

NAIGC Trampoline and Tumbling Nationals Format

Version 2.6 / Last Amended 11/19/2025

(Note: Changes this competition year highlighted in red)

I. Overview

In order to encourage radical opportunity in the sport of gymnastics, we will be offering a Trampoline and Tumbling Competition. In 2026, this competition will include Individual Trampoline, Power Tumbling, Double-Mini Trampoline, and Synchronized Trampoline. Gymnasts may compete in this discipline solely, or in addition to any of the other competitions offered at Nationals 2026.

II. Levels

- A. The 2026 NAIGC Trampoline and Tumbling competition will offer the New Flyers, Intermediate Flyers and High Flyers Levels for each individual event and synchronized trampoline as defined in the NAIGC Trampoline and Tumbling Code of Points.

III. Rules - For detailed competition rules and eligibility requirements specific to each level, see the [NAIGC T&T Code of Points](#).

IV. Schedule and Competitions

- A. Trampoline and Tumbling scores will only be based on performances during preliminary sessions; no Finals sessions will be offered for Trampoline and Tumbling.
- B. Team Competition- there will not be a team competition offered.
- C. Individuals can qualify for Trampoline and Tumbling Awards in addition to other disciplines they may be competing in.

V. Awards Categories & Summary

- A. **Note– Any number in blue throughout this document is a placeholder that may be changed up to midnight the Sunday before the NAIGC National Championships begins. This allows us to accommodate due variance in registration or the distribution of athletes among levels.**
- B. The 2026 NAIGC Trampoline and Tumbling competition will be open to all NAIGC athletes wishing to compete. We will recognize the top overall performers on each event at each level.
- C. The 2026 NAIGC Individual Trampoline, Double-Mini Trampoline, and Power Tumbling Competitions will offer three categories in which people can receive awards. Individual Awards categories will NOT be split by gender.
 - 1. High Flyers
 - 2. Intermediate Flyers
 - 3. New Flyers
- D. The 2026 NAIGC Trampoline and Tumbling Synchronized Trampoline Competition will offer three categories in which people can receive awards:
 - 1. High Flyers - All genders (including mixed)
 - 2. Intermediate Flyers - All genders (including mixed)
 - 3. New Flyers - All genders (including mixed)

- E. The number of individuals or synchro pairs in each High Flyers category receiving awards will be the number of participants divided by two, rounded up, with a maximum of 3 awards per category. New and Intermediate Flyers will give out 5 awards per category. Both athletes in a synchro pair will receive an award.

	Individual Trampoline (All Genders)	Double Mini Trampoline (All Genders)	Power Tumbling (All Genders)	Synchronized Trampoline (All Pairs regardless of gender)
New Flyers	Awards: 5 athletes	Awards: 5 athletes	Awards: 5 athletes	Awards: 5 pairs
Intermediate Flyers	Awards: 5 athletes	Awards: 5 athletes	Awards: 5 athletes	Awards: 5 pairs
High Flyers	Awards: Max 3 athletes	Awards: Max 3 athletes	Awards: Max 3 athletes	Awards: Max 3 pairs

VI. Amendments

- A. This document may be amended by the NAIGC T&T Rules Team Lead if the changes are minor. If the sum total of changes are big enough that a majority of T&T members need to know about it, the changes must be approved by the NAIGC Board.
- B. Any numbers in blue may be amended by the NAIGC President, Trampoline and Tumbling Rules Team Lead(s), or the Director of the Events Department.
- C. This document may be amended at any time up to two weeks preceding the Nationals event in the case of significant changes impacting the event, including but not limited to national emergencies, pandemics, and natural disasters.