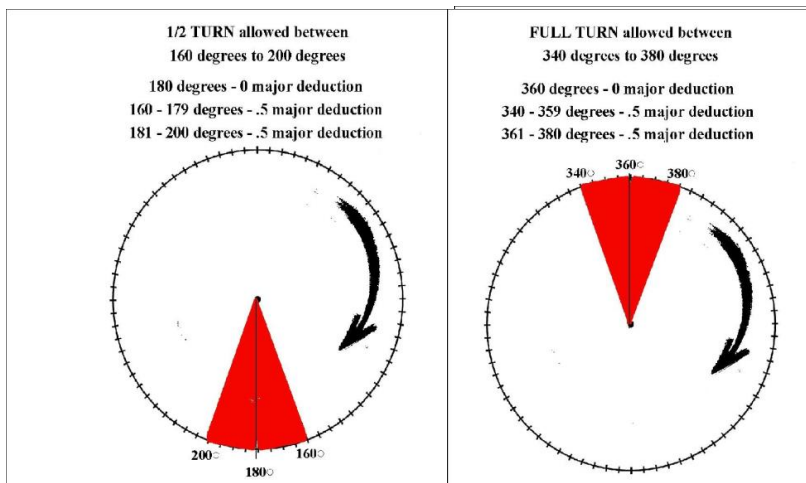
**9.1.3. DISQUALIFICATIONS - TUMBLING**

9.1.3.1. Use of profanity or unsportsmanlike conduct during the competition will result in disqualification from the entire competition, for the first offense, and will result in a 0.1 score regardless the quality of performance demonstrated.

**9.2. TRAMPOLINE:**

**9.2.1. PENALTIES (MAJOR DEDUCTIONS) - APPLIED TO COMPLETE AND INCOMPLETE TRAMPOLINE ROUTINES**

- 9.2.1.1. Failing to meet any pass requirement and/or to complete 10 skills (maximum per pass) .....1.0
- 9.2.1.2. Exceeding pass requirements.....1.0
- 9.2.1.2.1. **NOTE:** This penalty would be for performing more than the maximum number of somis or something similar, **NOT** for exceeding pass/level difficulty (in which case just the DD would be capped) or for performing an illegal skill (in which case the pass would be interrupted at that point.)
- 9.2.1.3. Performing too many skills (maximum per routine) .....1.0
- 9.2.1.4. Talking or giving any signal (includes clapping, gesturing, etc.) to a competitor by their own coach or spotter during the competition routine (maximum per routine) .....0.3
- 9.2.1.5. Intermediate straight jumps.....1.0 or Interruption
- 9.2.1.5.1. **Beginner & Novice Levels Only:** Each intermediate straight jump performed will receive a 1.0 deduction. Intermediate straight jumps do not receive aesthetic deductions but do count as contacts. 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 if it meets the requirements of an out-bounce.
- 9.2.1.5.2. **Intermediate-Elite Levels:** A straight jump will constitute an interruption.
- 9.2.1.6. Lack of overall routine height (maximum per routine) ..... 0.1-0.3
- 9.2.1.6.1. **NOTE:** An overall routine should maintain or exceed the individual minimum height of the athlete’s waist height.
- 9.2.1.7. Each feet to feet jump with twist that is short or long by 20 degrees.....0.5
- 9.2.1.7.1. A jump half (1/2) turn will be accepted between 160 and 200 degrees. Anything longer will result in a 0.5 penalty. Anything shorter will be called a straight jump. If the skill begins or ends facing the side pad, the routine will be interrupted.
- 9.2.1.7.2. A jump full (1/1) turn will be accepted between 340 and 380 degrees. Anything longer will result in a 0.5 penalty. Anything shorter will be called a half (1/2) turn. If the skill begins or ends facing the side pad, the routine will be interrupted.



9.2.1.7.3.

- 9.2.1.8. Repeating non-difficulty skills at any level.....0.5
- 9.2.1.8.1. Repeating a skill with a difficulty value will result in the loss of the difficulty for the repeated skill only and no additional penalty will be taken (unless the athlete fails to meet a minimum required difficulty level to satisfy pass requirements)
- 9.2.1.8.2. 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.
- 9.2.1.8.3. NOTE: Return to feet is permitted without repetition.
- 9.2.2. DEDUCTIONS – APPLIED TO COMPLETED TRAMPOLINE ROUTINES ONLY**
- 9.2.2.1. Instability and Landing Deductions After a Completed Routine
- 9.2.2.1.1. Instability and landing deductions are taken from the aesthetic score upon the instruction of the Superior Judge on completed routines only.
- 9.2.2.1.1.1.If a routine does not have 10 skills, it is not considered completed and instability and landing deduction are not applicable.
- 9.2.2.1.1.2.If a routine has too many skills, the instability and landing deductions are determined by the last skill performed, not at the point where the pass was supposed to have stopped.
- 9.2.2.1.2. Instability and landing deduction are not cumulative. If more than one landing infraction occurs, the greater of the two deductions is taken. Routines will receive a deduction for instability OR a landing deduction, never both.
- 9.2.2.1.3. Instability ..... 0.1-0.3
- 9.2.2.1.3.1.After landing a completed routine on the competition floor or in the landing area, the competitor must stand upright for approximately three seconds before turning to salute to avoid an instability deduction.
- 9.2.2.1.3.2.The maximum deduction for all instability demonstrated is 0.3. Instability deduction, up to and not exceeding 0.3 may be accrued by:**
- 9.2.2.1.3.2.1. Regardless of the size/length of the step(s) or hop(s), 0.1 should be taken for each movement. Taking one step/hop results in a 0.1 deduction; taking two steps/hops results in a 0.2 deduction; and taking three or more steps/hops results in a full 0.3 deduction. Any additional movements or deductions max out at .3 deduction.
- 9.2.2.1.3.2.2. Stepping back to center to correct a stable, upright position with the original foot that took the original step will **NOT** constitute an additional deduction.
- 9.2.2.1.3.2.3. Not standing upright (i.e. remaining in a squat) with the legs less than shoulder width apart will increase the instability deduction by 0.1.
- 9.2.2.1.3.2.4. Turning to the judge before correcting steps to a centered, upright position will increase the instability deduction of any steps already taken by 0.1 (up to the maximum of .3 total).
- 9.2.2.1.3.2.5. Turning to the judge before becoming totally stable will result in the maximum deduction of 0.3.
- 9.2.2.1.4. Landing Deductions
- 9.2.2.1.4.1.After landing, touching the bed with one or both hands .....0.5
- 9.2.2.1.4.2.After landing, falling to the elbows, knees, hands/knees, seat, seat with hands behind, front, head and/or back.....1.0
- 9.2.2.1.4.3.After landing, touching anything other than the trampoline bed.....1.0



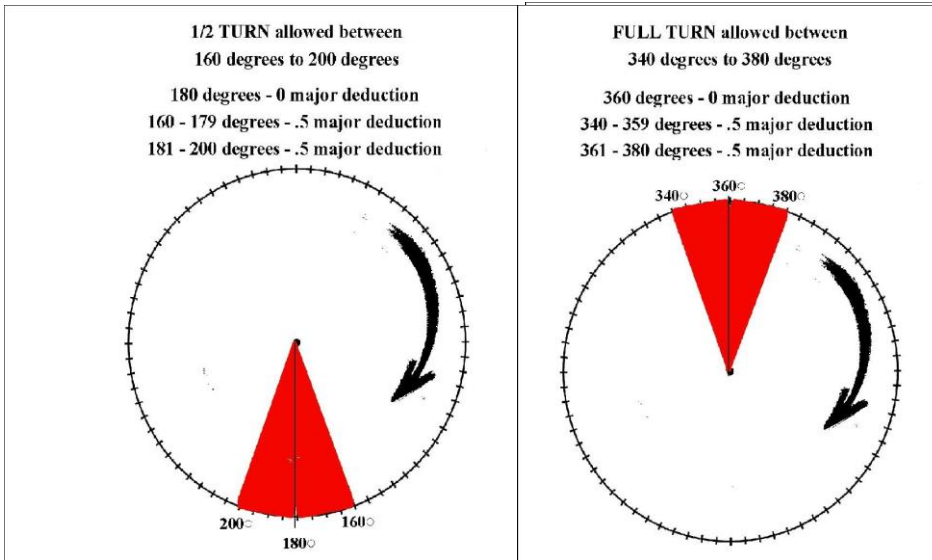
- 9.2.2.1.4.4. After landing, receiving assistance from a spotter .....1.0
- 9.2.2.1.4.5. After landing, leaving the equipment .....1.0
- 9.2.3. DISQUALIFICATIONS - TRAMPOLINE**
- 9.2.3.1. Use of profanity or unsportsmanlike conduct during the competition will result in disqualification from the entire competition, for the first offense, and will result in a 0.1 score regardless the quality of performance demonstrated.
- 9.2.3.2. Competitors attempting to compete without any foot covering will be disqualified from the round and will receive a 0.1 score.

### 9.3. DOUBLE MINI:

#### 9.3.1. PENALTIES (MAJOR DEDUCTIONS) - APPLIED TO COMPLETE AND INCOMPLETE DOUBLE MINI PASSES

- 9.3.1.1. Failing to meet any pass requirement and/or to complete two skills (maximum per pass) .....1.0
- 9.3.1.2. On the final pass only, failing to meet any level or combined difficulty requirements .....1.0
- 9.3.1.2.1. On the final pass only, if the athlete fails to meet pass requirement AND fulfill the level requirements, a 1.0 will be taken for each for a total of a 2.0 deduction.
- 9.3.1.3. Exceeding pass or level requirements .....1.0
- 9.3.1.3.1. **NOTE:** This penalty would be for performing more than the maximum number of somis or something similar, **NOT** for exceeding pass/level difficulty (in which case just the DD would be capped) or for performing an illegal skill (in which case the pass would be interrupted at that point.)
- 9.3.1.4. Use of a mounting aid to mount the double mini .....0.5
- 9.3.1.4.1. **EXCEPTION:** Athletes ages 6 & under and athletes with a physical handicap (who have submitted a letter of appeal to the AAU Executive Board and received approval) may use one 6'x12' folded mat or small wedge ramp placed flat in front of the double-mini mounting bed with the narrow end running long wise with the run-up mat.
- 9.3.1.5. An initial contact in which one foot strikes the mounter bed before the other (as long as both feet contact the mounter bed) ..... 0.1-0.5
- 9.3.1.6. Each landing or take-off from the penalty zone in the center of the double mini trampoline while performing a mounter, spotter or dismount skill (per occurrence) .....0.2
- 9.3.1.6.1. The center, red penalty is considered part of both the mounter and spotter beds depending on the skill being performed.
- 9.3.1.6.2. Hurdles on the double mini, mounter straight jumps or skill touching the penalty zone with part or all of the foot (including both feet all in the red) will all result in a 0.2 deduction (per occurrence) and will not be considered an interruption.
- 9.3.1.7. Touching or brushing the side pads, spring or anything other than the bed .....1.0
- 9.3.1.7.1. **NOTE:** If the athlete obviously lands on top of the side pad, regardless of whether the athlete is able to continue the pass, is considered an interruption per Rule 8.3.1.7.
- 9.3.1.8. Talking or giving any signal (includes clapping, gesturing, etc.) to a competitor by their own coach or spotter during the competition routine (maximum per routine) .....0.3
- 9.3.1.9. Each feet to feet jump with twist that is short or long by 20 degrees .....0.5
- 9.3.1.9.1. A jump half (1/2) turn will be accepted between 160 and 200 degrees. Anything longer will result in a 0.5 penalty. Anything shorter will be called a straight jump. If the skill begins or ends facing the side pad, the routine will be interrupted.

9.3.1.9.2. A jump full (1/1) turn will be accepted between 340 and 380 degrees. Anything longer will result in a 0.5 penalty. Anything shorter will be called a half (1/2) turn. If the skill begins or ends facing the side pad, the routine will be interrupted.



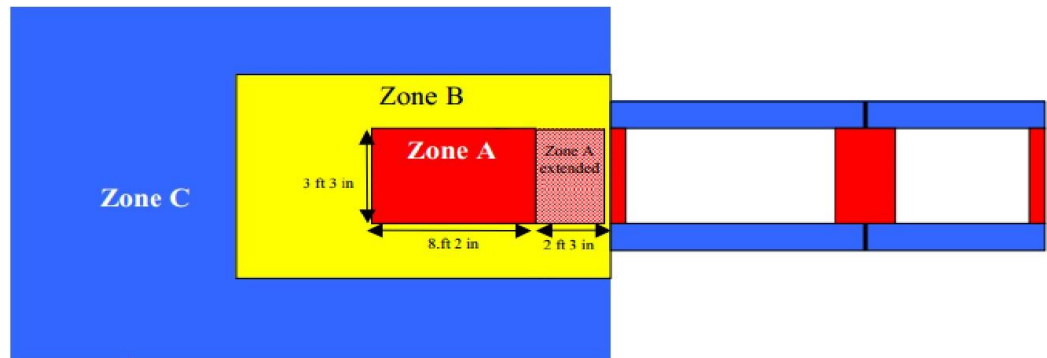
9.3.1.9.3.

9.3.1.10. Repeating mounter, spotter or dismounting skills at any level .....1.0

9.3.1.10.1. Repeating a skill with a difficulty value will result in the loss of the difficulty for the repeated skill and a 1.0 penalty.

9.3.1.10.2. Repeating a skill without a difficulty value will result in a 1.0 penalty.

9.3.1.11. Double Mini Landing Zone Penalties



9.3.1.11.1. Landing in Zone A (Includes Zone A Extended) .....0.0

9.3.1.11.2. Landing in Zone B.....0.3

9.3.1.11.3. Landing in Zone C.....0.5

9.3.1.11.4. After landing, moving from Zone A to B, B to C, or A to C (maximum) .....0.1

9.3.1.11.4.1. This penalty is taken in addition of penalties 9.3.1.11.1-9.3.1.11.3

9.3.1.11.4.2. There is no penalty for moving from C to B, B to A or C to A

**9.3.2. DEDUCTIONS – APPLIED TO COMPLETED DOUBLE MINI PASSES ONLY**

9.3.2.1. Instability and Landing Deductions After a Completed PASS

9.3.2.1.1. Instability and landing deductions are taken from the aesthetic score upon the instruction of the Superior Judge on completed routines only.

9.3.2.1.1.1.If a routine does not have two (2) skills, it is not considered completed and instability and landing deduction are not applicable.

9.3.2.1.2. Instability and landing deduction are not cumulative. If more than one landing infraction occurs, the greater of the two deductions is taken. Routines will receive a deduction for instability OR a landing deduction, never both.

9.3.2.1.3. Instability ..... 0.1-0.3

9.3.2.1.3.1.After landing a completed routine on the competition floor or in the landing area, the competitor must stand upright for approximately three seconds before turning to salute to avoid an instability deduction.

**9.3.2.1.3.2.The maximum deduction for all instability demonstrated is 0.3. Instability deduction, up to and not exceeding 0.3 may be accrued by:**

9.3.2.1.3.2.1. Regardless of the size/length of the step(s) or hop(s), 0.1 should be taken for each movement. Taking one step/hop results in a 0.1 deduction; taking two steps/hops results in a 0.2 deduction; and taking three or more steps/hops results in a full 0.3 deduction. Any additional movements or deductions max out at .3 deduction.

9.3.2.1.3.2.2. Stepping back to center to correct a stable, upright position with the original foot that took the original step will **NOT** constitute an additional deduction.

9.3.2.1.3.2.3. Not standing upright (i.e. remaining in a squat) with the legs less than shoulder width apart will increase the instability deduction by 0.1.

9.3.2.1.3.2.4. Turning to the judge before correcting steps to a centered, upright position will increase the instability deduction of any steps already taken by 0.1 (up to the maximum of .3 total).

9.3.2.1.3.2.5. Turning to the judge before becoming totally stable will result in the maximum deduction of 0.3.

9.3.2.1.4. Landing Deductions

9.3.2.1.4.1.After landing, touching the landing zone with one or both hands.....0.5

9.3.2.1.4.2.After landing, touching the double mini.....0.5

9.3.2.1.4.3.After landing, falling to the elbows, knees, hands/knees, seat, seat with hands behind, front, head and/or back.....1.0

9.3.2.1.4.4.After landing, touching anything outside the landing area.....1.0

9.3.2.1.4.5.After landing, receiving assistance from a spotter .....1.0

### **9.3.3. DISQUALIFICATIONS – DOUBLE MINI**

9.3.3.1. Use of profanity or unsportsmanlike conduct during the competition will result in disqualification from the entire competition, for the first offense, and will result in a 0.1 score regardless the quality of performance demonstrated.

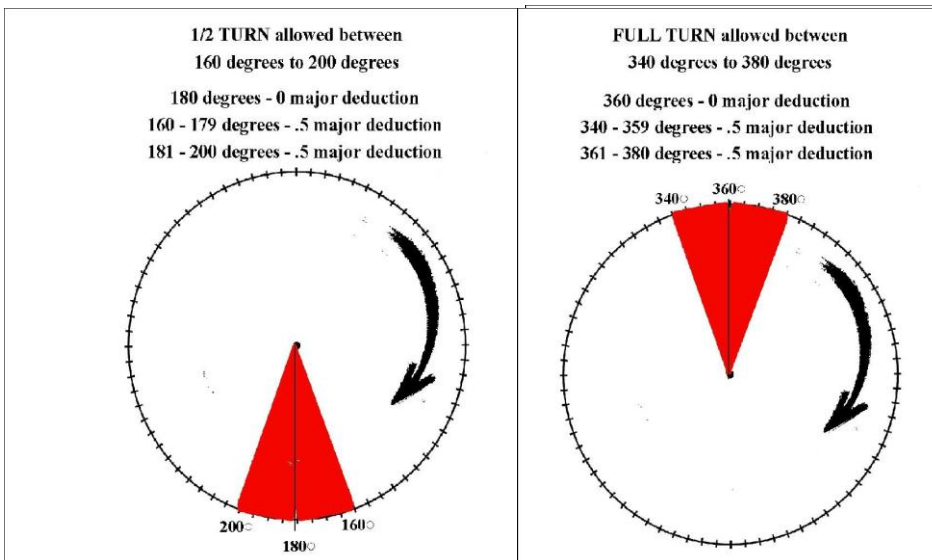
9.3.3.2. Competitors attempting to compete without any foot covering will be disqualified from the round and will receive a 0.1 score.

## **9.4. SINGLE MINI:**

### **9.4.1. PENALTIES (MAJOR DEDUCTIONS) - APPLIED TO COMPLETE AND INCOMPLETE SINGLE MINI PASSES**

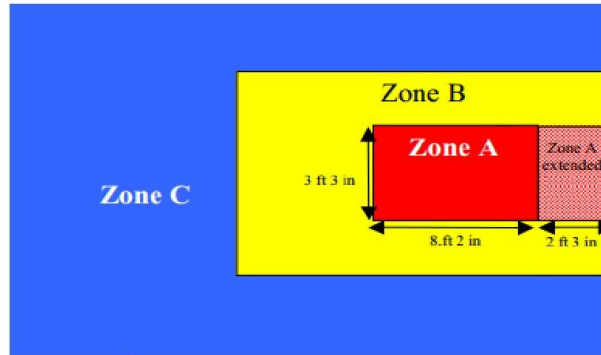
9.4.1.1. Failing to meet any pass requirement (maximum per pass).....1.0

- 9.4.1.2. On the final pass only, failing to meet any level or combined difficulty requirements.....1.0
- 9.4.1.2.1. On the final pass only, if the athlete fails to meet pass requirement AND fulfill the level requirements, a 1.0 will be taken for each for a total of a 2.0 deduction.
- 9.4.1.3. Exceeding level requirements .....1.0
- 9.4.1.3.1. **NOTE:** This penalty would be for performing two passes with legal skills that exceed the limitations of the level something similar, **NOT** for exceeding level difficulty (in which case just the DD would be capped) or for performing an illegal skill (in which case the pass would be interrupted at that point.)
- 9.4.1.4. Use of a mounting aid to mount the single mini.....0.5
- 9.4.1.4.1. **EXCEPTION:** Athletes ages 6 & under and athletes with a physical handicap (who have submitted a letter of appeal to the AAU Executive Board and received approval) may use one 6'x12' folded mat or small wedge ramp placed flat in front of the double-mini mounting bed with the narrow end running long wise with the run-up mat.
- 9.4.1.5. An initial contact in which one foot strikes the mounter bed before the other (as long as both feet contact the mounter bed)..... 0.1-0.5
- 9.4.1.6. Touching or brushing the side pads, spring or anything other than the bed.....1.0
- 9.4.1.6.1. **NOTE:** If the athlete obviously lands on top of the side pad, regardless of whether the athlete is able to continue the pass, is considered an interruption per Rule 8.4.1.6.
- 9.4.1.7. Talking or giving any signal (includes clapping, gesturing, etc.) to a competitor by their own coach or spotter during the competition routine (maximum per routine) .....0.3
- 9.4.1.8. Each feet to feet jump with twist that is short or long by 20 degrees.....0.5
- 9.4.1.8.1. A jump half (1/2) turn will be accepted between 160 and 200 degrees. Anything longer will result in a 0.5 penalty. Anything shorter will be called a straight jump. If the skill begins or ends facing the side pad, the routine will be interrupted.
- 9.4.1.8.2. A jump full (1/1) turn will be accepted between 340 and 380 degrees. Anything longer will result in a 0.5 penalty. Anything shorter will be called a half (1/2) turn. If the skill begins or ends facing the side pad, the routine will be interrupted.



- 9.4.1.8.3.
- 9.4.1.9. Repeating a skill at any level .....1.0
- 9.4.1.9.1. Repeating a skill with a difficulty value will result in the loss of the difficulty for the repeated skill and a 1.0 penalty.
- 9.4.1.9.2. Repeating a skill without a difficulty value will result in a 1.0 penalty.

9.4.1.10. Single Mini Landing Zone Penalties



9.4.1.10.1. Landing in Zone A (Includes Zone A Extended) .....0.0

9.4.1.10.2. Landing in Zone B.....0.3

9.4.1.10.3. Landing in Zone C.....0.5

9.4.1.10.4. After landing, moving from Zone A to B, B to C, or A to C (maximum) .....0.1

9.4.1.10.4.1. This penalty is taken in addition of penalties 9.3.1.11.1-9.3.1.11.3

9.4.1.10.4.2. There is no penalty for moving from C to B, B to A or C to A

**9.4.2. DEDUCTIONS – APPLIED TO COMPLETED SINGLE MINI PASSES ONLY**

9.4.2.1. Instability and Landing Deductions After a Completed Pass

9.4.2.1.1. Instability and landing deductions are taken from the aesthetic score upon the instruction of the Superior Judge on completed routines only.

9.4.2.1.2. Instability and landing deduction are not cumulative. If more than one landing infraction occurs, the greater of the two deductions is taken. Routines will receive a deduction for instability OR a landing deduction, never both.

9.4.2.1.3. Instability ..... 0.1-0.3

9.4.2.1.3.1. After landing a completed routine on the competition floor or in the landing area, the competitor must stand upright for approximately three seconds before turning to salute to avoid an instability deduction.

**9.4.2.1.3.2. The maximum deduction for all instability demonstrated is 0.3. Instability deduction, up to and not exceeding 0.3 may be accrued by:**

- 9.4.2.1.3.2.1. Regardless of the size/length of the step(s) or hop(s), 0.1 should be taken for each movement. Taking one step/hop results in a 0.1 deduction; taking two steps/hops results in a 0.2 deduction; and taking three or more steps/hops results in a full 0.3 deduction. Any additional movements or deductions max out at .3 deduction.
- 9.4.2.1.3.2.2. Stepping back to center to correct a stable, upright position with the original foot that took the original step will **NOT** constitute an additional deduction.
- 9.4.2.1.3.2.3. Not standing upright (i.e. remaining in a squat) with the legs less than shoulder width apart will increase the instability deduction by 0.1.
- 9.4.2.1.3.2.4. Turning to the judge before correcting steps to a centered, upright position will increase the instability deduction of any steps already taken by 0.1 (up to the maximum of .3 total).
- 9.4.2.1.3.2.5. Turning to the judge before becoming totally stable will result in the maximum deduction of 0.3.

9.4.2.1.4. Landing Deductions

- 9.4.2.1.4.1. After landing, touching the landing zone with one or both hands .....0.5
- 9.4.2.1.4.2. After landing, touching the single mini.....0.5
- 9.4.2.1.4.3. After landing, falling to the elbows, knees, hands/knees, seat, seat with hands behind, front, head and/or back.....1.0
- 9.4.2.1.4.4. After landing, touching anything outside the landing area .....1.0
- 9.4.2.1.4.5. After landing, receiving assistance from a spotter .....1.0

**9.4.3. DISQUALIFICATIONS – SINGLE MINI**

- 9.4.3.1. Use of profanity or unsportsmanlike conduct during the competition will result in disqualification from the entire competition, for the first offense, and will result in a 0.1 score regardless the quality of performance demonstrated.
- 9.4.3.2. Competitors attempting to compete without any foot covering will be disqualified from the round and will receive a 0.1 score.

# 10. JUDGING RESPONSIBILITIES

## 10.1.DUTIES OF THE SUPERIOR JUDGE

- 10.1.1. Control of facilities and organize the Judges conference and the trial scoring.
- 10.1.2. Place and supervise all Judges and Recorders.
- 10.1.3. Direct the competition.
- 10.1.4. Convene the Competition Jury.
- 10.1.5. Convene and preside over the Arbitration Jury.
- 10.1.6. Inform aesthetic judges of major deductions for the passes.
- 10.1.7. Decide on the competitors' dress.
- 10.1.8. Decide whether the spotter touched the competitor.
- 10.1.9. Decide when the competitors pass has begun.
- 10.1.10. Declare the maximum mark in the case of an interrupted pass.
- 10.1.11. Inform the aesthetic judges additional deductions.
- 10.1.12. Personally score the Execution in each pass before he verifies the marks of the Aesthetic Judges in case the difference between the scores is too great.
- 10.1.13. Supervise all scores, calculations and the final results.
- 10.1.14. Be responsible that when a run-up mat is used to mount the Double Mini, it lays flat and is not pushed up under the Double Mini onto the legs/mat so that it angles up.
- 10.1.15. Determine the zone deduction(s) in addition to the landing/instability deduction.
- 10.1.16. Determine penalty zone deductions.

## 10.2.DUTIES OF THE DIFFICULTY JUDGE

- 10.2.1. Determining the degree of difficulty.
- 10.2.2. Determining repetition.

## 10.3.DUTIES OF THE AESTHETIC JUDGE

- 10.3.1. Evaluate the Execution (form, consistency of height, control, and rhythm), and write down their deductions.
- 10.3.2. Subtract their deductions from the maximum mark indicated by the Superior Judge.
- 10.3.3. All aesthetic scores must be within 0.8 (not just the middle score).

## 10.4.AESTHETIC DEDUCTIONS FOR FAULTY EXECUTION

### 10.4.1. TUMBLING:

- 10.4.1.1. For lack of form, head position, individual constant height, lack of control in each skill, deviation from center of mat, lack of speed, cutting under and/or lack of blocking in each skill ..... 0.1-0.5
- 10.4.1.2. If a coach stands between the judges and the athlete without moving, blocking a judge's view of a skill or skills, an 0.5 aesthetic deduction will be taken on that skill(s). There will not be any consideration to the score point spread.
- 10.4.1.3. The aesthetic deduction per skill should be based on the following:
- 10.4.1.4. In all positions the feet and legs should be kept together (except for straddle skills) and the feet & toes pointed.
  - 10.4.1.4.1. NOTE: No deduction on Front Limbers for landing with feet shoulder width apart or less.
- 10.4.1.5. Depending on the requirements of the movement, the body should be either tucked, piked, or straight.
- 10.4.1.6. Refer to required positions for specific body requirements.
- 10.4.1.7. In the tucked and piked positions, the thighs should be close to the upper body.

- 10.4.1.8. The arms should be straight and held close to the body whenever possible.
  - 10.4.1.9. Skills should be performed in a straight line down the center of the mat without deviation from the center of the mat.
  - 10.4.1.10..... The pass should be performed in a controlled, continuous, smooth, rhythmic rotational motion.
  - 10.4.1.10.1..... Sub . Beginner through Adv. Beginner
  - 10.4.1.10.1.1.In completing a roll, the legs should straighten as they go over the head.
  - 10.4.1.10.2..... Sub -Novice through Elite.
  - 10.4.1.10.2.1.During the execution of a handspring, the legs should not bend on the beginning or ending so the athlete is in a “squatting” position.
  - 10.4.1.10.2.2.During the execution of a handspring, the body should be stretched out. The length of the handspring from beginning to end should be equivalent to the length of the athlete or more.
  - 10.4.1.10.3..... Inte rmediate through Elite.
  - 10.4.1.10.3.1.During the execution of somis, the legs should not bend on the beginning or ending so the athlete is in a “squatting” position.
  - 10.4.1.10.3.2.Round-Offs: Adv. Beginner through Intermediate, for lack of form and control, traveling, landing on one foot on the rebound out of a round-off or handspring at the end of a completed pass..... 0.1-0.3
  - 10.4.1.11..... Sub tract their deductions from the maximum mark indicated by the Superior Judge.
  - 10.4.1.12..... All aesthetic scores must be within 0.8 (not just the middle score).
- 10.4.2. Trampoline**
- 10.4.2.1. 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.
  - 10.4.2.2. 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
  - 10.4.2.3. 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.
  - 10.4.2.4. If a coach stands between the judges and the athlete without moving blocking a judge’s view of a skill or skills - an 0.5 aesthetic deduction will be taken on that skill(s). There will not be any consideration to the score point spread.
  - 10.4.2.5. NOTE: Aesthetic deductions for faulty execution are not taken on intermediate straight jumps.
  - 10.4.2.6. NOTE: Skills that originate on the front, back, or seat are allowed to lose 1/4 of height without deduction
  - 10.4.2.7. To be included in the 0.1-0.5 skill deductions, for not sliding out of a tuck, pike or straddle position
  - 10.4.2.8. Jumps & Single Somis..... 0.1-0.2
  - 10.4.2.8.1. A touch and slide with arms pressed down to sides fully .....0.0
  - 10.4.2.8.2. A touch and slide with arms not fully pressed down to sides .....0.1
  - 10.4.2.8.3. A touch only .....0.2
  - 10.4.2.9. To be included in the 0.1-0.5 skill deductions, not kicking out of a tuck or pike position (somersault)
  - 10.4.2.9.1. Kick out before 1:00 o’clock .....0.0
  - 10.4.2.9.2. Kick out between 1:00 and 3:00 o’clock.....0.1
  - 10.4.2.9.3. Kick out after 3:00 o’clock .....0.2

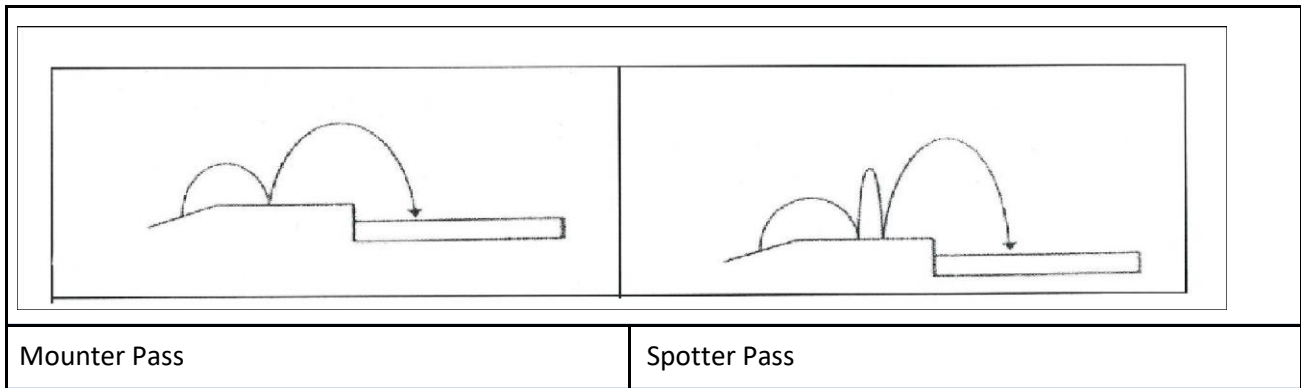


**10.4.3. DOUBLE MINI**

- 10.4.3.1. The scoring of a pass starts once the athlete touches the Double Mini trampoline. The run shall not be considered.
- 10.4.3.2. Instability when mounting the Double Mini and lack for lack of form, control, and lift on the straight jump mount ..... 0.1-0.3
- 10.4.3.3. Tumbling across or lack of height (overall pass) ..... 0.1-0.3
- 10.4.3.4. Lack of form, individual constant height, and lack of control in each skill ..... 0.1-0.5
- 10.4.3.4.1. If a coach stands between the judges and the athlete without moving blocking a judge’s view of a skill or skills - an 0.5 aesthetic deduction will be taken on that skill(s). There will not be any consideration to the score point spread.
- 10.4.3.4.2. To be included in the 0.1-0.5 skill deductions, for not sliding out of a tuck, pike or straddle position
- 10.4.3.4.3. Jumps & Single Somis ..... 0.1-0.2
- 10.4.3.4.3.1.A touch and slide with arms pressed down to sides fully.....0.0
- 10.4.3.4.3.2.A touch and slide with arms not fully pressed down to sides .....0.1
- 10.4.3.4.3.3.A touch only .....0.2
- 10.4.3.4.4. To be included in the 0.1-0.5 skill deductions, not kicking out of a tuck or pike position (somersault)
- 10.4.3.4.4.1.Kick out before 1:00 o’clock .....0.0
- 10.4.3.4.4.2.Kick out between 1:00 and 3:00 o’clock.....0.1
- 10.4.3.4.4.3.Kick out after 3:00 o’clock ..... 0.2

Reference kick-outs to the face of a clock.

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



**10.4.4. SINGLE MINI:**

- 10.4.4.1. The scoring of a pass starts once the athlete touches the Single Mini trampoline. The run shall not be considered.
- 10.4.4.2. Lack of form, individual constant height, and lack of control in each skill ..... 0.1-0.5
- 10.4.4.2.1. If a coach stands between the judges and the athlete without moving blocking a judge’s view of a skill or skills - an 0.5 aesthetic deduction will be taken on that skill(s). There will not be any consideration to the score point spread.

|  |         |
|--|---------|
| 10.4.4.2.2. To be included in the 0.1-0.5 skill deductions, for not sliding out of a tuck, pike or straddle position |         |
| 10.4.4.2.3. Jumps & Single Somis .....   | 0.1-0.2 |
| 10.4.4.2.3.1.A touch and slide with arms pressed down to sides fully.....  | 0.0     |
| 10.4.4.2.3.2.A touch and slide with arms not fully pressed down to sides .....                                       | 0.1     |
| 10.4.4.2.3.3.A touch only .....  | 0.2     |
| 10.4.4.2.4. To be included in the 0.1-0.5 skill deductions, not kicking out of a tuck or pike position (somersault)  |         |
| 10.4.4.2.4.1.Kick out before 1:00 o'clock .....  | 0.0     |
| 10.4.4.2.4.2.Kick out between 1:00 and 3:00 o'clock.....   | 0.1     |
| 10.4.4.2.4.3.Kick out after 3:00 o'clock .....   | 0.2     |

# 11. METHOD OF SCORING

## SCORES MUST BE FLASHED

### 11.1. TUMBLING:

#### 11.1.1. SUB. BEGINNER through ADV. BEGINNER

- 11.1.1.1. Two aesthetic judges and one Superior/Difficulty judge required for all Invitational, State, and National competitions. Recommend the Superior Judge be positioned between the two aesthetic judges when possible.
- 11.1.1.2. The aesthetic judges will score the routine by evaluating the form, consistency of height, control, and execution of performance in tenths of a point.
- 11.1.1.3. Each pass is judged out of the number of skills successfully completed.
- 11.1.1.3.1. Each skill will be worth 1.0.
- 11.1.1.3.2. Each aesthetic judge will add 5 bonus points to the number of skills successfully completed on the first pass and 5.0 bonus points to the number of skills successfully completed on the second pass. The aesthetic and major deductions are subtracted from that total for each pass.
- 11.1.1.3.3. A completed pass with the correct number of skills will be scored out of ten (10) points.
- 11.1.1.3.4. Each aesthetic judge will subtract their aesthetic deductions from the maximum mark indicated by the Superior Judge.
- 11.1.1.3.5. The scores of the judges must be written independently of each other.
- 11.1.1.3.6. The two aesthetic judges' scores will be added together. When awarded, difficulty is added to the two aesthetic judges' scores for the pass total.
- 11.1.1.3.7. The total of the two passes will be added together for the final score.

#### 11.1.2. SUB. NOVICE 1

- 11.1.2.1. Two aesthetic judges and one Superior/Difficulty judge required for all Invitational, State, and National competitions. Recommend the Superior Judge be positioned between the two aesthetic judges when possible.
- 11.1.2.2. The aesthetic judges will score the routine by evaluating the form, consistency of height, control, and execution of performance in tenths of a point.
- 11.1.2.3. Each pass is judged out of the number of skills successfully completed.
- 11.1.2.3.1. Each skill will be worth 1.0.
- 11.1.2.3.2. Each aesthetic judge will add 8.0 bonus points to the number of skills successfully completed on the first pass and 8.0 bonus points to the number of skills successfully completed on the second pass. The aesthetic and major deductions are subtracted from that total for each pass.
- 11.1.2.3.3. A completed pass with the correct number of skills will be scored out of ten (10) points.
- 11.1.2.4. The scores of the judges must be written independently of each other. The two aesthetic judges scores will be added together and the difficulty score is added to that total.
- 11.1.2.5. The two pass totals will be added together for the final score.
- 11.1.2.6. There is difficulty awarded at this level.

#### 11.1.3. SUB. NOVICE

- 11.1.3.1. Two aesthetic judges and one Superior/Difficulty judge required for all Invitational, State, and National competitions. Recommend the Superior Judge be positioned between the two aesthetic judges when possible.
- 11.1.3.2. The aesthetic judges will score the routine by evaluating the form, consistency of height, control, and execution of performance in tenths of a point.
- 11.1.3.3. Each pass is judged out of the number of skills successfully completed.
- 11.1.3.3.1. Each skill will be worth 1.0.

11.1.3.3.2. Each aesthetic judge will add 7.0 bonus points to the number of skills successfully completed on the first pass and 6.0 bonus points to the number of skills successfully completed on the second pass. The aesthetic and major deductions are subtracted from that total for each pass.

11.1.3.3.3. A completed pass with the correct number of skills will be scored out of ten (10) points.

11.1.3.4. The scores of the judges must be written independently of each other. The two aesthetic judges scores will be added together and the difficulty score is added to that total.

11.1.3.5. The two pass totals will be added together for the final score.

11.1.3.6. There is difficulty awarded at this level.

#### **11.1.4. NOVICE through INTERMEDIATE**

11.1.4.1. Two aesthetic judges and one Superior/Difficulty judge required for all Invitational, State, and National competitions. Recommend the Superior Judge be positioned between the two aesthetic judges when possible.

11.1.4.2. The aesthetic judges will score the routine by evaluating the form, consistency of height, control, and execution of performance in tenths of a point.

11.1.4.3. Each pass is judged out of the number of skills successfully completed.

11.1.4.3.1. Each skill will be worth 1.0.

11.1.4.3.2. Each aesthetic judge will add 5.0 bonus points to the number of skills successfully completed on the first pass and 2.0 bonus points to the number of skills successfully completed on the second pass. The aesthetic and major deductions are subtracted from that total for each pass.

11.1.4.3.3. A completed pass with the correct number of skills will be scored out of ten (10) points.

11.1.4.4. The scores of the judges must be written independently of each other. The two aesthetic judges scores will be added together and the difficulty score is added to that total.

11.1.4.5. The two pass totals will be added together for the final score.

#### **11.1.5. SUB. ADVANCED – ELITE**

11.1.5.1. There will be one (1) superior judge, four (2) aesthetic judges, and one (1) difficulty judges for a total of six (4). This is recommended for Invitationals and State, required for National Championships and Team Trials.

11.1.5.2. The evaluation of Execution (form, consistency of height, control, and rhythm), and Difficulty is done in 10ths of a point. A competitor will be judged only on the number of skills completed on the feet on the track or the landing zone.

11.1.5.3. Each skill will be worth 1.0.

11.1.5.4. Judges must write their deductions independently of each other. When signaled by the Superior Judge, the marks of the Judges for Difficulty and Execution must be shown simultaneously.

11.1.5.5. Evaluation of the score for Execution:

11.1.5.5.1. Two eight (8) skill passes, the Judges will add 2.0 bonus points to the number of skills completed.

11.1.5.5.1.1. The deductions for poor Execution are subtracted from that total.

11.1.5.5.1.2. The Judges will calculate their marks, including any deductions and subtract that.

11.1.5.5.1.3. The highest and lowest marks of the Execution Judges are deleted and the two middle marks are added together to give the valid score for Execution.

11.1.5.6. Evaluation of the score for Difficulty:

11.1.5.6.1. The Difficulty Judges calculate the difficulty of the optional passes. Difficulty scores must be flashed.

11.1.5.7. Evaluation of the competitor's total score for a pass:

11.1.5.7.1. Each pass is scored separately and a total of Execution plus difficulty is calculated for each optional pass.

11.1.5.7.2. All scores will be rounded to 2 decimal places. Such rounding will only be made in respect of the competitor's total score for a pass.

11.1.5.7.3. The recorders will calculate the total score (Execution + Difficulty) and enter it on the score sheet.

- 11.1.5.7.4. The Chief Recorder must verify the total score on the score sheets.
- 11.1.5.8. The Superior Judge is responsible for determining the validity of the final scores.
- 11.1.5.9. All aesthetic scores must be within 0.8 (not just the middle scores).

## **11.2. TRAMPOLINE:**

### **11.2.1. BEGINNER THROUGH SUB ADVANCED**

- 11.2.1.1. It is mandatory that there 3 JUDGES two aesthetic judges and one superior judge. Recommend the superior judge be positioned between the two aesthetic judges when possible.
- 11.2.1.2. The aesthetic judges will score the routine by evaluating the form, consistency of height, control, and execution of performance in tenths of a point.
- 11.2.1.3. Each pass will be judged out of the number of skills successfully completed. A completed pass with the correct number of skills will be scored out of ten (10) points.
  - 11.2.1.3.1. Each skill will be worth 1.0.
- 11.2.1.4. The scores of the judges must be written independently of each other. The deductions for poor execution are subtracted from the maximum mark. The two aesthetic judges scores will be added together and the difficulty score is added to that total.
- 11.2.1.5. There IS difficulty awarded at ALL levels in AAU TRAMPOLINE.

### **11.2.2. ADVANCED THROUGH ELITE**

- 11.2.2.1. There will be (2) aesthetic judges, ONE (1) difficulty judge, (1) superior judge for a total of (4) judges. This is recommended for Invitationals, State and required for Team Trials, Jr. Olympics.
- 11.2.2.2. The aesthetic judges will score the routine by evaluating the form, consistency of minimum individual height, control, and execution of performance in the center of the trampoline in tenths of a point.
- 11.2.2.3. Each pass will be judged out of the number of skills successfully completed. A completed pass with the correct number of skills will be scored out of ten (10) points.
  - 11.2.2.3.1. Each skill will be worth 1.0.
- 11.2.2.4. In the individual competition when four aesthetic judges are used: The highest and lowest marks of the execution judges are deleted. The total of the two remaining marks is the score for execution. The difficulty score is added to that total.
- 11.2.2.5. All Advanced and Elite aesthetic scores must be within 0.8 (not just the middle scores).

## **11.3. SYNCHRONIZED TRAMPOLINE**

**11.3.1. In the synchronized competition, the two scores of the aesthetic judges on trampolines No. 1 and No. 2 are added together by the recorder. The difficulty score is added. The faulty synchronization deductions are subtracted from the maximum synchronization mark, this figure is doubled and then added to the aesthetic and difficulty scores for the routine.**

- 11.3.1.1. Competition Jury – 7 Members
- 11.3.1.2. 2 Superior Judges
- 11.3.1.3. 4 Aesthetics Judges
- 11.3.1.4. 1 Synchronization Judge

## **11.4. DOUBLE MINI:**

### **11.4.1. BEGINNERS THROUGH SUB ADVANCED**

- 11.4.1.1. Three judges will be used. Two aesthetic judges and one Superior/Difficulty Judge required for Invitational, State, and Jr. Olympics & Team Trial Competitions. Recommend the Superior Judge be positioned between the two aesthetic judges when possible.
- 11.4.1.2. The evaluation of form (execution and control) and difficulty is done in 10ths of a point.
- 11.4.1.3. Each pass is scored separately and a total of performance plus difficulty is calculated for each pass.
- 11.4.1.4. The scores of the judges must be written independently of each other. The score for performance shall not exceed 10.0 per pass. The total of the two aesthetic scores is added together provided that the difference between the two scores is not too great and then the difficulty score is added.
- 11.4.1.5. If a pass has only one skill, the pass starts at a value of 5.0 pt, a 1.0 pt deduction will be taken on the advice of the Superior Judge and the score for performance shall not exceed 4.0 plus difficulty.
- 11.4.1.6. Difficulty scores must be flashed.

#### **11.4.2.       ADVANCED THROUGH ELITE**

- 11.4.2.1. There will be two (2) aesthetic judges, one (1) difficulty judge, and one (1) superior judge, for a total of six (4) judges. This is recommended for Invitational, State Competitions and required for Team Trials and National Championships.
- 11.4.2.2. The evaluation of execution (form, consistency of height and control) and difficulty is done in 10ths of a point.
  - 11.4.2.2.1. Judges must write their deductions independently of each other. The mark for performance shall not exceed 10.0 pt per pass. When signaled by the Superior Judge, the scores of the Aesthetic judges must be shown simultaneously.
  - 11.4.2.2.2. If any of the Execution judges fail to display their marks when signaled by the Superior Judge, then the average of the other marks will be taken for the missing mark. This decision will be made by the Superior Judge.
- 11.4.2.3. Evaluation of the score for Execution:
  - 11.4.2.3.1. The deductions for poor execution are subtracted from the maximum mark.
  - 11.4.2.3.2. In the individual competition: The highest and lowest marks of the execution judges are deleted.
  - 11.4.2.3.3. The total of the two remaining marks is the score for execution.
- 11.4.2.4. Evaluation of the Score for Difficulty:
  - 11.4.2.4.1. The Difficulty Judge calculates the difficulty value of the routine.
- 11.4.2.5. Evaluation of the Competitor's Score for the round:
  - 11.4.2.5.1. In individual competition, the difficulty score is added to the execution score.
- 11.4.2.6. All advanced aesthetic scores must be within 0.8 (not just the middle scores).

### **11.5.SINGLE MINI:**

#### **11.5.1.       BEGINNERS THROUGH SUB ADVANCED**

- 11.5.1.1. Three judges will be used. Two aesthetic judges and one Superior/Difficulty Judge required for Invitational, State, and Jr. Olympics & Team Trial Competitions. Recommend the Superior Judge be positioned between the two aesthetic judges when possible.
- 11.5.1.2. The evaluation of form (execution and control) and difficulty is done in 10ths of a point.
- 11.5.1.3. Each pass is scored separately and a total of performance plus difficulty is calculated for each pass.
- 11.5.1.4. The scores of the judges must be written independently of each other. The score for performance shall not exceed 10.0 per pass. The total of the two aesthetic scores is added together provided that the difference between the two scores is not too great and then the difficulty score is added.
- 11.5.1.5. Must mount the Single Mini with feet facing forward. (No round-off mounts)
- 11.5.1.6. Difficulty scores must be flashed.



## **12. COMPETITION PROCEDURES**

### **12.1.BEGINNERS-ADVANCED LEVELS**

- 12.1.1. Large age groups will be pyramided into groups of 10 or less.
- 12.1.2. 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 the policy on the entry form. Passes will not run consecutively. All routines will begin from one end of the mat. All competitors will execute their first pass. When this pass is completed, they will stay in the same order and execute their second pass. (With the exception of trampoline, each athlete will perform one pass)
- 12.1.3. **\*\*IT IS RECOMMENDED THAT WHEN COMBINING AGE GROUPS FOR INVATIONALS THAT COACHES BE NOTIFIED.**

**12.2.Single Mini competition is open to athletes competing at the level of Beginner, Novice, Intermediate, and Sub-Advanced. If an athlete is currently competing at the Advanced or Elite level on either trampoline or double-mini trampoline, they are not eligible to compete on single-mini.**

### **12.3.TRAMPOLINE/DOUBLE-MINI COMPETITION CARDS – REQUIRED FOR SUB-ADVANCED THROUGH ELITE**

- 12.3.1. 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.

### **12.4.QUALIFYING FOR JUNIOR OLYMPICS**

- 12.4.1. A competitor will automatically qualify to compete at the Junior Olympic Nationals if he/she competes at their District/State Championship in each event. If your District/State does not hold a Championship, you can contact the AAU Board to petition to attend the Junior Olympic Nationals. **\*\*ATHLETES MUST COMPETE AT THE SAME LEVEL AS THEIR STATE/DISTRICT CHAMPIONSHIPS \*\***

### **12.5.QUALIFICATION FOR FINALS AT JUNIOR OLYMPICS**

- 12.5.1. Athletes must meet pass requirements to advance to Finals. Podium awards will be given to those that advance to finals. The competitors with the top ten (10) scores from the preliminaries will advance to finals provided they met pass requirements. 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.
- 12.5.2. 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.
- 12.5.3. Double Mini, Trampoline, Tumbling: All levels have finals at Junior Olympics
- 12.5.4. NO Single Mini or Synchro Trampoline Finals.

### **12.6.TEAM POINTS**

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

### **12.7.RESULTS**



12.7.1. A complete copy of the results (along with the Meet Director's Report and Judges' Reports) must be sent to Heather Besselman, within two weeks of the competition. [heatherbesselman@me.com](mailto:heatherbesselman@me.com)

## 12.8. PROTESTS

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

## 12.9.

- 12.9.1. 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.)
- 12.9.2. “Complaints” regarding aesthetics 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.
- 12.9.2.1. If a scoring error results in a change of award placement after awards have been announced to the public or in the award room at any sanctioned competition, no award or placement shall be taken away from any competitor. The correct award and placement shall also be given to the athlete.
- 12.9.2.2. Coaches and/or competitors will not be allowed to approach the judges at any time during a competition to justify scores.
- 12.9.2.3. Coaches/athletes may inquire about difficulty or skill positions of their pass with no discussion allowed.
- 12.9.2.4. All other score inquiries must go through the Meet Director.
- 12.9.2.5. Infractions will result in a verbal warning for the first offense and disqualification from the meet for the second offense.
- 12.9.2.6. A protest concerning the Execution scores can only be made in respect of a numerical error.

### 12.9.3. PROTEST COMMITTEE

#### 12.9.3.1. COMPOSITION

- 12.9.3.1.1. Protest Panel will consist of 3 people. The Meet Director or a member of the AAU Executive Board, A Coach Unaffiliated with the protest, and a Judge from another panel. If a member of the Executive Board is also a judge on the panel involved in the protest, that judge may not serve as a member of the Protest Committee as the Technical Board Representative.
- 12.9.3.1.2. 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.

#### 12.9.3.2. PROCEDURE

- 12.9.3.2.1. 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.
- 12.9.3.2.2. 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).

- 12.9.3.2.3. 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...”)
- 12.9.3.2.4. Each Protest Committee Member must review the protest procedure rules prior to acting on any protest
- 12.9.3.2.5. At ALL Competitions, a video other than the meet director's designated video can be used if the meet director's designated video does not record the pass. In this situation only, the meet director has the option to review the first video tape available to use by the Arbitration Jury. If no video is available, the judges' decision stands and the protest fee will be returned.
- 12.9.3.2.6. Arbitration juries may view the pass in slow motion.
- 12.9.3.2.7. Protests must be dealt with by the Arbitration Jury prior to the start of the next round and their decision announced immediately.
- 12.9.3.2.8. A decision must be made within 5 minutes of reviewing the video. The decision of the Arbitration Jury is final and must be abided by.
- 12.9.3.2.9. 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.
- 12.9.3.2.10. .... Decision made by the Arbitration Jury cannot be overturned by the AAU Executive Board.

# 13. COMPETITION LEVELS

## 13.1.SUB-BEGINNER DIVISION TUMBLING

AGE GROUPS - Boys and Girls will not compete against each other. There shall be separate divisions for each.  
 EXCEPTIONS to the age groups will be made to include children with developmental disabilities through petitioning procedures. **Girls & Boys' Age Groups are: 4 & Under, 5-6**

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

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

**SAMPLE PASSES:**

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

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

**REPEATS:**

Repeats are allowed, no deductions.

**LEVEL SPECIFIC DEDUCTIONS**

- 13.1.1. During the execution of a straddle roll, if the competitor's torso is not in the center of the mat and the competitor's foot extends over the edge of the mat.....0.1-0.3
- 13.1.2. NOTE: If the torso of a competitor at these levels is in the center of the tumbling mat on a straddle roll and their foot is over the side of the mat, an aesthetic deduction cannot be taken.

**INTERRUPTION OF A PASS**

- 13.1.3. Running, or a substantial stop between skills. (A small step with the hands or feet at this level is a severe deduction, not an interruption - 0.5 pt deduction).
- 13.1.4. Taking more than two continuous steps with the hands or feet, running, or a substantial stop. (A small step with the hands or feet at this level is a severe deduction, not an interruption - 0.5). NOTE: Taking 3 continuous steps will result in a 1.5 (0.5 pt/step) deduction and interruption.
- 13.1.5. If a competitor's torso is not in the center of the mat during the execution of a skill, once the competitor's foot touches the floor or the heel goes all the way off the mat, the pass will be terminated. – 1.0 deduction.

- 13.1.6. EXCEPTION: In Sub-Beginner through Advanced-Beginner levels, if the torso of a competitor at these levels is in the middle of the tumbling mat on a straddle roll and their feet are over the side of the mat, the pass cannot be terminated nor an aesthetic deduction taken for toes or heels touching the floor.
- 13.1.7. A fall to the mat during the routine. Touches the mat with any part of the body other than the hands or feet.
- 13.1.8. EXCEPTION: In the beginner levels, during the execution of some skills, the elbows may touch the tumbling mat. If there is a smooth continuation of the skill, then there is no deduction. If the athlete is unstable or off balance and falls to or pushes off the elbow, the pass will be terminated at that point, no credit will be given for the skill.
- 13.1.9. Reversal of motion.
- 13.1.10. NOTE: When performing a skill at the Beginner levels, as long as the shoulders continue in a forward motion, the pass will not be interrupted if a competitor steps backward (will still receive a 0.5 deduction for the step).
- 13.1.11. For performing an illegal skill (ex: use of back skills) interruption

## 13.2.BEGINNER DIVISION TUMBLING

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

Girls: 5 & Under, 6-8, 9-11, 12 & Over

Boys: 5 & Under, 6-8, 9-11, 12 & Over

### REQUIREMENTS

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

13.2.1. The FIRST PASS consists of all back skills, and the completed pass (5<sup>th</sup> skill) must end with a two-foot landing.

NOTE: A cartwheel is a front skill. If performed in the back pass, a 1.0 deduction will be taken; however, the pass will not be terminated.

13.2.2. The SECOND PASS consists of all front skills and the completed pass (5<sup>th</sup> skill) must end with a two-foot landing.

| SKILLS PERMITTED  | SKILLS NOT PERMITTED   |
|---|--|
| 1. Forward roll (any position)<br>2. 3. Dive roll<br>4. Straddle roll<br>5. 6. Cartwheel ( <b>Front Skill</b> ) - 1 or 2 hands<br>7. Handstand, roll down<br>8. Back roll (any position)<br>Back extension roll<br>Step-outs allowed <b>except</b> on the last skill of a completed pass (5 <sup>th</sup> skill). | 1. Handsprings, tinsicas, somis, or limbering skills.<br>2. Splits or contortion-type skills such as fish-flops or chest rolls. Round-offs<br>3. |

### SAMPLE PASSES:

#### PASS 1

- Back Straddle Roll, Back Straddle Roll, Back Pike Roll, Back Tuck Roll Step-out, Back Roll (0.0 difficulty)
- Back Roll, Back Roll, Back Straddle Roll, Back Straddle Roll, Back Roll (0.0 difficulty)
- Back Extension Roll, Back Pike Roll, Back Tuck Roll, Back Roll Step-out, Straddle Roll (0.1 difficulty)

#### PASS 2

- Handstand Roll Step-out, Cartwheel, Cartwheel, Handstand Roll, Front Roll (0.4 difficulty)
- Handstand Roll, Front Straddle Roll, Front Straddle Roll, Front Roll, Front Roll (0.1 difficulty) 3. Front Roll, Front Roll Step-out, Cartwheel, One Arm Cartwheel, Handstand Front Roll (0.3 difficulty) **DIFFICULTY** - Difficulty will be awarded for all skills passing through a vertical at this level only.

### DIFFICULTY

Difficulty scores must be flashed. See Lower Level Tumbling Difficulty Chart.

### REPEATS:

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

#### 1. PENALTIES:

For repeating three identical skills in a row.....0.1

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

- For repeating five identical skills in a row.....0.6
2. A skill shall be considered different; and therefore not a repeat, if the feet of the skill begins or ends in a different position.  
 EXAMPLES: A one arm cartwheel is different than a two arm cartwheel.

**LEVEL SPECIFIC DEDUCTIONS**

1. During the execution of a straddle roll, if the competitor’s torso is not in the center of the mat and the competitor’s foot extends over the edge of the mat.....0.1-0.3  
**NOTE:** If the torso of a competitor at these levels is in the middle of the tumbling mat on a straddle roll and their foot is over the side of the mat, an aesthetic deduction cannot be taken.
2. For rocking forward and pushing off on hands prior to a back roll at the beginning of a pass.....0.5  
**NOTE:** The touch of the hands (i.e. for balance) is permitted without penalty.
3. For additional skills (Maximum per pass).....1.0
4. Performing the wrong pass.....1.0

**INTERRUPTION OF A PASS**

1. Running, or a substantial stop between skills. (A small step with the hands or feet at this level is a severe deduction, not a interruption - 0.5 pt deduction).
2. Taking more than two continuous steps with the hands or feet, running, or a substantial stop. (A small step with the hands or feet at this level is a severe deduction, not a interruption - 0.5). **NOTE:** Taking 3 continuous steps will result in a 1.5 (0.5 pt/step) deduction and interruption.
3. If a competitor’s torso is not in the center of the mat during the execution of a skill, once the competitor's foot touches the floor or the heel goes all the way off the mat, the pass will be terminated. – 1.0 deduction.  
**EXCEPTION:** In Sub-Beginner through Advanced-Beginner levels, if the torso of a competitor at these levels is in the middle of the tumbling mat on a straddle roll and their feet are over the side of the mat, their pass can’t be terminated nor an aesthetic deduction taken for toes or heels touching the floor.
4. Reversal of motion.  
**NOTE:** When performing a skill at the Beginner levels, as long as the shoulders continue in a forward motion, the pass will not be interrupted if a competitor steps backward (will still receive a 0.5 deduction for the step).
5. A fall to the mat during the routine. Touches the mat with any part of the body other than the hands or feet.  
**EXCEPTION:** In the beginner levels, during the execution of some skills, the elbows may touch the tumbling mat. If there is a smooth continuation of the skill, then there is no deduction. If the athlete is unstable or off balance and falls to or pushes off the elbow, the pass will be terminated at that point, no credit will be given for the skill.  
**NOTE: Doing the wrong pass, i.e., the front pass 1st is NOT a interruption, but a 1.0 deduction**

### 13.3.BEGINNER DIVISION – TRAMPOLINE

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

Girls: 5 & Under, 6-8, 9-11, 12 & Over

Boys: 5 & Under, 6-8, 9-11, 12 & Over

#### PASS REQUIREMENTS

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

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

#### 13.3.3. The three (3) compulsory skills are:

13.3.3.1. Straight Jump with ½ Twist (180E). **NOTE:** The Straight Jump with ½ Twist (180E) **MUST** originate from and return to the feet.

13.3.3.2. Pike Jump or Tuck Jump **MUST** originate from and return to the feet

13.3.3.3. Front or Back Contact. **NOTE:** The Front or Back Contact requirement skill **does not** have to originate from the feet.

13.3.3.4. 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"> <li>1. Return to Feet (Please remember this is a contact)</li> <li>2. Tuck Jump</li> <li>3. Pike Straddle Jump</li> <li>4. Pike Jump</li> <li>5. Seat Drop</li> <li>6. Front Drop (Stomach Drop)</li> <li>7. Back Drop</li> <li>8. Straight Jump with ½ Twist (180°)</li> <li>9. Straight Jump with 1/1 Twist (360°)</li> <li>10. Straight Jump with 1½ Twist (540°)</li> <li>11. Straight Jump with 2/1 Twist (720°)</li> </ol> | <ol style="list-style-type: none"> <li>1. All skills that involve landing on the knees</li> <li>2. Somi</li> <li>3. 3/4 Fronts, 3/4 Backs</li> <li>4. Doggie Drops (Hands &amp; Knees)</li> <li>5. Back Drop-Pullover to Feet</li> <li>6. Knee Drops</li> </ol> |

#### SAMPLE PASSES

- Tuck Jump, Straddle Jump, Seat Drop, ½ Turn to Seat, Return to Feet, ½ Turn, Seat Drop, To Feet, Front Drop, To Feet.
- Tuck Jump, Straddle Jump, Seat Drop, to Feet, ½ Turn, Seat Drop, To Front Drop, To Feet, Back Drop, To Feet
- Tuck Jump, Straddle Jump, Pike Jump, Seat Drop, To Feet, ½ Turn, Front Drop, To Feet, Seat Drop, ½ Turn To Feet
- Tuck Jump, Straddle Jump, Seat Drop, ½ Turn to Seat, To Feet, ½ Turn, Pike Jump, Back Drop, Front Drop, To Feet

**DIFFICULTY** : Difficulty is awarded. See Trampoline difficulty chart.

#### REPEATS

No Repeats allowed (except return to feet) - repeated skills without a difficulty value will result in a 0.5 deduction. Repeated skills with difficulty will result in loss of difficulty. 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:

- Swivel Hips
- Seat Drop to Stomach Drop
- Front Drop to  $\frac{1}{2}$  Turn to Front Drop ( $\frac{1}{2}$  Turntable)
- Front Drop to  $1/1$  Turn to Front Drop ( $1/1$  Turntable)
- Seat Drop to  $1/1$  Turn to Seat Drop (Barrel Roll)
- Back Drop to  $\frac{1}{2}$  Turn to Back Drop (Cradle)
- Back Drop to  $1/1$  Turn to Back Drop (Cat Twist)
- All of these combinations may be followed by a  $\frac{1}{2}$  or  $1/1$  twist when returning to the feet.

### 13.4.BEGINNER DIVISION - DOUBLE MINI

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

Girls: 5 & Under, 6-8, 9-11, 12 & Over

Boys: 5 & Under, 6-8, 9-11, 12 & Over

#### REQUIREMENTS

Two (2) passes are required. Each pass must consist of a minimum of two contacts with the bed and no more than three. A maximum of two skills per pass. No somersaults are allowed.

| LIST OF SKILLS PERMITTED   | LIST OF SKILLS NOT PERMITTED |
|--|------------------------------|
| Tuck Jump<br>Pike Jump<br>Straddle Jump<br>½ Turn (Difficulty - 0.2 pt)<br>Full Turn (Difficulty - 0.4 pt)<br>1 ½ Turn (Difficulty - 0.6 pt)<br>Double Full Turn (Difficulty - 0.8 pt) | Somis                        |

#### SAMPLE PASSES

1. Spotter Tuck Jump, Tuck Jump dismount.....0.0  
difficulty
2. Mounter Tuck Jump, Straddle Jump dismount.....0.0  
difficulty
3. Spotter Tuck Jump, Full Turn dismount.....0.4  
difficulty
4. Spotter Full Turn, Full Turn dismount.....0.8  
difficulty
5. Spotter Straddle Jump, Double Full Turn dismount.....0.8  
difficulty

#### DIFFICULTY

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

1. ½ twist/turn (180°).....0.2
2. 1/1 twist/turn (360°).....0.4

**REPEATS** - Repeats are not allowed.

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

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

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

1. No somis are allowed. Use of a somi at this level will result in an interruption for use of illegal skill.

### 13.5.BEGINNER DIVISION - SINGLE MINI

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

Girls: 5 & Under, 6-8, 9-11, 12 & Over

Boys: 5 & Under, 6-8, 9-11, 12 & Over

#### REQUIREMENTS

Two single skill passes are required. Each pass must consist of one contact with the bed. Maximum of one skill. No somis are allowed.

| LIST OF SKILLS PERMITTED   | LIST OF SKILLS NOT PERMITTED |
|--|------------------------------|
| Tuck Jump<br>Pike Jump<br>Straddle Jump<br>½ Turn (Difficulty - 0.2 pt)<br>Full Turn (Difficulty - 0.4 pt)<br>1 ½ Turn (Difficulty - 0.6 pt) | Somi                         |

#### DIFFICULTY

Difficulty scores must be flashed. See Single Mini Tumbling Difficulty Chart.

**REPEATS** - Repeats are not allowed.

A repeated skill will result in 1.0 pt deduction and loss of difficulty of skill.

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

1. 0.5 deduction per extra bounce.
2. No somi are allowed. Use of a somi at this level will result in an interruption for use of illegal skill.

## 13.7.ADVANCED BEGINNER DIVISION TUMBLING

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

Girls: 5 & Under, 6-8, 9-11, 12 & Over

Boys: 5 & Under, 6-8, 9-11, 12 & Over

### REQUIREMENTS

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

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

13.7.1.1. NOTE: A cartwheel is a front skill. If performed in the back pass, a 1.0 deduction will be taken.

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

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

13.7.2.2. \*IF a round-off is performed anywhere other than the last skill in a pass, it will result in a 1.0 deduction not a interruption.

NOTE: if an athlete performs a pass with less than five skills and the last skill is a Round-off, there is no deduction since the round-off was the last skill.

| SKILLS PERMITTED   | SKILLS NOT PERMITTED   |
|--|--|
| <ol style="list-style-type: none"> <li>1. Forward roll (any position)</li> <li>2. Dive roll</li> <li>3. Cartwheel , 1 or 2 hands (front skill)</li> <li>4. Round-off (Neutral skill) *</li> <li>5. Handstand, roll down</li> <li>6. Back roll (any position)</li> <li>7. Back extension roll</li> <li>8. Limbers</li> <li>9. Walkovers</li> <li>10. Scissors</li> <li>11. Step-outs allowed <b>except</b> on the last skill of a competed pass (5<sup>th</sup> skill)<br/><i>*Only as the last skill in a pass.</i></li> </ol> | <ol style="list-style-type: none"> <li>1. 2. Handsprings, tinsicas, or somis.<br/>Splits or contortion-type skills such as fish-flops or chest rolls.</li> </ol> |

### SAMPLE PASSES:

#### PASS 1

- Back Walkover, Back Limber, Back Roll, Back Straddle Roll, Back Roll.....0.4 difficulty
- Back Walkover, Back Walkover, Back Limber, Back Straddle Roll, Back Roll.....0.6 difficulty
- Back Walkover, Back Walkover, Back Limber, Back Walkover, Back Limber.....1.0 difficulty

#### PASS 2

- Front Roll, Front Straddle Roll, Front Straddle Roll, Front Roll to a step-out, Front Limber.....0.2 difficulty
- Front Walkover, Front Limber, Front Straddle Roll, Front Straddle Roll, Front Roll.....0.4 difficulty
- Handstand Roll, Front Roll, Front Roll Step-out, Front Walkover, Front Limber.....0.5 difficulty

### DIFFICULTY

Difficulty scores must be flashed. See Lower Level Tumbling Difficulty Chart.

**REPEATS:**

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

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

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

2. DEDUCTIONS:

- 2.1. For repeating three identical skills in a row.....0.1
- 2.2. For repeating four identical skills in a row.....0.3
- 2.3. For repeating five identical skills in a row.....0.6

**LEVEL SPECIFIC DEDUCTIONS**

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

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

- 2. Failure to rebound out of a round-off performed at the end of a pass only . . . . . 0.5

2.1. If the athlete performs a round-off anywhere else in the pass, they should NOT rebound. If they do rebound - you would deduct for the number of steps taken. A straight up and down rebound is two feet, so you would take two 0.5 step deductions...if more steps are taken, you take 0.5 for each step up to the interruption number which is 2 steps for Adv-Beginner.

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

- 3. For rocking forward on hands prior to a back roll at the beginning of a pass.....0.5
- NOTE: On a back roll, the touch of the hands (i.e. for balance) is permitted without penalty.

- 4. Performing the wrong pass.....1.0

- 5. For not having one limbering skill in a pass.....1.0

- 6. Performing a round-off anywhere in the pass other than as the last skill.....1.0

**NOTE:** If the Adv-Beginner competitor performs a round-off anywhere in the pass other than as the last skill, the pass will not be terminated, a 1.0 deduction is taken. This is not a interruption because a round-off is a legal skill this level.

**INTERRUPTION OF A PASS**

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

6.1.2. During the execution of a straddle roll, if the competitor’s torso is not in the center of the mat and the competitor’s foot touches the floor over the edge of the mat. **NOTE:** If the torso of a competitor at these levels is in the middle of the tumbling mat on a straddle roll and their foot touches the floor, their pass can’t be terminated.

6.1.3. Taking more than one continuous steps with the hands or feet, running, or a substantial stop. (A small step with the hands or feet at this level is a severe deduction, not a interruption - 0.5). **NOTE:** Taking 2 continuous steps will result in a 1.0 (0.5 pt/step) deduction and interruption.

6.1.4. Reversal of motion.

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

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

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

6.1.6. Use of an illegal skill\* loss of DD. **NOTE:** Doing the wrong pass, i.e., the front pass 1st is NOT an interruption, but a 1.0 deduction

## 13.8.SUB- NOVICE 1 AND SUB-NOVICE DIVISION TUMBLING

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

Girls: 5 & Under, 6-8, 9-11, 12 & Over

Boys: 5 & Under, 6-8, 9-11, 12 & Over

**SUB-NOVICE 1 REQUIREMENTS:** - Two compulsory passes are required.

A pass must move in one direction only. A pass at this level must begin with a run or hurdle.

Both passes are required to have: One (1) Round-off and One (1) Handspring (Forward/Backward)

You must rebound after a handspring or round-off at the end of the pass. Feet must land together at the end of the pass.

**SUB-NOVICE REQUIREMENTS** - Two passes are required.

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

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

| SKILLS PERMITTED  | SKILLS NOT PERMITTED   |
|---|--|
| <ol style="list-style-type: none"> <li>1. Round-off (neutral skill) (Difficulty – 0.2)</li> <li>2. Front handspring (Difficulty – 0.2)</li> <li>3. Back handspring (Difficulty – 0.2)</li> <li>4. Cartwheel, 1 or 2 hands (front skill) (Difficulty – 0.0)</li> <li>5. Step-outs allowed <b>except</b> on the last skill of a completed pass</li> <li>6. Front fly-spring (Difficulty – 0.2)</li> </ol> <p><i>*At this level, athletes MUST rebound out of a roundoff and/or a handspring at the end of a completed pass.</i></p> | <ol style="list-style-type: none"> <li>1. Front or back rolls</li> <li>2. Limbering skills</li> <li>3. Walkovers</li> <li>4. Tinsicas</li> <li>5. Somis</li> </ol> |

4.

### SAMPLE PASSES:

#### PASS 1

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

#### PASS 2

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

### DIFFICULTY

Difficulty scores must be flashed. See Upper Level Tumbling Difficulty Chart.

### REPEATS:



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

1. DEDUCTIONS:

- 1.1. For repeating three identical skills in a row.....0.1
- 1.2. For repeating four identical skills in a row.....0.3

**LEVEL SPECIFIC DEDUCTIONS**

- 1. Not performing a rebound at the end of a completed pass ending in a handspring or round-off.....0.5

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

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

**INTERRUPTIONS OF A PASS**

- 1. Takes an intermediate step with a hand or foot or stops.
- 2. Performs movements without rotation.
- 3. Not starting with a run or a hurdle (will result in interruption).

## 13.9.NOVICE DIVISION TUMBLING

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

Girls: 5 & Under, 6-8, 9-11, 12 & Over

Boys: 5 & Under, 6-8, 9-11, 12 & Over

### REQUIREMENTS

13.9.1. Two passes are required. A pass must move in one direction only. A pass at this level must begin with a run or a hurdle. A completed pass at this level ending in a handspring or round-off must end with a rebound (straight up and down in the same place). First pass must have a minimum of one (1) handspring and may end in a back somi tuck. Second pass must have a minimum of four (4) handsprings.

13.9.1.1. First pass must consist of a maximum of five (5) skills, a minimum of one (1) handspring, may end in a back somi tuck and the completed pass (5<sup>th</sup> skill) must end with a two-foot landing.

13.9.1.2. Second pass must consist of a maximum of eight (8) skills, a minimum of four (4) handspring, and the completed pass (8<sup>th</sup> skill) must end with a two foot landing. This pass may NOT contain a somi.

| SKILLS PERMITTED   | SKILLS NOT PERMITTED   |
|--|--|
| 1. Round-off (neutral skill)<br>2. Front handspring<br>3. Back handspring<br>4. Cartwheel (1 or 2 hands)<br>5. Step-outs allowed except on the last skill<br>6. Back somi tuck (5 skill pass only)<br><i>*At this level, athletes MUST rebound out of a roundoff and/or a handspring at the end of a completed pass.</i> | 1. Front or back rolls<br>2. Limbering skills<br>3. Walkovers<br>4. Tinsicas |

### SAMPLE PASSES:

PASS 1 - Five (5) Skills

1. Round-off, 4 Handsprings (1.0 difficulty)
2. Round-off, 3 Handsprings, Back Tuck (1.2 difficulty)
3. Cartwheel, Cartwheel, Round-off, 2 Handsprings (0.6 difficulty)
4. Round-off, Handspring Step-out (pivot), Round-off, 2 Handsprings (1.0 difficulty)

PASS 2 - Eight (8) Skills

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

### DIFFICULTY

Difficulty scores must be flashed. See Upper Level Tumbling Difficulty Chart.

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

#### 1. DEDUCTIONS:

- 1.1. For repeating three identical skills in a row.....0.1
- 1.2. For repeating four identical skills in a row.....0.3

1.3. For repeating five identical skills in a row.....0.6

**LEVEL SPECIFIC DEDUCTIONS**

1. Not performing a rebound at the end of a completed pass ending in a handspring or round-off.....0.5

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

2. For additional skills (total).....1.0 pt

3. For not performing required number of skills.....1.0 pt

4. For not having a handspring in a pass.....1.0 pt

5. Performing an illegal skill in a pass.....interruption

**INTERRUPTIONS OF A PASS**

1. Takes an intermediate step with the hand or the foot or stops.

2. Performs movements without rotation.

3. Not starting with a run or a hurdle (will result in interruption).

## 13.10.NOVICE DIVISION - TRAMPOLINE

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

Girls: 5 & Under, 6-8, 9-11, 12 & Over

Boys: 5 & Under, 6-8, 9-11, 12 & 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.

**13.10.1. MAXIMUM OF TWO (2) SOMIS.**

**13.10.2. The four (4) compulsory skills are:**

13.10.2.1..... Fro  
nt Somi (any position) or a Back Somi (any position) - non-twisting, 360 degree rotational, single somi - MUST  
originate from and return to the feet

13.10.2.2..... ½  
Turn - MUST originate from and return to the feet

13.10.2.3..... Pik  
e Jump - MUST originate from and return to the feet

13.10.2.4..... Fro  
nt 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) Somis**

---

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"> <li>1. Beginner Skills</li> <li>2. Back Somi (Tuck, Pike, or Layout [Straight])</li> <li>3. Front Somi (Tuck, Pike, or Layout [Straight])</li> <li>4. Routine may include two somis maximum.</li> <li>5. Back drop pull over</li> </ol> | <ol style="list-style-type: none"> <li>1. All skills that involve landing on the knees</li> <li>2. No twisting somersaults are allowed.</li> <li>3. Doggie Drops (Hands &amp; Knees)</li> <li>4. Knee Drops</li> <li>5. Rotational skills with 270N (3/4 front, 3/4 back, pullover, etc.)</li> </ol> |

### 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 :** Difficulty is awarded. See Trampoline difficulty chart.

### REPEATS

No Repeats allowed (except return to feet) - repeated skills without a difficulty value will result in a 0.5 deduction. Repeated skills with a difficulty value will result in the loss of difficulty only. 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 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 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 consisting of over two (2) somersaults will result in a 1.0 pt deduction. No difficulty will be awarded for the additional somis.
2. A routine with any omitted compulsory skill(s) or not meeting pass requirements will receive a maximum deduction of 1.0.

### 13.11.NOVICE DIVISION - DOUBLE MINI

**AGE GROUPS** - Boys and Girls will not compete against each other. There shall be separate divisions for each.  
 Girls: 5 & Under, 6-8, 9-11, 12 & Over  
 Boys: 5 & Under, 6-8, 9-11, 12 & Over

**REQUIREMENTS**

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

| LIST OF SKILLS PERMITTED WITH DIFFICULTY  | LIST OF SKILLS NOT PERMITTED   |
|---|--|
| <ol style="list-style-type: none"> <li>1. All permitted Beginner Skills</li> <li>2. Front Tuck Somi (Difficulty - 0.5)</li> <li>3. Front Pike Somi (Difficulty - 0.6)</li> <li>4. Front Straight Somi (Difficulty - 0.6)</li> <li>5. Back Tuck Somi (Difficulty - 0.5)</li> <li>6. Back Pike Somi (Difficulty - 0.6)</li> <li>7. Back Straight Somi (Difficulty - 0.6)</li> </ol> | <ol style="list-style-type: none"> <li>1. Twisting somi</li> <li>2. Somis exceeding 360 degree of rotation.</li> <li>3. Gainer somi</li> <li>4. Inward somi</li> </ol> |

**SAMPLE PASSES**

1. Spotter Tuck Jump, Front Tuck dismount.....0.5  
difficulty
2. Spotter Straddle Jump, Front Pike dismount.....0.6  
difficulty
3. Spotter Front Tuck, Tuck Jump dismount.....0.5  
difficulty
4. Spotter ½ turn, Straight Back Somi dismount.....0.8  
difficulty
5. Spotter full turn, Front Pike dismount.....1.0  
difficulty

**DIFFICULTY** : Difficulty is awarded. See Double Mini difficulty chart.

**REPEATS**

1. Repeats are not allowed. A skill is considered repeated when used in the same position (mounter, spotter, or dismount) in both of the two (2) passes.
2. If the competitor repeats a skill, the degree of difficulty of the repeated skill will not be counted and a 1.0-point deduction will be taken.  
**NOTE:** Any position jump forward dismount will be considered the same as the same position jump backward dismount; therefore, a repeat.

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

1. Two passes may have difficulty. One pass must include one somi, but cannot include two somies.
  - 1.1. For not having one pass with difficulty, a deduction of 1.0 will be taken on the last pass for not meeting level requirements.
  - 1.2. For not having difficulty in one pass and not having a somi in one pass, a deduction of 1.0 will be made on the last pass.
  - 1.3. For a pass that has only one skill, a 1.0 pt deduction will be taken on the advice of the Superior Judge and the score for performance shall not exceed 4.0 plus difficulty.
2. No somersaults may twist. Performing a somersault with twist will result in the pass being terminated at that point for use of an illegal skill. **No difficulty will be given for any somi that contains a twist.**
3. If a competitor performs a pass with two somersaults, a 1.0 deduction will be taken for exceeding pass maximums. **No difficulty will be awarded for the second somi in the pass.**

### 13.13.NOVICE DIVISION - SINGLE MINI

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

Girls: 5 & Under, 6-8, 9-11, 12 & Over

Boys: 5 & Under, 6-8, 9-11, 12 & Over

#### REQUIREMENTS

- 13.13.1. Two single skill passes are required. A maximum of one skill per pass.
- 13.13.2. Two passes may have difficulty.
- 13.13.3. One pass must have a front somi, one pass without a somi (beginner level skills).

| LIST OF SKILLS PERMITTED WITH DIFFICULTY  |
|---|
| All Beginner Skills<br>Front Tuck Somi (Difficulty - 0.5)<br>Front Pike Somi (Difficulty - 0.6)<br>Front Straight Somi (Difficulty - 0.6) |

#### SAMPLE PASSES

- Pass one: Front somi in tuck position.....0.5 difficulty
- Pass two: Pike Jump .....0.0 difficulty
  
- Pass one: Front somi in Pike position.....0.6 difficulty
- Pass two: 1/1 (Full) Turn.....0.4 difficulty

#### DIFFICULTY - Awarded

#### REPEATS

Repeats are not allowed. If the competitor repeats a skill, the degree of difficulty of the repeated skill will not be counted and a 1.0 - point deduction will be taken.

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

- 13.13.4. Two passes may have difficulty. One pass must include one somi, one pass must not include a somi (beginner level skills).
- 13.13.5. For not having one pass with a somi, a deduction of 1.0pt. will be taken on the last pass for not meeting level requirements.
- 13.13.6. For two passes with one somersault, a deduction of 1.0pt. will be taken for exceeding level maximums. *In addition*, no difficulty will be given for any somersault over the maximum requirement.



## 13.14.INTERMEDIATE DIVISION TUMBLING

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

Girls: 8 & Under, 9-11, 12-14, 15 & Over

Boys: 8 & Under, 9-11, 12-14, 15 & Over

### REQUIREMENTS

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

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

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

| SKILLS PERMITTED   | SKILLS NOT PERMITTED  |
|--|---|
| <ol style="list-style-type: none"> <li>1. Round-off (neutral skill)</li> <li>2. Handspring (front and back)</li> <li>3. Cartwheel (1 or 2 hands)</li> <li>4. Front and Back somis (any position)</li> <li>5. Barani (Somi with 180 degree of twist - one per pass)</li> <li>6. * Step-outs allowed except on the last skill</li> <li>6. * <i>At this level, IF a completed pass ends in a roundoff or a handspring, athletes MUST rebound</i></li> <li>6. * <i>At this level, IF a completed pass ends in a somi, it must be shoulder height or above (must be considered a tuck, a pike, or a layout).</i></li> </ol> | <ol style="list-style-type: none"> <li>1. Front or back rolls</li> <li>2. Limbering skills</li> <li>3. Walkovers</li> <li>4. Tinsicas</li> <li>5. Somi with more than 180 degree of twist</li> <li>6. Multiple somis</li> <li>7. Side somis</li> <li>8. Reversal skills</li> <li>9. Aerial cartwheel</li> <li>10. Aerial walkover<br/>Brandi</li> </ol> |

### SAMPLE PASSES

PASS 1 - Five (5) Skills

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

PASS 2 - Eight (8) Skills

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

*\*Sanctioned Invitationals Competitions that don't meet the floor length requirements may receive prior approval from the AAU Board. (must state said on sanction form & on entry form) to have the Intermediate, Sub-Advanced, Advanced*

and/or Elite competitors perform two 5-skill passes. In this case the passes must differ by one skill and only one of the passes may end in a reversal. Failure to have different passes and/or ending both passes in a reversal will result in a 1.0 pt deduction (each).

**DIFFICULTY**

The Difficulty Judges will evaluate the difficulty of a skill according to the position of the feet upon landing. Difficulty Ratings - Difficulty scores must be flashed.

**REPEATS:**

- 13.14.4. Round-offs and Handsprings can be repeated without deduction.
- 13.14.5. With the exception of round-offs and handsprings, only one difficulty skill can be repeated without deduction.
- 13.14.6. Repeated non-difficulty skills (cartwheels) will receive the following deductions. (The following are total deductions, not accumulative).
  - For repeating three identical skills in a row.....0.1
  - For repeating four identical skills in a row.....0.3
  - For repeating five identical skills in a row.....0.6

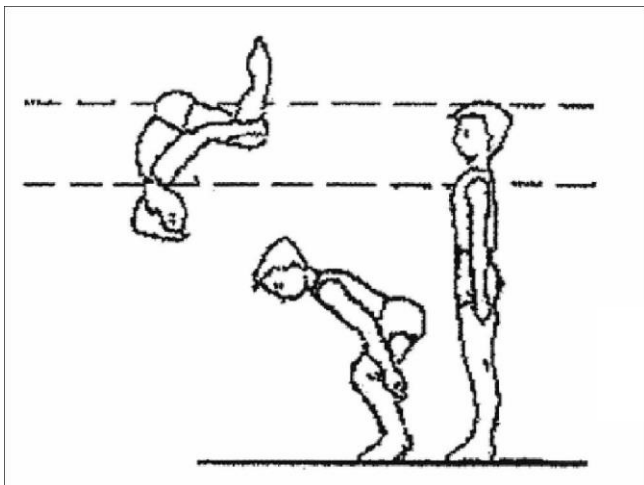
**LEVEL SPECIFIC DEDUCTIONS**

- 13.14.7. Last backward single somersault executed at the end of a completed pass must be shoulder height or above....0.3
- 13.14.8. A completed pass, not rebounding out of a round-off or handspring at the end of the pass.....0.5
- 13.14.9. NOTE: If an athlete does not perform enough skills and ends their uncompleted pass in a handspring (or round-off) and rebounds, as long as it meets the description of a rebound, you consider it a rebound (not instability) and judge it accordingly.
- 13.14.10. For not having a somi in a pass.....1.0
- 13.14.11. Performing an illegal skill in a pass.....interruption

**INTERRUPTIONS OF A PASS**

Takes intermediate step with a hand or foot or stops.  
 Not starting with a run or a hurdle (will result in interruption).

**ACCEPTABLE SHOULDER HEIGHT**



## 13.15.INTERMEDIATE DIVISION – TRAMPOLINE

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

Girls: 8 & Under, 9-11, 12-14, 15 & Over

Boys: 8 & Under, 9-11, 12-14, 15 & Over

### REQUIREMENTS

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

**13.15.2.** 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 ¾ Front or Back Somi may be used as the Front or Back Contact, but not as a somi.**

**13.15.3.** The four (4) compulsory skills are:

13.15.3.1..... Stra  
ight Jump with 1/1 twist. **MUST** originate from and return to the feet.

13.15.3.2..... Fro  
nt Somi - 360-degree rotational single non-twisting somersault (any position).

13.15.3.3..... Bac  
k Tuck Somi

13.15.3.4..... Fro  
nt or Back Contact (this could include, but is not limited to airplane [½ turn to a front drop]). **MAY**, but does not have to end on the feet.

**13.15.4.** **Note: One optional somi (may twist)**

---

**MAXIMUM:** Four (4) somis; **MINIMUM:** Three (3) somis

---

The six (6) optional skills may be selected from the list of skills permitted or the below. The routine may include a maximum of four (4) somersaults.

**NOTE:** If one of the compulsory somis is repeated during a routine, the repeated somi may be counted as one of the three required somersaults; however, no DD will be awarded.

| LIST OF SKILLS PERMITTED  | LIST OF SKILLS NOT PERMITTED  |
|---|---|
| Beginner Skills<br>Novice Skills<br>Back Somi* (Tuck, Pike, or Layout [Straight])<br>Front Somi* (Tuck, Pike, or Layout [Straight])<br>Barani (Tuck, Pike, or Layout [Straight])<br>3/4 Front or 3/4 Back<br>Porpoise (Constitutes a front somi)<br>Back or Front Somi with 180E Twist 9. Arabian Front | All skills that involve landing on the knees<br>Doggie Drops (Hands & Knees)<br>Knee Drops<br>Somis over 360 degrees in rotation<br>Somis over 180 degree twist |

### SAMPLE PASSES

- Back Straight, Seat Drop, ½ Turn to Seat, Return to Feet, Front Drop, Return to Feet, Full Turn, Tuck Jump, Back Tuck, Front Tuck
- Back Straight, Seat Drop, Return to Feet, Tuck Jump, Back Tuck, Front Drop, Return to Feet, Full Turn, Straddle Jump, Front Pike

## **DIFFICULTY – AWARDED**

### **REPEATS**

- 13.15.5.** No Repeats allowed (except return to feet) - repeated skills without a difficulty value will result in a 0.5 deduction, repeated skills with a difficulty value will result in the loss of difficulty only.
- 13.15.6.** 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.
- 13.15.7.** A 3/4 back done in a different position will be considered a different skill in determining repeats.

### **LEVEL SPECIFIC DEDUCTIONS**

- 13.15.8.** A routine consisting of more than four (4) somis will result in a 1.0 deduction.
- 13.15.9.** A routine without an optional somi will result in a 1.0 deduction (maximum).

## 13.16.INTERMEDIATE - DOUBLE MINI

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

Girls: 8 & Under, 9-11, 12-14, 15 & Over

Boys: 8 & Under, 9-11, 12-14, 15 & Over

### REQUIREMENTS

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

**13.16.2. Each pass must include one somi, but cannot include two somies.**

**13.16.3. One pass MUST have a somi with 180° twist, both passes may have a somi with 180° twist.**

| LIST OF SKILLS PERMITTED WITH DIFFICULTY  | LIST OF SKILLS NOT PERMITTED  |
|---|---|
| Beginner Skills<br>Novice Skills<br>Barani Tuck (Difficulty - 0.7)<br>Barani Pike (Difficulty - 0.7)<br>Barani Straight (Difficulty - 0.7)<br>Back Somi with a ½ Twist (Difficulty - 0.7) | Somis exceeding 180 degree of twist<br>Somis exceeding 360 degree of rotation<br>Gainer Somis<br>Inward Somis |

**SAMPLE PASSES** - Any Novice pass with a Somi.

- Straddle Jump, Front Pike dismount.....0.6 difficulty
- Tuck Jump, Barani dismount.....0.7 difficulty
- ½ turn, Straight Back dismount.....0.8 difficulty
- Spotter Back Straight, Full Turn dismount.....1.0 difficulty

### DIFFICULTY AWARDED

### REPEATS

**13.16.4. Repeats are not allowed. A skill is considered repeated when used during the two (2) passes more than once as a mounter, spotter, or dismount. A repeated skill will result in 1.0 pt deduction and loss of difficulty of skill.**

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

### LEVEL SPECIFIC DEDUCTIONS.

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

**13.16.7. Each pass must include one Somersault, but cannot include two Somersaults. For more than one (1) somersault per pass, a deduction of 1.0 will be taken for exceeding pass maximums. In addition, no difficulty will be given for any somersault over one.**

**13.16.8. No somis exceeding 180 degree twist. For performing a somi exceeding 180 degree twist the pass will be interrupted. The skill will not count or receive DD.**

**13.16.9. No somis with over 360 degree rotation. For performing a somi with over 360 degree rotation, the pass will be interrupted, the skill will not count and no DD will be given.**

**13.16.10.No gainer skills are allowed. For performing a gainer, the pass will be terminated and difficulty will not be given for an illegal skill.**

### 13.17.INTERMEDIATE - SINGLE MINI

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

Girls: 8 & Under, 9-11, 12-14, 15 & Over

Boys: 8 & Under, 9-11, 12-14, 15 & Over

#### REQUIREMENTS

**13.17.1. Two (2) passes are required,**

**13.17.2. Each pass must include one skill.**

**13.17.3. One pass MUST have a front somi with 180° twist. One pass with non-twisting front somi.**

| LIST OF SKILLS PERMITTED WITH DIFFICULTY |  |
|--|--|
| Front Tuck (Difficulty - 0.5)            |  |
| Front Pike (Difficulty – 0.6)            |  |
| Front Layout (Difficulty – 0.6)          |  |
| Barani Tuck (Difficulty - 0.7)           |  |
| Barani Pike (Difficulty - 0.7)           |  |
| Barani Straight (Difficulty - 0.7)       |  |

#### SAMPLE PASSES -

- Pass one: Front Tuck.....0.5 difficulty
- Pass two: Barani Tuck.....0.7 difficulty
  
- Pass one: Barani Pike.....0.8 difficulty
- Pass two: Front Layout.....0.6 difficulty

#### REPEATS

**13.17.4. Repeats are not allowed. A repeated skill will result in 1.0 pt deduction and loss of difficulty of skill.**

#### LEVEL SPECIFIC DEDUCTIONS.

**13.17.5. These deductions apply to the Intermediate Level of Single Mini in addition to the Universal Deductions found in the General Single Mini Rules.**

**13.17.6. Somis exceeding 180 degree twist, exceeding 360 degree rotation, or gainer skills are not allowed. If performed the pass is interrupted and receives a zero (0.1) score**

## 13.18.SUB-ADVANCED DIVISION TUMBLING

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

Girls: 8 & Under, 9-11, 12-14, 15 & Over

Boys: 8 & Under, 9-11, 12-14, 15 & Over

### REQUIREMENTS:

**13.18.1.** Two optional passes are required. A pass at this level must begin with a run or a hurdle and end in a two-foot landing.

**13.18.2.** All completed passes must end with a somersault. All completed passes must end in a two-footed landing. A Tumbling pass must move in one direction only; however, a single skill in the reverse direction from a somi is allowed at the end of a pass. Each pass must consist of a MINIMUM of two (2) somersaults and no more than four somersaults. Only one somi with a 360 degree of twist is allowed per pass. One reversal tumbling skill is allowed at the end of a pass from a somersault per pass. MAXIMUM combined difficulty is 5.6. Passes must differ by at least one skill.

**13.18.3.** First pass is an eight skill pass.

**13.18.4.** Second pass is an eight skill pass.

Maximum difficulty for combined passes is 5.6

| SKILLS PERMITTED   | SKILLS NOT PERMITTED  |
|--|---|
| <ol style="list-style-type: none"> <li>1. Round-off (neutral skill)</li> <li>2. Handspring (front and back)</li> <li>3. Cartwheel (1 or 2 hands)</li> <li>4. Front and Back Somi (any position)</li> <li>5. Somi with 180E twist (front or back)</li> <li>6. Somi with 360E twist (one per pass)</li> <li>7. Reversal skills</li> <li>8. Step-outs allowed except on last skill of a completed pass</li> </ol> | <ol style="list-style-type: none"> <li>1. Front or back roll</li> <li>2. Limbering skill</li> <li>3. Walkover</li> <li>4. Tinsica</li> <li>5. Somi with more than 360E twist</li> <li>6. Multiple somersault</li> <li>7. Aerial cartwheel</li> <li>8. Brandi</li> </ol> |

### SAMPLE PASSES

Eight (8) Skill Passes

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

*\*Sanctioned Invitationals Competitions that don't meet the floor length requirements may receive prior approval from the AAU Board (must state said on sanction form & on entry form) to have the Intermediate, Sub-Advanced, Advanced and/or Elite competitors perform two 5-skill passes. In this case the passes must differ by one skill and only one of the passes may end in a reversal. Failure to have different passes and/or ending both passes in a reversal will result in a 1.0 pt deduction (each).*



## DIFFICULTY

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

### NOTE:

Reversal front somis are clarified by position (tuck, pike, and layout). A pike or layout reversal front will receive a 0.1 bonus.

Reversal baranis are not clarified by position and do not receive the position bonus.

## REPEATS:

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

**13.18.6. 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.**

**13.18.7. The tucked and piked positions are not considered to be the same skill.**

**13.18.8. A somersault shall not be considered a repetition if preceded by a different element.**

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

13.18.9.1..... For repeating three identical skills in a row .....0.1

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

13.18.9.3..... For repeating five identical skills in a row .....0.6

## LEVEL SPECIFIC DEDUCTIONS

**13.18.10. A somi at the end of a completed pass that is not executed at shoulder height or above 0.3**

**13.18.11. The last backward single somersault executed at the end of a completed pass must be shoulder height or above. NOTE: This includes the last backward, single somi performed prior to a reversal skill.**

**13.18.12. Passes failing to differ by at least one skill 1.0**

**13.18.13. Completed pass, not ending in a somersault 0.5**

**13.18.14. NOTE: If a pass has too many skills and the last required skill is not a somersault, the 0.5 deduction will be taken for not ending a completed pass in a somersault.**

**13.18.15. For additional skills (total) 1.0**

**13.18.16. For not performing required number of skills in a pass (too few) 1.0**

**13.18.17. This applies even if the Superior Judge terminates the pass.**

**13.18.18. For not having a minimum of two somersaults in a pass 1.0**

**13.18.19. Performing more than four somis in a pass 1.0**

**13.18.20. Performing more than one twist of 360 degree per pass 1.0**

**13.18.21. Performing combined pass difficulty greater than 5.6 1.0**

**13.18.22. Performing an illegal skill in a pass loss of DD**

## INTERRUPTIONS OF A PASS

**13.18.23. Takes intermediate step with a hand or foot or stops.**

**13.18.24. Not starting with a run or a hurdle (will result in interruption).**



## 13.19.SUB-ADVANCED - TRAMPOLINE

**AGE GROUPS** - Boys and Girls will not compete against each other. There shall be separate divisions for each.  
 Girls: 8 & Under, 9-11, 12-14, 15 & Over  
 Boys: 8 & Under, 9-11, 12-14, 15 & Over

### REQUIREMENTS

**13.19.1. 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.**

**13.19.2. The three (3) compulsory skills are:**

13.19.2.1..... Bac  
 k Somersault Straight Position

13.19.2.2..... \*3/  
 4 Front or 3/4 Back (must originate on the feet)

13.19.2.3..... Bar  
 ani Tuck

**13.19.3. 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.**

13.19.3.1..... \*N  
 OTE: 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.

**13.19.4. Any repeated skills with no difficulty value will result in a 0.5 deduction. Any repeated skills with a difficulty value will result in the loss of difficulty only.**

---

**MAXIMUM: 4.6 difficulty.**

| LIST OF SKILLS PERMITTED   | LIST OF SKILLS NOT PERMITTED  |
|--|---|
| Beginner Skills<br>Novice Skills<br>See Intermediate Skills<br>Back Somi with 360 degree Twist<br>Front Somi with 360 degree Twist<br>Arabian Front<br>Ball-outs<br>Cody<br>Somis with maximum of 450 degree rotation<br>Somis with a maximum of 540 degree twist (Rudi) | All skills that involve landing on the knees<br>Doggie Drops (Hands & Knees)<br>No somis over 450 degrees in rotation or 540 degrees in twisting are allowed. |

### SAMPLE PASSES

- 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
- Back 3/4, To Feet, Straddle Jump, Back Straight, Pike Jump, Back Pike, Rudi, Back Tuck, Barani Tuck, Front Tuck; 4.0 DD
- 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.

**REPEATS**

**13.19.5.** Repeated difficulty skills will result in loss of difficulty; however, may count as one of the optional somis. 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.

**13.19.6.** Repeated skills without a difficulty value will result in a 0.5 deduction.

**13.19.7.** 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.

**13.19.8.** LEVEL SPECIFIC DEDUCTIONS

**13.19.9.** Lack of any of the two (2) optional somersaults will result in a 1.0 deduction per somi.

**13.19.10.** Lack of any compulsory skill will result in a 1.0 deduction (maximum).

**13.19.11.** Skills are limited to those with a value of 0.8 difficulty or less. Performing a skill with a difficulty value of more than 0.8 will be capped (0.8 pt will be awarded) for the use of an illegal skill.

**13.19.12.** Exceeding 4.6 maximum difficulty will be capped (4.6 DD will be awarded).

**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.

## 13.20.SUB-ADVANCED DIVISION - DOUBLE MINI

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

Girls: 8 & Under, 9-11, 12-14, 15 & Over

Boys: 8 & Under, 9-11, 12-14, 15 & Over

### REQUIREMENTS

- 13.20.1.** Two passes are required. Each pass must consist of a minimum of 2 contacts with the bed and no more than 3. A maximum of two skills per pass.
- 13.20.2.** One pass must contain at least one somi. One pass must contain two somis. Both passes may contain two somis.
- 13.20.3.** Pass with two (2) somersaults cannot exceed 1.8 DD

**MAXIMUM SKILL DD 1.2**  
**MAXIMUM DD PER PASS 1.8**

| LIST OF SKILLS PERMITTED WITH DIFFICULTY                         | LIST OF SKILLS NOT PERMITTED   |
|--|--|
| Beginner Skills<br>Novice Skills<br>540 degrees of Twisting Somi | 1. No somi exceeding 540 degrees of twist.<br>2. No somi exceeding 360 degrees of rotation.<br>3. Inward Somi (Gainer) |

**SAMPLE PASSES** - Any Intermediate pass with a Somersault

|   |                |
|---|----------------|
| Mounter Barani Tuck, Full Twisting Somersault dismount..... | 1.6 difficulty |
| Spotter Back Tuck, Barani Tuck dismount.....                | 1.2 difficulty |
| Spotter Str Jump, Rudi.....                                 | 1.2 difficulty |
| Mounter Front Tuck, Front Tuck dismount.....                | 1.0 difficulty |
| Spotter ½ Turn, Full Twisting Somersault dismount.....      | 1.1 difficulty |

### DIFFICULTY

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

**REPEATS** - Repeats are not allowed.

- 13.20.4.** A skill is considered repeated when used during the two (2) passes more than once as a mount, spotter, or dismount. A repeated skill will result in 1.0 pt deduction and loss of difficulty.
- 13.20.5.** NOTE: Tuck jump forward dismount will be considered the same as a tuck jump backward dismount; therefore, a repeat.

### LEVEL SPECIFIC DEDUCTIONS

- 13.20.6.** These deductions apply to the Sub-Advanced Level of Double Mini in addition to the Universal Deductions found in the General Double Mini Rules.
- 13.20.7.** Each pass must contain at least one (1) somi. At least one (1) pass must contain two (2) somis. Both passes may contain two somis.
- 13.20.8.** For not have a somersault in a pass, a deduction of 1.0 will be taken on that pass.
- 13.20.9.** For not having a pass with two somersaults, a deduction of 1.0 will be taken on the last pass.

**13.20.10.** For exceeding the maximum, Only Maximum DD will be awarded at that level.

**13.20.11.** For exceeding a 540 degree of twist or a 360 degree of rotation, no DD will be awarded for an illegal skill and the pass will be interrupted

### 13.21.SUB-ADVANCED DIVISION - SINGLE MINI

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

Girls: 8 & Under, 9-11, 12-14, 15 & Over

Boys: 8 & Under, 9-11, 12-14, 15 & Over

**ATHLETES WHO COMPETE IN ADVANCED OR ELITE TRAMPOLINE AND/OR DOUBLE MINI TRAMPOLINE IS NOT ELIGIBLE TO COMPETE ON SINGLE MINI.**

#### REQUIREMENTS

**13.21.1. Two single skill passes are required. Each pass must consist of one legal skill.**

|  |
|--|
| <b>LEGAL SKILLS:</b>   |
| Barani (all positions) (0.7 difficulty)<br>Full twisting front somi (0.9 difficulty) |

#### SAMPLE PASSES –

Pass one: Barani Layout .....0.7 difficulty

Pass two: Full twisting front somi.....0.9 difficulty

Pass one: back tuck.....0.5 difficulty

Pass two: Full twisting front somi.....0.9 difficulty

#### DIFFICULTY

Refer to **SINGLE MINI DIFFICULTY**.

**REPEATS** - Repeats are not allowed.

## 13.22.ADVANCED DIVISION TUMBLING

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

Girls: 8 & Under, 9-11, 12-14, 15 & Over

Boys: 8 & Under, 9-11, 12-14, 15 & Over

### REQUIREMENTS

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

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

**LEVEL REQUIREMENT:** At least one pass must have three (3) somis. Passes must differ by at least one skill.

### PRELIMINARIES.

**13.22.1.** There shall be two optional passes.

**13.22.2.** Each optional pass will consist of eight (8) skills with at least two somis.

**13.22.3.** One pass must have at least 3 somis

**13.22.4.** **ADVANCED CAP: 7.7 combined 2 pass difficulty cap.**

### FINALS

Optional at Invitational Competitions and State, Mandatory at Junior Olympic National Championships.

There shall be two optional eight skill passes in the finals with all the same requirements and caps as prelims.

*\*Sanctioned Invitationals Competitions that don't meet the floor length requirements may receive prior approval from the AAU Vice-President (must state said on sanction form & on entry form) to have the Intermediate, Sub-Advanced, Advanced and/or Elite competitors perform two 5-skill passes. In this case the passes must differ by one skill and only one of the passes may end in a reversal. Failure to have different passes and/or ending both passes in a reversal will result in a 1.0 pt deduction (each).*

| SKILLS PERMITTED  | SKILLS NOT PERMITTED   |
|---|--|
| <ol style="list-style-type: none"> <li>1. Round-off (neutral skill)</li> <li>2. Handspring (front and back)</li> <li>3. Cartwheel (1 or 2 hands)</li> <li>4. Single and Multiple Front and Back aerials (any position)</li> <li>5. Somi with twists</li> <li>6. Reversal skills</li> <li>7. Step-outs allowed except on the last skill of a completed pass</li> </ol> | <ol style="list-style-type: none"> <li>1. Front or back roll</li> <li>2. Limbering skill</li> <li>3. Walkover</li> <li>4. Tinsica</li> <li>5. Aerial cartwheel</li> <li>6. Brandi</li> </ol> |

### SAMPLE PASSES

Eight (8) Skill passes:

Round-off, Handspring, Whip, Full, Full, Whip, Double-Full, Punch Front Tuck (5.1 difficulty)

Barani, Full, Full, Whip, Handspring, Whip, Triple-Full, Punch Barani (6.6 difficulty)



Barani, Whip, Whip, Whip, Whip, Whip, Handspring, Double Back Tuck (5.4 difficulty)

**DIFFICULTY** - *Difficulty scores must be flashed*

**REFER TO DIFFICULTY CHART LOCATED AFTER ELITE TUMBLING**

- 13.22.5. The Difficulty Judges will evaluate the difficulty of a skill according to the position of the feet upon landing.
- 13.22.6. Degree of Difficulty; the Difficulty value of each skill is calculated on the following basis:
- 13.22.7. Only skills terminating on the feet will be evaluated.
- 13.22.8. Cartwheels have no difficulty value, but are a legal skill at this level.
- 13.22.9. Each 1/4 twist 0.1pt
- 13.22.10. Each 1/4 somersault 0.1pt
- 13.22.11. Each 1/1 front somersault will receive a bonus of 0.1pt
- 13.22.12. Each 1/4 twist beyond 2/1 twists 0.2pt
- 13.22.13. Multiple Somersaults - with or without twist:
- 13.22.14. Each somersault performed in the pike position will receive a bonus of 0.1pt
- 13.22.15. Each somersault performed in the straight position will receive a bonus of 0.2pt
- 13.22.16. Double Somis will be figured as follows:
- 13.22.17. **DOUBLE SOMIES** - Figure difficulty as usual, multiple by 2, divide that total by 4, then add that total to the original difficulty.
- 13.22.18. Example: Double Tuck Back (each tuck back is 0.4)  $0.4+0.4 = 0.8 \times 2 = 1.6$  which divided by 4 is 0.4., add the 1.6 and 0.4 for a total of 2.0. \*An additional bonus of 0.1 will be awarded for each somi performed in the straight (lay-out) position.
- 13.22.19. Single or multiple somersault skills, whether twisting or not which are executed from a previous somersault, if performed in the same direction receive a bonus of (bounding) 0.1pt
- 13.22.20. If performed in the reverse direction, the total bonus will be 0.2pt
- 13.22.21. A skill completed in the landing zone will only be considered valid if it is landed on the feet.

**REPEATS:**

- 13.22.22. Handspring, whips and round-offs may be repeated without deduction.
- 13.22.23. With the exception of handsprings, round-offs, and whips, no skill may be repeated in an optional pass; otherwise, the Difficulty of the repeated skill will not be counted.
- 13.22.24. 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.
- 13.22.25. The tucked and piked positions are not considered to be the same skill.
- 13.22.26. Multiple somersaults (of more than 360 degrees rotation) having the same number of twists and somersaults will not be considered a repetition if the twist is located in different phases of the skill.
- 13.22.27. A somersault shall not be considered a repetition if preceded by a different element.

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

- 13.22.28.
- 13.22.28. Repeated *non-difficulty skills* (cartwheels) will receive the following deductions. (The following are total deductions, not accumulative).
- 13.22.28.1..... DE DUCTIONS
- 13.22.28.2..... For repeating three identical skills in a row .....0.1

|                 |  |     |
|-----------------|--|-----|
| 13.22.28.3..... | For repeating four identical skills in a row ..... | 0.3 |
| 13.22.28.4..... | For repeating five identical skills in a row ..... | 0.6 |

**REQUIRED POSITIONS DURING A ROUTINE**

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

**LEVEL SPECIFIC DEDUCTIONS**

- 13.22.32. A completed pass, not ending in a somi 0.5
- 13.22.33. NOTE: If a pass has too many skills and the last required skill is not a somersault, the 0.5 deduction will be taken for not ending a completed pass in a somi.
- 13.22.34. The last backward single somersault executed at the end of a completed pass must be shoulder height or above. NOTE: This includes the last backward, single somersault performed prior to a reversal skill 0.3
- 13.22.35. For additional skills (total) 1.0
- 13.22.36. For not performing required number of skills in a pass (too few) 1.0
- 13.22.37. For not having two somersaults in a pass 1.0
- 13.22.38. For not performing a pass with three somersaults 1.0
- 13.22.39. NOTE: It is possible to take 1.0 for not having two somersaults in the second pass and a 1.0 for not having a pass with three somersaults.
- 13.22.40. For not having three somersaults in at least one pass 1.0

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

**INTERRUPTIONS OF A PASS**

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

**NATIONALS ONLY**

Preliminaries difficulty cap – 7.7

Finals difficulty cap – 7.7

## 13.23.ADVANCED DIVISION – TRAMPOLINE

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

Girls: 8 & Under, 9-11, 12-14, 15 & Over

Boys: 8 & Under, 9-11, 12-14, 15 & Over

### REQUIREMENTS

Advanced trampoline competitions consist of one (1) optional routine with ten contacts (skills) with the bed.

#### 1. Preliminaries

- 1.1. One ten (10) contact optional routine. After 10 completed skills, the 11th jump will be considered an out bounce unless it has rotation.
- 1.2. Minimum of seven (7) somies and 4.7 difficulty.
- 1.3. Any repeated difficulty skills will result in loss of difficulty for the repeated skill, but will still count as a somi.
- 1.4. 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 1.0 deduction. NOTE: AAU does not recommend the use of these skills at any time during competition or training.
- 1.5. 7.0 difficulty cap.

**Finals** - at Jr. Olympics only

- 1.6. *One ten (10) contact optional routine (may be the same as the preliminary routine).*
- 1.7. *Preliminary Rules 1 through 5 apply.*
- 1.8. *7.0 difficulty cap.*

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**1. MINIMUM: Seven (7) Somies and MINIMUM 4.7 Difficulty MAXIMUM 7.0 Difficulty**

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### 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.

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

- 13.23.1.** During the routine, repeated skills with a difficulty value will result in the loss of difficulty only. Repeated skills without a difficulty value will result in a 0.5 deduction. 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.
- 13.23.2.** The tucked and pucked positions are considered to be the same.
- 13.23.3.** 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.
- 13.23.4.** 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.

## LEVEL SPECIFIC DEDUCTIONS

1. Failure to have seven (7) somies, to have 10 skills and/or a minimum of 4.7 difficulty will result in a deduction of 1.0
2. Exceeding pass maximum DD.....only maximum DD of level will be awarded
3. Performing a skill with 1.1 difficulty or more that does not end on the feet will result in termination and loss of skill.

**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 11<sup>th</sup> 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

- 13.23.5.** All advanced aesthetic scores must be within 0.8 (not just the middle scores).
- 13.23.6.** 7.1 difficulty to qualify for the Elite Level of Trampoline.

## 13.24.ADVANCED DOUBLE MINI

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

Girls: 8 & Under, 9-11, 12-14, 15 & Over

Boys: 8 & Under, 9-11, 12-14, 15 & Over

**REQUIREMENTS.** Advanced Double Mini trampoline competition consists of two (2) optional routines. Each pass must consist of a minimum of two contacts with the bed and no more than three. A maximum of two skills per pass.

- 13.24.1. Preliminaries Two (2) passes with two (2) Somersaults in each pass.
- 13.24.2. Jr. Olympics ONLY: 4.8 combined 2 pass difficulty cap.
- 13.24.3. Two (2) passes in the finals with a minimum of two (2) Somersaults in each pass.
- 13.24.4. The final two (2) passes must be different than the preliminary passes. No repeats in all four (4) passes.
- 13.24.5. 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.
- 13.24.6. The winner is the competitor with the highest overall number of points.
- 13.24.7. Competitors with the same scores will be given the same place and medals will be awarded according to the Championship Regulations.
- 13.24.8. The starting order for the Finals will be in order of merit, the competitor with the lowest preliminary score going first in both passes. In the event of ties, the starting order will be decided by a draw.
- 13.24.9. Jr. Olympics ONLY: 4.8 combined 2 pass difficulty cap.

**SAMPLE PASSES** - (May use any Sub-Advanced pass with 2 Somersaults)

|  |                |
|--|----------------|
| Spotter Back Tuck, Rudi dismount.....                    | 1.7 difficulty |
| Mounter Barani Straight, Double Full dismount.....       | 2.2 difficulty |
| Spotter Full, Barani Tuck dismount.....                  | 1.6 difficulty |
| Mounter Barani Tuck, Back Tuck dismount.....             | 1.2 difficulty |
| Mounter Barani Pike, Back Pike dismount.....             | 1.3 difficulty |
| Spotter Front Pike, Front Tuck dismount.....             | 1.1 difficulty |
| Spotter Barani Tuck, Back Double Tuck dismount.....      | 2.7 difficulty |
| Spotter Back Double Tuck, Fliffis Tuck dismount.....     | 4.6 difficulty |
| Mounter Fliffis Tuck, Double Back Straight dismount..... | 5.4 difficulty |

### DIFFICULTY

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

### REPEATS

Repeats are not allowed. A skill is considered repeated when used during the two (2) passes more than once as a mount, spotter, or dismount. A repeated skill will result in 1.0 pt deduction and loss of difficulty.

### LEVEL SPECIFIC DEDUCTIONS

- 13.24.10. These deductions apply to the Advanced Level of Double Mini in addition to the Universal Deductions found in the General Rules.
- 13.24.11. For a pass with only one somersault, a deduction of 1.0
- 13.24.12. For a pass without any somersaults, a deduction of 1.0

**13.24.13. For a pass that has only one skill, a 1.0 pt deduction will be taken on the advice of the Superior Judge and the aesthetic score for performance shall not exceed 4.0**

**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 .08 (not just the middle scores).

**NATIONAL DIFFICULTY CAP**

Preliminaries – 4.8 combined 2 passes

Finals - 4.8 combined 2 passes

## 13.25.ELITE DIVISION TUMBLING

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

### ELIGIBILITY

During the current season, the athlete must perform a routine with a difficulty score of a least 7.8 difficulty (combined two (2) 8 skill passes) at the Advanced level at a sanctioned AAU meet to be eligible to compete in Elite Tumbling. Proof of eligibility is validated by the official score sheets that are sent into the National Office by meet directors. The National Office will develop and maintain a list of athletes qualified and eligible for Elite Tumbling.

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

### REQUIREMENTS

- 13.25.1. One compulsory and two optional eight (8) skill passes are required. A pass at this level must begin with a run or a hurdle and end in a two-foot landing. All completed passes must end in a somersault.**
- 13.25.2. Each optional pass must consist of at least two (2) somersaults. One optional pass must consist of at least three (3) somersaults). A tumbling pass must move in one direction only; however, \*a single skill in the reverse direction from a somi is allowed at the end of a pass.**
- 13.25.3. PRELIMINARIES - The Preliminaries will consist of one (1) Compulsory Pass and two (2) 8-skill Optional Passes.**
- 13.25.3.1..... The First Pass will be the eight skill Compulsory Pass which is: Round-off, Whip, Whip, Full, Whip, Back Handspring, Back Handspring, Back Straight (Layout).
- 13.25.3.2..... The Compulsory Pass will not receive a difficulty score.
- 13.25.3.3..... The Compulsory pass will be interrupted where an athlete deviates from the pass skills.
- 13.25.3.4..... The Second Pass (or First Optional Pass) and Third Pass (or Second Optional Pass) will each consist of eight (8) skills each.
- 13.25.3.5..... The last skill of the Third Pass (Second Optional Pass) must be different than the last skill of the Second Pass (First Optional Pass) - failure to perform different skills as defined will result in loss of difficulty for the repeated skill plus a 1.0 deduction for the repeated skill on the second optional pass on the advice of the superior judge.
- 13.25.3.6..... \*O nly one of the optional passes may end in a reversal somi. Performing a reversal somi at the end of both optional passes will result in loss of difficulty for the reversal somi on the second optional pass plus a 1.0 deduction will be taken on the advice of the superior judge.
- 13.25.3.7..... The compulsory pass may be used as one of the optional passes which will receive a difficulty of 3.4
- 13.25.4. In order to advance to finals, an athlete must complete the compulsory pass and have a total combined difficulty score of 8.8 for their two optional eight (8) skill passes.**

### SAMPLE PASSES

- PASS 1 (COMPULSORY PASS)
- Round-off, Whip, Whip, Full, Whip, Back Handspring, Back Handspring, Back Straight.

- PASS 2 - (1st OPTIONAL PASS) Eight (8) Skills
- Round-off, Whip, Whip, Full, Full, Handspring, Whip, Punch Front Tuck (4.2 difficulty)
- Barani, Whip, Handspring, Full, Full, Whip, Back Layout, Punch Barani (5.1 difficulty)
- Barani, Handspring, Full, Whip, Whip, Double-Full, Whip, Full (5.4 difficulty)
- PASS 3 - (2nd OPTIONAL PASS) Eight (8) Skills
- Round-off, Whip, Whip, Whip, Whip, Whip, Whip, Double Back Straight (6.2 difficulty)
- Barani, Full, Full, Handspring, Whip, Whip, Handspring, Double Back Tuck (5.8 difficulty)
- Barani, Whip, Whip, Full, Whip, Handspring, Handspring, Double Full (4.7 difficulty)

**DIFFICULTY** - *Difficulty scores must be flashed*

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

**REPEATS:**

Continuous whips may be repeated without penalty.

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



## 13.26. 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** 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 GROUP

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:

**13.26.1. One (1) Pass with Compulsory Skills and One (1) Optional ten contact routines.**

**13.26.2. 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 Straight, Back Straight, Back Full.**

13.26.2.1..... No difficulty will be awarded.

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

13.26.2.3..... The pass will be interrupted at any point of change from the routine prescribed.

**13.26.3. PASS #2, OPTIONAL PASS**

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

13.26.3.2..... Fail ure to meet the 7.1 minimum difficulty without repeats will result in a 1.0 aesthetic deduction. A competitor may not advance to finals if they do not meet these minimum difficulty score requirements.

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

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

**13.26.4. The competitors with the top ten (10) scores from the preliminaries will advance to finals as long as the minimum difficulty score of 7.1 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 - at Jr. Olympics only

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

**13.26.6.** All skills must have a minimum of 270 degree of rotation. Performing a skill without 270 degree of rotation will result in interruption at that point with loss of the skill.

**13.26.7.** LEVEL SPECIFIC DEDUCTIONS

**13.26.8.** All skills must have a minimum of 270 degrees of rotation. If a skill does not include a minimum rotation of 270 degrees the pass will be terminated at that point.

#### **OPTIONAL PASS & FINAL PASS**

Failure to meet the 7.1 minimum difficulty without repeats will result in a 1.0 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 11<sup>th</sup> jump will be considered an out bounce unless it has rotation.**

#### **SCORES**

All elite aesthetic scores must be within 0.8 (not just the middle scores).

## 13.27.ELITE RULES - DOUBLE MINI

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

**All the General Rules of Double Mini Trampoline and Advanced Rules of Double Mini apply to Elite Double Mini. ELITE LEVEL ATHLETES MAY NOT COMPETE IN ADVANCED LEVEL.**

**Only exceptions or additions will be listed below.**

### ELIGIBILITY

Eligibility for Elite Double Mini Trampoline - During the current season, the athlete must compete in an AAU sanctioned meet with a minimum difficulty score 4.9 for the first two (preliminary) passes. There is no minimum difficulty score requirement (or deduction for same) during the finals. Proof of eligibility is validated by the official score sheets that are sent into the AAU Secretary by meet directors. The National AAU Secretary will develop and maintain a list of athletes qualified and eligible for Elite Double Mini Trampoline.

The AAU Executive Committee reserves the right to review the Difficulty scores at each National Congress and make recommendations for changes as necessary.

### PRELIMINARIES

Refer to Advanced Rules of Double Mini

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**The minimum combined difficulty of 4.9 is needed to advance to finals.**

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### FINALS

Refer to Advanced Rules of Double Mini, **EXCEPTION:** In addition to placing as one of the top ten athletes during preliminaries, to advance to finals, an athlete must have a combined difficulty score of 4.9 for their two preliminary passes.

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

### SCORES

All Elite aesthetic scores must be within 0.8 (not just the middle scores).

### DOUBLE MINI TRAMPOLINE DIFFICULTY

The following method of calculating difficulty will be used.

Degree of Difficulty - Refer to the Double Mini Difficulty Chart

## **13.28.SYNCHRONIZED TRAMPOLINE**

### **GENERAL RULES**

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

- 13.28.1. 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.**
- 13.28.2. A competitor may compete in only one synchronized pairing of the same sex.**
- 13.28.3. Synchronized competitions will consist of preliminaries only.**
- 13.28.4. The optional routine requirements for the individual competition are also the same for synchronized competition.**
- 13.28.5. Synchronized competition will be for competitors in the Sub-Advanced and Advanced Competition.**
- 13.28.6. 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.**
- 13.28.7. Age groups Girls and Boys: 12 & Under, 13 & Over**
- 13.28.8. 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.**
- 13.28.9. There are no finals at the, Intermediate, Sub Adv. & Advanced Division of Synchronized Trampoline**
- 13.28.10. 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 & PASS REQUIREMENTS**

- 13.28.11. Intermediate Synchronized Trampoline – Refer to Intermediate Trampoline Rules.**
- 13.28.12. Sub-Advanced Synchronized Trampoline - Refer to Sub-Advanced Trampoline Rules.**
- 13.28.13. Advanced Synchronized Trampoline - Refer to Advanced Trampoline Rules.**
- 13.28.14. NOTE: There are no finals in Synchronized Trampoline**
- 13.28.15. 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 1.0 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)**

- 13.28.16. 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.**

**13.28.17. 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.**

**13.28.18. 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**

**13.28.19. Determine the difficulty of the pass.**

**13.28.20. Determine if the competitors in synchronized competition perform the same skills at the same time.**

**13.28.21. 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**

**13.28.22. Evaluate the Synchronized Performance and write down their marks.**

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

**13.28.24. Make and record the following deductions for each unsynchronized landings:**

- 13.28.24.1..... Lan  
ding differences under 1'8" in height..... 0.1-0.3 pt
- 13.28.24.2..... Lan  
ding differences over 1'8" in height ..... 0.4-0.5 pt
- 13.28.24.3..... Aft  
er the 10th skill, not making the same movement (out-bounce or standing still) ..... 0.2 pt
- 13.28.24.4..... Ter  
minate the pass when difference is so great that one athlete is on the way up and the other is on the way  
down.

## 14. LOWER-LEVEL TUMBLING DIFFICULTY:

Difficulty Ratings for Beginner and Advanced Beginner Tumbling

|  |     |
|--|-----|
| 1. Handstand Roll.....                             | 0.1 |
| 2. Back Extension Roll.....                        | 0.1 |
| 3. Cartwheel (One or Two Hands) (front skill)..... | 0.1 |
| 4. Round-off (neutral skill).....                  | 0.2 |
| 5. Walkover (front & back).....                    | 0.2 |
| 6. Scissors (front & back).....                    | 0.2 |
| 7. Limber (front & back).....                      | 0.2 |
| 8. Arabians (front & back).....                    | 0.2 |

## 15. UPPER-LEVEL TUMBLING DIFFICULTY:

| Skill                    | 0.4 for each somi | 0.1 for Front | 0.1 for each 1/4 turn up to double<br>- 0.2 for each 1/4 turn beyond a double | Bonus position 0.1 for pike or layout for each somi/layout another 0.1 double and above per somi | double somi bonus (diff of each somi + diff of each twist + diff of position) x 2. Take those points & divide them by 4 and add the two totals together | Total DD   |
|--------------------------|-------------------|---------------|---|--|---|------------|
| Cartwheel                |                   |               |   |  |   | <b>0.0</b> |
| Round Off                |                   |               |   |  |   | <b>0.2</b> |
| Front or Back Handspring |                   |               |   |  |   | <b>0.2</b> |
| Whip Back                | 0.4               |               |   |  |   | <b>0.4</b> |
| Tuck Back                | 0.4               |               |   |  |   | <b>0.4</b> |
| Pike or Layout Back      | 0.4               |               |   | 0.1  |   | <b>0.5</b> |
| Tuck Front               | 0.4               | 0.1           |   |  |   | <b>0.5</b> |
| Pike or Layout Front     | 0.4               | 0.1           |   | 0.1  |   | <b>0.6</b> |
| Barani any Position      | 0.4               | 0.1           | 0.2   |  |   | <b>0.7</b> |

|                                   |         |         |     |     |                         |         |
|-----------------------------------|---------|---------|-----|-----|-------------------------|---------|
| Front 1 1/2 - Rudi                | 0.<br>4 | 0.<br>1 | 0.6 |     |                         | 1.<br>1 |
| Back with 1/2                     | 0.<br>4 |         | 0.2 |     |                         | 0.<br>6 |
| Back Full                         | 0.<br>4 |         | 0.4 |     |                         | 0.<br>8 |
| Back Double Full                  | 0.<br>4 |         | 0.8 |     |                         | 1.<br>2 |
| Back Triple Full                  | 0.<br>4 |         | 1.6 |     |                         | 2.<br>0 |
| Double Back Tuck                  | 0.<br>8 |         |     |     | $1.6+(1.6/4) = 1.6+.4$  | 2.<br>0 |
| Double Back Pike                  | 0.<br>8 |         |     | 0.2 | $2.0+(2.0/4) = 2.0+.5$  | 2.<br>5 |
| Double Back Layout                | 0.<br>8 |         |     | 0.4 | $2.4+(2.4/4) = 2.4+.6$  | 3.<br>0 |
| Full In or Out Double Back Tuck   | 0.<br>8 |         | 0.4 |     | $2.4+(2.4/4) = 2.4+.6$  | 3.<br>0 |
| Full In or Out Double Back Pike   | 0.<br>8 |         | 0.4 | 0.2 | $2.8+(2.8/4) = 2.4+.7$  | 3.<br>5 |
| Full In or Out Double Back Layout | 0.<br>8 |         | 0.4 | 0.4 | $3.2+(3.2/4) = 3.2+.8$  | 4.<br>0 |
| Full In Full Out Double Back Tuck | 0.<br>8 |         | 0.8 |     | $3.2+(3.2/4) = 3.2+.8$  | 4.<br>0 |
| Full In Full Out Double Back Pike | 0.<br>8 |         | 0.8 | 0.2 | $3.6+(3.6/4) = 3.6+.9$  | 4.<br>5 |
| Full In Full Out Double Back Lay  | 0.<br>8 |         | 0.8 | 0.4 | $4.0+(4.0/4) = 4.0+1.0$ | 5.<br>0 |
| Full In Double Full Out Tuck      | 0.<br>8 |         | 1.2 |     | $4.0+(4.0/4)=4.0+1.0$   | 5.<br>0 |
| Full In Double Full Out Pike      | 0.<br>8 |         | 1.2 | 0.2 | $4.4+(4.4/4)=4.4+1.1$   | 5.<br>5 |
| Full In Double Full Out Layout    | 0.<br>8 |         | 1.2 | 0.4 | $4.8+(4.8/4)=4.8+1.2$   | 6.<br>0 |
| Triple Back Tuck                  | 1.<br>2 |         |     |     | $3.6+(3.6/4) = 3.6+.9$  | 4.<br>5 |

|                         |                        |                 |                          |                |                                      |                 |
|-------------------------|------------------------|-----------------|--------------------------|----------------|--------------------------------------|-----------------|
| Triple Back Pike        | 1.<br>2                |                 |                          | 0.3            |                                      | <b>5.<br/>1</b> |
| Triple Back Lay         | 1.<br>2                |                 |                          | 0.6            | $5.4+(5.4/4) = 5.4+1.35$             | <b>6.<br/>8</b> |
| Double Front 1/2        | 0.<br>8                | 0.<br>2         | 0.2                      |                | $2.4+(2.4/4) = 2.4+.6$               | <b>3.<br/>0</b> |
| Reversal (Punch) Fronts | .4 for<br>each<br>somi | .1 for<br>Front | .1 for each 1/4<br>twist | bonus position | .1 for Bounding & .1<br>for Reversal | Total<br>DD     |
| Reversal (Punch) Tuck   | 0.4                    | 0.1             |                          |                | 0.2                                  | <b>0.7</b>      |
| Reversal (Punch) Pike   | 0.4                    | 0.1             |                          | 0.1            | 0.2                                  | <b>0.8</b>      |
| Reversal (Punch) Barani | 0.4                    | 0.1             | 0.2                      |                | 0.2                                  | <b>0.9</b>      |
| Reversal (Punch) Rudi   | 0.4                    | 0.1             | 0.6                      |                | 0.2                                  | <b>1.3</b>      |

## 16.

Upper Level Tumbling Somi to Somi Bounding and Reversal Credit

1. Bounding credit.....0.1
2. Reversal credit.....0.1



## 16. TRAMPOLINE DIFFICULTY:

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

|  | Tuck | Pike | Straight |     |
|--|------|------|----------|-----|
| 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       | -   |
| 3/4 Front  | .3   | .3   | .3       | -   |
| Front Somi   | .5   | .6   | .6       | -   |
| Ball Out   | .6   | .7   | .7       | -   |
| Front Double Somi  | 1.0  | 1.2  | 1.2      | -   |
| Front Somi ½ Twist (Barani)                                | .6   | .6   | .6       | -   |
| Barani Ball Out  | .7   | .7   | .7       | -   |
| Front Somi 1 Twist   | -    | -    | .7       | -   |
| Front Somi 1½ Twist (Rudi)                                 | -    | -    | .8       | -   |
| Rudi Ball Out  | -    | -    | .9       | -   |
| Front Somi 2 Twist   | -    | -    | .9       | -   |
| Front Somi 2½ Twist (Randi)                                | -    | -    | 1.0      | -   |
| Front Somi 3 Twist   | -    | -    | 1.1      | -   |
| Front Somi 3½ Twist (Adolph)                               | -    | -    | 1.2      | -   |
| Front Double Somi ½ Twist (Barani in/Barani out - Fliffis) | 1.1  | 1.3  | 1.3      | -   |
| Front Double Somi 1 Twist                                  | 1.2  | 1.4  | -        | -   |
| Front Double Somi 1½ Twist (Rudi Out)                      | 1.3  | 1    | 1        | 1.3 |
| (Full In Barani Out)                                       | -    | .    | .        | 1.3 |
| (Barani In Full Out)                                       | -    | 5    | 5        |     |
|  |      | 1    | 1.5      |     |
|  |      | .    |          |     |
|  |      | 5    |          |     |

|  |     |     |     |     |
|--|-----|-----|-----|-----|
|  |     | 1.5 |     |     |
| Front Triple Somi ½ Twist (Barani in/Barani Out - Triffis) | 1.6 | 1.9 | -   | -   |
| ¾ Front or Back  | .3  | .3  | .3  | -   |
| Back Somi  | .5  | .6  | .6  | -   |
| Cody   | .6  | .7  | .7  | -   |
| Back Double Somi<br>Back Double Somi 1 Twist               | 1.0 | 1.2 | 1.2 | -   |
| (½ In/½ Out)   | 1   | 1   | 1   | 1.2 |
| (Full In Back Out)   | .   | .   | .   | 1.2 |
| (Back In Full Out)   | 2   | 4   | 4   | 1.2 |
| Back Double Somi 2 Twist                                   | 1   | 1   | 1   |     |
|  | .   | .   | .   |     |
|  | 2   | 4   | 4   |     |
|  | 1.2 | 1.4 | 1.4 |     |
| (Full In Full Out)   | -   | 1.6 | 1.6 | 1.4 |
| (½ In Rudy Out)  | -   | 1.6 | 1.6 | 1.4 |
| Back Somi 1 Twist  | -   | -   | .7  | -   |
| Back Somi 2 Twist  | -   | -   | .9  | -   |
| Back Somi 3 Twist  | -   | -   | 1.1 | -   |

# 17. DOUBLE MINI TRAMPOLINE DIFFICULTY:

Performing a double, double will result in a 0.2 bonus.

| NON-SOMI TWISTS                                 |    |  |               |     |
|---|----|--|---------------|-----|
| Each ½ twist of 180 degrees - bonus of 0.2 pts. |    |  |               |     |
| SINGLE SOMIS                                    |    |  |               |     |
| Front Skills                                    | DD |  | Back Skills   |     |
|   | DD |  | DD            |     |
| F   | 0. |  | B             | 0.  |
| r   | 5  |  | a             | 5   |
| o   | 0. |  | c             | 0.6 |
| n   | 6  |  | k             | 0.6 |
| t   | 0. |  | T             | 0.  |
| T   | 6  |  | u             | 7   |
| u   | 0. |  | c             | 0.  |
| c   | 7  |  | k             | 9   |
| k   | 0. |  | B             | 1.  |
| F   | 7  |  | a             | 5   |
| r   | 0. |  | c             | 2.  |
| o   | 7  |  | k             | 3   |
| n   | 0. |  | P             | 3.  |
| t   | 9  |  | i             | 3   |
| P   | 1. |  | k             |     |
| i   | 2  |  | e             |     |
| k   | 1. |  | Back Straight |     |
| e   | 9  |  | Back Half     |     |
| Front Straight                                  | 2. |  | Back Full     |     |
| B   | 8  |  | D             |     |
| a   |    |  | o             |     |
| r   |    |  | u             |     |
| a   |    |  | b             |     |
| n   |    |  | l             |     |
| i   |    |  | e             |     |
| T   |    |  | F             |     |
| u   |    |  | u             |     |
| c   |    |  | l             |     |
| k   |    |  | l             |     |
| B   |    |  | T             |     |
| a   |    |  | r             |     |
| r   |    |  | i             |     |
| a   |    |  | p             |     |
| n   |    |  | l             |     |
| i   |    |  | e             |     |
| P   |    |  | F             |     |
| i   |    |  | u             |     |
| k   |    |  | l             |     |
| e   |    |  | l             |     |

|  |           |  |
|--|-----------|--|
| <p>Barani<br/>Straight<br/>F<br/>r<br/>o<br/>n<br/>t<br/>F<br/>u<br/>l<br/>l<br/>R<br/>u<br/>d<br/>i<br/>R<br/>a<br/>n<br/>d<br/>i<br/>A<br/>d<br/>o<br/>l<br/>f</p> |           | <p>Q<br/>u<br/>a<br/>d<br/>F<br/>u<br/>l<br/>l</p> |
| <p><b>DOUBLE<br/>SOMIS</b></p>   |           |  |
| <p>Front Skills</p>  | <p>DD</p> | <p>Back Skills</p>                                 |

|                         |    |                      |     |
|-------------------------|----|----------------------|-----|
| Do                      |    | Dou                  |     |
| ubl                     |    | ble                  |     |
| e                       |    | Bac                  |     |
| Fro                     |    | k                    |     |
| nt                      |    | Tuc                  |     |
| Tuc                     |    | k                    |     |
| k                       |    | Dou                  |     |
| Do                      |    | ble                  |     |
| ubl                     |    | Bac                  |     |
| e                       |    | k                    |     |
| Fro                     |    | Pike                 |     |
| nt                      |    | Double Back Straight |     |
| Pik                     |    | Hal                  |     |
| e                       |    | f-                   |     |
| Double Front Straight   |    | Hal                  |     |
| Half In                 |    | f                    |     |
| or Half                 |    | Tuc                  |     |
| Out                     | 2. | k                    |     |
| Tuck                    | 0  | Hal                  |     |
| Half In                 | 2. | f-                   |     |
| or Half                 | 4  | Hal                  |     |
| Out                     | 2. | f                    |     |
| Pike                    | 8  | Pik                  |     |
| Half In or Out Straight | 2. | e                    |     |
| R                       | 4  | H                    |     |
| u                       | 2. | al                   |     |
| d                       | 8  | f-                   |     |
| i                       | 3. | H                    |     |
| O                       | 2  | al                   |     |
| u                       | 3. | f                    | 2.0 |
| t                       | 2  | St                   | 2.4 |
| T                       | 3. | ra                   | 2.8 |
| u                       | 6  | ig                   | 2.8 |
| c                       | 4. | ht                   | 3.2 |
| k                       | 0  | F                    | 3.6 |
| R                       | 3. | ul                   |     |
| u                       | 2  | l                    | 2.8 |
| d                       | 3. | In                   | 3.2 |
| i                       | 6  | or                   | 3.6 |
| O                       | 4. | F                    |     |
| u                       | 0  | ul                   | 3.6 |
| t                       | 4. | l                    | 4.0 |
| P                       | 0  | O                    | 4.4 |
| i                       | 4. | ut                   |     |
| k                       | 4  | T                    | 3.6 |
| e                       | 4. | u                    |     |
| Rudi Out Straight       | 8  | ck                   | 4.0 |
|                         |    | F                    |     |
|                         |    | ul                   | 4.4 |

|  |  |   |
|--|--|---|
| <p>Full-<br/>Baran<br/>i Tuck<br/>Full-<br/>Baran<br/>i Pike<br/>Full-Barani Straight<br/>Fu<br/>ll-<br/>R<br/>ud<br/>i<br/>Tu<br/>ck<br/>Fu<br/>ll-<br/>R<br/>ud<br/>i<br/>Pi<br/>ke<br/>Full-Rudi Straight</p> |  | <p>l<br/>In<br/>or<br/>F<br/>ul<br/>l<br/>O<br/>ut<br/>Pi<br/>k<br/>e<br/>Full In or Full Out<br/>Straight<br/>F<br/>u<br/>ll<br/>-<br/>F<br/>u<br/>ll<br/>T<br/>u<br/>c<br/>k<br/>F<br/>u<br/>ll<br/>-<br/>F<br/>u<br/>ll<br/>P<br/>i<br/>k<br/>e<br/>Full-Full Straight<br/>Half<br/>-<br/>Rud<br/>i<br/>Tuc<br/>k<br/>Half<br/>-<br/>Rud<br/>i<br/>Pike<br/>Half-Rudi Straight</p> |
|--|--|---|

|  |  |                 |    |
|--|--|-----------------|----|
|  |  | Miller Tuck     |    |
|  |  | Miller Pike     | 4. |
|  |  | Miller Straight | 4  |
|  |  |                 | 4. |
|  |  |                 | 8  |
|  |  |                 | 5. |
|  |  |                 | 2  |

**TRIPLE SOMIS**

|              |    |  |             |    |
|--------------|----|--|-------------|----|
| Front Skills | DD |  | Back Skills | DD |
|--------------|----|--|-------------|----|

|                       |    |  |                        |     |
|-----------------------|----|--|------------------------|-----|
| Half                  | 5. |  | T                      | 4.  |
| Out                   | 1  |  | r                      | 5   |
| Triffis               | 5. |  | i                      | 5.3 |
| Tuck                  | 9  |  | p                      | 6.1 |
| Half                  | 6. |  | l                      | 5.  |
| Out                   | 3  |  | e                      | 7   |
| Triffis               |    |  | B                      |     |
| Pike                  | 7. |  | a                      | 6.5 |
| Rudi Out Triffis Tuck | 1  |  | c                      |     |
| Rudi Out Triffis Pike |    |  | k                      |     |
|                       |    |  | T                      |     |
|                       |    |  | u                      |     |
|                       |    |  | c                      |     |
|                       |    |  | k                      |     |
|                       |    |  | T                      |     |
|                       |    |  | r                      |     |
|                       |    |  | i                      |     |
|                       |    |  | p                      |     |
|                       |    |  | l                      |     |
|                       |    |  | e                      |     |
|                       |    |  | B                      |     |
|                       |    |  | a                      |     |
|                       |    |  | c                      |     |
|                       |    |  | k                      |     |
|                       |    |  | P                      |     |
|                       |    |  | i                      |     |
|                       |    |  | k                      |     |
|                       |    |  | e                      |     |
|                       |    |  | Triple Back Straight   |     |
|                       |    |  | Half-half Triffis Tuck |     |
|                       |    |  | Half-Half Triffis Pike |     |

| QUAD SOMIS   |    |  |                    |     |
|--------------|----|--|--------------------|-----|
| Front Skills | DD |  | Back Skills        | DD  |
|              |    |  | Quad Back Tuck     | 8.0 |
|              |    |  | Quad Back Pike     | 9.  |
|              |    |  | Quad Back Straight | 6   |
|              |    |  |                    | 1   |
|              |    |  |                    | 1.  |
|              |    |  |                    | 2   |

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

1. 1/1 somersault (360 degrees).....0.5
2. ½ twist/turn (180 degrees).....0.2
3. 1/1 twist/turn (360 degrees).....0.4
4. Side somersaults and skills without rotation have no difficulty value.
5. In skills combining somersault and twist, the difficulty values for somersault and twist are added together.
6. Somersaults executed in the straight or pike position will be awarded an extra 0.1 pt provided that there is at least 1/1 somersault rotation without twist.
7. 2/1 somersaults, or more, with or without twists, will be awarded an extra 0.1 pt when executed in the pike or straight position.
8. Inward and reverse somersaults (360 degree of rotation) receive an additional 0.1
9. Mounter or Spotter Double Somersaults performed with a dismount double Somersault will be awarded and extra 0.2
10. Only skills which land on the feet will be evaluated.
11. Performing a double-double combination in one pass will received an additional 0.2 bonus difficulty.

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

1. Only skills terminating on the feet will be evaluated.
2. Skills without twists or somersault rotation have no difficulty value.
3. Each ½ twist 180 degrees (with the exception of single somis).....0.2
4. Each somersault (360 degrees).....0.5
5. Single somersaults:
  - 5.1. Single somersaults performed in the pike or straight position without twist.....0.1
  - 5.2. Single somersaults with more than one twist 360 degrees, difficulty of the twist as follows:
    - 5.2.1. Each ½ twist more than one full twist.....0.3
    - 5.2.2. Each ½ twist more than two full twists.....0.4
    - 5.2.3. Each ½ twist more than three full twists.....0.5
    - 5.2.4. Each ½ twist more than four full twists.....0.6
6. Double somersaults - with or without twist:
  - 6.1. Double somersaults performed in the pike position will receive a bonus of 0.4 pts.
  - 6.2. Double somersaults performed in the straight position will receive a bonus of 0.8 pts.
  - 6.3. In double somersaults the value of the skill, including any twist, are added together and then will be doubled. The bonus for the pike and straight position is then added to give the total value of the skill.



7. Triple somersaults - with or without twist:
  - 7.1. Triple somersaults performed in the pike position will receive a bonus of 0.8 pts.
  - 7.2. Triple somersaults performed in the straight position will receive a bonus of 1.6 pts.
  - 7.3. In triple somersaults the value of the skill, including any twist, are added together and then tripled. The bonus for the pike and straight position is then added to give the total value of the skill.
8. Quadruple somersaults - with or without twist:
  - 8.1. Quad somersaults performed in the pike position will receive a bonus of 1.6 pts.
  - 8.2. Quad somersaults performed in the straight position will receive a bonus of 3.2 pts.
  - 8.3. In quad somersaults the value of the skill, including any twist, are added together and then quadrupled. The bonus for the pike and straight position is then added to give the total value of the skill.
9. Performing a double, double will result in a 0.2 bonus.


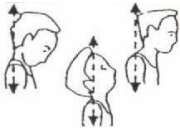









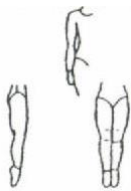
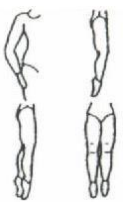
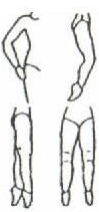


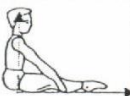

## **18. SINGLE MINI DIFFICULTY:**




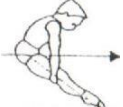


| NON-SOMI TWISTS                                 |    |
|---|----|
| Each ½ twist of 180 degrees - bonus of 0.2 pts. |    |
| SINGLE SOMIS                                    |    |
| Front Skills                                    | DD |
| F   | 0. |
| r   | 5  |
| o   | 0. |
| n   | 6  |
| t   | 0. |
| T   | 6  |
| u   | 0. |
| c   | 7  |
| k   | 0. |
| F   | 7  |
| r   | 0. |
| o   | 7  |
| n   | 0. |
| t   | 9  |
| P   | 1. |
| i   | 2  |
| k   |    |
| e   |    |
| Front Straight                                  |    |
| B   |    |
| a   |    |
| r   |    |
| a   |    |
| n   |    |
| i   |    |
| T   |    |
| u   |    |

|   |  |
|---|--|
| c<br>k<br>B<br>a<br>r<br>a<br>n<br>i<br>P<br>i<br>k<br>e<br>Barani<br>Straight<br>F<br>r<br>o<br>n<br>t<br>F<br>u<br>l<br>l<br>R<br>u<br>d<br>i |  |
|---|--|

**19.**



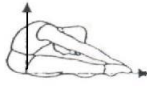

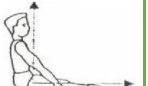
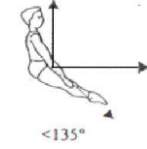
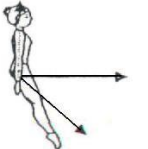
# 19. GUIDE TO JUDGING - DEDUCTIONS FOR FAULTY EXECUTION

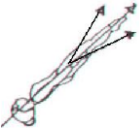

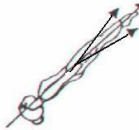
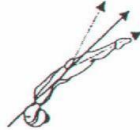
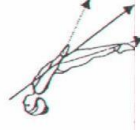


| DEDUCTIONS                                     | 0.0   | 0.1   | 0.2   | 0.3  | 0.4 | 0.5 |
|--|---|---|---|--|-----|-----|
| Position of the Head                           |                |    |   |  |     |     |
| Tuck position<br>Angle of upper body to thigh  | <br>somersault |    |    |  |     |     |
| Knees apart                                    |                |    |    |   |     |     |
| Position of the hands                          |   |    |   |   |     |     |
| Somersaults with twists                        |               |   |   |  |     |     |
| Position of the Limbs                          |   |   |   |  |     |     |
| Pike position<br>Angle of upper body to thighs |              |  |  |  |     |     |



|  |   |   |  |   |  |  |
|--|---|---|--|---|--|--|
| <p>P<br/>o<br/>s<br/>i<br/>t<br/>i<br/>o<br/>n<br/>o<br/>f<br/>t<br/>h<br/>e<br/>l<br/>e<br/>g<br/>s<br/>w<br/>i<br/>t<br/>h<br/>r<br/>e<br/>s<br/>p<br/>e<br/>c<br/>t<br/>t<br/>o<br/>h<br/>o<br/>r<br/>i<br/>z<br/>o<br/>n<br/>t<br/>a<br/>l<br/><br/>(jump)</p> |    |    |  |  |  |  |
| <p>Posi<br/>on of<br/>the<br/>hands<br/>(jump &amp; somi)</p>  |  |  |  |   |  |  |

**20.**


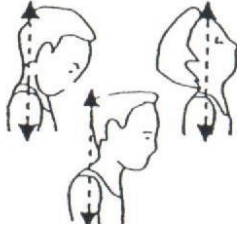
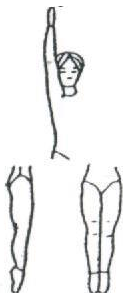
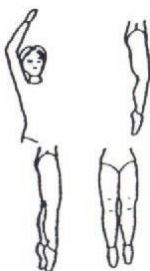
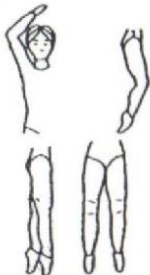
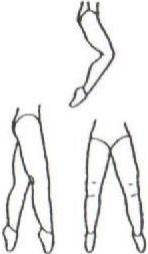
|            |     |     |     |     |     |     |
|------------|-----|-----|-----|-----|-----|-----|
| DEDUCTIONS | 0.0 | 0.1 | 0.2 | 0.3 | 0.4 | 0.5 |
|------------|-----|-----|-----|-----|-----|-----|

|  |   |   |  |   |  |  |
|--|---|---|--|---|--|--|
| <p>Straddle jump<br/>(piked)<br/>Opening of the legs</p>             |    |    |  |   |  |  |
| <p>Somersaults without twists<br/>Angle between chest and thighs</p> |    |    |  |  |  |  |
| <p>Multiplesomersaults without twists<br/>Angle</p>                  |  |  |  |   |  |  |

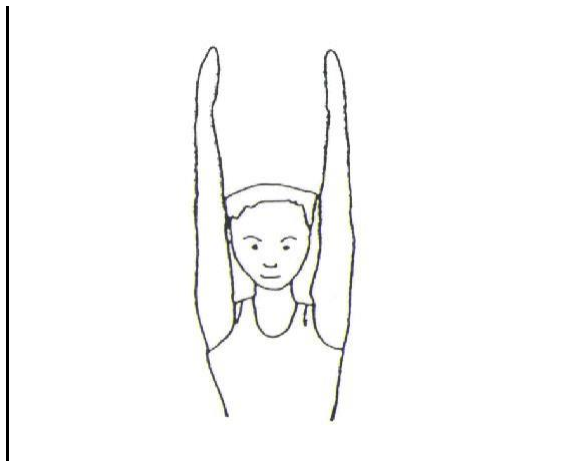
|  |   |   |  |  |  |  |
|--|---|---|--|--|--|--|
| <p>e<br/>b<br/>e<br/>t<br/>w<br/>e<br/>e<br/>n<br/>c<br/>h<br/>e<br/>s<br/>t<br/>a<br/>n<br/>d<br/>t<br/>h<br/>i<br/>g<br/>h<br/>s</p>   |   |   |  |  |  |  |
| <p>Straight<br/>positio<br/>n<br/>without<br/>twist<br/>Bend<br/>i<br/>n<br/>g<br/>o<br/>f<br/>t<br/>h<br/>e<br/>b<br/>o<br/>d<br/>y</p> |    |    |  |  |  |  |
| <p>So<br/>me<br/>rsa<br/>ults<br/>wit<br/>hou<br/>t<br/>twi<br/>st<br/>Bending of the<br/>body</p>                                       |  |  |  |  |  |  |
| <p>S<br/>o<br/>m<br/>e<br/>r<br/>s<br/>a<br/>u<br/>l<br/>t<br/>s</p>   |  |  |  |  |  |  |

|  |   |   |  |  |  |  |
|--|---|---|--|--|--|--|
| <p>w<br/>i<br/>t<br/>h<br/>t<br/>w<br/>i<br/>s<br/>t</p> <p>Position of<br/>arms</p> |   |   |  |  |  |  |
| <p>Puck position<br/>Multiple somersaults<br/>with twist</p>                         |  |  |  |  |  |  |

**ADDITIONAL VISUAL AIDS AND DEDUCTION CHARTS -**

| DEDUCTIONS            |   |   |   |   |
|-----------------------|---|---|---|---|
| DEDUCTIONS            | 0   | 0.1   | 0.2   | 0.3   |
| Position of the head  |  |   |   |   |
| Position of the limbs |  |  |  |  |

**EXTENDED:** Arms should be held up straight and tight before and after each skill is executed with the shoulders extended and pressing against the head (as in a “shrug”).



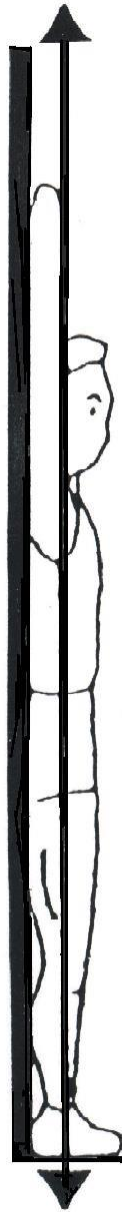
**SHOULDER**



**CORRECT  
SHOULDER**



**ADDITIONAL VISUAL AIDS AND DEDUCTION CHARTS -**



**THE STRAIGHT BODY POSITION MUST BE USED ON TAKE-OFFS, PRESSOUTS, AND TWISTING SKILLS. THIS POSITION CAN BE TRAINED AGAINST A FLAT WALL.**

**ARMS - straight and against the wall with extended shoulders and flat armpits.**

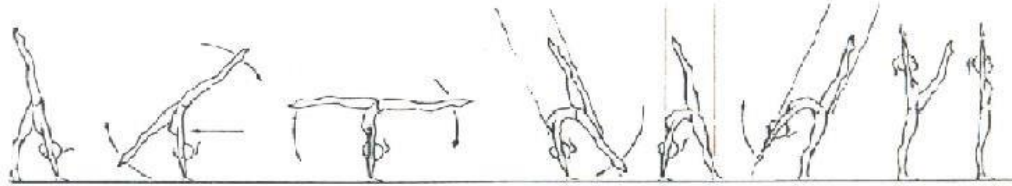
**HEAD - should be held against the wall in a neutral position.**

**BACK - should be flat with the rib cage pulled in and up allowing for only the small of the back off the wall.**

**LEGS - should be straight with feet less than 2 inches off the wall.**

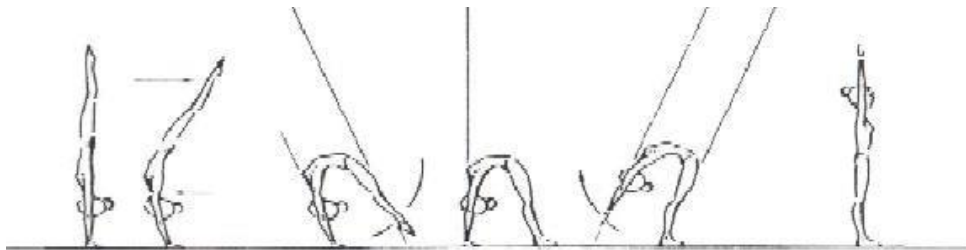
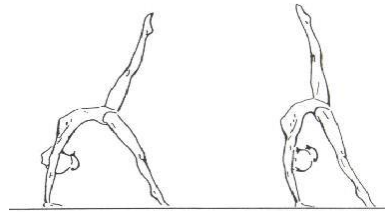
**STRAIGHT BODY**

**ADDITIONAL VISUAL AIDS AND DEDUCTION CHARTS -**



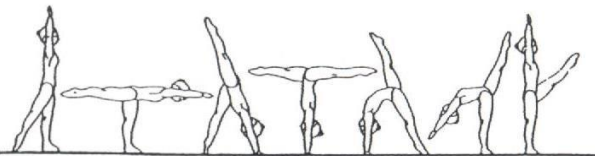
**FRONT WALKOVER**

**COMPARISON OF AMPLITUDE IN STEP-OUT PHASE OF FRONT WALKOVERS**

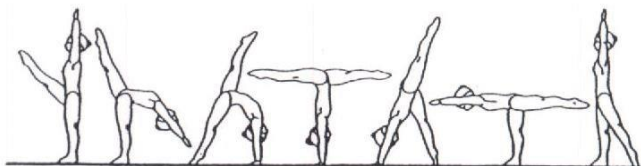


**FRONT LIMBER**

**BACK WALKOVER**

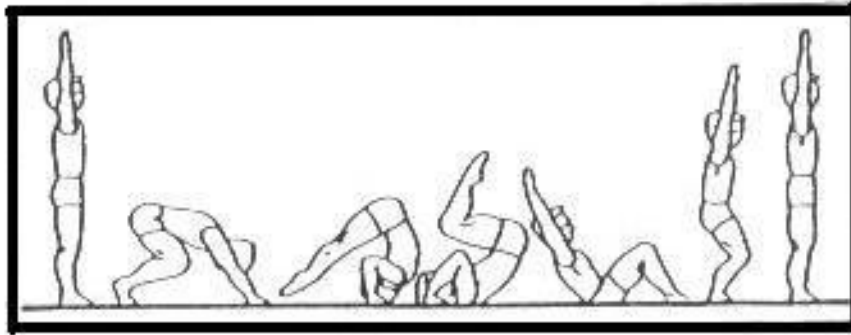


**FRONT WALKOVER**



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

**ADDITIONAL VISUAL AIDS AND DEDUCTION CHARTS -**

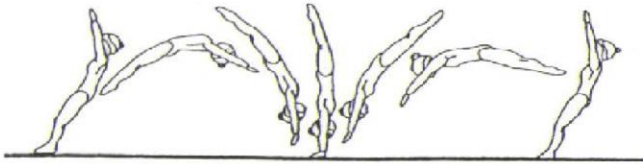


**FRONT TUCK ROLL**

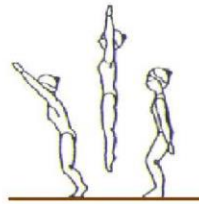
|                                       |                         |                         |
|---------------------------------------|-------------------------|-------------------------|
|                                       |                         |                         |
| <p><b>STRAIGHT (LAY-OUT) BACK</b></p> | <p><b>TUCK BACK</b></p> | <p><b>PIKE BACK</b></p> |
|                                       |                         |                         |
| <p><b>FULL TWISTING BACK SOMI</b></p> |                         |                         |

**ADDITIONAL VISUAL AIDS AND DEDUCTION CHARTS -**

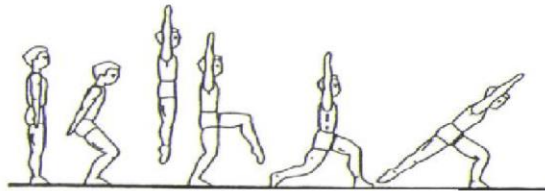
**SUB-NOVICE & NOVICE SKILLS**



**BACK HANDSPRING**



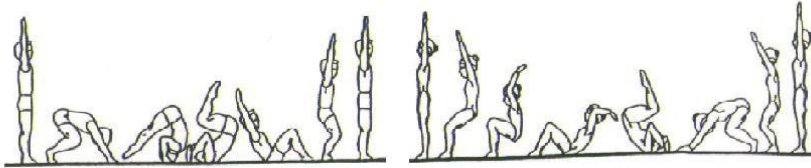
**"REBOUND"  
STRETCH JUMP**



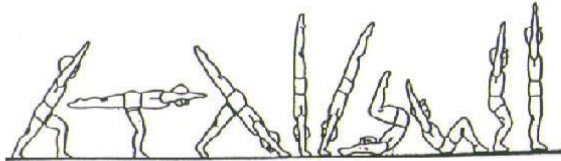
**POWER HURDLE**

|   |                                 |                         |                         |
|---|---------------------------------|-------------------------|-------------------------|
|   |                                 |                         |                         |
| <p><b>Somersault<br/>Straight, Tuck, Pike</b></p> | <p><b>Kick-Out at 12:00</b></p> | <p><b>Full Turn</b></p> | <p><b>Pike Jump</b></p> |
|   |                                 |                         |                         |
| <p><b>Barani (Tuck, Pike, &amp; Straight)</b></p> |                                 |                         |                         |

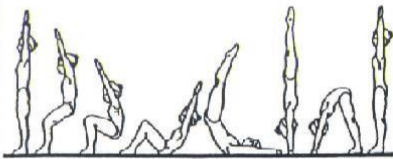
**ADDITIONAL VISUAL AIDS AND DEDUCTION CHARTS -**



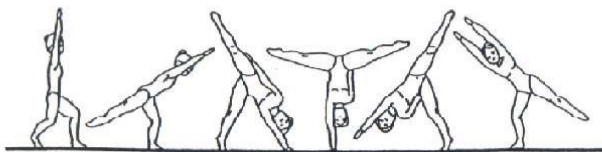
**HANDSTAND ROLL**



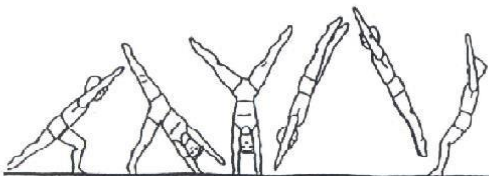
**BACK EXTENSION ROLL**



**CARTWHEEL**


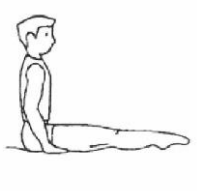
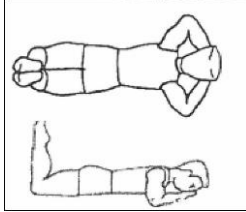



**ONE ARM CARTWHEEL**



|                     |                  |                  |                            |
|---------------------|------------------|------------------|----------------------------|
|                     |                  |                  |                            |
| <p>Full Turn .2</p> | <p>Tuck Jump</p> | <p>Pike Jump</p> | <p>Back (Contact) Drop</p> |

**ADDITIONAL VISUAL AIDS AND DEDUCTION CHARTS -**

|   |   |  |   |
|---|---|--|---|
|  |  |  |  |
| <p>Pike Straddle Jump</p>   | <p>Seat Drop</p>  | <p>Front (Contact) Drop</p>  | <p>Pike Straddle Jump</p>   |

## ADDITIONAL VISUAL AIDS AND DEDUCTION CHARTS -

## 20. Glossary of Double Mini Terms

**Barani** - a single front somersault with a ½ twist initiated after 45 degrees of somersaulting rotation.

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

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

**Mounter** - the element that begins on the first bed (mounter bed) and ends on the second bed (spotter bed) of the Double Mini trampoline

**Penalty Zone** - the red zone in the center of the Double Mini trampoline. The two end red zones are not penalty zones.

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

**Pike position** - The angle between the upper body and thighs must be equal to or less than 135 degrees and the angle between the thighs and the lower legs must be greater than 135 degrees. In multiple somersaults (2/1 or more) with twists, the pike position may be modified during the twisting phase.

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

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

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

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

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

**Straight/Layout position** - The angle between the upper body and thighs must be greater than 135 degrees and the angle between the thighs and lower legs must be greater than 135 degrees.

**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 degrees and the angle between the thigh and the lower leg must be less than 135 degrees. In multiple somersaults (2/1 or more) with twists, the tuck position may be modified during the twisting phase.

### 20.1.1.

#### 20.1.2. Glossary of Single Mini Terms

**Barani** - a single front somersault with a ½ twist initiated after 45 degrees of somersaulting rotation.

**Full** - forward somersault in the straight position with one full twist (360 degrees)

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

**ADDITIONAL VISUAL AIDS AND DEDUCTION CHARTS -**

**Pike position** - The angle between the upper body and thighs must be equal to or less than 135 degrees and the angle between the thighs and the lower legs must be greater than 135 degrees. In multiple somersaults (2/1 or more) with twists, the pike position may be modified during the twisting phase.

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

**Straight/Layout position** - The angle between the upper body and thighs must be greater than 135 degrees and the angle between the thighs and lower legs must be greater than 135 degrees.

**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 degrees and the angle between the thigh and the lower leg must be less than 135 degrees. In multiple somersaults (2/1 or more) with twists, the tuck position may be modified during the twisting phase.

## **21. Glossary of Trampoline Terms**

**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 1<sup>st</sup> somersault or the 2<sup>nd</sup> 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 out bounce, the action must be an automatic repulsion which goes straight up and down (arms must be straight up) or the motion will be considered instability (taking steps).

**Pike position** - The angle between the upper body and thighs must be equal to or less than 135 N and the angle between the thighs and the lower legs must be greater than 135 degrees. In multiple somersaults (2/1 or more) with twists, the pike position may be modified during the twisting phase.

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

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



**ADDITIONAL VISUAL AIDS AND DEDUCTION CHARTS -**

**Pull-over** - A skill that initiates on the back with 270 degrees 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/Layout position** - The angle between the upper body and thighs must be greater than 135 degrees and the angle between the thighs and lower legs must be greater than 135 degrees. Also called a “lay-out” position.

**Trifis** - A front triple somersault with ½ twist. The ½ twist may be performed in the 1<sup>st</sup> somersault or the 3<sup>rd</sup> 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 degrees and the angle between the thigh and the lower leg must be less than 135 degrees. In multiple somersaults (2/1 or more) with twists, the tuck position may be modified during the twisting phase.

## **22. Glossary of Tumbling Terms**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Somersault** - A skill in which the athletes jumps completes a 360E rotation beginning and ending on the feet.

**Somi** - A shortened term for a somersault.

**ADDITIONAL VISUAL AIDS AND DEDUCTION CHARTS -**

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