

NAIGC T&T Code of Points

Version 3.41 - Last Amended: 2/9/2026

(Note: Changes this competition year highlighted in red)

All Events

I. 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.

- 1. In the case of disagreements, the meet referee's decision stands as final.

- B. For the trampoline events, athletes must wear trampoline shoes and/or socks.

II. Safety

- A. 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 may scratch the athlete from the event prior to their competition routine.

- B. Athletes may only perform skills listed on the DD charts for each event. If an athlete would like to compete a skill not listed on the DD charts, additional skills may be added with the approval of the TnT Rules Spokesperson. To do so, the athlete must send a video of themselves completing the skill and a description of the skill to rules@naigc.org.

- 1. Skills, where only hands touch the apparatus or the athlete lands on one foot, will not be permitted. Additional skill specifications for each event are listed under the appropriate section below.

- 2. 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.

III. Competition Information

- A. The NAIGC will follow all USAG judging guidelines unless otherwise specified in the rules below.

- B. 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/>

- 1. Failure to submit a competition card prior to touches will result in a 0.2 CJP deduction

- 2. Athletes should fill out the competition cards to the best of their ability. Routines competed in Intermediate and High Flyers should include numerical FIG shorthand.

- C. Difficulty (DD) values for all skills allowed within NAIGC can be found in the [NAIGC DD Chart](#).

D. Communication with athletes during competition routines

- 1. Athletes and coaches may speak to a competing athlete during their competition routine at any point with no deduction.

Individual Trampoline

- I. Information
 - 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. Routine Requirements - Routines that do not meet the specified level requirements will receive a 2.0 CJP deduction
 - A. New Flyers
 1. May compete any number of skills valued at 0.4 or lower
 2. May compete up to 2 skills from the following list
 - a) Porpoise, Front Tuck, Front Pike, Front Straight, Back Pullover to Back, Back Tuck, Back Pike, Back Straight, Barani Tuck, Barani Pike, Barani Straight
 3. Any skill valued at 0.0 may be repeated once each. Any skill with a non-zero DD value is not eligible for repetition.
 - B. Intermediate Flyers
 1. May compete any skill valued at 0.8 or lower
 2. Routine must include at least three skills that have a minimum of 360° flipping rotation
 3. Routine may not exceed a cumulative difficulty score of 5.0
 - C. High Flyers
 1. Routine must obtain a minimum difficulty score of 4.5
 - D. Routines are not allowed to include repeated skills in any level (except for New Flyers as stated in section II.A.3). If an ineligible skill is repeated, the athlete will receive a penalty of 2.0 from the total score of the routine for each occurrence where the offense occurs. If an ineligible skill is repeated, the difficulty of the repeated skill will not be counted. The repeated skill will be subject to penalties as listed in section I.A.3.b). under the Judge Information header.
- III. Disallowed Skills - The following elements, when competed in competition, will cause a routine interruption:
 - A. Straight jumps within the routine
 - B. Position jumps other than tuck, pike and straddle jump (i.e. split jump, wolf jump etc.)
 - C. Turning jumps in a non-straight shape (i.e tuck jump half)
 - D. Any skills where only the athlete's hands make contact with the trampoline (i.e. front handsprings, back handsprings, or dive rolls).
 - E. Skills that land on one foot
 - F. Side somis
 - G. Kabooms (a salto initiated from a back drop that involves the heels being bounced off the trampoline bed)
 - H. Skills that land outside the trampoline bed.
 - I. Skills beyond the scope of what is allowed at the level being competed.

- J. A routine will be interrupted at the point in which the disallowed skill is completed in addition to the 2.0 CJP deduction.

Double Mini Trampoline

I. Information

- A. All athletes compete 2 voluntary passes that are both rewarded difficulty. The passes may be any combination of mounter or spotter passes. (i.e. 2 mounter passes or 2 spotter passes or one of each)
 - 1. The mounter pass consists of the first skill traveling from the angled bed to the flat bed (mounter), followed by the second skill that travels from the second bed into the landing zone (dismount).
 - 2. The spotter pass consists of a straight jump traveling from the angled bed to the flat bed, the first skill taking off and landing on the flat bed (spotter), followed by the second skill that travels from the flat bed into the landing zone (dismount).
 - 3. All skills must take off and land on both feet.
- B. Each athlete is allowed a run, consisting of 2-3 straight jumps, followed by 3 touches to warm up both passes.

II. Routine Requirements - Routines that do not meet the specified level requirements will receive a 2.0 CJP deduction

A. New Flyers

- 1. May compete any number of skills valued at 0.5 or lower
- 2. May compete no more than one total skill valued at 0.6 or 0.7
- 3. May compete no more than 1 salto per pass

B. Intermediate Flyers

- 1. May compete any skill valued at 1.2 or lower.
- 2. Of the 4 counting skills performed, a minimum of 2 must be valued at 0.5 or higher.
- 3. Each pass may not exceed a 1.6 difficulty value.

C. High Flyers

- 1. Routines must obtain a minimum difficulty of 1.4 for each pass.

- D. A roundoff or front 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 at rules@naigc.org before competition to be approved for safety. The performance of the roundoff or front handspring entry onto the DMT bed must be noted on the competition card to make the judges aware of athletes' intended pass prior to the routine.

- 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.

- 1. Allowed: Mounter Straddle Jump in one pass, Spotter Straddle Jump in another pass
- 2. Allowed: Mounter Barani Tuck in one pass, Spotter Barani Tuck in another pass
- 3. Allowed: Spotter Back Tuck in one pass, Dismount Back Tuck in another pass
- 4. Not allowed: Mounter Barani Tuck in both passes with different dismounts

- III. Disallowed Skills - The following elements, when competed in competition, will cause a routine interruption:
- A. Straight jumps not used as a spotter (see Double Mini I.A.2 above)
 - B. Position jumps other than tuck, pike and straddle jump (i.e. split jump, wolf jump etc.)
 - C. Turning jumps in a non-straight shape (i.e tuck jump half)
 - D. Skills not landing on your feet
 - E. Skills that land on one foot
 - F. Side somis
 - G. Skills that land outside the DMT bed or dismount area
 - H. Skills outside of what is allowed at the level being competed.
 - I. A routine will be interrupted at the point in which the disallowed skill is completed in addition to the 2.0 CJP deduction.

Power Tumbling

- I. Information
 - A. Each athlete competes 2 passes. The length of the passes will be different for each level and are specified below.
 - B. Each athlete will be allowed one run followed by 3 touches total to warm up their 2 passes.
- II. Routine Requirements - Routines that do not meet the specified level requirements will receive a 2.0 CJP deduction
 - A. New Flyers
 1. Will compete 2 passes, each with a minimum of 4 skills and a maximum of 7 skills. Any new flyers pass with 4-7 skills will start out of 10.0 for execution scores. **If a pass is interrupted, but still has at least 4 skills, it will still start out of 10.0 for execution, but a 2.0 CJP penalty will apply.**
 2. May compete any skill valued at 0.2 or lower
 3. Each pass may not exceed a 1.3 difficulty value
 - B. Intermediate Flyers
 1. Will compete a first pass with a minimum of 5 skills and a maximum of 8 skills and a second pass with 8 skills.
 2. May only compete skills valued at 0.2 or higher.
 - a) Exception: A rebound (valued at 0.1) may be competed in either or both passes.
 3. May compete any skill valued at 1.0 or lower
 4. The first pass may include any number of saltos but may not exceed a total difficulty of 2.6.
 - a) Any intermediate flyers first pass with at least 5 skills will start out of 10.0 for execution scores. If a pass is interrupted, but still has at least 5 skills, it will still start out of 10.0 for execution, but a 2.0 CJP penalty will apply.
 5. The second, 8-skill pass may include any number of handsprings or whips but may only include 1 non-whip salto, as the dismount. This pass may not exceed a total difficulty of 2.9
 - C. High Flyers
 1. Will compete 2, 8-skill passes
 2. Must obtain a minimum difficulty of 2.0 for each pass.
 - D. Any Intermediate Flyers or High Flyers routine that ends in a salto and does not land on the landing mat will incur a 0.4 CJP deduction.
 1. Exceptions will be made if the pass has a reversal (i.e. Back Straight to Front Tuck)
- III. Skill/Pass Specifications
 - A. Repeated Skills
 1. Handsprings and whips may be repeated any number of times to earn more difficulty
 2. **Fulls may be performed up to 3 times per pass to earn difficulty. Any additional repeats will not receive difficulty.**

3. Any other skill may be repeated once to earn more difficulty if the entry to the skill is different. (ex. Back Handspring-Back Tuck and Whip-Back Tuck) This repeat may be twice within the same pass or once in each pass, but not both. Any additional repeats will result in interruption.
4. A straight jump/rebound without turn may only be used once within each pass.
5. Front Straight
 - a) Credit for a front straight will only be given if the competition card indicates that a front straight is the intended skill.
 - b) A front straight will be awarded credit if the skill reaches above shoulder height. Any front straight that does not reach shoulder height will be credited as a front whip.
6. If a pass is repeated it must begin with a different entry for the same skill (i.e. running roundoff vs power hurdle roundoff)
- B. Passes including a change of direction and step-outs *are* allowed within a pass.
- C. All dismounts (or the last skill in a pass) must end with the feet parallel either with a two-foot landing or a step-in. Failure to meet this requirement will result in an interruption of the last skill.
- D. 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.
 1. A single skill must show continuous traveling motion down the tumble strip to not cause an interruption. (i.e. A handstand, punch to handstand will cause an interruption)
- E. All passes must be initiated from the tumbling surface. No springboard takeoffs are allowed.
- IV. Disallowed Skills - The following elements, when competed in competition, will cause a routine interruption:
 - A. Any skill not explicitly listed in the NAIGC DD Charts
 1. Any handstand based skill other than Handstand Forward Roll (with or without stepout) or Back Extension Roll is not allowed
 - B. Skills outside of what is allowed at the level being competed.
 - C. A routine will be interrupted at the point in which the disallowed skill is completed in addition to the 2.0 CJP deduction.

Synchronized Trampoline

- I. Information
 - 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 athlete pairs will compete a single voluntary routine with no required skills and receive a difficulty score.
 - D. Athlete pairs 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. Beginning a routine
 1. When one athlete performs an element and one does not, the pair may stop and restart their bounces if they choose. No additional penalties will apply unless the athletes exceed the time limit allowed to start their exercise. If the competitors exceed the maximum time the routine will be considered a DNS.
 2. If one athlete performs an element and one continues bouncing, the routine is not deemed started until the second athlete performs an element. The synchronized routine will be judged out of the number of identical elements the pair performed.
 - G. Athlete pairs may be from any gender and any team but must compete at the same level **for the synchro event**. 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.
 - H. Each athlete can only compete as part of one synchro pair.
- II. Competition Rules
 - A. Athletes may compete in one of the three following levels. Details for each level can be found in the individual trampoline section.
 1. New Flyers
 2. Intermediate Flyers
 3. High Flyers
 - B. All rules in the individual trampoline section will apply to synchronized trampoline routines.
 - C. For more information on scoring for Synchro Trampoline see section III.D under the Judge Information header.

Amendments

- I. This document may be amended by the NAIGC T&T Rules Team Lead(s) if the changes are minor.
- II. 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.
- III. The most up-to-date and authoritative version of this document is on the NAIGC website