

Trampoline & Tumbling
2018-2019
T210
Annual Update



USA GYMNASTICS
BEGIN HERE. GO ANYWHERE.

Staying Current

The purpose of the T210 education course is to keep the USA Gymnastics Trampoline & Tumbling community informed and updated. The Trampoline & Tumbling Program Committee's goal is to keep the program on a progressive path. Progress requires change and improvements of the competitive rules and program management.

The T210 course will also help to clarify standing rules and their application

2018-2019 T 210



Today we will be discussing changes that have been proposed by the JO, Elite, and Technical Committees, voted on and approved by the Trampoline and Tumbling Program Committee for the upcoming Competitive Season

SafeSport

- **Beginning in 2019 the USOC SafeSport course will be an annual requirement along with the T210 Annual Update for all judges. Coaches are encouraged to take the T210 to get updates as well.**

Reminder All requirements must be complete and on your profile prior to being on the floor of a sanctioned event.

Sanctioned Competitions

**In an attempt to ensure there are no conflicts with
State, Regional Championships and
National Qualifiers.**

**It is recommended that Clubs no longer host
sanctioned events in the months of April and May.**

Rule Changes for All Disciplines

Trampoline * Tumbling * Double Mini

Trampoline Safety Matting

- **Level 5-7 – Sanctioned competitions/clinics utilizing above ground trampolines, must have a minimum of two (2) 5' x 10' x 8" mats behind the end decks on the floor. These mats must be fixed to each other and the end deck frame.**
- **Level 8-Sr Elite – Sanctioned competitions/clinics utilizing above ground trampolines, must have a minimum of two (2) 5' x 13.1' x 8" mats behind the end decks on the floor.**
- **These mats must be fixed to each other and the end deck frame.**

Double Mini Safety Matting

- **Floor safety matting measuring 6.5' x 8" is required to cover the entire length of each side of the double mini-trampoline.**

Jury of Appeal and Appeal Process

At Local, State, Regional, National Competitions.

Jury of Appeal

- **Local, State, Regional**

- **Meet Referee**
- **A Chair of the Judges Panel from a panel not involved in the original decision**
- **One other judge with the appropriate rating**
- **All judges must be free of conflict of interest and not involved in the original call**

- **National Events**

- **Meet Referee**
- **Two additional judges that come from the Technical Committee or the Senior Judges Council**
- **All judges must be free of conflict of interest and not involved in the original call**

Appeal Process – Who?

- **An Appeal can only be filed by**
 - **A Coach for their own athletes score**
 - **A Competitor for their own score**

Appeal Process – How?

- **The written appeal with the appropriate appeal fee must be submitted before the start of the next round “Next round” is the actual competition, not the warm up of the next flight**
- **Following the final flight of of a session or competition the coach or athlete must declare a possible appeal to the Meet Referee within five minutes and must submit the written appeal within 15 minutes of the conclusion of the session.**

Appeal Process What?

- **At Local, State, Regional and National competitions where there is no official video a coach or competitor must provide video from the same angle as the judges' perspective or the perspective designated by the Meet Referee.**
- **The Jury of Appeal will only use video that is from the same angle as the judges' perspective or the perspective designated by the Meet Referee.**
- **Members of the Jury of Appeal may not watch the video individually. They must assemble in a designated location in order to view the video together. The video will be watched in “real time” and a straw poll will be taken, after which, discussion will be held. If necessary the jury may re-watch the video and a straw poll will be taken after each viewing until a conclusion is reached.**
- **Video may not be watched in slow motion or “freeze frame”**

Appeal Process – Conclusion

- **If the official video or video that is submitted by the coach or competitor is inconclusive then the original judges' decision will stand.**

Tie Breaker

Tie Breaker Rules have been added to all Levels

Tie Breaker

- **Trampoline Finals**

- **The gymnast with the higher sum of the E score prevails.**
- **The gymnast with the higher sum of the HD score prevails.**
- **If there is still a tie, the tie will not be broken.**

Tie Breaker

- **Tumbling finals**
 - **The gymnast with the higher sum of the E-score of both passes prevail**
 - **The gymnast with the higher E score of the second pass prevails.**
 - **If there is still a tie, the tie will not be broken.**

Tie Breaker

- **Double Mini-Trampoline Finals**
 - **The gymnast with the higher sum of the E-score of both passes prevail**
 - **The gymnast with the higher E score of the second pass prevails.**
 - **If there is still a tie, the tie will not be broken.**

Flights

Flights should be approximately 10 athletes and may not be scheduled with more than 12 athletes per flight

New Rules

- **Warm up: If a general training or session warm-up is offered and there is no comparable equipment provided in an adjacent facility for warm up, the following flight warm-up will be provided:**

	Trampoline – IND	Trampoline – SYN	Tumbling	Double-mini Trampoline
Level 1-4	2 touches	N/A	2 touches	2 touches
Level 5-7	2 touches	N/A	2 touches	2 touches
Level 8	2 touches	N/A	3 touches	3 touches
Level 9-10	2 touches	1 touch	3 touches	3 touches
YE, JR, O, SR	2 touches	2 touches	3 touches	3 touches

New Rules

- **Warm up: If NO general training or session warm-up is offered and there is no comparable equipment provided in an adjacent facility for warm up, the following flight warm-up will be provided:**

	Trampoline – IND	Trampoline – SYN	Tumbling	Double-mini Trampoline
Level 1-4	2 touches	N/A	2 touches	2 touches
Level 5-7	2 touches	N/A	2 touches	2 touches
Level 8	3 touches	N/A	4 touches	4 touches
Level 9-10	3 touches	1 touch	4 touches	4 touches
YE, JR, O, SR	3 touches	2 touches	4 touches	4 touches

New Rules

- **Warm up: If a general training or session warm-up is offered and there is comparable equipment provided in an adjacent facility for warm up, the following flight warm-up will be provided:**

	Trampoline – IND	Trampoline – SYN	Tumbling	Double-mini Trampoline
YE, JR, O, SR	1 touch	1 touch	2 touches	2 touches

Warm Up

- **For USA Gymnastics Championships, a session warm-up must be provided for all Levels**

Definitions:

- **General training: provided in the days prior to competition**
- **Session warm-up: provided immediately prior to a session of competition (minimum 50 minutes plus minimum 15 minutes stretch time).**
- **Flight warm-up: provided immediately prior to each flight of competition**
- **Session: may not be longer than 3 hours (does not include session warm up)**

Apparel Modification – All JO Levels

- **All JO male and female athletes are allowed to wear skintight leg covering (shorts, mid thigh, mid calf,) They must be in the same color as the leotard/shorts or skin color and may be worn under or on top of the leotard.**

Rule Changes

Levels 1 – Elite

Trampoline

Horizontal Displacement

Synchronized Trampoline

- **For all levels of Synchronized Trampoline there will now be two HD judges, one for each trampoline. The score for two judges will be averaged and that will be the valid score for HD for the routine.**
- **HD will be add to the execution, synchro score and the difficulty when appropriate**

Horizontal Displacement Judges

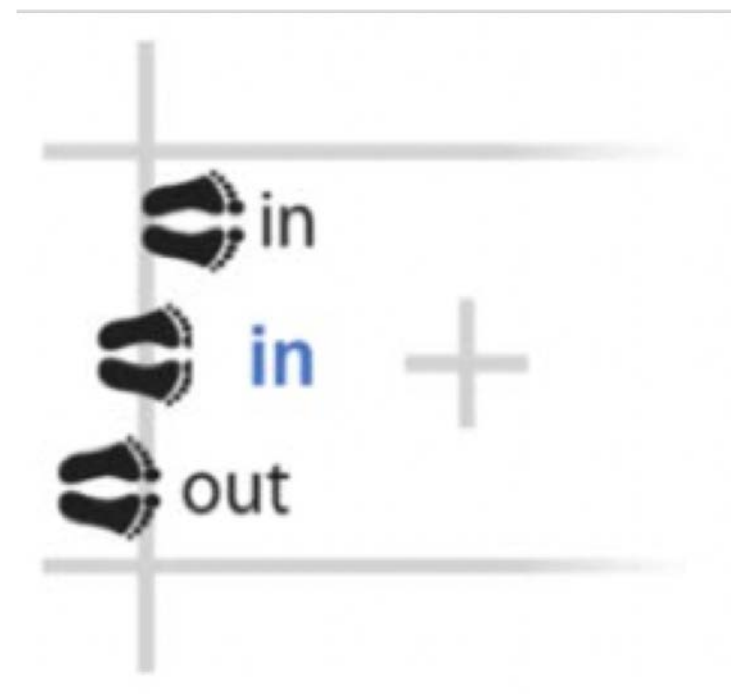
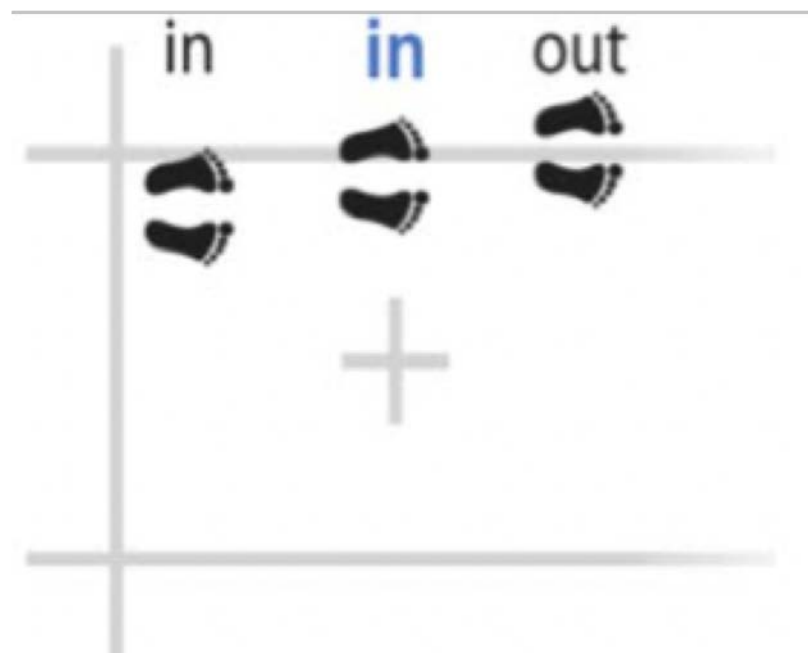
To ensure a proper view of all areas of the trampoline bed, Judges for Horizontal Displacement must stand on the floor next to the trampoline on which the gymnast is competing.

Horizontal Displacement Judge

- **Should a Horizontal Displacement Judge not show their mark when requested by the Chair of the Panel. The Chair of the panel may use the following options to determine the HD Score.**
- **Use video, if one is available for review**
- **Allow the athlete a second attempt**
- **The Chair will provide the score**

Horizontal Displacement

- New protocol for deductions for Horizontal Displacement



Trampoline Execution Judges

Elite Competition

Trampoline E - Score

- **In Elite Competition when three E Judges are utilized and the scoring process uses a total E score rather than skill by skill deductions, the three judges will have a score range of 0.3 range from the median score. If there is a score that is out of range it must come in range before scores are flashed or entered in the scoring system.**

Out of Range E Scores Trampoline

- For trampoline panels with two only two execution judges.
- If the scores are more than 0.3 apart. The Chair of the Panel will instruct the judges to move their scores towards each other until they are within the 0.3 tolerance allowed.

8.0 8.3 8.6 = Allowed tolerance

7.9 8.3 8.6 = CJP instructions = 8.0 8.3 8.5

Synchronized Trampoline Scoring For All Levels

To keep in line with the FIG scoring method for Synchronized trampoline, the high and low score of the four scores will be dropped and the two middle scores will be averaged to obtain the total E score (10 pts)

**E Score (10 pts) + HD Score (10 pts) + Sync Score (20 pts)
+ DD – CJP/DD Penalties**

Elite Trampoline



New Routine Requirements for Elite Trampoline

Youth Elite 11-12

- **The following requirements must be performed as separate elements, each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements:**
 - **One (1) element landing on the front of the body**
 - **One (1) element landing on the back of the body**
 - **One (1) element with 360° somersault rotation with, at least, 360° of twist.**

Youth Elite 13-14

- **The following requirements must be performed as separate elements, each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements:**
 - **One (1) element landing on the front or back of the body**
 - **One (1) element from front or back in combination with above**
 - **One (1) double front or back somersault with or without twist**
 - **One (1) element with a minimum of 540° twist and a minimum of 360° somersault rotation**

Junior Elite

- **The following requirements must be performed as separate elements, each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements:**
 - **One (1) element to the front or back**
 - **One (1) element from front or back, in combination with above**
 - **One (1) double front or back somersault with or without twist**
 - **One (1) element with a minimum of 540° twist and a minimum of 360° of somersault rotation.**

Open

- **(Ages 17 and older): The first routine consists of ten (10) different elements, with a minimum of 270° somersault rotation.**
 - **Two (2) elements , marked with an asterisk (*) on the competition card, will have difficulty ratings. The difficulty will be added to the execution, time of flight and horizontal displacement scores to give the total score for the first routine.**
 - **These two (2) elements may not be repeated in the second routine of the qualifying round; otherwise the difficulty will not be counted.**

Tumbling

All JO Levels

Tumbling Incomplete Passes

- **When an athlete fails to complete the appropriate number of skills or the routine is interrupted, regardless of the number of skills, the Chair of the Judges Panel will apply a 3.0 for an incomplete pass to the Total Score .**
- **This deduction is in addition to any other CJP deductions that would apply to the routine.**

Changes - Elite Levels

Elite Tumbling

Difficulty Bonus

Tumbling Double Somersault - Bonus

- **For Competitors in the Following Divisions**

- **Youth Elite Male**
- **Youth Elite Female**
- **Junior Elite Male**
- **Junior Elite Female**
- **Open Elite Male**
- **Open Elite Female**
- **Senior Elite Female**

The second, third element etc. performed within one routine with a difficulty value of 2.0 or greater will receive a bonus of 3.0 pts for each element to the difficulty score.

This bonus is applied to complete and incomplete passes with two or more doubles.

Tumbling Senior Men

- **Senior men are the only athletes that the pass requirements dictate they must perform a double somersault as the last eighth element of the first pass, to avoid deduction.**
- **If their pass does not end in a double somersault then a 3.0 deduction would be applied to the Total Score for not meeting pass requirements.**

Elite Mobility Scores Beginning October 1, 2018

All Mobility Scores are located in the Rules and Policies

Elite Mobility

1. The term “mobility season” is defined as August 1 until December 31 of the following calendar year.
2. During the Elite mobility season, an elite athlete must verify his/her participation in the new level by competing in a USA Gymnastics sanctioned competition at the newly approved level.
3. If an athlete does not verify participation in the new level within the elite mobility season, then the mobility loses its value.

**Trampoline Mobility for Elite athletes beginning
October 1, 2018 consist of
a Total E Score as well as a Minimum Difficulty
Requirement**

Division	R1 E Score	R2 D Score	R1+R2 Skills Completed
L10 – YE 11/12 Female	15.6	8.5	20
L10 – YE 11/12 Male	15.6	8.5	20
L10 – YE 13/14 Female	15.6	9.0	20
L10 – YE 13/14 Male	15.6	9.5	20
L10 – Open Female	15.6	10.0	20
L10 – Open Male	15.6	10.5	20
L10 – Junior Female	15.6	10.0	20
L10 – Junior Male	15.6	10.5	20
Open – Senior Female	15.6	11.5	20
Open – Senior Male	15.6	13.0	20
Junior – Senior Female	15.6	11.5	20
Junior – Senior Male	15.6	13.0	20

**Tumbling Mobility for Elite athletes beginning
October 1, 2018 consist of
a Total E Score as well as a Minimum Difficulty
Requirement**

Division	R1 E Score	R2 E Score	R1+R2 D Score	R1+R2 Total Score	R1+R2 Skills Completed
L10 – YE 11/12 Female	25.2	25.2	7.1	57.5	16
L10 – YE 11/12 Male	25.2	25.2	7.1	57.5	16
L10 – YE 13/14 Female	25.2	25.2	7.2	57.6	16
L10 – YE 13/14 Male	25.2	25.2	7.6	58.0	16
L10 – Open Female	25.2	25.2	7.2	57.6	16
L10 – Open Male	25.2	25.2	7.8	58.2	16
L10 – Junior Female	25.2	25.2	7.2	57.6	16
L10 – Junior Male	25.2	25.2	7.8	58.2	16
Open – Senior Female	25.2	25.2	7.8	58.2	16
Open – Senior Male	25.2	25.2	9.5	59.9	16
Junior – Senior Female	25.2	25.2	7.8	58.2	16
Junior – Senior Male	25.2	25.2	9.5	59.9	16

Double Mini Mobility for Elite athletes beginning October 1, 2018 consist of a Total E Score as well as a Minimum Difficulty Requirement

Division	R1 E Score	R2 E Score	R1+R2 D Score	R1+R2 Total Score	R1+R2 Skills Completed
L10 – YE 11/12 Female	27.3	27.3	7.6	62.2	4
L10 – YE 11/12 Male	27.3	27.3	7.9	62.5	4
L10 – YE 13/14 Female	27.3	27.3	8.8	63.4	4
L10 – YE 13/14 Male	27.3	27.3	9.2	63.8	4
L10 – Open Female	27.3	27.3	9.6	64.2	4
L10 – Open Male	27.3	27.3	10.0	64.6	4
L10 – Junior Female	27.3	27.3	9.6	64.2	4
L10 – Junior Male	27.3	27.3	10.0	64.6	4
Open – Senior Female	27.3	27.3	10.8	65.4	4
Open – Senior Male	27.3	27.3	12.8	67.4	4
Junior – Senior Female	27.3	27.3	10.8	65.4	4
Junior – Senior Male	27.3	27.3	12.8	67.4	4

Elite National Qualification

Trampoline Qualifying Scores for Elites now consist of a Total Score only.

Division	R1+R2 Total Score (excl. ToF)	Skills Completed
YE 11/12 Female	56.5	20
YE 11/12 Male	56.5	20
YE 13/14 Female	57.0	20
YE 13/14 Male	57.5	20
Open Female	58.0	20
Open Male	58.5	20
Junior Female	58.0	20
Junior Male	58.5	20
Senior Female	59.5	20
Senior Male	61.0	20

Tumbling Qualifying Scores for Elites now consist of a Total Score only.

Division	R1+R2 Total Score	Skills Completed
YE 11/12 Female	57.5	16
YE 11/12 Male	57.5	16
YE 13/14 Female	57.6	16
YE 13/14 Male	58.0	16
Open Female	57.6	16
Open Male	58.2	16
Junior Female	57.6	16
Junior Male	58.2	16
Senior Female	58.2	16
Senior Male	59.9	16

Double Mini Qualifying Scores for Elites now consist of a Total Score only.

Division	R1+R2 Total Score	Skills Completed
YE 11/12 Female	62.2	4
YE 11/12 Male	62.5	4
YE 13/14 Female	63.4	4
YE 13/14 Male	63.8	4
Open Female	64.2	4
Open Male	64.6	4
Junior Female	64.2	4
Junior Male	64.6	4
Senior Female	65.4	4
Senior Male	67.4	4

Have a Voice

The Trampoline & Tumbling Program is Working Hard to Ensure That all Members Have a Voice.

- **There will be several opportunities and options so that members can offer feedback and have their voice heard**
 - **Committee members and Committee Chairs are always available to the membership. Check Section X of the R&P for all current contact information**
 - **Google Doc, located on the T&T webpage**
 - **Google Doc, located on the T&T technical webpage**
 - **Round table discussion at National Congresses**
 - **Roundtable at Regional Congresses**

Clarifications

J0 Mobility

1. The term “mobility season” is defined as August 1 until December 31 of the following calendar year.
2. During the mobility season, all Level 7-10 athletes must verify his/her participation in the new level by competing in a USA Gymnastics sanctioned competition at the newly approved level.
3. If an athlete does not verify participation in the new level within the elite mobility season, then the mobility loses its value.

Double Mini Trampoline

A level 7 Double Mini athlete lands in front of Zone A, takes steps and in doing so the toes of her right foot land outside of the landing area.

What would the call be?



Chair of the Judges Call

- **No Deduction for landing in Zone B (because the athlete is level 7)**
- **0.1 – 0.3 Instability**

There is no deduction for the toes being outside the landing area, because she did not “touch” anything outside the landing area. This would be similar if an athlete lands and their arms swing away from their body and break the plane of a zone. Because there was nothing that touched it would be deemed simply instability.

Competition Cards

- **The deduction for incomplete or missing comp cards is taken from the first completed routine on all disciplines.**
- **A card would be deemed incomplete if skills, difficulty shorthand or value were missing from the card.**
- **Changes are allowed with no deduction in all disciplines**

Double Mini-Trampoline

- **Mounting aid**
- **Level 1-3 are the only levels in which an athlete is allowed to use a mounting aid.**

Mounting aids might include a panel mat, incline or spring board.

Double Mini Trampoline

- **An athlete lands in front of Zone A in Zone B, takes five running steps backwards through Zone A and travels back into Zone B**

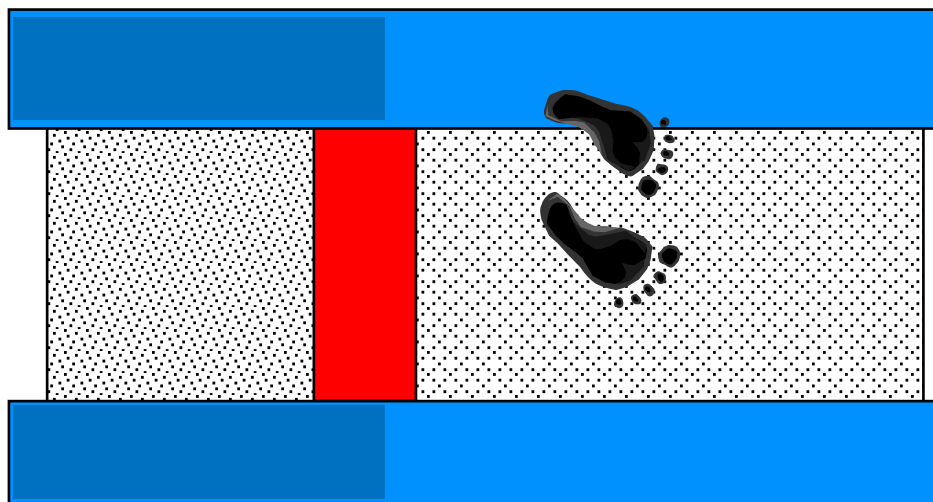
What would the call be?

Chair of the Judges Call

- **The Chair of the panel would inform the execution judges to take instability of 0.3 for the five steps.**
- **The Chair would apply a 0.9 deduction to the total score for the initial landing in Zone B**
- **No deduction for changing zones would be applied because the athlete had originally landed in Zone B so they did not "change" zones.**

Double Mini

- **Touching the Pad**

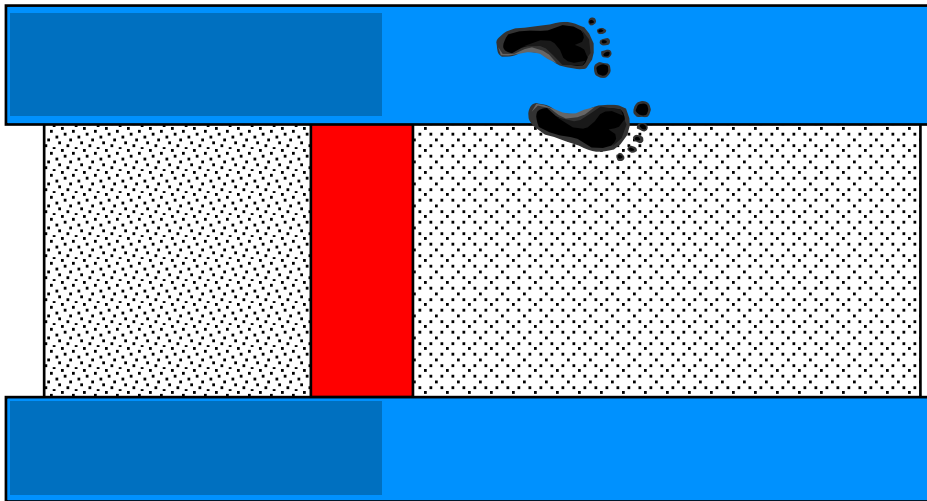


All or nothing

- If the athlete brushes the pad on the way up or down – 0.3 off the total score
- If the 1st element lands with part of both feet on the bed and the part of the pads, AND the dismount is completed, the routine is scored from 10.0 with 0.3 off the total score
- If the dismount is not complete, the routine is interrupted and scores 0.0

Double Mini

- Landing on the Pad

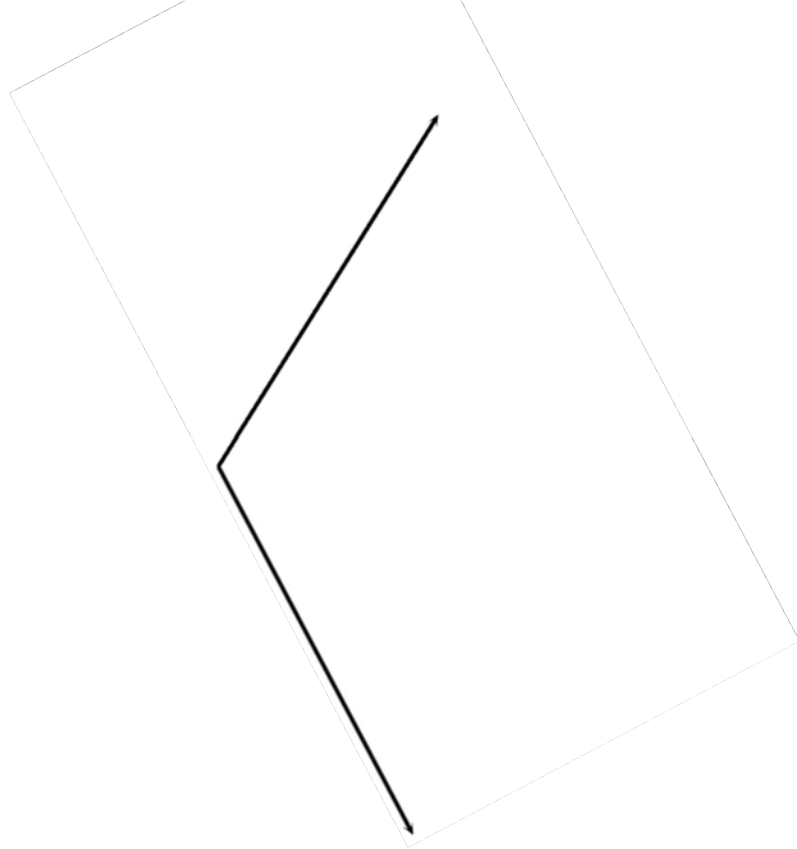


All

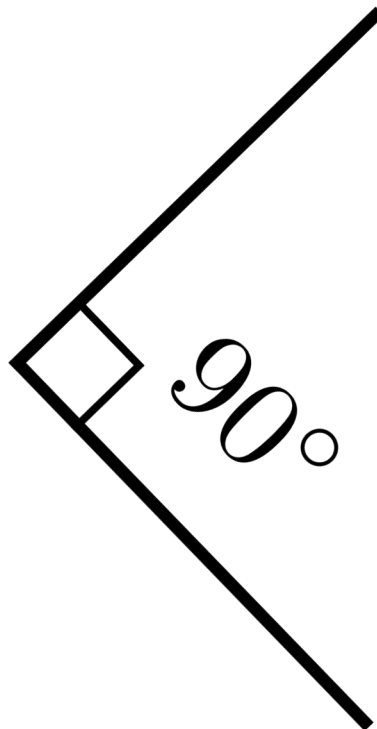
- If the athlete lands completely on the pad the routine will be interrupted and scores 0.0

Trampoline & Double Mini

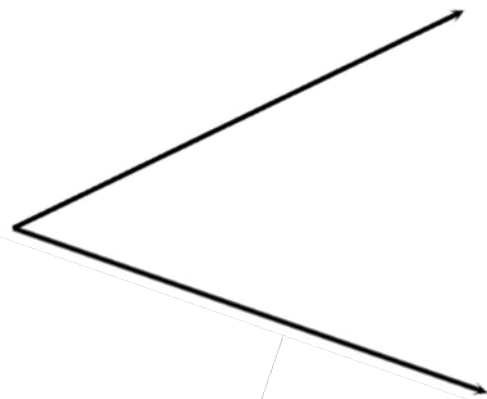
- **Straddle jump**
 - **When a straddle jump is prescribed in a compulsory routine. The athlete must perform a straddle to receive credit for the skill.**
 - **While an angle in the hips is no longer required to determine the skill is valid there still is a requirement for the angle between the feet and legs.**
 - **The athlete must have 45° between the feet and legs otherwise the skill will be deemed a pike jump.**



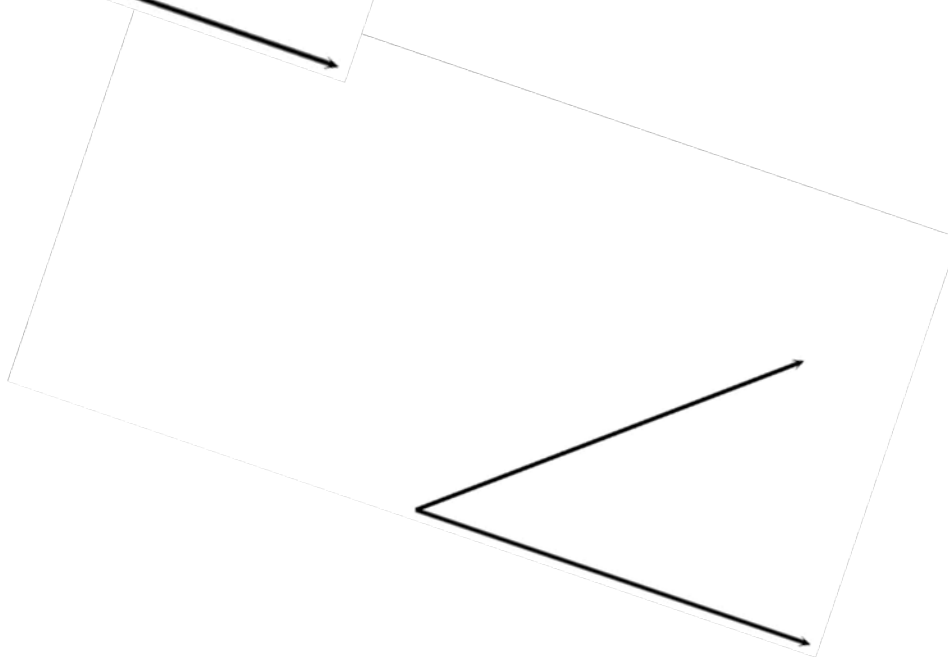
No deduction for Position



Slight deduction for position



45° - Minimum angle between the feet and legs allowed on straddle jump – substantial deduction for position

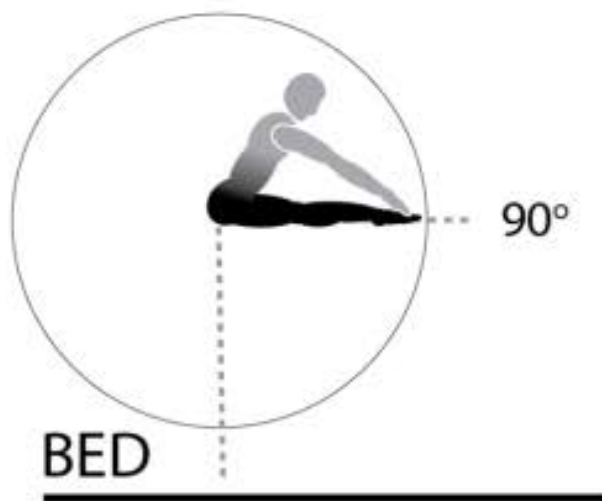


40° - Considered a Pike Jump – Interruption if performed in a Compulsory routine

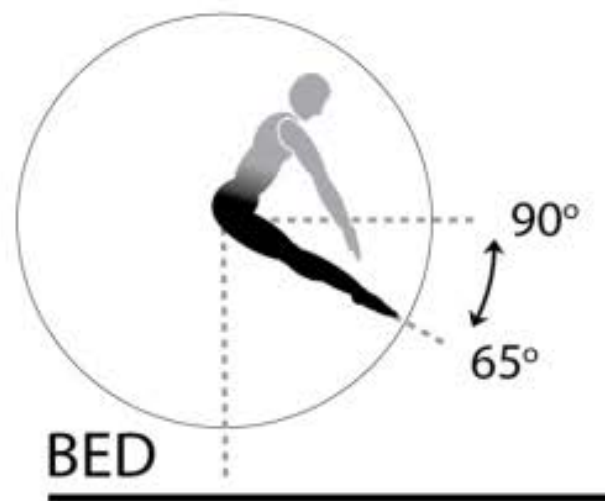
Deductions

- **Straddle jumps with an angle of 45° or greater between the feet and legs would be deemed a straddle jump.**
 - **Deductions might include:**
 - **if the hands do not touch the tops of the feet**
 - **If the legs are bent or feet and toes are not pointed**
 - **Does not show proper take off, position (which includes hip and leg angle) and extension of the skill**
 - **The angle of the legs in respect to the trampoline or double mini bed**

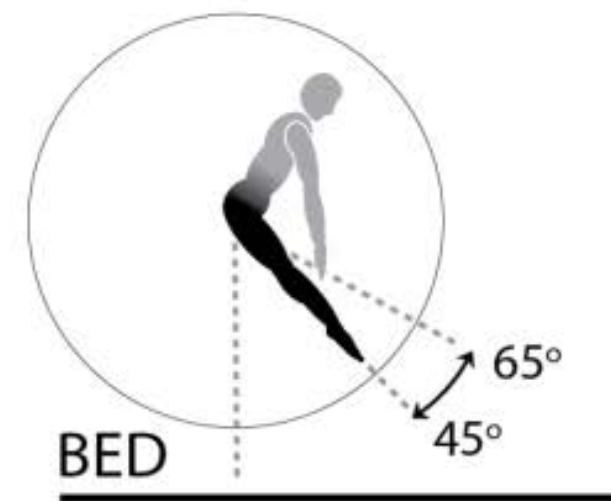
no deduction



0.1 deduction



0.2 deduction





Pike Jump
0.0 position
0.1 low



Pike Jump
0.1 position
0.1 low



Pike Jump
0.2 position
0.2 low

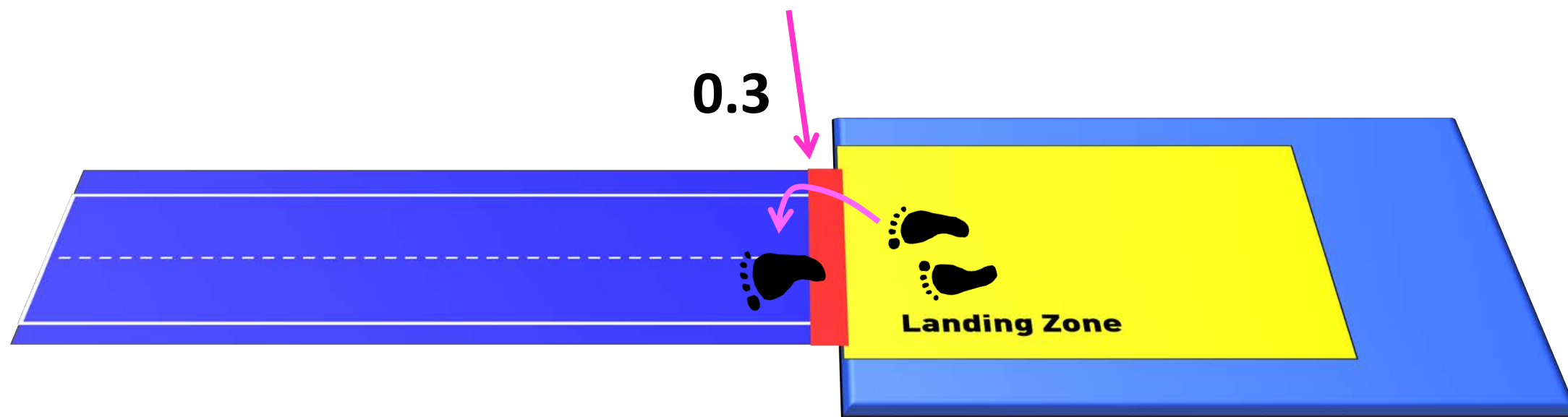
Trampoline & Double Mini

Jonah vs Barani

- **When a Barani is prescribed in a compulsory routine, the athlete must show 45° of forward somersaulting rotation prior to twist to be deemed a Barani.**
- **Skills the twist immediately out of the trampoline or double mini bed would be considered a Jonah and would interrupt the compulsory routine because of an incorrect skill**

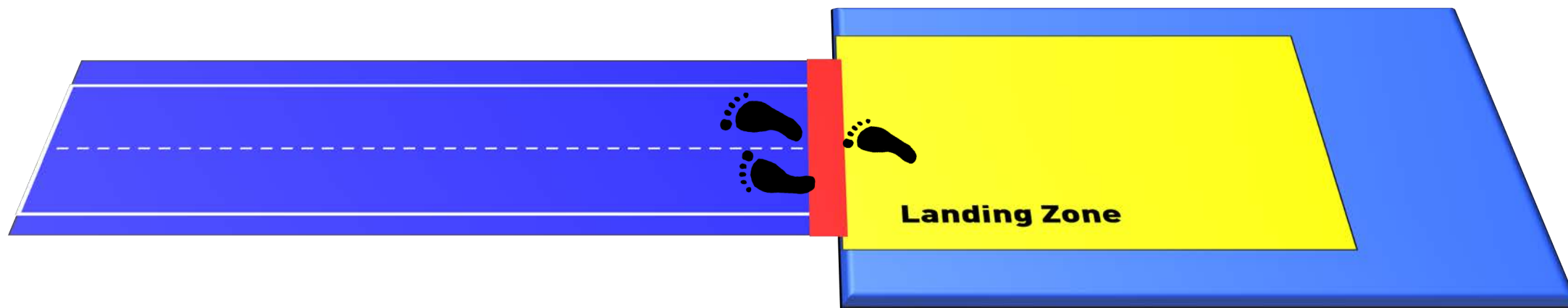
Tumbling

- When an athlete lands in the landing zone and steps to the track after landing there is 0.3 for changing zones



Tumbling

- When an athlete lands on the track and steps to the landing zone after landing there is only instability because the track becomes parting of the landing area upon landing



Tumbling

Hop or steps prior to a power hurdle

- **If an athlete hops or takes small steps prior to the power hurdle each**
- **Execution Judge will take the appropriate deduction for the flaw**

Tumbling

- **Last skill must be at or above shoulder height**
 - **Athletes who do not perform the last skill at or above shoulder height will receive a major deduction from each Execution judge for not blocking the skill correctly.**

Your Judging Category

- **What to do Now?**
- **Judges who are currently certified may take one of two paths**

Option 1 - Maintain the current category

- **Take the annual T210 to stay current in years 2 - 4 of the quad**
- **Retest in year 1 of the quad**
- **All judges must judge a required number of competitions and hours of in gym observation**

Your Judging Category

- **What to do Now?**
- **Judges who are currently certified may take one of two paths**
 - Option 2 – Upgrade your Category**
 - **Judge the required competitions to upgrade**
 - **Test the next Category**
 - **A score of 80 or above will earn the tested category**
 - **79 or below you will retain the category**

Coaches and Athletes

- **Coaches and Athletes may no longer take two different category exams in the same series of courses.**
- **They must take test and pass the first category and fulfill the requirements to upgrade before testing the next category**

New Program

- **Hugs Pilot Year is complete. The first year was received very well**
- **As this program continues to grow and offered at sanctioned events up through Regionals, we will need educated judges.**
- **If you are interested in learning more about judging this program please email the T&T Technical Committee email and they will send you a power point with an overview of the Rules**
- **Watch the website for future information**



Communication is Key

- Have Questions?
- Need Feedback?

Reach out to the Technical Committee using:

Email: tnttechnicalcommittee@gmail.com

General Judges Website: tinyurl.com/judgetnt

Ask: tinyurl.com/contacttctt

Best of Luck in the Upcoming Season