

Individual Trampoline:

- I. Routines
 - a. Routines consist of 10 skills in series (no straight jumps in between).
 - b. Routines allow for up to 1 minute of straight jumps prior to the first skill and a single out-bounce after the final skill.
 - c. All athletes will compete a single voluntary routine with required skills as outlined in their corresponding level below and receive a difficulty score.
 - d. Athletes are allowed 2 touches that last 1 minute each.
- II. Judging
 - a. A full judging panel of 4 judges (2 execution, 1 superior/difficulty, and 1 horizontal displacement) is recommended. However, a panel of 3 judges (1 execution, 1 superior/difficulty, and 1 horizontal displacement) may be used if resources are limited. Instructions on how to calculate scores are included in section IV. below.
 - b. There is no time of flight score.
- III. Responsibilities of Judges
 - a. Superior/Difficulty judge
 - i. This judge will serve as the Chair of the Judges Panel
 - ii. The Superior/Difficulty judge determines interruptions of a routine.
 1. This is the point where judges should only take deductions up until this interruption, as outlined in section VI.c.
 2. The Score will be reduced to reflect the number of counted skills in series (9 skills in series are judged out of 9.0 start value, 8 skills in series are judged out of an 8.0 start value, etc.).
 - iii. The superior/difficulty judge determines the difficulty score for each routine completed. The calculations for the difficulty score can be found in section IV.b. below.
 - iv. The superior/difficulty judge determines landing deductions. These are deducted from each execution score.
 1. See section 2.5.8. of the [2021-2024 USAG Trampoline Code of Points](#) for more information on these deductions.
 - v. The Superior/difficulty judge determines the Chair of the Judges Panel (CJP) deductions. These are deducted from the total score to give the final score.
 1. See section 2.4.1 of the [2021-2024 USAG Trampoline Code of Points](#) for more information on these deductions.
 2. Routines that do not meet the level requirements listed below in section VI.a below will receive a 2.0 CJP deduction
 - vi. For routines competed in Intermediate Flyers and High Flyers, no element may be repeated; otherwise, the difficulty of the repeated element will not be counted. The repeated skill will not count towards the number of counted skills in the routine and will be subject to penalties as listed in section IIIa.ii.2. New Flyers will be exempt from this rule as stated in Section VI.a.5.
 - vii. The superior/difficulty judge must be at minimum USAG Category 2 certified in trampoline.

- b. Execution judge
 - i. Each execution judge provides a score out of 10.0
 - 1. Each execution judge deducts 0.0-0.5 points per skill performed based on lack of form, consistency of height, and control in each skill.
 - 2. Execution scores must be within 3 tenths of a point from one another when there is more than one execution judge on the panel.
 - 3. Detailed descriptions of execution deductions can be found in section 2.5.6 of the [2021-2024 USAG Trampoline Code of Points](#) and section 1.3.4.1 of the [2021-2024 USAG Guide to Judging](#)
 - ii. An execution judge must be at minimum USAG Category 3 certified in trampoline.
 - c. Horizontal Displacement judge
 - i. The horizontal displacement judge provides a score out of 10.0
 - 1. The horizontal displacement judge deducts 0.0-0.3 points per skill performed based on each skill's location of landing on the trampoline bed.
 - ii. The horizontal displacement judge must either be USAG Category 3 certified in trampoline or have completed the NAIGC Horizontal Displacement training course.
- IV. Calculating the Score
- a. The total score is the sum of the difficulty score, execution scores, and the horizontal displacement score as calculated below.
 - i. Difficulty Score
 - 1. All skill values will follow the USAG "Evaluation of Difficulty" calculations unless specified otherwise. Please refer to the [NAIGC Trampoline Difficulty Sheet](#) for skill values. Note, all skill values may not be listed in the chart. See below for difficulty calculations.
 - 2. Skills without twisting or flipping rotation (positional skills) have no difficulty value.
 - 3. A detailed explanation of additional trampoline difficulty calculations can be found in section 2.6.11. of the [2021-2024 USAG Trampoline Code of Points](#).
 - ii. Execution Score
 - 1. Double the execution score when there is only 1 execution judge
 - 2. The two execution scores when there are two execution judges
 - iii. Horizontal Displacement Score
 - 1. The HD score when there is an HD judge
 - 2. If in a virtual event, the judge is unable to determine horizontal displacement due to viewing angle, they should serve as a third execution judge.
- V. Uniforms
- a. There are no uniform deductions in the T&T competition. The judge however should not allow the gymnast to begin their routine if their attire is unsafe. (e.g. excessively baggy clothing, dangerous jewelry). The athlete and/or coach must be given a verbal warning about their attire before being scratched.
 - i. In the case of disagreements, the meet referee's decision stands as final.

- b. Athletes wear trampoline shoes or foot covering that does not extend past the ankle. This footwear may either be white or must match the competitive uniform.

VI. Competition

- a. Athletes may compete in one of the three following levels with the listed skill requirements:
 - i. New Flyers
 - 1. May compete any skill valued at 0.5 or lower
 - 2. May compete no more than one skill valued at 0.5
 - 3. Routine must include at least one front or back landing
 - 4. Routine must include at least one skill with a minimum 270° flipping rotation
 - a. This can also satisfy the requirement for one front or back landing
 - 5. A single skill may be repeated once for difficulty credit
 - a. A third repetition of the skill or a second repetition of another skill will not cause an interruption, but will not receive difficulty credit.
 - ii. Intermediate Flyers
 - 1. May compete any skill valued at 0.9 or lower
 - 2. Routine must include at least two skills that have a minimum of 360° flipping rotation
 - 3. Routine may not exceed a cumulative difficulty score of 5.0
 - iii. High Flyers
 - 1. Routine must obtain a minimum difficulty score of 4.5
 - iv. Routines that do not meet the above requirements will receive a 2.0 CJP deduction
- b. If the judges deem an athlete cannot complete their routine safely based on practice or warm up turns, they have the ability to request that the athlete not perform the skills in question. If the athlete denies or ignores the request, the judge has the ability to scratch the athlete from the event prior to their competition routine.
- c. The following elements, when competed in competition, will cause a routine interruption:
 - i. Any skills where only the athlete's hands make contact with the trampoline (i.e. front handsprings and back handsprings)
 - ii. Skills that land on one foot
 - iii. Side somis
 - iv. Skills that land outside the trampoline bed.
 - v. Skills outside of what is outlined in section VI.a. above
 - 1. A routine will be interrupted at the point in which the disallowed skill is completed in addition to the 2.0 CJP deduction.
- d. If athletes are unsure whether skills are legal, they may send a video of themselves executing the skill and a description of the skill to rules@naigc.org to determine legality and degree of difficulty.

- e. All athletes must complete and submit a competition card to the Superior/Difficulty judge prior to beginning their touches on their event. Competition cards may be found at <https://naigc.org/trampoline-and-tumbling/>
 - i. Failure to submit a competition card prior to touches will result in a 0.2 CJP deduction
 - ii. Athletes should fill out the competition cards to the best of their ability. Routines competed in Intermediate and High Flyers should use numerical FIG shorthand.

Double Mini Trampoline

I. Passes

- a. Each athlete competes one mounter and one spotter pass each with 2 counting skills in series.
 - i. The mounter pass consists of the first skill travels from the 1st bed to the 2nd bed (mounter), followed by the second skill that travels from the second bed into the landing zone (dismount).
 - ii. The spotter pass consists of a straight jump traveling from the 1st bed to the 2nd bed, the first skill taking off and landing on the 2nd bed (spotter), followed by the second skill that travels from the 2nd bed into the landing zone (dismount).
 - iii. All skills take off and land on feet.
- b. All athletes compete 2 voluntary passes that are both rewarded difficulty.
- c. Each athlete is allowed a run, consisting of 2-3 straight jumps, followed by 3 touches to warm up both passes.

II. Judging

- a. A full judging panel of 4 judges (3 execution and 1 superior/difficulty) is recommended. However, a panel of 2-3 judges (1-2 execution and 1 superior/difficulty) may be used if resources are limited. Instructions on how to calculate execution scores are included in section III.b.ii. below.
- b. Responsibilities of Judges
 - i. Superior/Difficulty judge
 1. This judge will serve as the Chair of the Judges Panel
 2. The superior/difficulty judge determines interruptions of a routine. A pass completing one valid skill is given a 7.0 start value. A pass with zero valid skills is given a score of 0.0.
 3. The superior/difficulty judge determines the difficulty score for each routine completed. The calculations for difficulty score can be found in section III.b.i. below.
 4. The superior/difficulty judge determines landing deductions. These are deducted from each execution score.
 - a. See section 2.5.6. of the [2021-2024 USAG Double Mini Trampoline Code of Points](#) for more information on these deductions.
 5. The superior/difficulty judge determines the Chair of the Judges Panel (CJP) deductions. These are deducted from the pass score to give the final score.
 - a. See section 2.4.1. of the [2021-2024 USAG Double Mini Trampoline Code of Points](#) for more information on these deductions.
 6. The superior/difficulty judge must be at minimum USAG Category 2 certified in Double Mini Trampoline (DMT).
 - ii. Execution Judge
 1. Each Execution judge provides a score out of 10.0

- a. Each execution judge deducts 0.0-0.5 points per skill performed based on lack of form, consistency of height, and control in each skill.
- b. Execution scores must be within 2 tenths of a point from the median execution score when there is more than one execution judge on the panel.
- c. Detailed descriptions of execution deductions can be found in section 2.5.5 of the [2021-2024 USAG Double Mini Trampoline Code of Points](#) and section 1.3.4.1 of the [2021-2024 USAG Guide to Judging](#)
- d. An execution judge must be at minimum USAG Category 3 certified in DMT

III. Calculating the Score

- a. The total score is the sum of each pass score
- b. Each pass score is the sum of the difficulty score and the execution score minus any Chair of Judges deductions as calculated below.
 - i. Difficulty Score
 1. All skill values will follow the USAG “Evaluation of Difficulty” calculations unless specified otherwise. Please refer to the [NAIGC Double Mini Difficulty Sheet](#) for skill values. Note, all skill values may not be listed in the chart. See below for difficulty calculations.
 2. Skills without twisting or flipping rotation have no difficulty value
 3. A detailed explanation of additional DMT difficulty can be found in section 2.6.10. of the [2021-2024 USAG Double Mini Trampoline Code of Points](#).
 - ii. Execution Score
 1. Triple the execution score when there is only one execution judge
 2. The two execution scores and their average when there are two execution judges
 3. The three execution scores when there are three judges

IV. Uniforms

- a. There are no uniform deductions in the T&T competition. The judge however should not allow the gymnast to begin their routine if their attire is unsafe. (e.g. excessively baggy clothing, dangerous jewelry). The athlete and/or coach must be given a verbal warning about their attire before being scratched.
 - i. In the case of disagreements, the meet referee's decision stands as final.
- b. Athletes wear trampoline shoes or foot covering that does not extend past the ankle. This footwear may either be white or must match the competitive uniform.

V. Competition

- a. Athletes may compete in one of the three following levels
 - i. New Flyers
 1. May compete any skill valued at 0.5 or lower
 2. May compete no more than one skill valued at 0.5
 - ii. Intermediate Flyers
 1. May compete any skill valued at 1.2 or lower.

2. A minimum of 2 skills valued at 0.5 or higher is required between both passes.
 3. Each pass may not exceed a 1.6 difficulty value.
- iii. High Flyers
 1. Routines must obtain a minimum difficulty of 1.4 for each pass.
- iv. Routines that do not meet the requirements will receive a 2.0 CJP deduction
- b. If the judges deem an athlete cannot complete either pass safely based on practice or warm up turns, they have the ability to request that the athlete not perform the skills in question. If the athlete denies or ignores the request, the judge has the ability to scratch the athlete from the event prior to their competition routine.
- c. Additional skills may be added with the approval of the TnT Rules Spokesperson to any level if the athlete sends a video of themselves completing the skill and a description of the skill to rules@naigc.org.
 - i. Skills, where hands touch the apparatus or landing on one foot, will not be accepted.
- d. The following elements, when competed in competition, will cause a routine interruption:
 - i. Skills not landing on your feet
 - ii. Skills that land on one foot
 - iii. Side somis
 - iv. Skills that land outside the DMT bed or dismount area
 - v. Skills outside of what is outlined in section V.a. above
 1. A routine will be interrupted at the point in which the disallowed skill is completed in addition to the 2.0 CJP deduction.
- e. Skills are considered repeated when they are performed within the same position of the pass (mounter, spotter, or dismount). Repeated skills are not interruptions, but will not be rewarded difficulty.
- f. If athletes are unsure whether skills are legal, they may send a video of themselves executing the skill and a description of the skill to rules@naigc.org to determine legality and degree of difficulty.
 - i. A roundoff or handspring entry onto the DMT bed is allowed, but each athlete intending to compete this must submit a video of themselves competing their intended pass to the NAIGC using the email above before competition to be approved for safety. Judges must also be notified of the athletes' intended pass prior to the routine.
- g. All athletes must complete and submit a competition card to the Superior/Difficulty judge prior to beginning their touches on their event. Competition cards may be found at <https://naigc.org/trampoline-and-tumbling/>
 - i. Failure to submit a competition card prior to touches will result in a 0.2 CJP deduction
 - ii. Athletes should fill out the competition cards to the best of their ability. Routines competed in Intermediate and High Flyers should use numerical FIG shorthand.

Power Tumbling:

I. Passes

- a. Each athlete competes 2 passes
- b. Each athlete will be allowed one run followed by 3 touches total to warm up their 2 passes.

II. Judging

- a. A full judging panel of 4 judges (3 execution and 1 superior/difficulty) is recommended. However, a panel of 2-3 judges (1-2 execution and 1 superior/difficulty) may be used if resources are limited. Instructions on how to calculate execution scores are included in section IV.ii. below.
- b. Responsibilities of Judges
 - i. Superior/Difficulty judge
 1. This judge will serve as the Chair of the Judges Panel
 2. The Superior/Difficulty judge determines interruptions of a routine.
 - a. This is the point where judges should only take deductions up until this interruption.
 - b. The Score will be reduced by 1.0 for each missing skill. (7 skills in an 8 skill pass are judged out of a 9.0 start value, 4 skills in a 5 skill pass are judged out of a 9.0 start value).
 3. The superior/difficulty judge determines the difficulty score for each routine completed. The calculations for the difficulty score can be found in section IV.b.i. below.
 4. The superior/difficulty judge determines landing deductions. These are deducted from each execution score.
 - a. See section 2.5.8. of the [2021-2024 USAG Tumbling Code of Points](#) for more information on these deductions.
 5. The superior/difficulty judge determines the Chair of the Judges Panel (CJP) deductions. These are deducted from the pass score to give the final score.
 - a. See section 2.4.1. of the [2021-2024 USAG Tumbling Code of Points](#) for more information on these deductions.
 6. The superior/difficulty judge must be at minimum USAG Category 2 certified in power tumbling.
 - ii. Execution Judge
 1. Each Execution judge provides a score out of 10.0
 - a. Each execution judge deducts 0.0-0.5 points per skill performed based on lack of form, consistency of height, and control in each skill.
 - b. Execution scores must be within 2 tenths of a point from the median execution score when there is more than one execution judge on the panel.
 - c. Detailed descriptions of execution deductions can be found in section 2.5.5 of the [2021-2024 USAG Power Tumbling Code of Points](#) and section 1.3.4.2 of the [2021-2024 USAG Guide to Judging](#)

- d. An execution judge must be at minimum USAG Category 3 certified in power tumbling

III. Calculating the Score

- a. The total score is the sum of each pass score
- b. Each pass score is the sum of the difficulty score and the execution score minus any CJP deductions as calculated below.
 - i. Difficulty Score
 1. All skill values will follow the USAG “Evaluation of Difficulty” calculations unless specified otherwise. Please refer to the [NAIGC Tumbling Difficulty Sheet](#) for skill values. Note, all skill values may not be listed in the chart. See below for difficulty calculations.
 2. Any skill that is in the USAG Tumbling compulsory routines may be performed as a counting skill. However, any skill not listed below will receive no difficulty credit
 3. A difficulty of 0.1 is rewarded for cartwheels, roundoffs, aerials, back handsprings, and front handsprings
 4. A detailed explanation of additional tumbling difficulty can be found in section 2.2. of the [2021-2024 USAG Tumbling Code of Points](#).
 - ii. Execution Score
 1. Triple the execution score when there is only one execution judge
 2. The two execution scores and their average when there are two execution judges
 3. The three execution scores when there are three judges

IV. Uniforms

- a. There are no uniform deductions in the T&T competition. The judge however should not allow the gymnast to begin their routine if their attire is unsafe. (e.g. excessively baggy clothing, dangerous jewelry). The athlete and or coach must be given a verbal warning about their attire before being scratched.
 - i. In the case of disagreements, the meet referee's decision stands as final.

V. Competition

- a. Athletes may compete in one of the three following levels
 - i. New Flyers
 1. Will compete 2 passes, the first consisting of 5 skills and the second consisting of 8 skills.
 2. May compete any skill valued at 0.1 or lower
 - a. A bonus of 0.1 will be applied to each front/back handspring that is performed
 3. There are a maximum of 2 handsprings (of any type) allowed per pass (max 0.2 bonus per pass)
 - ii. Intermediate Flyers
 1. Will compete 2 passes, the first consisting of 5 skills and the second consisting of 8 skills. Any pass ending in a salto must land in the landing zone or a 0.6 point CJP deduction will be applied to the final score.
 2. May compete any skill valued at 1.0 or lower

- a. A bonus of 0.1 for each front/back whip that is performed up to a maximum of 0.3 per pass.
- 3. Each pass may not exceed a 2.5 difficulty value.
- iii. High Flyers
 - 1. Will compete 2 passes consisting of 8 skills each including a dismount that must land in the landing zone.
 - 2. Must obtain a minimum difficulty of 2.2 for each pass.
- iv. Routines that do not meet the requirements will receive a 2.0 CJP deduction
- v. Any Intermediate Flyers or High Flyers routine that ends in a salto and does not land on the landing mat will incur a 0.6 CJP deduction.
- b. If the judges deem an athlete cannot complete their routine safely based on practice or warm up turns, they have the ability to request that the athlete not perform the skill(s) in question. If the athlete denies or ignores the request, the judge has the ability to scratch the athlete from the event prior to their competition routine.
- c. Roundoffs, front/back handsprings, and front/back whips (with or without twist) can be repeated to earn more difficulty
 - i. If multiple front saltos are performed within a pass, the height comparison between them will determine which are credited as a front straight versus a front whip.
- d. Any other skill will only be rewarded difficulty if the repetition follows a different skill than the first executions.
- e. Passes including a change of direction and step-outs **are** allowed.
- f. Elements including a power hurdle may be completed in the middle of a pass, however rhythm deductions will apply. A step-out landing is recommended.
- g. All passes must be initiated from the tumbling surface. No springboard takeoffs are allowed.
- h. Additional skills may be added with the approval of the TnT Rules Spokesperson to either level if the athlete sends a video of themselves completing the skill and a description of the skill.
- i. Athletes at any level who compete skills outside of what is allowed as outlined in section V.a. above will be interrupted at the point in which the disallowed skill is completed in addition to the 2.0 CJP deduction.
- j. All athletes must complete and submit a competition card to the Superior/Difficulty judge prior to beginning their touches on their event. Competition cards may be found at <https://naigc.org/trampoline-and-tumbling/>
 - i. Failure to submit a competition card prior to touches will result in a 0.2 CJP deduction
 - ii. Athletes should fill out the competition cards to the best of their ability. Routines competed in Intermediate and High Flyers should use numerical FIG shorthand.

Synchronized Trampoline:

I. Routines

- a. Routines consist of 10 skills in series (no straight jumps in between).
- b. Routines allow for up to 1 minute of straight jumps prior to the first skill and a single out bounce after the final skill.
- c. All athletes compete a single voluntary routine with no required skills and receive a difficulty score.
- d. Athletes are allowed 2 touches per routine that last 1 minute each.
- e. During routines, athletes are permitted to communicate with one another, but not with their coaches.
- f. Athlete pairs may be from any gender and any team but must compete at the same level. The synchro level must match the level of at least one of the athletes individual trampoline level if one or both athletes participate in individual trampoline competition.

II. Judging

- a. A full judging panel of 9 judges is recommended. However, a panel can consist of as few as 5 judges, if resources are limited. Instructions on how to divide the panel and calculate scores are included in sections 2.c. and IV. below.
- b. For routines competed in Intermediate Flyers and High Flyers, no element may be repeated; otherwise, the difficulty of the repeated element will not be counted. The repeated skill will not count towards the number of counted skills in the routine and will be subject to penalties as listed in section IIIa.ii.2. New Flyers will be exempt from this rule as stated in Section VI.a.5.
- c. Dividing a panel
 - i. A full panel will consist of 9 judges. There will be 4 execution judges, 2 horizontal displacement judges, and 2 difficulty judges, split evenly between the two trampolines in addition to 1 synchro judge.
 - ii. A panel of 7 judges can be used. There will be 2 execution judges, 2 horizontal displacement judges, and 2 difficulty judges, split evenly between the two trampolines in addition to 1 synchro judge.
 - iii. If absolutely necessary, a panel of 5 judges can be used. There will be 2 execution judges and 2 horizontal displacement judges split evenly between the two trampolines in addition to 1 difficulty judge. The difficulty judge will be responsible for calculating the difficulty score of both routines, making sure that both gymnasts perform the same skills and judging the synchronization between the athletes.

III. Responsibilities of Judges

- a. Superior/Difficulty, Execution, and Horizontal Displacement judges have the same responsibilities as listed above in the Individual Trampoline part, section III.
- b. Synchro judge
 - i. The judge deducts 0.0-0.5 points per skill based on the level of synchronization between the paired athletes
 - ii. The judge may call an interruption when athlete pairs are more than ½ an element apart. If unsure, consult the Superior/Difficulty judge.
 - iii. Detailed descriptions of synchro deductions can be found in section 2.7.1 of the [2021-2024 USAG Trampoline Code of Points](#)

- iv. The synchro judge must either be USAG Category 3 certified in trampoline or have completed the NAIGC Synchronized Trampoline training course.

IV. Calculating the Score

- a. The total score is the sum of the difficulty score, execution scores, horizontal displacement scores, and synchro scores as calculated below
 - i. Difficulty Score will be calculated the same way as for individual trampoline. See section Individual Trampoline IV.b. for details.
 - ii. Execution Score
 - 1. Both of the execution scores when there are two execution judges
 - 2. The median two execution scores when there are four execution judges. These scores may be from the same trampoline.
 - iii. Each individual Horizontal Displacement Score will be calculated the same way as for individual trampoline. See section Individual Trampoline III.c. for details.
 - 1. The final Horizontal Displacement score will be an average of the two individual Horizontal Displacement scores
 - 2. If in a virtual event, the judge is unable to determine horizontal displacement due to viewing angle, they should serve as an additional execution judge.
 - iv. The synchro score will be based on the start value (generally 10.0)

V. Uniforms

- a. There are no uniform deductions in the T&T competition. The judge however should not allow the gymnast to begin their routine if their attire is unsafe. (e.g. excessively baggy clothing, dangerous jewelry). The athlete and or coach must be given a verbal warning about their attire before being scratched.
 - i. In the case of disagreements, the meet referee's decision stands as final.

VI. Competition

- a. Athletes may compete in one of the three following levels. Details for each level can be found in the individual trampoline section.
 - i. New Flyers
 - ii. Intermediate Flyers
 - iii. High Flyers
- b. All rules in the individual trampoline section will apply to synchronized trampoline routines.
- c. Additional skills may be added with the approval of the TnT Rules Spokesperson to either level if the athlete sends a video of themselves completing the skill and a description of the skill to rules@naigc.org.
 - i. Skills, where hands touch the apparatus or the athlete lands on one foot, will not be permitted.
 - ii. If athletes are unsure whether skills are legal, they may send a video of themselves executing the skill and a description of the skill to rules@naigc.org to determine legality and degree of difficulty.
- d. All athletes must complete and submit a competition card to the Superior/Difficulty judge prior to beginning their touches on their event. Competition cards may be found at <https://naigc.org/trampoline-and-tumbling/>

- i. Failure to submit a competition card prior to touches will result in a 0.2 CJP deduction
- ii. Athletes should fill out the competition cards to the best of their ability. Routines competed in Intermediate and High Flyers should use numerical FIG shorthand.