

**TRAMPOLINE**  
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 January 2020 Revision

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## **SAFETY RULES FOR TRAMPOLINE**

1. No student, instructor, or performer should ever use a piece of trampoline equipment that is not completely safe in every respect. Standard safety frame pads, properly installed trampoline bed and end platforms and mats should always be used. Mats should be placed around the entire trampoline with landing mats on the floor at the ends of the trampoline by the end decks.
2. No one, regardless of ability level, should ever use a piece of trampoline equipment unless they are under the direct supervision of a qualified instructor.
3. No student or performer should ever attempt to execute any trampoline skill unless that skill has first been properly taught to the student by a qualified instructor.
4. No one should ever use a trampoline unless there are a minimum of four qualified spotters placed properly about the trampoline (unless the trampolines are in pits). Trampoline spotters must be at least 18 years old and 5' tall. The USTA recommends using six (6) spotters for advanced and elite level competitors with two (2) on each side and one (1) on each end. The USTA Sport of T&T requires every Trampoline Club supply two spotters from their club for every competition entered.
5. No one should ever use a trampoline who has anything in their mouth except firmly attached dental appliances (i.e. gum, candy, etc.)
6. 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.
7. No one should ever use a trampoline when that person is tired, fatigued, or is in a state of vertigo.
8. No horseplay should ever be allowed on the trampoline.
9. No one should ever use a trampoline while wearing street clothes. Proper gym outfits and training clothes and gym slippers should always be used.
10. Two or more people should never jump on the same trampoline at the same time.
11. No student or performer should ever dismount from the trampoline by either jumping or executing a skill to the floor.
12. 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.
13. No one should ever jump on a trampoline where the lighting is judged to be insufficient or poor.
14. 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.
15. All trampoline equipment should be safely stored and locked when not in use.
16. Never sit on, stand on, or lean on the sides or ends of the trampoline when a person is jumping.
17. All trampoline skills and passes must begin and end facing the end of the trampoline.
18. 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.
19. Nothing should be placed on the landing mats/end decks while athletes are jumping.
20. No one should be allowed to jump trampoline during a power outage or in a dark area.
21. No one should be allowed to perform any skills with a difficulty of 1.1 or more that do not terminate on the feet.

## TRAMPOLINE SPOTTING GUIDELINES

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 USTA recommends using six (6) spotters for advanced and elite level competitors with two (2) on each side and one (1) on each end. The USTA Sport of T&T requires every Trampoline Club supply two spotters from their club for every competition entered.

As a trampoline spotter, you are the last line of defense between the athlete and the ground. It is uncommon for an athlete to leave or fall off of the trampoline surface, but when it occurs, the result can be catastrophic without trampoline spotters around to lessen the impact. Your role as a trampoline spotter is likely to be uneventful, but please remain alert and vigilant as athletes may lose control and fall with very little warning. The following guidelines are intended to keep both you and athlete as safe as possible.

### Attire

- *Acceptable* attire includes comfortable sneakers, athletic style shirts, and athletic style pants.
- *Unacceptable* attire includes, but is not limited to earbuds, hats, sandals, open-toed shoes, bare feet, heels, skirts, etc.
- Remove jewelry that may be caught up when spotting, especially hoop piercings, bracelets, etc.
- Be sure your hands are free and nothing is laying on the trampoline or on the floor in front of you.

### Standing

- Stand roughly one arm length away from the beginning of the end deck mat and turn in 45 degrees to face the trampoline.
- While an athlete is on the apparatus, keep your arms by your sides or clasped in front of your body. Do not put your hands in your pockets, clasp your hands behind your back, or lean on the trampoline.
- Keep your eyes on the athlete at all times and refrain from using your cell phone, watching athletes on other apparatuses, or talking to other spotters, coaches, judges, and athletes.
- Be present, yet invisible. During the performance, refrain from talking, making noises, moving back and forth excessively, or waving your arms. These actions are distracting to the athletes and may interrupt his or her focus.
- If you enjoy the routine, please clap for the athlete following the out bounce after the final skill.
- Be confident.



### Catching

- You must be willing to step in and slow down or catch an athlete before he or she makes contact with the ground. Please do not volunteer if you are unable or unwilling to perform this task.
- If an athlete exceeds your catching ability due to height, weight, or skill level, please ask a nearby coach or other qualified spotter to step in for you temporarily.
- Keep an eye on the athlete's hips to determine where they will land.
- Your top priority is to protect the athlete from fatal or catastrophic injury. When an athlete is falling and you are their only safety net, the most important part of his or her body to protect is the head and neck.

## EQUIPMENT - p1

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

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

#### Dimensions

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

#### Trampoline Bed

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

#### Suspension

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

#### Safety Padding

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

#### Safety Platform (End Decks)

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

#### Safety Mats on the Ground

1. Landing mats (5'x10'x8") or carpet bonded foam of equal thickness at least 6' wide must cover the entire length of the trampoline sides to the back of each end deck.
2. A minimum of two additional mats: two minimum mats of 5'x10'x8" are required at the end of each safety platform (end deck). Mats must be attached side by side to extend the range beyond the end deck.
3. Soft mats, stair mats, or panel mats must be used to aid athletes in accessing and leaving the trampoline unless the trampoline is floor level.

## EQUIPMENT- p2

### Riser Height

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

### Spotters

1. There must be four spotters around the sides of the trampoline at all times. The USTA recommends using six (6) spotters for advanced and elite level competitors with two (2) on each side and one (1) on each end.
2. Trampoline spotters must be at least 18 years old and 5' tall.

### Spotter Mats (Throw-in Mats)

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

### Synchronized Trampoline Competition

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

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

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

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

**Men:** A gymnastics step-in (without sleeves) with long white, black, or solid team colored trampoline pants (which must come from a gymnastics supplier and cannot be sweat material) or one pair of uniform gym shorts (which cannot be sweat material, cut-offs, bike/compression shorts, boxers, jean shorts, baggy or oversized) finger-tip length or shorter, must be worn. No singlets, compression shirts, tank tops or t-shirts are allowed. Deduction 2.0 pts per pass.

Appropriate **undergarments** must be worn. Undergarments that show **MUST** match the color of the trampoline pants. Appropriate undergarments include briefs or skin tight boxer briefs that do not extend past the length of the competition shorts. Inappropriate undergarments include boxers, loose boxer briefs, any shorts that are loose or baggy, or anything that extends past the length of the competition shorts. Deduction 0.3 pt. per pass.

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

Shorts or pants rolled down at the waist. Deduction 0.3 pt. per pass.

**Women:** A leotard must be worn. It may be long sleeve, short sleeve, or sleeveless (which means that a leotard must have arm/sleeve holes ). No two piece leotards, leotards with zippers, unitards, halter leotards, leotards with very thin (less than 1") straps, skirts, or tights are allowed. No leotards with cut-outs below the arm holes are allowed. Deduction 2.0 pt. per pass.

Upon a GRANTED Religious dress code exemption from the Executive Board (**which would require documentation from an Athletes Church, Mosque or other religious entity stating specific DAILY dress code requirements that would require a deviation from our standard dress policy and the Athletes current membership of said Church, Mosque or other Religion**) a female athlete be able to follow the below guidelines.

Standard Women's dress code rules as currently stated in the rule book along with a provision for female athletes to wear tights (black or the color of the lower half of the leotard) under their leotard.

It will be the Coach's responsibility to present the dress code exemption to the Executive Board and IF approved, then present the approved exemption letter to each Meet Director and Judges (for each applicable event) for the meets that the athlete will be present.

**IMPORTANT: The judges (on each applicable event) will have to see the letter **at every meet** attended or the appropriate attire deduction(s) will be taken.**

Appropriate **undergarments** must be worn.

1. Briefs, if worn, **MUST** match the color of the leotard located around the leg opening or be the athlete's flesh color. Deduction 0.3 pt. per pass.
2. Bras, if worn, may not show. Deduction 0.3 pt. per pass.

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

If socks are worn, they must be all white and not higher than ankle length (up to 1" above the ankle bone).

*EXCEPTION:* Male only - colored foot covering may be worn provided they are the same color as their long trampoline pants. Deduction 1.0 pt. per pass.

Not wearing foot covering will result in termination and a 0.0" score (not allowed on the trampoline).

## **DRESS (ATHLETE ATTIRE) - p2**

**NOTE:** If trampoline/d-mini athletes come to the competition floor and/or during warm-ups, wearing flip-flops/slidders to keep their trampoline shoes clean before competing - the deduction would be 1.0. Our current rules state: **ATHLETE ATTIRE** - During stretch-out, athletes may wear competition warm-ups (which must be stored in a designated area or bag) over their competition attire. Athletes **MUST** be in competition attire **from the beginning of their warm-ups through the end of their competition** (applicable attire deduction on the 1st pass) and during all Award Ceremonies.

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

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

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

Head covering for athletes due to religious dress is allowed since it is not altering the uniform requirement and offers no safety risk unless it falls off or into the face.

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

**Hard Hair Beads** and/or **Hard Hair Balls.** 2.0 pt. deduction.

**Athletic Wrap:** Athletic wrap/K-tape may have a manufacturer's trademark/logo, but no design. Athletic wrap with designs will result in a 0.3 distracting deduction.

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

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

**→ Attire deductions are taken on a per pass basis ←**

<b>Additional rules apply for Synchronized Trampoline.</b>
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**COMPETITION AGE DETERMINATION**

**Ages will be determined by a Universal Birth Date of December 31. Whatever age a competitor will be on December 31 will determined the age he/she will compete at the entire competition year, (i.e., whatever the age is as of 12/31/19 will compete at from September 2019 through July 31, 2020).**

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

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

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

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

**BEGINNER**

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

**NOVICE**

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

**INTERMEDIATE**

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

**SUB-ADVANCED**

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

**ADVANCED**

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

**AGE ELITE**

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

**ELITE OPEN**

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



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

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

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

## **WARM-UPS**

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

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

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

## **BEGINNER**

1 Turn @ 45 Seconds

## **NOVICE**

2 Turns @ 30 Seconds Each

## **INTERMEDIATE**

2 Turns @ 30 Seconds Each

## **SUB-ADVANCED**

2 Turns @ 30 Seconds Each

## **ADVANCED**

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

## **AGE ELITE**

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

## **ELITE OPEN**

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

## **SYNCHRO TRAMP**

### **SUB-ADVANCED**

3 Turns @ 45 Seconds Each

### **ADVANCED**

3 Turns @ 45 Seconds Each

## START OF A ROUTINE

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

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

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

Second attempts at routines are NOT allowed.

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

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

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

## OBJECT OF A ROUTINE

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

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

## END OF A ROUTINE

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

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

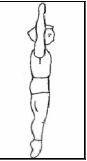


To be considered an out-bounce, the action must be an automatic repulsion which goes straight up and down (arms must be straight up) or the motion will be considered instability (taking steps).

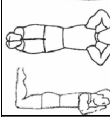
**EXCEPTION:** An out bounce for Advanced and Elite levels that travels forward or backward and stays inside the box or travels back into the box will not lose the 0.2 deduction for two steps.

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

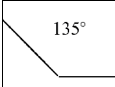



**REQUIRED POSITIONS DURING A ROUTINE**

1. In all positions (except for straddle jumps), the feet and legs should be kept together and the feet and toes pointed. 
2. For take-off from the feet, the body should be held straight with arms up and shoulders extended. For all Straight Jumps, Extensions (press-outs) and Twists, the body should be held straight.
3. The arms should be straight and held close to the body whenever possible. 
4. In all positions, the feet and legs should be kept together (except for straddle jumps) and the feet and toes pointed.
5. Depending on the requirements of the movement, the body should be either tucked, piked, or straight.
6. For all tuck, pike, and straddle skills, the arms should press down to the sides after the tuck, pike, or straddle position is attained. During a seat drop, ½ turn - the arms should be up during the ½ twist.
7. The legs should be a minimum of 135° apart during the execution of a **pike straddle jump** with a minimum of 135° bend at the waist and the hands should touch the toes. 

**NOTE:** Failure to meet the bend at the waist will result in being counted as a straight jump.  
**NOTE:** Failure to meet the 135° split of the legs will result in being counted as a pike jump.
8. The knees should bend at a 90 degree angle, the head should be in the neutral position (facing down toward the trampoline bed), and the elbows should be out during a **front drop**. 
9. The following defines the minimum requirements for a particular body shape:
  - 9.1 **Straight Position:** The angle between the upper body and thighs must be greater than 135° and the angle between the thighs and the lower legs must be greater than 135°.
  - 9.2 **Pike Position:** The angle between the upper body and thighs must be equal to or less than 135° and the angle between the thighs and the lower legs must be greater than 135°.
  - 9.3 **Tuck Position:** The angle between the upper body and thighs must be less than 135° and the angle between the thigh and the lower leg must be less than 135°.
  - 9.4 **Puck Position:** In multiple somersaults (2/1 or more) with twists, the tuck and pike position may be modified during the twisting phase.

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


10. In the **tuck** and **pike** positions, the thighs should be close to the upper body except in the twisting phase of multiple somersaults (2/1 or more).
11. In the **tuck** position, the hands should touch the legs below the knees and the arms should be bent into the body except in the twisting phase of multiple somersaults (2/1 or more).
12. In the **pike** position, the hands should touch the toes except in the twisting phase of multiple somersaults. 
13. The position of somersaulting skills will be determined between 10:00 and 2:00 o'clock (tuck, pike, straight). If a double somersaulting skill, the position is determined by the somersault with the lesser degree position.
14. In multiple somersaults (2/1 or more) with twists, the tuck and pike position may be modified during the twisting phase. If a double somersaulting skill, the position is determined by the somersault with the lesser degree position.

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

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

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

1. Touches the springs or frame with any part of the body (including if while performing a skill (back drop, front drop, or 3/4) an athlete's hair (i.e. pony tail) hits the end pads, side pads, or springs. Deduction 0.9 pt.
2. Leaves the trampoline as a result of lack of control or insecurity. Deduction 1.0 pt.
3. Being touched by a spotter while performing a skill results in loss of skill and termination. Being touched by a spotter between skills results in termination.
4. Does not use the elasticity of the bed (kills bounce) after landing to rebound into the next skill, causing a break in the rhythm of the routine.
5. During a routine, obviously fails to land on both feet simultaneously at the end of a skill. Landing on one foot will result in termination of the pass, loss of skill, and 0.3 deduction will be taken - *even if the 10<sup>th</sup> contact.*
6. Use of an illegal skill terminates the pass at that point (will also result in loss of skill, a 2.0 deduction and may also result in a 3.0 deduction if from a higher level.
7. A contact or dragging of the feet on a back drop, or ball-out would be cause for termination if the feet and the back contact the bed at the same time.
  - 7.1 If the dragging occurs before the return to feet and does not cause a depression of the bed (brushing), it should be considered an aesthetic deduction.
  - 7.2 If the dragging occurs before the return to feet and does cause a depression of the bed, it should be considered a contact and the return to feet would be counted as a straight jump.
8. Performs (begins or ends) a skill facing the side of the trampoline. EXCEPTION: If the last skill of the routine ends facing the side pad, the pass will not be terminated.
9. Landing on a throw-in mat during a routine will result in loss of skill and 0.9 pt. landing deduction in addition to any other applicable deductions. NOTE: If the athlete does not touch the throw-in mat, there will be no termination, loss of skill, or 0.9 landing deduction.
10. Landing deductions 11.2 - 11.8 on page TR-14



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

## DUTIES OF THE AESTHETIC JUDGE

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

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

1. Evaluate the Execution (form, head position, arm position, consistency of height, control, and rhythm, perfection in execution of each skill) in the center of the trampoline, and write down the deductions.
2. Subtract their deductions from the maximum mark indicated by the Superior Judge.
3. All aesthetic scores must be within 1.0 (not just the middle score).

## AESTHETIC DEDUCTIONS FOR FAULTY EXECUTION

### DEDUCTIONS FOR FAULTY EXECUTION

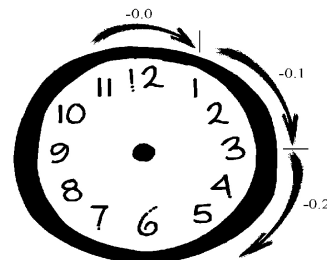
The competitor is judged on the skills completed on the bed of the trampoline. Skills must land with both feet on the bed simultaneously. A stretch jump (out-bounce) is optional after the last skill.

1. Lack of form, head position, arm position, individual constant height, deviation from the center, and lack of control in each skill . . . . . 0.1-0.8 pt
  - 1.1 To be included in the 0.1-0.8 skill deductions, for tuck, pike or straddle position (jumps & single somis). . . . . 0.1 - 0.2 pt
    - 1.1.1 A touch with arms pressed down to sides fully . . . . . 0.0 pt
    - 1.1.2 A touch with arms not fully pressed down to sides . . . . . 0.1 pt
    - 1.1.3 A touch only . . . . . 0.2 pt
  - 1.2 NOTE: A dragging of the feet on a back drop or ball-out that occurs before the return to feet that **does not** cause a depression of the bed (brushing) will be considered in the 0.1-0.8 aesthetic deduction.
  - 1.3 If a coach stands between the judges and the athlete without moving blocking a judge's view of a skill or skills - an 0.8 pt. aesthetic deduction will be taken on that skill(s). There will not be any consideration to the score point spread.

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

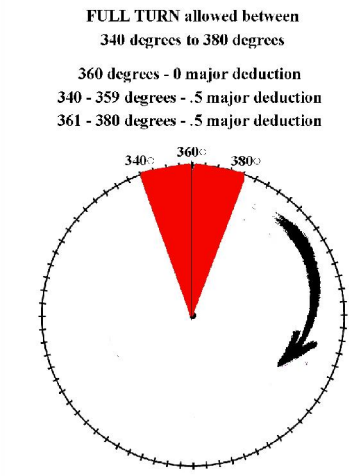
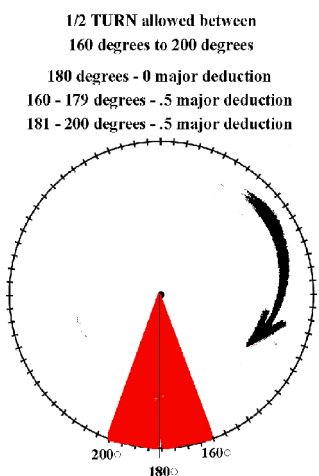
3. Deductions for a kick out (opening of a somersault) is only based on the position of the opening of the somersault without regard to the style
  - 3.1 Kick out between 12:00 and 1:00 o'clock . . . . . 0.0 pt
  - 3.2 Kick out between 1:00 and 3:00 o'clock . . . . . 0.1 pt
  - 3.3 Kick out after 3:00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

Reference body positions to the face of a clock.



**DEDUCTIONS TAKEN ON THE INSTRUCTION OF THE SUPERIOR JUDGE - p1**

1. Talking to or giving any signal to a competitor by his own spotters or coach during the routine (maximum per pass). . . . . 0.3 pt  
**NOTE:** Coaching in any capacity to indicate the required number of bounces needed to initiate a trampoline routine will be considered a coaching deduction 0.3 pts.
2. Not performing at least three (3) straight jumps prior to initiating their first skill in order to use the elasticity of the bed . . . . . 0.5 pt
3. If a competitor executes more than the number of contacts defined in the pass requirements (maximum) . . . . . 1.0 pt
4. Each intermediate straight jump will receive a 1.0 deduction (per straight jump). **Intermediate straight jumps do not receive aesthetic deductions, but do count as contacts. EXCEPTION:** In the Elite Levels, a straight jump will cause termination of the pass. In the case of an interrupted routine, if the last bounce is a straight jump, it will be considered an out-bounce, not an intermediate jump as long as it meets the requirements of an out-bounce.
5. Repeated skills
  - 5a. Beginner, Novice, & Intermediate. A repeated skill will receive a 0.5 deduction. NOTE: A skill is not considered a repeat if performed in a different position or performed in a combination (entered into or exited out of in a different manner..
  - 5b. Sub-Advanced & Advanced. Repeated difficulty skills will result in loss of difficulty. There is not penalty for repeating non-difficulty skills.
  - 5c. Return to feet is permitted without being a repetition.
6. Any omitted compulsory skill or skills or not meeting pass requirements (maximum) . . . . . 2.0 pt
7. Dragging the feet that causes a depression of the bed should be considered a separate, additional contact with the bed and counted the same as a return to feet (in upper levels - 0.1 difficulty).
8. Performing an illegal skill will result in termination, loss of skill, a 2.0 deduction, and may also result in a 3.0 deduction if from a higher level.
9. Exceeding level/pass maximums (**NOTE:** Will also result in a 3.0 pt. deduction.). . . . . 2.0 pt
10. Each ½ and 1/1 turn (feet to feet) that is short or long by 20° . . . . . 0.5 pt
  - 10.1 A jump ½ turn will be accepted between 160 and 200 degrees. Anything longer will result in a 0.5 pt major deduction. Anything shorter will be called a straight jump. If the skill begins or ends facing the side pad, the pass will be terminated.
  - 10.2 A jump 1/1 turn will be accepted between 340 and 380 degrees. Anything shorter or longer will result in a 0.5 pt major deduction. Anything shorter will be called a ½ turn. If the skill begins or ends facing the side pad, the pass will be terminated with a loss of skill (unless it is the last skill)



**DEDUCTIONS TAKEN ON THE INSTRUCTION OF THE SUPERIOR JUDGE - p2**

11. Attempt of an out-bounce that does not go straight up and down (*with arms up*) using the elasticity of the bed will be considered instability and the appropriate landing deduction will be taken.  
EXCEPTION: An out bounce for Advanced and Elite levels that travels forward or backward and stays inside the box or travels back into the box will not lose the 0.2 deduction for two steps.

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

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

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

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

13.1 Instability Steps . . . . . 0.1-0.3 pt

When judging instability, the competitor should stop and hold the landing for three seconds prior to turning to salute. Counting to 3. Regardless of the size of the step(s), taking one step results in a 0.1 deduction; taking two steps results in a 0.2 deduction; and taking three or more steps results in a 0.3 deduction.

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

If an out-bounce is not automatic or does not travel straight up and down - it will be considered instability. EXCEPTION: An out bounce for Advanced and Elite levels that travels forward or backward and stays inside the box or travels back into the box will not lose the 0.2 deduction for two steps.

**NOTE: 13.2 - 13.8 will also result in loss of skill and termination of pass**

- 13.2 Touching the bed with one hand . . . . . 0.4 pt
- 13.3 Touching the bed with both hands (unless behind body) . . . . . 0.5 pt
- 13.4 Touching the bed with elbow(s), knee(s) or hand(s)/knee(s) . . . . . 0.6 pt
- 13.5 Touching the bed with the seat and/or touching hand(s) or elbows on the bed behind body . . . . . 0.7 pt
- 13.6 Falling to the stomach, back, or head . . . . . 0.8 pt
- 13.7 Touching the landing or suspension system, pads, frame or spotter mat . . . . . 0.9 pt
- NOTE: (including if while performing a skill (back drop, front drop, or 3/4) an athlete's hair (i.e. pony tail) hits the end pads, side pads, or springs.
- 13.8 Falling off the trampoline . . . . . 1.0 pt

NOTE: If a landing zone is pushed up against a wall and the athlete hits the landing mat, it is the same deduction(s) as falling off the trampoline - 1.0 pt.

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

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## DUTIES OF THE DIFFICULTY JUDGE

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

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

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

- 1.1 1/4 somersault (90) degrees . . . 0.1 pt
  - 1.2 3/4 somersault (270 degrees) . . . 0.3 pt
  - 1.3 1/1 somersault (360 degrees) . . . 0.5 pt
  - 1.4 ½ twist (180) degrees) . . . . . 0.1 pt
  - 1.5 1/1 twist (360 degrees) . . . . . 0.2 pt
2. Skills without twist or rotation have no difficulty value.
  3. In skills combining somersault and twist, the difficulty values of the somersault and twist are added together.
  4. Single somersaults executed in the straight or pike position will be awarded any extra 0.1 pt. provided that there are 360° of somersault rotation without twist.
  5. Multiple somersaults (2/1 or more), with or without twists, will be awarded an extra 0.1 pt. for each 360° of somersault executed in the straight or pike position.

## DUTIES OF THE SUPERIOR JUDGE

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



**METHOD OF SCORING.**

**BEGINNER through INTERMEDIATE**

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

**SUB-ADVANCED**

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

**ADVANCED through ELITE OPEN**

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

**SYNCHRONIZED TRAMPOLINE**

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

2. Competition Jury - 9	Superior Judges	
	Trampoline No. 1	1
	Trampoline No. 2	1
	Difficulty Judges	
	Trampoline No. 1	1
	Trampoline No. 2	1
	Aesthetic - Judges	
	Trampoline No. 1	2
	Trampoline No. 2	2
	Synchronization Judge	1

**The Superior Judge is responsible for determining the validity of the final scores.**

## **COMPETITION PROCEDURES**

### **BEGINNERS**

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

**FINALS** - No finals.

### **NOVICE through INTERMEDIATE**

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

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

**FINALS** - No finals.

### **SUB-ADVANCED**

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

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

**FINALS** - No finals.

### **COMPETITION CARDS - REQUIRED**

The competition card must be handed in before the first athlete of the flight begins their warm up (unless on another event). In optional routines, changes to the skills written on the competition card are permitted. There is no deduction for deviation from the routine listed on the competition card.

### **ADVANCED & AGE GROUP ELITE**

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

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

### **COMPETITION CARDS - REQUIRED**

The competition card must be handed in before the first athlete of the flight begins their warm up (unless on another event). In optional routines, changes to the skills written on the competition card are permitted. There is no deduction for deviation from the routine listed on the competition card.

### **FINALS**

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

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

### **ELITE OPEN**

Competition procedures are the same as advanced and Age Elite.

### **COMPETITION CARDS - REQUIRED**

The competition card must be handed in before the first athlete of the flight begins their warm up (unless on another event). 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.

## PROTESTS

Fees:   \$ 50 - Invitational  
           \$100 - State Championship  
           \$100 - Team Trial  
           \$100 - National Championship

A protest can only be made at levels of competition that have difficulty points and/or black and white situations (i.e., number of skills, positions, etc.). A protest cannot be filed against an athlete from another club.

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

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

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

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

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

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

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

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

Arbitration juries may view the video in slow motion. In the event that the video at any competition is not able to provide slow motion replay for decision making in a protest, the athlete's coach's video will be allowed to be used, for resolving the protest.

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

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

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

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

## ARBITRATION JURY

### Composition

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

### Procedure

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

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

## TEAM POINTS

### TEAM POINTS

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

### RESULTS

1. A complete copy of the results (along with the Meet Director's Report and Judges' Reports) must be sent to the National Office and the State Chair within two weeks of the competition.

### NATIONAL COMPETITION PROMOTION RULE

1. **BEGINNER through SUB-ADVANCED:** A competitor must advance to the Next level of trampoline (*with the exception of 6 & under age groups*) at the upcoming season as follows:
  - 1.1 Top 1 place must move up to the next level if there are 5-9 competitors in the age group.
  - 1.2 Top 3 places must move up to the next level if there are 10-19 competitors in the age group.
  - 1.2 Top 5 places must move up to the next level if there are 20 or more competitors in the age group.
  - 1.3 All ties for the final cut-off position will be required to move up a level.
2. **ADVANCED through ELITE:** No promotion rule.

## LEVELS

### BEGINNER

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

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

The three (3) compulsory skills are Straight Jump with ½ Twist (180°), Pike Jump or Tuck Jump, and a Front or Back Contact. NOTE: The Straight Jump with ½ Twist (180°) MUST originate from and return to the feet. The Front or Back Contact requirement skill does not have to originate from the feet.

### NOVICE

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

Maximum of two (2) semis.

The four (4) compulsory skills are a Front Somersault (any position) *or* a Back Somersault (any position), ½ turn, pike jump and a Front or Back Contact (this could include, but is not limited to airplane [½ turn to a front drop]), front drop, back drop). NOTE: The Straight Jump with ½ Twist must originate from the feet and end on the feet. The Front or Back Contact requirement does not have to originate from the feet.

### INTERMEDIATE

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

The four (4) compulsory skills are a Straight Jump with 1/1 (360°) twist, a Front Somersault (any position - no twist), a Back Tuck Somersault, and a Front or Back Contact (this could include, but is not limited to airplane [½ turn to a front drop]). NOTE: The Straight Jump with 1/1 Twist must originate from the feet and end on the feet.

### SUB-ADVANCED

Sub-Advanced trampoline competition consists of one (1) routine with ten (10) contacts (skills) with the bed. There are three (3) compulsory skills and seven (7) optional skills to be included within the ten (10) skills with no particular order. The routine must include the three (3) compulsory skills plus two (2) optional somies with no maximum of single somersaults. The three (3) compulsory skills are Back Somersault Layout Position, 3/4 Front or 3/4 Back Somie, Baran Tuck. Maximum - 4.8 pt. difficulty.

### ADVANCED

1. **Preliminaries** - Difficulty cap of 7.4  
One ten (10) bounce optional routine.  
Minimum of seven (7) somies and 4.9 difficulty.  
Any repeated difficulty skills will result in loss of difficulty for the repeated skill, but will still count as a skill.
2. **Finals** - Optional at Invitational & State Competitions; mandatory at Nationals) Difficulty cap of 7.4.  
One ten (10) bounce optional routine (may be the same as the preliminary routine).

### AGE ELITE

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. All skills must have a 270 degree rotation.
  - 1.3. **Minimum of ten (10) skills with a minimum of 270° rotation and a 7.5 difficulty without repeats.**
    - 1.3.1. Performing a skill without a 270° rotation will result in termination and loss of that skill.
    - 1.3.2 Failure to meet the 7.5 pt. minimum difficulty without repeats will result in a 2.0 pt. aesthetic deduction. A competitor may not advance to finals if they do not meet the minimum difficulty score requirements.
  - 1.4. Any repeated difficulty skills will result in loss of difficulty for the repeated skill, but will still count as a skill.
  - 1.5. No difficulty points will be awarded for any skill which has a degree of difficulty of 1.1 pt. or more which does not terminate on the feet. Loss of skill, termination, and 2.0 deduction. NOTE: The USTA does not recommend the use of these skills at any time during competition or training.

## **LEVELS - p2**

### **AGE ELITE**

#### **2. Finals**

- 2.1. The competitors with the top ten (10) scores from the preliminaries will advance to finals as long as the minimum difficulty score of 7.5 pt. is met. In the event of a tied score with the 10<sup>th</sup> scoring athlete, all athletes with the same scores will be eligible to compete in finals.
- 2.2. The optional final pass will consist of ten (10) contacts with a minimum difficulty of 7.5 pt without repeats.
- 2.3. Performing a skill without a 270° rotation will result in termination with loss of that skill.
- 2.4. Preliminary Rules 1.1. through 1.5. apply.
- 2.5. 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.
- 2.6. There is no new life. Preliminary Scores will be added to Final Scores.

### **ELITE OPEN**

#### **1. Preliminaries**

- 1.1. One (1) Compulsory Pass and One (1) Optional ten bounce routines. All skills must have a minimum of 270° rotation.
- 1.2. The Compulsory Pass will consist of ten (10) contacts with four (4) compulsory skills - back full, back pike, barani pike, and double somi. All skills must have a minimum rotation of 270°. No difficulty will be awarded. A 0.5 pt. deduction will be taken on repeated difficulty skills. The Optional Pass will consist of ten (10) contacts with a minimum difficulty of 7.5 pt. without repeats. Any repeated difficulty skills will result in loss of difficulty for the repeated skill, but will still count as a skill.

#### **2. Finals**

- 2.1. The competitors with the top ten (10) scores from the preliminaries will advance to finals as long as the minimum difficulty score of 7.5 pt. is met. In the event of a tied score with the 10<sup>th</sup> scoring athlete, all athletes with the same scores will be eligible to compete in finals.
- 2.2. One (1) Optional Ten Bounce Routine.
- 2.3. Minimum difficulty of 7.5 pt. without repeats.
- 2.4. All skills must have a minimum of 270° rotation.

**BEGINNER DIVISION - TRAMPOLINE**

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

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

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

**PASS REQUIREMENTS**

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

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

The three (3) compulsory skills are:

1. Straight Jump with ½ Twist (180°). **NOTE:** The Straight Jump with ½ Twist (180°) **MUST** originate from and return to the feet.
2. Pike Jump or Tuck Jump **MUST** originate from and return to the feet
3. Front or Back Contact. **NOTE:** The Front or Back Contact requirement skill **does not** have to originate from the feet.
4. The seven (7) optional skills must be selected from the list below.

LIST OF SKILLS PERMITTED	LIST OF SKILLS NOT PERMITTED
<ol style="list-style-type: none"> <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. Somersaults</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>

\*A jump ½ turn (feet to feet) will be accepted between 160 and 200 degrees. Anything longer will result in a 0.5 pt major deduction. Anything shorter will be called a straight jump. If the skill begins or ends facing the side pad, the pass will be terminated.

\*\*A jump 1/1 turn (feet to feet) will be accepted between 340 and 380 degrees. Anything shorter or longer will result in a 0.5 pt major deduction. Anything shorter will be called a ½ turn. If the skill begins or ends facing the side pad, the pass will be terminated.

**SAMPLE PASSES**

1. Tuck Jump, Straddle Jump, Seat Drop, ½ Turn to Seat, Return to Feet, ½ Turn, Seat Drop, To Feet, Front Drop, To Feet.
2. Tuck Jump, Straddle Jump, Seat Drop, to Feet, ½ Turn, Seat Drop, To Front Drop, To Feet, Back Drop, To Feet
3. Tuck Jump, Straddle Jump, Pike Jump, Seat Drop, To Feet, ½ Turn, Front Drop, To Feet, Seat Drop, ½ Turn To Feet
4. Tuck Jump, Straddle Jump, Seat Drop, ½ Turn to Seat, To Feet, ½ Turn, Pike Jump, Back Drop, Front Drop, To Feet



**DIFFICULTY** There is no difficulty awarded at the Beginner Level of Trampoline.

**REPEATS**

No Repeats allowed (except return to feet) - repeated skills will result in a 0.5 pt. deduction. At this level, a skill will not be considered a repeat if it is entered into or exited from in a different manner. Example: Seat drop-return to feet is different from Seat drop-½ return to feet; Seat drop to front drop-return to feet is different from Seat drop-return to feet and different from Front drop-return to feet.

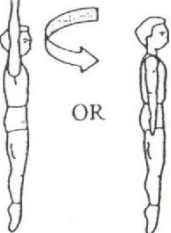


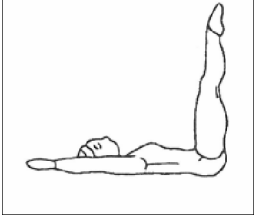

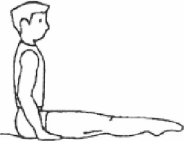
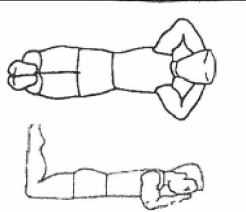

Combination skills which may be used without a repeat penalty involve two (2) contacts with the bed and also a rebound back to the feet. Each contact with the bed represents a "skill" and must be counted in the TEN (10) CONTACT requirement. Twists may be included between skills prior to the contact for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

1. Swivel Hips
2. Seat Drop to Stomach Drop
3. Front Drop to ½ Turn to Front Drop (½ Turntable)
4. Front Drop to 1/1 Turn to Front Drop (1/1 Turntable)
5. Seat Drop to 1/1 Turn to Seat Drop (Barrel Roll)
6. Back Drop to ½ Turn to Back Drop (Cradle)
7. Back Drop to 1/1 Turn to Back Drop (Cat Twist)
8. All of these combinations may be followed by a ½ or 1/1 twist when returning to the feet.

**LEVEL SPECIFIC DEDUCTIONS**

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

**FINALS** - No finals in the Beginner Division.

			
<p>Full Turn</p>	<p>Tuck Jump</p>	<p>Pike Jump</p>	<p>Back (Contact) Drop</p>
			 <p>&lt; 135°</p>
<p>Pike Straddle Jump</p>	<p>Seat Drop</p>	<p>Front (Contact) Drop</p>	<p>Pike Straddle Jump</p>

**NOVICE DIVISION - TRAMPOLINE**

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

**PASS REQUIREMENTS**

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

**MAXIMUM OF TWO (2) SOMIES.**

The four (4) compulsory skills are:

1. Front Somersault (any position) *or* a Back Somersault (any position) - **non-twisting**, 360 degree rotational, single somersault - *MUST* originate from and return to the feet
2. ½ Turn - *MUST* originate from and return to the feet
3. Pike Jump - *MUST* originate from and return to the feet
4. Front or Back Contact (this could include, but is not limited to airplane [½ turn to a front drop]), front drop, back drop). Does NOT have to originate or return to the feet.

**MAXIMUM: Two (2) somies**

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

LIST OF SKILLS PERMITTED	LIST OF SKILLS NOT PERMITTED
<ol style="list-style-type: none"> <li>1. Beginner Skills</li> <li>2. Back Somersault (Tuck, Pike, or Layout [Straight])</li> <li>3. Front Somersault (Tuck, Pike, or Layout [Straight])</li> <li>4. Routine may include two somi's maximum.</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 270° (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.** There is no difficulty awarded at the Novice level of trampoline.

**REPEATS**

No Repeats allowed (except return to feet) - repeated skills will result in a 0.5 pt. deduction. At this level, a skill will not be considered a repeat if it is entered into or exited from in a different manner. Example: Seat drop-return to feet is different from Seat drop-1/2 return to feet; Seat drop to front drop-return to feet is different from Seat drop-return to feet and different from Front drop-return to feet.

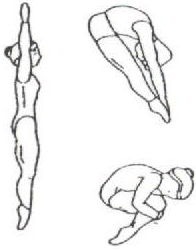

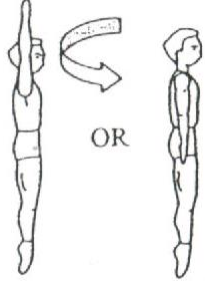

Combination skills which may be used without a repeat penalty involve two (2) contacts with the bed and also a rebound back to the feet. Each contact with the bed represents a "skill" and must be counted in the TEN (10) CONTACT requirement. Twists may be included between skills prior to the contact for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

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

**LEVEL SPECIFIC DEDUCTIONS**

1. A routine consisting of over two (2) somersaults will result in a 2.0 pt deduction.  
 \*NOTE: Will also result in a 3.0 deduction for exceeding pass/level maximums.
2. A routine with any omitted compulsory skill(s) or not meeting pass requirements will receive a maximum deduction of 2.0.

**FINALS** - No finals in the Novice Division.

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

## INTERMEDIATE DIVISION - TRAMPOLINE

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

### REQUIREMENTS

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

There are four (4) compulsory skills\* and six (6) optional skills (one of which must be an optional somi) to be included within the ten (10) skills with no particular order. NOTE: A ¾ Front or Back may be used as the Front or Back Contact, but **not** as a somersault.

The four (4) compulsory skills are:

1. Straight Jump with 1/1 twist. MUST originate from and return to the feet.
2. Front Somersault - 360 degree rotational single non-twisting somersault (any position).
3. Back Tuck Somersault
4. Front or Back Contact (this could include, but is not limited to airplane [½ turn to a front drop]). MAY, but **does not have to end on the feet.**
5. One optional somersault (may twist)

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

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

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

LIST OF SKILLS PERMITTED	LIST OF SKILLS NOT PERMITTED
<ol style="list-style-type: none"> <li>1. Beginner Skills</li> <li>2. Novice Skills</li> <li>3. Back Somersault* (Tuck, Pike, or Layout [Straight])</li> <li>4. Front Somersault* (Tuck, Pike, or Layout [Straight])</li> <li>5. Barani (Tuck, Pike, or Layout [Straight])</li> <li>6. 3/4 Front or 3/4 Back</li> <li>7. Porpoise (Constitutes a front somi)</li> <li>8. Back or Front Somersault with 180° Twist</li> <li>9. Arabian Front</li> </ol>	<ol style="list-style-type: none"> <li>1. All skills that involve landing on the knees</li> <li>2. Doggie Drops (Hands &amp; Knees)</li> <li>3. Knee Drops</li> <li>4. Somersaults over 360° in rotation</li> <li>5. Somersaults over 180° twist</li> </ol>

### SAMPLE PASSES

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

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

## **REPEATS**

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

At this level, a skill will not be considered a repeat if it is entered into or exited from in a different manner. Example: Seat drop-return to feet is different from Seat drop- $\frac{1}{2}$  return to feet; Seat drop to front drop-return to feet is different from Seat drop-return to feet and different from Front drop-return to feet.

A  $\frac{3}{4}$  back (or front) done in a different position will be considered a different skill in determining repeats.

## **LEVEL SPECIFIC DEDUCTIONS**

1. A routine consisting of over five (5) somis will result in a 2.0 pt. deduction.  
\*NOTE Will also result in a 3.0 deduction for exceeding pass/level maximums.
2. A routine without an optional somi will result in a 1.0 pt. deduction (maximum).
3. A routine without one of the compulsory skills will result in a 2.0 pt. deduction (maximum).

**SUB-ADVANCED DIVISION - TRAMPOLINE**

**AGE GROUPS** - Boys and Girls will not compete against each other. There shall be separate divisions for each.  
 Girls Age Groups are: 8 & Under; 9-10 yrs.; 11-12 yrs.; 13-14 yrs.; 15-16 yrs.; 17 & Over  
 Boys Age Groups are: 8 & Under; 9-10 yrs.; 11-12 yrs.; 13-14 yrs.; 15-16 yrs.; 17 & Over

**REQUIREMENTS**

Sub-Advanced trampoline competition consists of one (1) routine with ten (10) contacts (skills) with the bed. There are three (3) compulsory skills and seven (7) optional skills to be included within the ten (10) skills with no particular order. All compulsory skills must start from and end on the feet.

The three (3) compulsory skills are:      Back Somersault Straight Position  
   \*3/4 Front or 3/4 Back (must originate on the feet)  
   Barani Tuck

The routine must include a minimum of four (4) somersaults; the three (3) compulsory skills plus two (2) optional somies with no maximum of single somersaults. **Maximum 4.8 difficulty.**

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

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

**MAXIMUM: 4.8 pt. difficulty.**

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

**SAMPLE PASSES**

1. Back Straight, Straddle Jump, Back Pike, Tuck Jump, Back Tuck, Barani Tuck, Seat Drop, To Feet, 3/4 Front (or 3/4 Back), Return to Feet; 2.7 DD
2. Back 3/4, To Feet, Straddle Jump, Back Straight, Pike Jump, Back Pike, Rudi, Back Tuck, Barani Tuck, Front Tuck; 4.0 DD
3. Full Twisting Back Somersault, Tuck Jump, Barani Tuck, Back Tuck, Rudi, Back Straight, Barani Straight, Pike Jump, 3/4 Front, ½ Turn to Feet; 4.3 DD
4. Back Straight, Barani Straight, Back Tuck, Barani Tuck, Back Pike, Barani Pike, Pike Jump, ½ Turn, 3/4 Front, ½ Turn Return to Feet; 4.1 DD

**DIFFICULTY** - Difficulty is awarded at the Sub-Advanced level.  
Refer to the Difficulty Chart on page 36.

**REPEATS**

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

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

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

**LEVEL SPECIFIC DEDUCTIONS**

1. Lack of any of the two (2) optional somersaults will result in a 1.0 deduction per somi.
2. Lack of any compulsory skill will result in a 2.0 deduction (maximum).
3. Not turning in the required trampoline competition card before the first athlete of the flight begins will result in a 0.5 pt. deduction.
4. Skills are limited to those with a value of 0.8 pt. difficulty or less. Performing a skill with a difficulty value of more than 0.8 pt. will result in termination, loss of skill, loss of difficulty, and a 2.0 deduction for use of an illegal skill.
5. Exceeding 4.8 pt. maximum difficulty will result in a 2.0 deduction (difficulty above the 4.6 will be awarded as long as all of the skills are legal at this level and are not repeats).

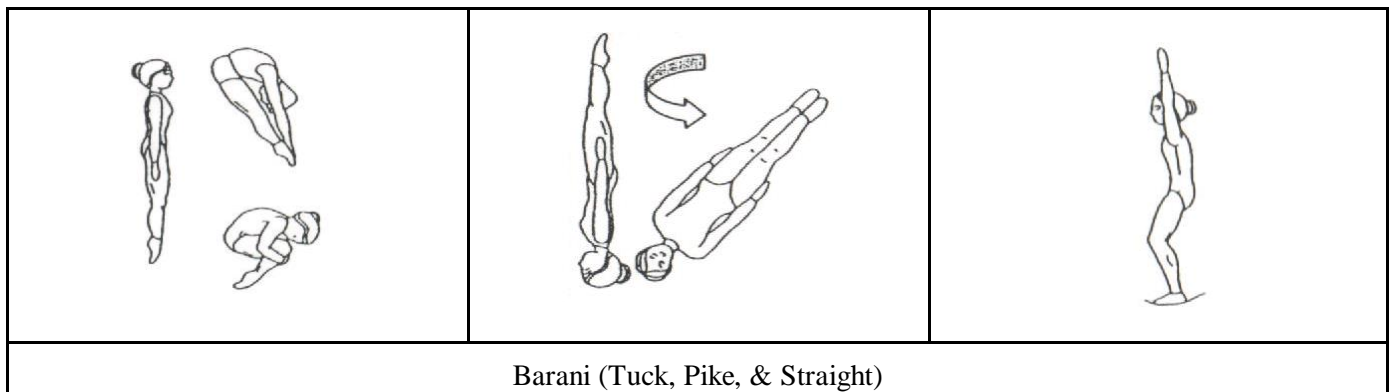
**\*NOTE: 4 & 5 - Will also result in a 3.0 deduction for exceeding pass/level maximums.**

**COMPETITION CARDS - REQUIRED**

The competition card must be handed in before the first athlete of the flight begins their warm up (unless on another event).

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

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



## ADVANCED DIVISION - TRAMPOLINE

**AGE GROUPS** - Boys and Girls will not compete against each other. There shall be separate divisions for each.  
Girls Age Groups are: 8 & Under; 9-10 yrs.; 11-12 yrs.; 13-14 yrs.; 15-16 yrs.; 17 & Over  
Boys Age Groups are: 8 & Under; 9-10 yrs.; 11-12 yrs.; 13-14 yrs.; 15-16 yrs.; 17 & Over

## REQUIREMENTS

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

### 1. Preliminaries

1. One ten (10) contact optional routine. After 10 completed skills, the 11th jump will be considered an out bounce unless it has rotation.
2. Minimum of seven (7) somies and 4.9 difficulty.
3. Any repeated difficulty skills will result in loss of difficulty for the repeated skill, but will still count as a somi.
4. Non-difficulty skills may be repeated without a deduction.
5. No difficulty points will be awarded for any skill which has a degree of difficulty of 1.1 pt. or more which does not terminate on the feet. Loss of skill, termination, and 2.0 deduction. NOTE: The USTA does not recommend the use of these skills at any time during competition or training.
6. Pass Difficulty Cap - 7.4 difficulty.
  - 6a. All Competitions EXCEPT Nationals: Exceeding Cap will result in a 2.0 and 3.0 major deductions with full difficulty being awarded if legal skills.
  - 6b. At Nationals, exceeding the cap will result a 2.0 and 3.0 major deductions with the capped difficulty being awarded if legal skills.

### 2. Finals

1. One ten (10) contact optional routine (may be the same as the preliminary routine).
2. Preliminary Rules 1 through 6 apply.
3. The competitors with the top ten (10) scores from the preliminaries will advance to finals. In the event of a tied score with the tenth scoring athlete, all athletes with the same scores will be eligible to compete in finals.
4. The starting order for the finals will be in the order of merit, the competitor with the lowest preliminary score will be going first.
5. **NATIONALS ONLY:** 7.4 difficulty cap.
  - 5a. All Competitions: Exceeding Cap EXCEPT Nationals will result in a 2.0 and 3.0 major deductions with full difficulty being awarded if legal skills.
  - 5b. At Nationals, exceeding the cap will result a 2.0 and 3.0 major deductions with the capped difficulty being awarded if legal skills.

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**MINIMUM: Seven (7) Somies and 4.9 Difficulty; MAXIMUM: 7.4 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, Barani Tuck, Back with a Full Twist, 3/4, Back Cody, Back Tuck, 3/4 Front, Rudi Ball-out, Tuck Jump, Back with a Double Twist; 5.8 DD
3. Back Tuck, Barani Tuck, Back Pike, Barani Pike, Back Straight, Barani Straight, Tuck Jump, Back Full, Rudi, Front Pike; 5.6 DD



**DIFFICULTY** - Refer to the Difficulty Chart on page 36.

Position awarded for Double Somersaults is determined by the lesser position. i.e. A tuck-in pike out will be given difficulty for a double tuck.

**REPEATS**

1. During the routine, all repeated Difficulty Skills will result in loss of difficulty. Skills having the same amount of rotation, but performed in the tucked, piked, and straight positions are considered to be different skills and not repetitions.
2. The tucked and pucked positions are considered to be the same.
3. Multiple somersaults (of more than 360°) having the same number of twists and somersaults will not be considered a repetition if the twist is located in different phases of the skill.
4. A 3/4 back (or front) done in a different position will be considered a different skill in determining repeats, but will not receive bonus difficulty. All 3/4 back or front somersaults will receive a 0.3 difficulty.
5. There is no deduction for repeating non-difficulty skills.

**LEVEL SPECIFIC DEDUCTIONS**

1. Failure to have seven (7) somies and/or a minimum of 4.7 difficulty will result in a deduction of 2.0 pt.  
**MAXIMUM 2.0 pt per pass.**
2. Performing a skill with 1.1 difficulty or more that does not end on the feet will result in termination, loss of skill, and a 2.0 deduction.
3. Not turning in the required trampoline competition card before the first athlete of the flight begins their warm up (unless on another event) will result in a 0.5 pt. deduction.
4. For exceeding difficulty cap at all competitions, a total combined deduction of 5.0 pt. (2.0 for exceeding cap and 3.0 in place of the mandate rule).

**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.**

**At the Advanced Level of Trampoline, an out bounce that travels forward or backward and stays inside the box or travels back into the box will not lose the 0.2 deduction for two steps.**

**COMPETITION CARDS - REQUIRED**

The competition card must be handed in before the first athlete of the flight begins their warm up (unless on another event). Deduction 0.5 pts.

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

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

**NATIONAL CHAMPIONSHIPS**

- ◆ A competitor will automatically qualify to compete at Nationals in the Advanced level if he/she competes at their State Championship in the Advanced Level of Trampoline; however, the competitor must have competed in the Advanced Level of competition at a USTA Sanctioned competition (during that competition season) prior to their state meet.

## TRAMPOLINE - AGE ELITE DIVISION

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

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

Girls & Boys Age Groups: 10 & Under, 11-12 yrs, 13-14 yrs, 15-16 yrs, 17 & Over

## REQUIREMENTS

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

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**MINIMUM: Ten (10) Skills with a 270 degree rotation and a 7.5 Difficulty**

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### Preliminaries

1. One ten (10) contact optional routine. After 10 completed skills, the 11th jump will be considered an out bounce unless it has rotation.
2. All skills must have a 270 degree rotation.
3. **Minimum of ten (10) skills with a minimum of 270 degree rotation and a 7.5 difficulty without repeats.**
  - 3.1 Performing a skill without a 270 rotation will result in termination and loss of that skill.
  - 3.2 Failure to meet the 7.5 pt. minimum difficulty without repeats will result in a 2.0 pt. aesthetic deduction. A competitor may not advance to finals if they do not meet the minimum difficulty score requirements.
4. Any repeated difficulty skills will result in loss of difficulty for the repeated skill, but will still count as a skill.
5. No difficulty points will be awarded for any skill which has a degree of difficulty of 1.1 pt. or more which does not terminate on the feet. Loss of skill, termination, and 2.0 deduction. NOTE: The USTA does not recommend the use of these skills at any time during competition or training.

THE COMPETITORS WITH THE TOP TEN (10) SCORES FROM THE PRELIMINARIES WILL ADVANCE TO FINALS AS LONG AS THE MINIMUM DIFFICULTY SCORE OF 7.5 PT. IS MET. IN THE EVENT OF A TIED SCORE WITH THE 10<sup>TH</sup> SCORING ATHLETE, ALL ATHLETES WITH THE SAME SCORES WILL BE ELIGIBLE TO COMPETE IN FINALS.

### Finals

1. The optional final pass will consist of ten (10) contacts with a minimum difficulty of 7.5 pt. without repeats.
2. Performing a skill without a 270 degree rotation will result in termination with loss of that skill.
3. Preliminary Rules 1 through 5 apply.
4. The starting order for the finals will be in the order of merit, the competitor with the lowest preliminary score will be going first. In the event of ties, the starting order will be decided by draw.
5. There is no new life. Preliminary Scores will be added to Final Scores.

**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.

**LEVEL SPECIFIC DEDUCTIONS**

1. Failure to have ten (10) contact with a minimum of 270 degree rotation and/or a minimum of 7.5 difficulty will result in a deduction of 2.0 pt. **MAXIMUM 2.0 pt per pass.**

**At the AGE 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 height before the start of their pass.**

**At the AGE ELITE Level of Trampoline, after 10 completed skills, the 11<sup>th</sup> jump will be considered an out bounce unless it has rotation.**

**At the AGE ELITE Level of Trampoline, an out bounce that travels forward or backward and stays inside the box or travels back into the box will not lose the 0.2 deduction for two steps.**

**COMPETITION CARDS - REQUIRED**

The competition card must be handed in before the first athlete of the flight begins their warm up (unless on another event). Deduction 0.5 pts.

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

**SCORES**

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

**NATIONAL CHAMPIONSHIPS**

- ◆ A competitor will automatically qualify to compete at Nationals in the AGE ELITE level if he/she competes at their State Championship in the AGE ELITE Level of Trampoline; however, the competitor must have competed in the AGE ELITE Level of competition at a USTA Sanctioned competition (during that competition season) prior to their state meet.
- ◆ After their State Championship has been held, an AGE ELITE athlete cannot compete in any other USTA competition to reach the qualifying score for the Elite Open National Competition

## USTA ELITE OPEN RULES - TRAMPOLINE

### GENERAL RULES

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

**USTA National Team Trials will use the Elite Open Division Trampoline Rules.**

#### ELIGIBILITY

During the current competition season, the athlete must perform a routine with a difficulty of at least **7.5 pt.** at the Elite Open level at a sanctioned USTA competition to be eligible to compete in Elite Open Trampoline. Proof of eligibility is validated by the official scores that are sent into the National Office by Meet Directors. The National Office will develop and maintain a list of athletes qualified for Elite Open Trampoline.



#### AGE GROUPS

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

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

#### **PASS #1, COMPULSORY SKILL PASS**

The Pass with compulsory skills will consist of ten (10) contacts with four (4) compulsory skills - back full twisting somi, back pike, barani pike, and double somi with or without twist.

No difficulty will be awarded.

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

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

#### **PASS #2, OPTIONAL PASS**

The Optional Pass will consist of ten (10) contacts with a minimum difficulty of 7.5 pt. without repeats.

Failure to meet the 7.5 pt. minimum difficulty without repeats will result in a 2.0 pt. aesthetic deduction. A competitor may not advance to finals if they do not meet these minimum difficulty score requirements.

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

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

The competitors with the top ten (10) scores from the preliminaries who performed their compulsory skills in preliminaries and achieved a minimum difficulty score of 7.5 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.

### **FINAL PASS REQUIREMENTS**

The Optional Final Pass will consist of ten (10) contacts with a minimum difficulty of 7.5 pt. without repeats.

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

### **LEVEL SPECIFIC DEDUCTIONS**

1. All skills must have a minimum of 270° rotation. If a skill does not include a minimum rotation of 270° the pass will be terminated at that point.
2. **PASS #1, COMPULSORY SKILL PASS.** Repeated skills will result in a 0.5 pt. deduction.
3. **PASS #1, COMPULSORY SKILL PASS.** Lack of any compulsory skill will result in a 2.0 deduction (maximum).
4. **OPTIONAL PASS & FINAL PASS.** Repeated skills will result in a loss of difficulty.
5. **OPTIONAL PASS & FINAL PASS.** Failure to meet the 7.5 pt. minimum difficulty without repeats will result in a 2.0 pt. aesthetic deduction.

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

### **ORDER OF COMPETITION**

#### **Preliminaries**

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

#### **Finals**

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

### **COMPETITION CARDS - REQUIRED**

The competition card must be handed in before the first athlete of the flight begins their warm up (unless on another event). Deduction 0.5 pts.

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

### **SCORES**

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

## USTA SYNCHRONIZED TRAMPOLINE

### GENERAL RULES

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

1. A synchronized pair consists of two girls or two boys wearing identical competition attire. NOTE: There is no deduction if one of the athletes wears shoes and the other wears socks as long as the footwear meets proper dress requirements. There is no deduction if the nail polish is different.
2. A competitor may compete in only one synchronized pairing of the same sex.
3. Synchronized competitions will consist of preliminaries only.
4. The optional routine requirements for the individual competition are also the same for synchronized competition.
5. Synchronized competition will be for competitors in the Sub-Advanced and Advanced Competition.
6. Both members of Synchronized Competition must have competed at their level of Competition at their State Championships and at least one of the pair must have qualified in their age group to be eligible to compete at the National Championships.
7. Age groups will be the same as in Age-Group Competition.
8. Partners must do the same movement at the same time in the same rhythm and must start facing the same direction. They need not twist in the same direction.
9. There are no finals at the Advanced Division of Synchronized Trampoline
10. There is no difficulty cap at the Advanced Division of Synchronized Trampoline.

**ELIGIBILITY** - During the State Championships, athletes must have entered and competed their level of age-group trampoline and at least one of the pair must have qualified for Nationals in their own age group to be eligible to compete in Synchro Trampoline at the National Championships. Proof of eligibility is validated by the official score sheets that are sent into the National Office by the State Championship Meet Directors. The National Office will develop and maintain a list of athletes qualified and eligible for Synchronized Trampoline.

### LEVELS

Sub-Advanced Division - Refer to Sub-Advanced Trampoline Rules

Advanced Division - Refer to Advanced Trampoline Rules (**Includes Advanced, Elite & Elite Open Competitors**)

### PASS REQUIREMENTS

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

Advanced Synchronized Trampoline - Refer to Advanced Trampoline Rules.

**NOTE:** There are no finals in Synchronized Trampoline

**COMPETITION AGE DETERMINATION** - The age of the older competitor determines the age group.

**ATHLETE ATTIRE - DRESS**

Same sex synchronized pairs must wear identical (mirror image) competition attire (including design, style, cut, color, sleeve length, scrunchies [if worn], and sport bras [if worn and showing]). Failure to wear identical attire will result in each member of the synchronized pair receiving a 2.0 pt. aesthetic deduction per aesthetic judge upon the advice of the Superior Judge. NOTE: The only exception is footwear - there is no deduction if one of the athletes wears shoes and the other wears socks as long as the footwear meets proper dress requirements.

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

- 1. In synchronized competition, both competitors must do same skill in the same position at the same time or the pass will be terminated upon deviation. Competitors may twist in opposite directions without penalty.  
 NOTE: A pair may perform ½ twist to feet and there will be no interruption to the routine even if one of the pair adopts a "tuck" shape at the same point in the skill. In a Barani however, different positions are possible under the above criteria and therefore both partners must adopt the same position.
- 2. In synchronized competition, both competitors must be moving upward or downward at the same time or the pass will be terminated.

**COMPETITION CARDS - REQUIRED**

The competition card must be handed in before the first athlete of the flight begins their warm up (unless on another event). In optional routines, changes to the skills written on the competition card are permitted. There is no deduction for deviation from the routine listed on the competition card.

**DUTIES OF THE DIFFICULTY JUDGES**

- 1. Determine the difficulty of the pass.
- 2. Determine if the competitors in synchronized competition perform the same skills at the same time.
- 3. The pair are deemed to have performed different skills if one of the pair is more than half a skill behind or ahead of the other.

**DUTIES OF THE SYNCHRONIZATION JUDGE**

- 1. Evaluate the Synchronized Performance and write down their marks.
- 2. Subtract their deductions from the maximum mark indicated by the Superior Judge.
- 3. Make and record the following deductions for each unsynchronized landings:
  - 3.1. Landing differences under 1'8" in height . . . . . 0.1-0.3 pt
  - 3.2. Landing differences over 1'8" in height . . . . . 0.4-0.5 pt
  - 3.3. After the 10th skill, not making the same movement (out-bounce or standing still) . . . . . 0.2 pt
- 4. Terminate the pass when difference is so great that one athlete is on the way up and the other is on the way down.

**TRAMPOLINE DIFFICULTY****TUCK PIKE LAYOUT PUCK**

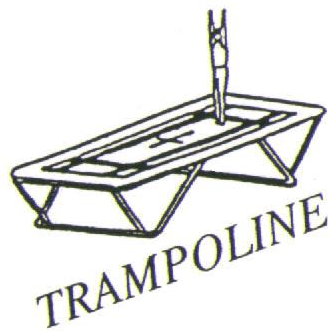
The piked and lay-out positions in double somersaults - both somies must be performed in the same position to receive the difficulty listed.

<b>Tuck Jump</b>	-	-	-	-
<b>Pike Jump</b>	-	-	-	-
<b>Straddle Pike Jump</b>	-	-	-	-
<b>Straight Jump ½ Twist</b>	-	-	.1	-
<b>Straight Jump 1 Twist</b>	-	-	.2	-
<b>Straight Jump 1½ Twist</b>	-	-	.3	-
<b>Straight Jump 2 Twist</b>	-	-	.4	-
<b>¾ Front</b>	.3	.3	.3	-
<b>Front Somersault</b>	.5	.6	.6	-
<b>Ball Out</b>	.6	.7	.7	-
<b>Front Double Somersault</b>	1.0	1.2	1.2	-
<b>Front Somersault ½ Twist (Barani)</b>	.6	.6	.6	-
<b>Barani Ball Out</b>	.7	.7	.7	-
<b>Front Somersault 1 Twist</b>	-	-	.7	-
<b>Front Somersault 1½ Twist (Rudi)</b>	-	-	.8	-
<b>Rudi Ball Out</b>	-	-	.9	-
<b>Front Somersault 2 Twist</b>	-	-	.9	-
<b>Front Somersault 2½ Twist (Randi)</b>	-	-	1.0	-
<b>Front Somersault 3 Twist</b>	-	-	1.1	-
<b>Front Somersault 3½ Twist (Adolph)</b>	-	-	1.2	-
<b>Front Double Somersault ½ Twist (Barani in/Barani out - Fliffis)</b>	1.1	1.3	1.3	-
<b>Front Double Somersault 1 Twist</b>	1.2	1.4	-	-
<b>Front Double Somersault 1½ Twist (Rudi Out)</b>	1.3	1.5	-	-
<b>(Full In Barani Out)</b>	-	1.5	1.5	1.3
<b>(Barani In Full Out)</b>	-	1.5	1.5	1.3
<b>Front Triple Somersault ½ Twist (Barani in/Barani Out - Triffis)</b>	1.6	1.9	-	-
<b>¾ Back</b>	.3	.3	.3	-
<b>Back Somersault</b>	.5	.6	.6	-
<b>Cody</b>	.6	.7	.7	-
<b>Back Double Somersault</b>	1.0	1.2	1.2	-
<b>Back Double Somersault 1 Twist</b>				
<b>(½ In/½ Out)</b>	1.2	1.4	1.4	1.2
<b>(Full In Back Out)</b>	1.2	1.4	1.4	1.2
<b>(Back In Full Out)</b>	1.2	1.4	1.4	1.2
<b>Back Double Somersault 2 Twist</b>				
<b>(Full In Full Out)</b>	-	1.6	1.6	1.4
<b>(½ In Rudi Out)</b>	-	1.6	1.6	1.4
<b>Back Somersault 1 Twist</b>	-	-	.7	-
<b>Back Somersault 2 Twist</b>	-	-	.9	-
<b>Back Somersault 3 Twist</b>	-	-	1.1	-

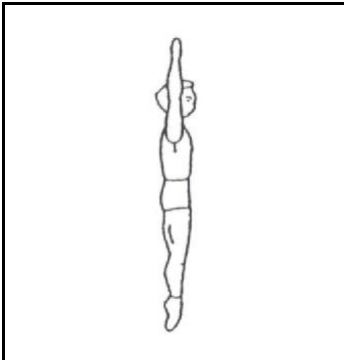


# TRAMPOLINE

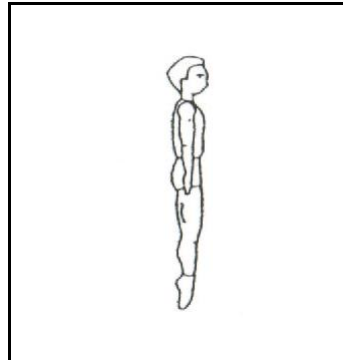
## Guide to Judging



## TRAMPOLINE GUIDE TO JUDGING



For take-off of all skills from the feet and straight jumps, the body should be held straight with arms up and shoulders extended



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

### REQUIRED POSITIONS DURING A PASS

- \* **[The body should be tight at all times]**
- \* **[In the pike and straddle pike positions, the hands should touch the toes]**

In all positions, the feet and legs should be kept together (except straddle jumps) and the feet and toes pointed.

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

In the tuck and pike positions, the thighs should be close to the upper body.

In the tuck position, the hands should touch the legs below the knees.

In the pike position, the hands should touch the toes.

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

The following defines the minimum requirements for a particular body shape.

**Straight Position:** The angle between the upper body and thighs must be greater than  $135^\circ$  and the angle between the thighs and lower leg must be greater than  $135^\circ$ .


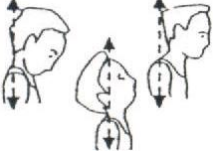
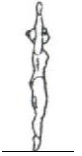



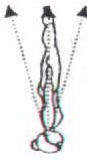
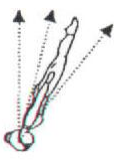
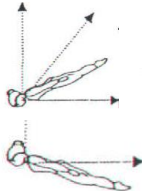
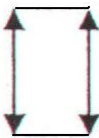
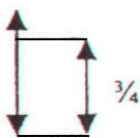
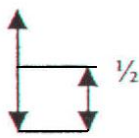
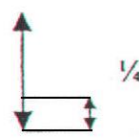

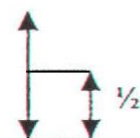
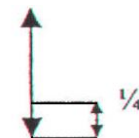

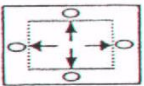
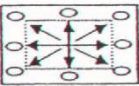
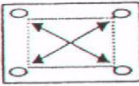


**Pike Position:** The angle between the upper body and thighs must be equal to or less than  $135^\circ$  and the angle between the thighs and the lower legs must be greater than  $135^\circ$ .

**Tuck Position:** The angle between the upper body and thighs must be less than  $135^\circ$  and the angle between the thigh and the lower leg must be less than  $135^\circ$ .

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




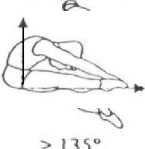


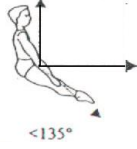
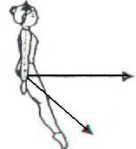
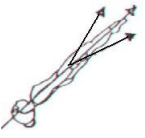
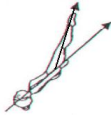
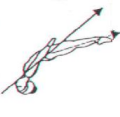
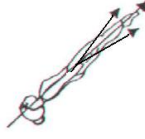
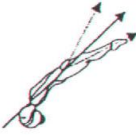

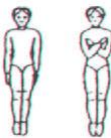



## TRAMPOLINE - GUIDE TO JUDGING

### ADDITIONAL VISUAL AIDS AND CHARTS -


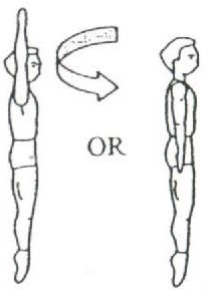
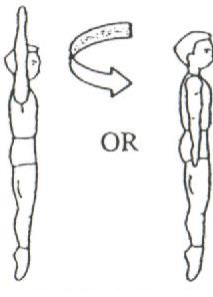




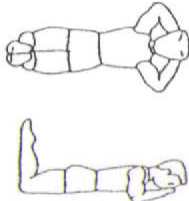
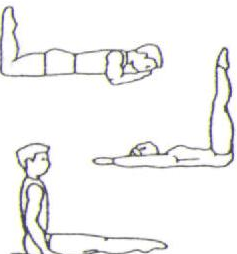
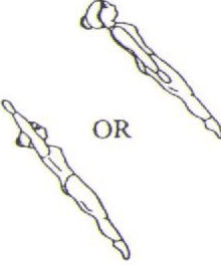



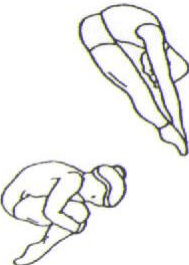


EXAMPLES RANGING FROM GOOD TO BAD						
Position of the Head						
Take-off						
Return to bed Bending of the knees/feet						
Opening the somersault After vertical						
Loss of height Take off from Feet						
Loss of height Take off from front, back, or seat						
Insecurity on the bed						
Tuck position Angle of upper body to thigh						

EXAMPLES RANGING FROM GOOD TO BAD						
Knees apart						
Position of the hands						
After the last skill						
	0.6	0.7	0.8	0.9	1.0	

	0.0	0.1	0.2	0.3	0.4	0.5
Synchronization Difference in landing between two competitors						
Somersaults with twists Position of the Limbs						
Pike position Angle of upper body to thighs						
Position of the legs with respect to horizontal (jump)						

EXAMPLES RANGING FROM GOOD TO BAD						
Position of the hands (jump & somi)						
Straddle jump (piked) Opening of the legs		 <math>< 135^\circ</math>				
Somersaults without twists Angle between chest and thighs	 <math>> 135^\circ</math>					
Multiple somersaults with twist Angle between chest and thighs	 <math>< 135^\circ</math>					
Straight position without twist Bending of the body						
Somersaults without twist Bending of the body						
Somersaults with twist Position of arms						
Puck position Multiple somersaults with twist		 <math>> 120^\circ</math>				

**TRAMPOLINE - GUIDE TO JUDGING**

1. Take-off	1. Position	1. Extension/ Press-out	1. Bed Contact
<p>Half &amp; Full Turn</p> 			
<p>Front Drop</p> 			
<p>Return to Feet from Front, Back, or Seat</p> 			
<p>Front Somersault (Tuck &amp; Pike)</p> 			

## Glossary

**3/4 Somersault** - A skill that initiates from the feet. The somersault contains 270 degrees of forward or backward rotation and is complete when the stomach or back makes contact with the trampoline bed.

**Adolph** - A skill that initiates from the feet. The somersault contains 360 degrees of rotation with a 3 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 45° of somersaulting rotation.

**Cody** - A back skill that initiates from the front and contains 450 degrees of backward somersaulting rotation. The skill is complete when the feet make contact with the bed.

**Cradle** - A skill that initiates from the back with 180° forward rotation. When the athlete reaches vertical a 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 180° 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 (360°)

**Miller** - A double back somersault with a full in, double full out. Difficulty: tuck or puck -1.6; pike or straight -1.8.

**Out-bounce (stretch jump)** - After performing the last skill in individual competitions, the competitor is allowed to do one more jump in a stretched position (out-bounce) using the elasticity of the bed. To be considered an out-bounce, the action must be an automatic repulsion which goes straight up and down (arms must be straight up) or the motion will be considered instability (taking steps).

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

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

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

**Pull-over** - A skill that initiates on the back with 270° of backward somersaulting rotation. The skill is complete when the feet make contact with the trampoline bed.

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

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

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

**Straight position** - The angle between the upper body and thighs must be greater than  $135^\circ$  and the angle between the thighs and lower legs must be greater than  $135^\circ$ . Also called a “lay-out” position.

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