

OFFICIAL HANDBOOK

TRAMPOLINE/TUMBLING/MINI-TRAMP

United States Trampoline and Tumbling Association

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OFFICIAL USTA

**TRAMPOLINE, TUMBLING &
DOUBLE MINI-TRAMP HANDBOOK**

**Including Official Rules of Competition
and USTA Organization**

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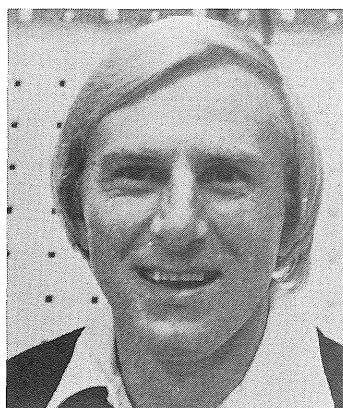
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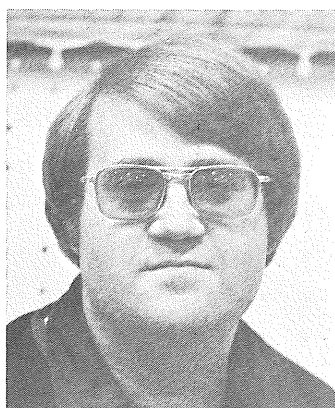
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USTA EXECUTIVE OFFICERS



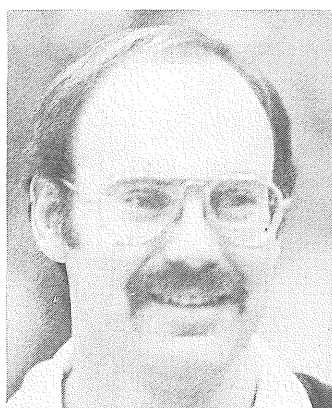
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Ron Munn**

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Cedar Rapids, Iowa 52406
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**REGIONAL
VICE PRESIDENT
Neil Godbey**

1332 Brook Park
Toledo, Ohio 43612
419/476-9675



**TECHNICAL
VICE PRESIDENT
Jack Castle**

21 Kristin Drive, Apt. 916
Schamburg, Ill. 60195
312/843-1464



**SECRETARY-
TREASURER
Ron Loe**

1350 Burrwood
Toledo, Ohio 43612
313/847-7426

PAST USTA EXECUTIVE OFFICES

PRESIDENT
1971 Jeff Austin
1972 Jeff Austin
1973 Jeff Austin
1974 Jeff Austin
1975-76 Ron Munn

VICE PRESIDENT
Newt Loken
Newt Loken
Newt Loken
Ron Munn
Neil Godbey

SECRETARY-TREASURER
Ron Munn
Ron Munn
Ron Munn
Dave Salois
Jack Castle

USTA LIFE MEMBERS

Larry Griswold

George Nissen
Leslie Miller

Paul Luxon

James Rozanas

USTA HALL OF FAME RECIPIENTS

1974 George Nissen & Larry Griswold
1975 Newt Loken & James Rozanas
1976 Ted Blake, Bob Bollinger & Jeff Hennessy
1977 Lester Griffin & Nard Cazzell



U.S.T.A. REGIONAL CHAIRPERSONS

REGION I - PACIFIC COAST

Alaska Oregon
Hawaii California
Washington Nevada

Chairperson:
Dagmar Nissen
4974 Boone Drive
Fremont, California 94538
415/656-0746

REGION IV - NORTH CENTRAL

North Dakota Minnesota
South Dakota Wisconsin

Chairperson:
Larry Gleason
1975 Seneca Road
Eagan, Minnesota 55122
612/454-6203 (Gym)
612/454-8013 (Home)

REGION VII - NORTH

Michigan Indiana
Kentucky Ohio
Pennsylvania Virginia
West Virginia

Chairperson:
Ann Fairchild
10402 Prouty Road
Painesville, Ohio 44077
216/352-6630

REGION II - NORTHWEST

Idaho Wyoming
Utah Colorado
Montana

Chairperson:
Clark Gangwish
2035 Fremont
Casper, Wyoming 82601
307/235-1478

REGION V - MIDWEST

Nebraska Missouri
Iowa Illinois
Kansas

Chairperson:
Jerry Clark
15 Calland Drive
Springfield, Ill. 62704
217/546-4722

REGION VIII - NORTHEAST

Maine New York
New Hampshire Vermont
Massachusetts Maryland
Rhode Island Delaware
Connecticut New Jersey

Chairperson:
Steve Sarafian
147-10 41st Ave., Apt. 26
Flushing, New York 11355
212/461-6593

REGION III - SOUTHWEST

Arizona Texas
New Mexico Oklahoma

Chairperson:
Pat Henderson
1517 West Vandalia
Broken Arrow, Oklahoma 74012
918/258-1073

REGION VI - SOUTH

Arkansas Georgia
North Carolina Florida
South Carolina Alabama
Mississippi Louisiana
Tennessee

Chairperson:
Ben Pratt
417 Linden
Metairie, Louisiana 70003
504/733-1838

U.S.T.A. TECHNICAL COMMITTEE

Vern Deitrich, Chairperson
P.O. Box 534
Geneva, Ohio 44041
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216/466-3332 (Home)

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R.D. #1
Geneva-on-the-Lake, Ohio 44041
216/466-8610

Tom Kinrade
3069 W. Layton
Englewood, Colorado 82601
303/795-1452

MESSAGE FROM THE U.S.T.A. PRESIDENT

In an effort to fill the vacuum left by the NCAA decision to abandon the trampoline from gymnastic competition, an interested group of top trampoline performers, coaches, teachers and enthusiasts concerned about continuing trampolining as a sport met for the first time in Cedar Rapids, Iowa, in October, 1970. Since the formation of the U.S.T.A. at that meeting, the organization has grown to include tumbling and double mini-tramp as official events.

In 1974 the Congress of the Federation of International Trampoline voted unanimously to include tumbling and double mini-tramp competition in future World Championships.

To help guide this enormous growth of our sports within the United States and the World, the U.S.T.A. is offering this handbook which, hopefully, will answer any questions you may have of a technical nature.

The handbook contains the current rules by which competitions are run, along with the names and addresses of the Executive Officers, Regional Chairpersons and the Technical Committee. All of these people are conscientious individuals with a great interest in promoting our sports and a willingness to help you, so please do not hesitate to contact them with your questions.

As your president, I sincerely hope this handbook will aid everyone involved in our sports. If ever I can be of assistance, please let me know.

Ron Munn, President
United States Trampoline and
Tumbling Association
930 27th Avenue S.W.
Cedar Rapids, Iowa 52404
319/365-7561

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PAST U.S.T.A. OPEN NATIONAL CHAMPIONS

1971 U.S.T.A. NATIONALS - Northfield, Illinois

Trampoline - Men - Gary Smith

Trampoline - Women - Mary McDonald

Synchronized Trampoline - Men - Bob Neely & Gary Smith

Synchronized Trampoline - Women - Alexandria Nicholson & Marilyn Stieg

1972 U.S.T.A. NATIONALS - Willoughby, Ohio

Trampoline - Men - Paul Luxon

Trampoline - Women - Alexandria Nicholson

Synchronized Trampoline - Men - Gary Smith & Donald Waters

Synchronized Trampoline - Women - Leigh Hennessy & Mary McDonald

Tumbling - Men - Jack Leonard

Tumbling - Women - Sue Wheeler

1973 U.S.T.A. NATIONALS - Toledo, Ohio

Trampoline - Men - Chris Eilertsen

Trampoline - Women - Marilyn Stieg

Synchronized Trampoline - Men - Ronnie Merriott & Stuart Ransom

Synchronized Trampoline - Women - Joy Umenhofer & Alexandria Nicholson

Tumbling - Men - Jack Leonard

Tumbling - Women - Lisa Podojil

Mini-Tramp - Men - Robbie Bollinger

Mini-Tramp - Women - Alexandria Nicholson

1974 U.S.T.A. NATIONALS - Toledo, Ohio

Trampoline - Men - Mason Kauffman

Trampoline - Women - Shelly Grant

Synchronized Trampoline - Men - Robbie Bollinger & Ronnie Merriott

Synchronized Trampoline - Women - Dian Nissen & Sarah Fruechte

Tumbling - Men - Eddie Goodman

Tumbling - Women - Tracy Long

Mini-Tramp - Men - Robbie Bollinger

Mini-Tramp - Women - Denise Seal

1975 U.S.T.A. NATIONALS - San Mateo, California

Trampoline - Men - Robbie Bollinger

Trampoline - Women - Dian Nissen

Synchronized Trampoline - Men - Bob Brown & Frank Kidder

Synchronized Trampoline - Women - Dian Nissen & Sarah Fruechte

Tumbling - Men - Craig Kirby

Tumbling - Women - Tracy Long

Mini-Tramp - Men - Robbie Bollinger

Mini-Tramp - Dian Nissen

1976 U.S.T.A. NATIONALS - Willoughby, Ohio

Trampoline - Men - Stuart Ransom

Trampoline - Women - Shelly Grant

Synchronized Trampoline - Men - Chris Eilertson & Jim Certledge

Synchronized Trampoline - Women - Dian Nissen & Sarah Fruechte

Tumbling - Men - Eddie Goodman

Tumbling - Women - Tracy Long

Mini-Tramp - Men - Ronnie Merriott

Mini-Tramp - Women - Denise Seal

1977 U.S.T.A. NATIONALS - Salt Lake City, Utah

Trampoline - Men - Art Van Eenenaan

Trampoline - Women - Dian Nissen

Synchronized Trampoline - Men - Frank Kidder & Jim Carteledge

Synchronized Trampoline - Women - Dian Nissen & Diane Goldsworthy

Tumbling - Men - Craig Gangwish

Tumbling - Women - Nancy Quattrocki

Mini-Tramp - Men - Rick Feverstein

Mini-Tramp - Women - Dian Nissen

U.S.T.A. GRISWOLD — NISSEN CUP AWARD

The Griswold-Nissen Cup Award was established by Mr. George Nissen and Mr. Larry Griswold, who both pioneered the sport of Trampolining in the 1930's and 1940's, to honor a young man or woman for their excellence in the sports of Trampoline, Tumbling and Double Mini-Tramp. Nominations for this coveted award which is presented at the U.S.T.A. Age-Group National Championship, are made by the U.S.T.A. coaches throughout the United States. From these nominations the U.S.T.A. executive officers select twelve finalists (two men and two women in each event). The U.S.T.A. membership then chooses the top six finalists by voting ballot, who become the Griswold-Nissen award winners, and each receives a certificate award. From these top six finalists the U.S.T.A. executive officers select the Griswold-Nissen Cup winner. Each nominee is considered on the following criteria:

1. Has maintained a high standard of scholarship throughout his or her school career.
2. Is a good example of sportsman and fair play...a championship in defeat as well as victory.
3. Has had an outstanding record of title accomplishments during his or her career.

PAST U.S.T.A. GRISWOLD-NISSEN CUP AWARD RECIPIENTS:

1972 - Paul Luxon, London, England

1973 - Jack Leonard, Columbus, Ohio

1974 - Eddie Goodman, Toledo, Ohio

1975 - Diane Goldsworthy, Rockford, Illinois

1976 - Robbie Bollinger, Rockford, Illinois

1977 - Tracy Long, Hamilton, Ohio

ARTICLES OF INCORPORATION OF THE UNITED STATES TRAMPOLINE AND TUMBLING ASSOCIATION

ARTICLE I

Name

1.01 The name of the corporation is "THE UNITED STATES TRAMPOLINE AND TUMBLING ASSOCIATION."

ARTICLE II

Duration

2.01 The corporate existence shall commence upon filing of these Articles of Incorporation with the Secretary of State of the State of Iowa, and the corporation shall have perpetual duration.

ARTICLE III

Purposes and Powers

3.01 The corporation is organized exclusively for educational purposes, including, for such purposes, the making of distributions to organizations that qualify as exempt organizations under Section 501 (c) (3) of the Internal Revenue Code of 1954 (or the corresponding provision of any future United States Internal Revenue Law). In furtherance of said educational purposes, the corporation shall have the following objects:

- A.** To perpetuate and improve the sport of Trampolining and Tumbling in all aspects.
- B.** To stimulate the interest of the people, particularly the youth, in healthful sports participation through Trampolining and Tumbling.
- C.** To supervise continuing Trampoline and Tumbling programs for the purpose of stimulating interest and developing athletes through careful preparation and planning; these programs to utilize existing facilities, resources, and coaching.
- D.** To unify and coordinate the efforts of all agencies interested in furthering Trampolining and Tumbling and allow all interested parties to have a voice in the development of the sport.
- E.** To promote and encourage competition under the highest possible standards.
- F.** To protect the interest of the participants in all levels of Trampoline and Tumbling competition.
- G.** To create and maintain research projects that will benefit all parties interested in Trampolining and Tumbling.
- H.** To provide a clearing house and distribution center for all coaching aids, literature, films and research material collected from sources both in the United States and abroad.
- I.** To establish effective means of communication for transmission of useful ideas, whereby coaches and athletes will be informed of the latest development and techniques in Trampolining and Tumbling.
- J.** To give prompt attention to valid suggestions of how to improve the conduct and administration of Trampolining and Tumbling throughout the nation.
- K.** To establish an annual series of Trampoline and Tumbling clinics for the purpose of improving Trampoline and Tumbling coaching techniques.
- L.** To maintain records and to disseminate information pertaining to all phases of Trampolining and Tumbling.
- M.** To train and certify competent Trampoline and Tumbling officials and instructors.
- N.** To finance improvement in the sport of Trampolining and Tumbling and to raise money for that purpose.
- O.** To encourage safety within the sport of Trampolining and Tumbling.

3.02 No part of the net earnings of the corporation shall inure to the benefit of, or be distributable to, its members, officers, directors or other private persons, except that the corporation shall be authorized and empowered to pay reasonable compensation to such persons for services rendered or to reimburse them for expenses incurred on behalf of the corporation and to make payments and distributions in furtherance of the objects and purposes set forth herein. No substantial part of the activities of the corporation shall be to carry on propaganda or influence legislation or support any political candidate for public office.

3.03 In furtherance of and in carrying out the fore-going stated objects and purposes of the corporation, the corporation shall have all the powers to perform any lawful act as given to corporations organized under Chapter 504A of the 1975 Code of Iowa, all the provisions of the Iowa law and all future amendments thereto.

ARTICLE IV Membership

4.01 Membership in the corporation shall be open to all persons interested in actively advancing the sport of trampolining and tumbling.

ARTICLE V Initial Registered Office and Agent

5.01 The address of the initial registered office of the corporation is 930 27th Avenue S.W., Cedar Rapids, Iowa 52404, which office is located in Linn County, Iowa.

ARTICLE VI Directors

6.01 The number of directors constituting the initial Board of Directors of the corporation is four, and the number of directors of the corporation thereafter shall be as set forth in the Bylaws of the corporation.

6.02 At any meeting of the members, any director may be removed and a successor elected by vote of a three-fourths majority of the members of the corporation present and voting at such meeting.

ARTICLE VII Bylaws

7.01 The Board of Directors shall have full power to adopt, amend or appeal bylaws, except that it shall not have the power to adopt bylaws which are inconsistent with these Articles of Incorporation.

ARTICLE VIII Distribution Upon Dissolution

8.01 In the event of dissolution of the corporation, and after the payment of making provision for payment of liabilities, the assets shall be disposed of and distributed exclusively for the purposes stated in Article III, or to such organization or organizations organized and operated exclusively for charitable, educational, religious or scientific purposes as shall at the time qualify as an exempt organization or organizations under Section 501 (c) (3) of the Internal Revenue Code of 1954, or the corresponding provision of any future United States Internal Revenue Law, as the Board of Directors shall determine, subject to final approval of the appropriate court of the State of Iowa.

TRAMPOLINE SAFETY RULES

- 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 spotter tables should always be used.**
- 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. In home situations, where backyard trampolines are in use, a parent or responsible adult (knowledgeable about trampolines) should directly supervise the activity.**
- 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. This is true for all skills...but particularly true for any skills involving somersault rotation.**
- 4. No one should ever use a trampoline unless there are a minimum of four qualified spotters placed properly about the trampoline.**
- 5. 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.**
- 6. No one should ever use a trampoline when that person is tired, fatigued, or is in a state of vertigo.**
- 7. Under any and all conditions, horseplay on a trampoline is extremely dangerous. There is no excuse for horseplay...Ever!**
- 8. No one should ever use a trampoline in street clothes. Proper gym outfits and training clothes and gym slippers should always be used.**
- 9. Two people should never jump on the same trampoline at the same time. (Exceptions to this rule are professional acts involving well-trained and qualified acrobats).**
- 10. No student or performer should ever dismount from the trampoline by either jumping or executing a skill to the floor.**
- 11. No trampoline should ever be set up closer than 8 feet from a wall or under a ceiling that is less than 18 feet in height.**
- 12. No one should ever jump on a trampoline where the lighting is judged to be insufficient or poor.**
- 13. No student or performer should ever begin a trampoline practice session unless that person has thoroughly 'warmed up' with proper warm-up exercises before practice actually begins.**
- 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!**

BY-LAWS OF THE UNITED STATES TRAMPOLINE AND TUMBLING ASSOCIATION

ARTICLE I Name

The official corporate name of this organization is "The United States Trampoline and Tumbling Association" (referred hereinafter as the U.S.T.A.).

ARTICLE II Office

The principal office of the U.S.T.A. is to be located at the address of the Secretary-Treasurer or at such other place or places as the Board of Directors may from time to time determine.

ARTICLE III Fiscal Year

The affairs of the U.S.T.A. shall be conducted on a fiscal year basis commencing on October 1 and ending on September 30.

ARTICLE IV Membership

Section 1. Membership. Membership of the U.S.T.A. shall be open to all persons interested in actively advancing the sports of trampoline, tumbling and double mini-tramp (hereinafter referred to as the "sport"). There shall be three classifications of membership with privileges and limitations as follows:

- a. Adult Members: Active Adult Members over the age of 18 with equal privileges of voice and vote on the Regional level.
- b. Competitor Members: Competitor members with privileges of voice by courtesy of the chair on the Regional level only.
- c. Club Membership: Active clubs with privileges of hosting U.S.T.A. competitions and competing for team Championships.

All memberships expire at the end of the fiscal year.

Section 2. Voting. A three-fourths vote of those members present and voting at any meeting of the corporation is required to alter the number or composition of the Board of Directors, or amend the Articles of Incorporation. For all U.S.T.A. meetings, the quorum for the transaction of business shall be those members present and entitled to vote.

Section 3. Annual Meeting. The annual meeting or Congress and any special meetings of the U.S.T.A. shall be held at such times and places as determined by the Board of Directors. The members of the U.S.T.A. shall be given notice of such meetings as determined by the Board.

ARTICLE V Officers

Section 1. Number. The officers of the U.S.T.A. shall be a President, a Regional Vice President, a Technical Vice President, a Secretary-Treasurer and such other assistant officers as the Board of Directors may deem necessary.

Section 2. Qualifications, Election and Term.

- a. The President, Regional Vice President, Technical Vice President, Secretary-Treasurer and Technical Chairperson shall be elected every two years at the annual U.S.T.A. Congress.
- b. Nominations for the President, Vice President, Secretary-Treasurer and Technical Chairperson shall be made from the floor of the annual Congress.
- c. All nominees for office must have been members of the U.S.T.A. for the previous two years.
- d. The term of office shall be two years, commencing after elections at the U.S.T.A. Congress.

Section 3. Duties. Subject to the control of the Board of Directors, the officers shall have the following duties in addition to those set forth elsewhere in these By-Laws and in addition to those duties normally incident to the office:

- a. The President shall have general supervision of the affairs of the U.S.T.A., and the President shall call and preside at the meetings of the U.S.T.A. Board of Directors. The President may also hold polls by mail, telephone, or telegraph.
- b. In the absence of the President, the Regional Vice President shall take his place and perform his duties. He and the Technical Vice President shall also assist the President in the function of his duties whenever requested.
- c. The Secretary-Treasurer shall keep records of all U.S.T.A. Board of Directors meetings. He shall make an annual financial report and a report of all business transactions of the U.S.T.A. to the Board.
- d. The Secretary-Treasurer shall keep a special file of all resolutions passed by the U.S.T.A. Board and shall report to the U.S.T.A. membership on such resolutions.
- e. The Secretary-Treasurer shall have charge of all funds of the U.S.T.A. and shall submit an annual detailed report of all receipts and disbursements to the Board of the U.S.T.A.
- f. The Secretary-Treasurer shall also present to the U.S.T.A. Board prior to the end of each fiscal year a proposed operating budget for the ensuing fiscal year.

ARTICLE VI

Board of Directors

Section 1. Number and Meetings. The affairs of the U.S.T.A. shall be managed by a Board of Directors of thirty-eight (38) persons elected within the classes and for the terms set forth in these By-Laws. The Board shall meet at such times and places and give such notice as the Board itself determines.

Section 2. Composition. The Board shall consist of the President, immediate Past President, Regional Vice President, Technical Vice President, Secretary-Treasurer, eight Regional Chairpersons, and nine Technical Committee members. In addition, the Board shall include two voting members from each region who are elected by Adult Members from that region.

Section 3. Terms of Office.

- a. The officers shall serve on the Board during the two years that they hold their respective offices. The immediate Past President shall serve for the two years following his term of office as President.
- b. Regional Chairpersons shall serve for two years, and the two voting members elected for each region shall also serve for two years.
- c. The nine Technical Committee members of the Board shall serve for two years.

Section 4. Election and Qualifications.

- a. Officers (including the immediate Past President) shall be members of the Board by reason of their office.
- b. Regional Chairpersons and voting members.
 1. Regional chairpersons and voting members representing their regions on the Board of Directors are to be elected by their U.S.T.A. regional Adult Membership at any annual meeting within that region under the direction of the Regional Vice President. It is the responsibility of the Regional Chairperson to call this annual meeting at the annual Regional competition.
 2. Nominations for the Regional Chairperson and voting members shall be made from the floor of the annual regional meeting. The Regional Vice President shall direct the present Regional Chairperson to conduct this election.
 3. All nominees for the office of Regional Chairperson must have been members of the U.S.T.A. for the previous two years.
 4. Election of the Regional Chairperson and voting member at the annual regional meeting requires a plurality vote of those regional U.S.T.A. Adult Members present and voting.
 5. In a case where there is no Regional Chairperson elected, or the position is vacant, the Regional Vice President may appoint a Chairperson with the approval of the Board.

- c. The nine Technical Committee members shall be selected in the following manner:
 - 1. The Chairperson of the Committee shall be elected by the Board at the U.S.T.A. Congress:
 - 2. The Chairperson shall appoint eight Committee members subject to the approval of the Board.

Section 5. Quorum and Voting.

- a. Those members present and entitled to vote shall constitute a quorum but in no event shall a quorum consist of less than one-third of the number of Directors fixed by these By-Laws. The act of a majority of the Directors present at a meeting at which a quorum is present shall be the act of the Board of Directors unless the act of a greater number is required by the laws of the State of Iowa, the Articles of Incorporation or these By-Laws.
- b. A U.S.T.A. member can only cast one vote on any issue.
- c. A Board member may submit a proxy vote or an absentee vote on all matters provided written confirmation is provided to the President.
- d. A three-fourths majority of those voting shall be necessary to adopt any resolution by mail, telephone or telegraph.

Section 6. Duties.

- a. The general conduct of national and regional meets shall be the responsibility of the meet directors under the jurisdiction of the Board (who shall be referees of the meet), and their committees. The Board may designate such persons as they deem necessary to assist them in their duties.
- b. The U.S.T.A. Board shall draw up the rules of competition, decide the date and site of the regional and national championships over which they have jurisdiction, as well as decide the qualifications of these events. In general, the Board is entrusted with the development, promotion and general welfare of the sport.
- c. The Board also shall:
 - 1. Impose and enforce penalties for any violation of the Articles or By-Laws of the U.S.T.A.
 - 2. Remove any suspensions or remit any penalty, pertaining to individuals within the U.S.T.A.
 - 3. Determine the amount of dues.
 - 4. Enact those necessary and reasonable provisions to carry forward the purposes and objectives of the U.S.T.A.
- d. It is the responsibility of the Regional Chairperson to organize a yearly Regional Competition with the approval of the Board, and under the direction of the Regional Vice President.
- e. It shall be the responsibility of the Regional Chairperson to organize a yearly Regional Clinic for the development of the sport within their region with the approval of the Board, and under the direction of the Regional Vice President.
- f. It shall be the responsibility of the Regional Chairperson to administer and encourage U.S.T.A. membership within their respective region.
- g. It is the responsibility of the Regional Chairperson to organize a Committee within his region for submittal of rule changes to the U.S.T.A. Technical Committee.
- h. The Regional Chairpersons may establish sub-committees and state representatives to help with their responsibilities when deemed necessary.

ARTICLE VII
Removal From Office

Section 1. Procedure. Any member of the Board of Directors may be removed from office at any time in the manner stated in the Articles for repeated failure to perform his responsibilities. Any two members of the Board may request the President to take a mail vote and justify in writing the reasons for removal. In order for any member of the U.S.T.A. to be removed, a $\frac{3}{4}$ majority vote of the Board is necessary. A Regional Chairperson may be subject to a vote of removal as a Board Member upon receipt by the President of a petition containing the names of the majority of adult registered U.S.T.A. members in their region stating their grievances. The President may conduct a vote by mail of the U.S.T.A. membership with a $\frac{3}{4}$ majority vote required for removal, as required by the Articles.

Section 2. Notice. Upon removal, the removed person must be notified by the Board, through the President, of such action within one week of the vote taken, which if by mail shall be the due date of the ballots. The removed person shall have 30 days to file a written appeal with the President who shall take the appeal back to the Board for possible consideration and revote.

Section 3. Vacancy. The President has the authority to fill a vacancy created on the Board by a removed member on a temporary basis until an election can be held.

ARTICLE VIII
Operating Committee

The following Operating Committees are hereby established by the U.S.T.A.:

1. Technical Committee
2. Finance Committee
3. Awards Committee
4. Historian Committee
5. Publications Committee
6. Hall of Fame Committee
7. National Clinic Committee
8. Safety Committee

Additional committees may be established by the U.S.T.A. Board of Directors when deemed necessary.

ARTICLE IX
Finances

The income of the U.S.T.A. shall be derived from assessments levied by the Board of Directors upon the constituent members, from U.S.T.A. events, and from other sources as determined by the Board.

ARTICLE X
Resolutions

Legislation may be enacted through resolutions not inconsistent with the Articles or By-Laws at any regular or special meeting of the Board by a three-fourths majority of Board members present and voting, provided the legislation proposed is of a temporary character effective only for the time specified in the resolution itself.

ARTICLE XI
Amendments

These By-Laws may be amended at any regular or special meeting of the U.S.T.A., or at a special Board of Directors meeting for the specific purpose of amending these By-Laws, by three-fourths of the members present and voting. The proposed amendments must be submitted to the Secretary-Treasurer of the Board prior to the meeting in which such amendments will be considered.

TUMBLING SAFETY RULES

- 1. Tumbling should take place only in situations where a safe tumbling mat is provided. Safe tumbling mats should be sufficiently shock absorbent so as to minimize danger of ankle injuries on landing. Safe tumbling mats should be at least 1" thick (depending upon the type of material), at least 5' in width, and of sufficient length for the type of tumbling involved.**
- 2. No student or performer should ever attempt to execute any tumbling skill unless that skill has been thoroughly taught to the student by a qualified instructor.**
- 3. Tumbling mats should be set up in a level area (clear of obstructions) that are placed sufficiently far enough away from a wall or other obstructive objects to provide ample running room for the tumbling to take place.**
- 4. Tumbling should never be done while dressed in street clothes or shoes. A proper tumbling uniform should be provided that allows the student or performer freedom of action.**
- 5. Never run across a tumbling mat while students are tumbling!**
- 6. In tumbling classes, never stand at the end of a mat while someone else is tumbling. Students should stand off to one side.**
- 7. Small segmented tumbling mats should be joined together at the ends to form one continuous and secure length of mat.**
- 8. Tumbling on the grass is safe only if the entire area has been checked and found to be free from stones, twigs, broken glass, pipes sticking out of the ground and any other debris that could cause injury.**
- 9. No tumbling should ever take place in a gymnasium or training hall unless a qualified instructor is there to supervise the activity.**
- 10. No tumbling should ever be undertaken by anyone who is under the influence of alcohol, drugs, or medication that could hinder the person's coordination or perceptive faculties.**
- 11. No tumbling should ever be undertaken by anyone who is in a state of fatigue, is over-tired, or in a state of vertigo.**
- 12. Although, not strictly necessary, aerial skills in tumbling are better learned first on either the trampoline, double mini-tramp, or diving board before they should be attempted on the tumbling mats.**
- 13. No horseplay should ever be allowed in tumbling classes!**
- 14. No rings, hair adornments or other encumbering items should be worn by tumblers during work outs or practice sessions.**
- 15. Tumblers should know their limitations! Skills which are possible and safe on trampolines and double mini-tramps may not be safe or practical for tumbling!**

TECHNICAL AND RULES COMMITTEE

1. The Board of Directors of the U.S.T.A. shall elect a Technical Chairperson to handle all technical matters in connection with the programs of the sport.
2. The Technical Committee is to serve in an advisory capacity for the Board of Directors in general, but not necessarily confined to the following matters:
 - a. Elaboration of technical regulations and programs; planning of the competitions; composition of prescribed exercises; and competition rules.
 - b. Terminology for Trampoline, Tumbling, and Double Mini-Tramp and general regulations of the different competitions.
 - c. All research and study in the interest of progress and the improvement of methods and, in general, all technical questions which may be submitted or which they agree to study.
 - d. Conduct of Clinics on Regional and National levels.
 - e. Determine exact dates for Regional and National competitions with the approval of the U.S.T.A. Board of Directors.
 - f. Provide standards for qualifications from regional competitions to the Age-Group National Championship, with the approval of the U.S.T.A. Board of Directors.
 - g. Certify that any club or person bidding for a U.S.T.A. competition be able to meet the physical standards outlined in the U.S.T.A. rules for competition.
 - h. Appoint an Executive Director for the National Trampoline and Tumbling Judges Association.
 - i. Appoint a Safety Director for the U.S.T.A. Safety Committee.
3. The Technical Committee shall consist of nine members.
4. The Technical Committee Chairperson shall be elected by the U.S.T.A. Board of Directors at the U.S.T.A. Congress.
5. The Technical Chairperson shall appoint eight voting members to the Committee, subject to the approval of the Board of Directors.
6. The tenure of office shall be two years.
7. The Technical Chairperson shall call and preside at all necessary meetings of the Technical Committee. The Chairperson may also hold polls by mail, telephone, or telegraph.
8. All changes voted upon by the Technical Committee must have an affirmative majority vote before they can be submitted to the Board of Directors for final approval at any board meeting.
9. Sub-Committees - The following sub-committees are hereby established by the U.S.T.A. Technical Committee:
 - a. Safety Committee
 - b. Research Committee
 - c. Rules Committee
10. Additional sub-committees may be established by the Technical Committee when deemed necessary.
11. Chairpersons of all sub-committees shall be required to present in writing a report of all committee activities at all meetings and at regular times designated by the Technical Chairperson.
12. The Technical Committee may appoint special members for a specific mission to any committee. They shall have a voice in their particular matter, but no vote.
13. In the event of any tie vote within the Technical Committee, the U.S.T.A. Technical Vice-President shall cast the deciding vote.
14. The Technical Vice-President is an ex officio member of the Technical Committee.

DOUBLE MINI—TRAMPOLINE SAFETY RULES

1. Only the standard accepted U.S.T.A. & F.I.T. regulation double mini-tramp should be used in this activity.
2. No student or performer should ever attempt to execute a double mini-tramp skill without first having been taught that skill by a qualified instructor.
3. No double mini-tramping should ever take place unless a qualified instructor in this event is supervising the activity.
4. The double mini-tramp should never be used unless it is used in conjunction with a regulation crash pad 1" thick by 6' x-12'.
5. The double mini-tramp should only be set up in level areas where adequate space is available for run, ceiling height, and placement of the crash pad for landing.
6. No one should ever run across the area in which double mini-tramp students or performers are taking their approach runs.
7. No one in street clothes or shoes should be allowed to practice double mini-tramp. Proper gym wear and gym slippers are required.
8. The double mini-tramp should never be employed as a trampoline! Only one mount or spotter skill should ever be allowed at one time!
9. Only two-foot take offs for mounts and dismounts and two-foot landings on mounts and dismounts are allowed. No shoulder, stomach, or back landings are allowed on double mini-tramp.
10. Once a double mini-tramp pass has been completed, students and performers should clear the crash pad area immediately to make room for the next performer.
11. Double mini-tramps should be folded, locked, and stored when not in use!
12. All double mini-tramp skills should be first learned successfully on a trampoline before being attempted on the double mini-tramp.
13. No horseplay is ever allowed in double mini-tramp!
14. No student or performer should ever execute a dismount to any other landing area than the regulation crash landing pad.
15. For use in diving and as an aid to teaching springboard diving, no double mini-tramp should ever be set up at poolside unless the end area extends at least 16" from the edge of the pool.

ELIGIBILITY FOR MEN AND WOMEN

1. The age of the competitor, on the day of the competition, shall determine his or her age for Age-Group competition. If the competition is held longer than one day, the age of the competitor on the first day of the competition will determine that competitor's Age-Group. If a competitor's age changes between the date of the Regional Competition and the date of the Age-Group National Competition, that competitor must compete at the Age-Group National Competition in the age group he qualified in at the Regional Competition.
2. No competitor or team shall be permitted to participate in any U.S.T.A. competition, or sanctioned competition, unless they are an amateur and a U.S.T.A. member.
3. An amateur is anyone who is so designated by the U.S.T.A.
4. Entries close with the Director of Competition at the address designated by him; will be accepted only on the official entry blank form or duplicate thereof, completed and properly executed, and received before the stipulated closing date together with the entry fee as provided therein.
5. Grades of Competition
 - A. REGIONAL: Each year a regional competition will be held within the eight regions of the U.S.T.A. The organization of these competitions will be the responsibility of the Regional Chairperson under the direction of the Regional Vice-President. The following rules and regulations must be followed:
 1. The Regional Competitions must be held each year before the Age-Group National Competition. The exact dates for the Regional Competitions are to be determined by the Regional Vice-President with the approval of the U.S.T.A. Board of Directors.
 2. Comprehensive General Liability insurance in the amount of \$300,000 for each occurrence of bodily injury and \$50,000 for each occurrence of property damage; and accident insurance based on \$2,000 accident medical expense and accidental death and dismemberment must be provided by the organizers of the competition. Proof of this insurance policy must be provided to the Technical Vice-President two weeks prior to the competition. If the policy is not provided, the U.S.T.A. organization will not sanction the competition.
 3. A standard U.S.T.A. liability release statement must be signed by every competitor and parent/coach. If these statements are not signed, the competitor must not be allowed to compete in the competition. These forms must be mailed within two weeks after the competition to the Technical Vice-President, along with the competition results.
 4. All rules and regulations of the U.S.T.A. must be followed.
 5. The age divisions for the Regional Competition will be: 10 and under, 11-12, 13-14, 15-18, and 19 and over.
 6. No competitor shall compete in other than his or her age group.
 7. In a circumstance where no Regional Competition is held, a competitor or team may compete and qualify in another region.
 8. The Regional Competition will be used to qualify competitors and teams for the Age-Group Nationals under the following rules: The top six (6) competitors in each age group, in each event, shall qualify for the Age-Group Nationals. The first place team winner of each individual team event shall qualify for the Age-Group Nationals.

NOTE: If the winning team does not qualify (place in the top six (6), any or all of the three (3) competitors whose score was used to calculate that team's score, those competitors may advance to the Age-Group Nationals and compete for team honors **only**. It must be clearly designated that their scores count for team score only, and not for individual competition.

If the winning team qualifies more than three (3) competitors in an individual event, they may advance to the Age-Group Nationals and compete both for individual and team score.

B. AGE—GROUP NATIONALS: Each year a U.S.T.A. Age-Group National Championship will be held at a site and on a date determined by the Technical Committee with the approval of the U.S.T.A. Board of Directors. The following rules and regulations must be followed:

1. Comprehensive General Liability insurance in the amount of \$300,000 each occurrence of bodily injury and \$50,000 each occurrence of property damage; and accident insurance based on \$2,000 accident medical expense, accidental death and dismemberment must be provided by the organizers of the competition. Proof of this insurance policy must be provided to the Technical Vice-President two weeks prior to the competition. If the policy is not provided, the U.S.T.A. organization will not sanction the competition.
2. A standard U.S.T.A. liability release statement must be signed by every competitor and parent/coach. If these statements are not signed, the competitor must not be allowed to compete in the competition. These forms must be mailed within two weeks after the competition to the Technical Vice-President along with the competition results.
3. All rules and regulations of the U.S.T.A. must be followed.
4. The age divisions for the Age-Group Nationals will be: 10 and under, 11-12, 13-14, 15-18, and 19 and over.
5. Only those competitors and teams having qualified within their Regional Competition will be eligible for the Age-Group Nationals.
6. If a competitor could not enter his or her Regional Competition because of illness, injury or other reasons beyond their control, he may petition the U.S.T.A. Technical Vice-President for entry into the Age-Group Nationals. This petition must be sent to the U.S.T.A. Technical Vice-President three weeks prior to the U.S.T.A. Age-Group National Competition.

NOTE: This competitor, if allowed to enter the Age-Group Nationals, would be able to compete only in individual events, and not as a team member for team awards.

C. OPEN NATIONALS: Each year an Open National Championship will be held at a site and on a date determined by the Technical Committee with the approval of the U.S.T.A. Board of Directors. The following rules and regulations must be followed:

1. Comprehensive General Liability insurance in the amount of \$300,000 each occurrence of bodily injury and \$50,000 each occurrence of property damage; and accident insurance based on \$2,000 accident medical expense, accidental death and dismemberment must be provided by the organizers of the competition. Proof of this insurance policy must be provided to the Technical Vice-President two weeks prior to the competition. If the policy is not provided, the U.S.T.A. organization will not sanction the competition.
 2. A standard U.S.T.A. liability release statement must be signed by every competitor and parent/coach. If these statements are not signed, the competitor must not be allowed to compete in the competition. These forms must be mailed within two weeks after the competition to the Technical Vice-President, along with the competition results.
 3. All rules and regulations of the U.S.T.A. must be followed.
 4. The Open National Competition will be an open competition to all U.S.T.A. competitive members and teams.
 5. If possible, the Open National Competition should be the final U.S.T.A. competition of the competitive year.
6. **Entry Fee** — Each competitor must pay an entry fee for each event entered. This entry fee shall be determined by the meet director with the approval of the Board of Directors. Team entry fees shall also be determined by the meet director with the approval of the Board of Directors.

7. Awards:

- A. Individual: Regulation U.S.T.A. awards shall be awarded to first, second, and third place winners in Regional, Age-Group National, and Open National Competition. Fourth through sixth place awards are recommended. When two or more competitors tie for any place, each shall receive identical awards.
- B. Team: Team awards may be given in the following categories in Regional, Age-Group, and Open National Competitions:
1. Men's Trampoline
 2. Women's Trampoline
 3. Men's Tumbling
 4. Women's Tumbling
 5. Men's Double Mini-Tramp
 6. Women's Double Mini-Tramp
 7. Men's Synchronized Trampoline (Both competitors must be from same team)
 8. Women's Synchronized Trampoline (Both competitors must be from same team)
 9. Overall Team Award (Combination of the above events)
- C. Individual Team awards will be awarded under the following system:
1. Open National Championships - To enter a team championship, a team must be a member of the U.S.T.A. The team coach or official representative must fill out the appropriate team score sheet, listing all of their competitors competing in that event. This sheet must be submitted to the meet director along with the entry fee at or prior to the beginning of the competition. After the preliminary round of competition, the recorders will enter the scores of each competitor on the appropriate team score sheet. The recorders will then eliminate all scores except for the three (3) highest scores, the sum of which will be the total score for that team. The team with the highest total score is the winner.
 2. Regional Age-Group Championships - In Regional Age-Group Championships the Open National Team Championship Rules shall apply, with the following additions and/or exceptions: In each team event, all competitors shall be listed on the appropriate team score sheet, regardless of which age group they compete in for individual honors.
 3. Age-Group National Championships - The first place team winner of each individual team event, in each region, shall qualify for the Age-Group National Championship. Each team must fill out the appropriate team score sheet, listing all team members competing in that team event.
NOTE: See rule Eligibility for Men and Women, Rule 5.a.8. This sheet must be submitted to the meet director along with the entry fee at or prior to the beginning of the competition.
- D. Overall Team Award - The Overall Team Award for Open, Regional and Age-Group National Championships will be decided by a place scoring method. After the preliminary round of competition, the first place team winner of each individual team event will receive ten (10) points toward the Overall Team Award. Second place will receive eight (8) points; third place, six (6) points; fourth place, five (5) points; fifth place, four (4) points; sixth place, three (3) points; seventh place, two (2) points; and eighth place, one (1) point. All points for each team from the eight individual team events are added together to determine the overall team champion. The required entry fee for Overall Team Award must be submitted to the meet director at or prior to the beginning of the competition.

FREQUENTLY USED TRAMPOLINE TERMS

BACK: Abbreviated term for back somersault.

BALLOUT: Used to describe front somersault movements originating from the back drop position.

BARANI: A trampoline movement in which the body completes a front somersault with a half twist in such a way that the performer can see the bed throughout the entire movement.

BARANI OUT: The common name of the fliffis in which the performer does a front double somersault with a half twist, the twist occurring in the second half of the second somersault.

BUILD UP: A series of free bounces used to obtain height as preparation for a stunt.

CODY: A term describing back or front somersaulting movements from a front drop position take-off.

CRASH DRIVE: Front dive to back landing.

DISMOUNT: A means of getting off the trampoline or apparatus.

DOUBLE BACK: Double Back Somersault.

DOUBLE FULL: Back somersault with 2 twists.

DOUBLE FULL FLIFFIS: Double somersault with 2 twists.

FLIFFIS (Plural - Fliffes): A term used to describe twisting double somersault, either front or back.

FLIP: Short term for somersault.

FORM: The grace and precision with which the performer executes a stunt or routine.

FULL: Refers to a full twisting somersault. May be in a backward, sideward or forward direction.

FULL AND ½: Front somersault with 1½ twist.

FULL AND ½ FLIFFIS: Double somersault with 1½ twist.

KILL: Flexing the knees and hips on contact to take up the spring of the trampoline, thereby keeping the body with the bed.

LAY OUT: A position in which the body is held straight, or slightly arched.

LOST: To become momentarily unaware of one's position in the air during the performance of a skill.

MOUNT: Method by which the performers get on the trampoline or apparatus.

PIKE: A position in which the body is bent at the hips with legs straight.

RANDOLPH: 2½ twisting front somersault.

RUDOLPH: 1½ twisting front somersault.

TRIPLE FULL: Back somersault with 3 twists.

TUCK: A position in which the body is bent at the hips, legs bent at the knees with hands grasping legs just below the knees.

GENERAL RULES OF COMPETITION FOR MEN AND WOMEN

1. Events: Individual and Synchronized Trampoline events, Individual Tumbling events, and Individual Double Mini-Tramp events shall be provided for both men and women in Regional, Age-Group Nationals, and Open National Championships.

2. Suggested Order of Competition:

A. Regional & Age-Group Nationals:

1. Preliminaries:

- a. Tumbling
Optionals, Men & Women
- b. Double Mini-Tramp
Optionals, Men & Women
- c. Trampoline
Individual Optional, Men & Women
Synchronized Optional, Men & Women

2. Finals

- a. Tumbling
Optionals, Men & Women
- b. Double Mini-Tramp
Optionals, Men & Women
- c. Trampoline
Individual Optional, Men & Women
Synchronized Optional, Men & Women

B. Open Nationals:

1. Preliminaries:

- a. Tumbling
Compulsory and Optionals, Men & Women
- b. Double Mini-Tramp
Optionals, Men & Women
- c. Trampoline
Individual Compulsory, Men & Women
Individual Optional, Men & Women
Synchronized Compulsory, Men & Women

2. Finals:

- a. Tumbling
Optionals, Men & Women
- b. Double Mini-Tramp
Optionals, Men & Women
- c. Trampoline
Individual Optional, Men & Women
Synchronized Optional, Men & Women

(Note: For expediency, Trampoline, Tumbling and Double Mini-Tramp events may be run concurrently.)

3. Officials: The officials of the meet, their duties, and jurisdiction shall be as follows:

A. Meet Director - The general conduct of the Regional, Age-Group Nationals, and Open National meets shall be the responsibility of the meet director under the jurisdiction of the Board of Directors.

B. Judges - The judges of the competition will be those approved by the Board of Directors upon recommendation of the National Trampoline and Tumbling Judges Association.

C. The Technical Chairperson - The Chairperson shall determine the suitability of all apparatus and equipment used and report on same to the Board of Directors prior to the competition.

- D. Protest Committee - The Protest Committee shall consist of five members, including a 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.
 - E. Scorers - The scorers shall be those approved by the meet director. The meet director shall appoint a "Chief Scorer" whose responsibility shall be to supervise all of the scoring and expedite the work of the other scorers. The scorers shall note on regularly ruled and official score sheets, as approved by the Technical Committee.
 - F. Announcer - The announcer shall be as approved by the meet director. The announcer shall announce the results when they have been tabulated by the Chief Scorer on the official score sheets, and approved by the meet director.
 - G. Clerks - Clerks will be as approved by the meet director. The meet director shall appoint a "Chief Clerk" whose responsibility shall be to supervise all of the clerking details and expedite the work of the other clerks. The clerks shall collect the scores from the judges, check the contestants in each event, notify them of the order in which they are to perform, and be of general assistance to the other officials.
4. Admission to the Field of Competition - Only competitors, judges, scorers, clerks, spotters, and those required for maintenance of the apparatus will be admitted in the competition area. Only those photographers and reporters authorized by the organization sponsoring the meet may be admitted, with the approval of the meet director and the Board of Directors.
 5. Disposition of the Score Sheets - All of the score sheets pertaining to the entire competition shall be certified by the Superior Judges and turned over to the meet director by the Chief Scorer as soon as the competition and the scoring thereof is completed; and after publication, the score sheets of all competitors and a general write-up of the competition must be sent to the Regional Vice-President.

TRAMPOLINE

**INTERNATIONAL TRAMPOLINE FEDERATION
INTERNATIONAL RULES FOR COMPETITION**

NOTE: The following rules are as approved January 1, 1977. Subject to change by the FIT Congress, the rules to which the U.S.T.A. subscribes are those which are the current FIT approved rules.

A. General Rules

1. Individual Competition

- 1.1 Trampoline competitions consist of one compulsory and two voluntary routines.
- 1.2 Preliminaries
 - 1.2.1 Compulsory routine
The order for starting the compulsory routine is drawn by ballot.
 - 1.2.2 Voluntary routine
The competitor with the lowest compulsory score will begin with the first voluntary routine. In the event of ties, the starting order will be decided by a draw.
- 1.3 Finals
 - 1.3.1 For the finals, only the ten best competitors from the Preliminaries will take part.
 - 1.3.2 The competitor with the lowest preliminary score will start.
In the event of ties, the starting order will be decided by a draw.

2. Team Competition

- 2.1 A trampoline team consists of five ladies or five men.
- 2.2 Every member of the team must perform one compulsory and two voluntary routines.
- 2.3 System of Scoring
The score of the team member with the lowest number of points will be deleted from the team score after each series of routines (compulsory routine, first voluntary routine, second voluntary routine).

3. Synchronized Competition

- 3.1 A synchronized team consists of two ladies or two men.
- 3.2 Each competitor can compete only in one synchronized team.
- 3.3 Synchronized competition consists of the compulsory routine and one voluntary routine.
- 3.4 The compulsory routine of the individual competition is also the compulsory routine in the synchronized competition.
- 3.5 The competitors have to do the same movement at the same time in the same rhythm and must start facing in the same direction.

4. Winners

- 4.1 The winner is the competitor or the team with the highest overall number of points.
- 4.2 Competitors with the same scores will be given the same place and medals will be awarded according to the Regulations for the World , Intercontinental and Continental Championships.

5. Routines

- 5.1 Compulsory and voluntary routines consist of ten skills each.
- 5.2 Second attempts at routines are not allowed.
- 5.3 If a competitor is obviously disturbed in a routine (faulty equipment or external influence), the jury is called together by the superior judge and a second attempt may be allowed by a majority vote.

6. Dress for Individual and Synchronized Competitors as well Spotters.

- 6.1 Men
For each country a uniform gym shirt without sleeves, long white gym trousers and white gym shoes must be worn.
- 6.2 Ladies
For each country a uniform leotard and white gym shoes must be worn.

- 6.3 Spotters
Uniform training suit and gym shoes.
- 6.4 No jewelry and watches shall be permitted to be worn during the competition.
- 6.5 Any violation of these rules (6.1, 6.2, and 6.4) will result in disqualification. The superior judge makes the decision.

7. Competition Cards

- 7.1 The voluntary routine and difficulty rating must be written on the competition card.
- 7.2 The competition card must be given to the recorder at least two hours before the competition starts.
- 7.3 Changes are permitted during the voluntary routine.

8. Trampolines

- 8.1 All trampolines with the following minimum and maximum sizes are permitted to be used at any competition:

Height of frame	0.95 - 1.05 metres
Length of bed	3.60 - 4.30 metres
Width of bed	1.80 - 2.15 metres
- 8.2 The bed must be woven. The width of the webbing must be from a minimum of 6 millimetres to a maximum of 15 millimetres.
- 8.3 The frame must be covered by frame pads.
- 8.4 During synchronized competitions the trampolines must be parallel and not staggered with a distance of 2 metres between them.

9. Height of the Hall

- 9.1 The interior height of the hall, in which trampoline competitions are to take place, must be at least 7 m.

10. Safety

- 10.1 For safety reasons the organizer of the competition must provide at least eight experienced spotters for the warming up period and competition.
- 10.2 The superior judge and the competition director are responsible for controlling the actions of the spotters.
- 10.3 The competitor may request from the superior judge his own spotters, who must be dressed in terms of Rule 6.3.
- 10.4 The competitors must execute their routines without any external help. Whether the help of the spotters was needed or not will be decided by the superior judge.
- 10.5 Talking to the competitors by their own spotters during the routine is not permitted. Each time this rule is disregarded, it will result in deductions of 0.3 pts. by the assistant superior judge and the performance judges no. 1-6 at the instruction of the superior judge.
- 10.6 Gym mats must cover the floor around the trampoline.
- 10.7 The use of safety landing mats on the end of the frame is allowed.

11. Score Sheets

- 11.1 During all international competitions the official score sheets of the I.T.F. must be used.
- 11.2 The original completed score sheets must be returned to the technical chairperson of the I.T.F.
- 11.3 Duties of the Chief Recorder:
 - 11.3.1 Supply secretaries for the judges and assistant superior judge.
 - 11.3.2 Determines and records the starting order of the voluntary routines.
 - 11.3.3 Recording of the scores and the degree of difficulty.
 - 11.3.4 Scrutiny and control of the entries on the competition cards and score sheets.
 - 11.3.5 Display the total score by order of the superior judge.
 - 11.3.6 Recording the list of the final results.

12. Arbitration Jury

- 12.1 The arbitration jury must decide on protests and state the protest fee before the beginning of the competition.

12.2 Composition:	
12.2.1 Member of the Praesidium or Organizing Committee	1
12.2.2 President of the Technical Committee or member of the Organizing Committee	1
12.2.3 Superior Judge	1
12.2.4 Judges	2
12.2.5 Total	5

12.3 The arbitrations jury's decision is final and must be abided by.

13. Protests

- 13.1 A protest can only be handed in by an official representative of a Federation, a team-manager or competitor.
- 13.2 A written protest with the protest fee must be handed to the superior judge before the end of the round.
- 13.3 Protests have to be dealt with and the decision announced immediately after each round by the arbitration jury.
- 13.4 If the protest is sustained the fee will be returned. If the protest is overruled, the fee will be sent to the International Trampoline Federation (I.T.F.)

B. Competition Procedure

14. Warming Up

- 14.1 Before the start of the competition training on the competition apparatus of at least two hours must be given.
- 14.2 All competitors will be allowed one practice of 30 seconds before each round.
- 14.3 At World-, Intercontinental- and Continental Championships a warming up on the competition trampolines during the competition is not allowed.
- 14.4 The organizer of World-, Intercontinental- and Continental Championships must have at least two trampolines identical to the competition trampolines available nearby.

15. Start of Routine

- 15.1 Each competitor will start on the signal given by the superior judge.
- 15.2 A competitor may take as many preliminary jumps as he desires before commencing the first skill.
- 15.3 In the event of a faulty start prior to the first skill, the superior judge must consult the jury in order to decide whether the competitor may be allowed a second attempt.

16. Required Positions during Routine

- 16.1 In tucked, piked and straight positions the feet, legs and knees must be kept together and the feet and the toes pointed.
- 16.2 Depending on the requirements of the movement, legs and hips must either be tucked, piked or straight.
- 16.3 In the tucked and piked position the upper body and thigh must be at least at an angle of 90 degrees (except in twisting somersaults).
- 16.4 In the tucked position the hands must grasp the legs below the knees except in twisting somersaults, otherwise there will be a deduction according to rule 23.3.1.
- 16.5 In the tucked position the upper body and thigh must be at an angle of 90 degrees to 120 degrees.
- 16.6 The tucked position applies only to twisting multiple somersaults.
- 16.7 The positions and movements of the arms are free but whenever possible they should be straight.

17. Repetition of the Same Skills

- 17.1 During the voluntary routine the same skill must not be repeated.
- 17.2 If the competitor disregards this rule, the degree of difficulty of the repeated skill will not be counted.
- 17.3 Multiple somersaults with the same number of twists in the first, middle and last phase of the skills have the same degree of difficulty. They are considered as different skills and not as repetitions.
- 17.4 Tucked, piked and straight positions are considered to be different skills and not repetitions.

18. Interruptions of the Routine

- 18.1 A routine is to be considered interrupted if the competitor:
- 18.1.1 Does not perform the compulsory routine in the written sequence.
 - 18.1.2 Obviously does not land simultaneously on both feet on the trampoline bed.
 - 18.1.3 Does not use the elasticity of the bed after landing for the immediate continuation of the next movement, thus causing a break.
 - 18.1.4 During the routine touches anything other than the bed with any part of the body. This decision must be made by the jury.
 - 18.1.5 Is touched physically by any spotter. This decision is made by the superior judge.
 - 18.1.6 During the routine leaves the trampoline due to insecurity.
 - 18.1.7 Performs a different skill from that of his partner in the synchronized routine.
- 18.2 A competitor will be judged only on the number of skills completed on the trampoline bed.
- 18.3 The superior judge shall determine the maximum score.

19. Termination of the Routine

- 19.1 The routine must end with both feet on the trampoline bed after the tenth skill.
- 19.2 The competitor is allowed to do one more jump in a stretched position.
- 19.3 If the competitor does not land on both feet on the tenth skill on the bed, he will be judged to have performed an additional skill.
- 19.4 For additional skills a deduction of a total of 1.0 pt. will be made by the assistant superior judge and the performance judges no. 1 - 6 at the instruction of the superior judge.
- 19.5 The competitor must stand upright after his last landing on the bed at least three seconds, otherwise he will receive a deduction from the assistant superior judge and performance judges no. 1 - 6 for insecurity (see 23.3.2.1).

20. Scoring

- 20.1 Degree of Difficulty
- 20.1.1 The degree of difficulty of any skill is evaluated according to the formula. Skills with higher difficulty ratings can be added.
 - 20.1.2 All skills without rotation have no degree of difficulty.
 - 20.1.3 The degree of difficulty for each skill is worked out on the following:
 - 20.1.3.1 ¼ somersault (90 degrees) 1/10 pt.
 - 20.1.3.2 1/1 somersault (360 degrees) 4/10 pts.
 - 20.1.3.3 ½ twist (180 degrees) 1/10 pt.
 - 20.1.3.4 1/1 twist (360 degrees) 2/10 pts.
 - 20.1.4 In the case of twisting somersaults, the difficulty values for somersaulting and twisting are added together.
 - 20.1.5 Pike and straight somersaults without twists if performed with a rotation of 360 degrees or more are awarded an extra 1/10 of a point for degree of difficulty.
 - 20.1.6 1¾ and 2¾ back somersaults to a stomach landing shall be awarded an extra 2/10 of a point for degree of difficulty.
 - 20.1.7 2/1 somersaults and more in piked or layout positions with twists shall be awarded an extra 1/10 of a point for degree of difficulty. (The legs must be straight at all times).
- 20.2 Method of Scoring
- 20.2.1 The evaluation of form (execution and control), difficulty and lack of synchronization are done in 10ths of a point.
 - 20.2.2 The scores of the judges must be written and independently of each other.
 - 20.2.3 The assistant superior judge and the judges no. 1 - 6 evaluate the form (execution and control) and dictate their deductions to their secretaries.
 - 20.2.4 At a given signal by the superior judge the scores of the judges no. 1 - 6 have to be shown simultaneously.

- 20.2.5 If the judges no. 1 - 4 in the individual competition and no. 1, 2 + 5 for the trampoline no. 1 as well as no. 3, 4 + 6 for the trampoline no. 2 in synchronized competition fail to display their scores upon a signal of the superior judge, the average of the scores will be taken for the missing scores. The decision will be made by the superior judge.
- 20.2.6 Evaluation of the score for execution
- 20.2.6.1 In the individual competition the highest and lowest scores of the judges no. 1 - 4 are cancelled. The total of the remaining scores is the score for performance provided the difference between the two scores is not too great (as per 20.3).
- 20.2.6.2 In the synchronized competition the highest and lowest scores on each trampoline no. 1 and no. 2 are deleted and the middle score is the valid score.
- 20.2.7 Evaluation of the final score for execution
- 20.2.7.1 In the individual competition the two middle scores for performance in the compulsory and the voluntary routines are added and recorded by the recorder.
- 20.2.7.2 In the synchronized competition the two middle scores of the judges of execution on trampolines no. 1 + 2 in the compulsory and voluntary routines are added together by the recorder and entered into the score sheet.
- 20.2.8 Judges no. 7 + 8 determine the sequence of the compulsory routine, calculate the difficulty of the voluntary routines and enter it on the competition card. The recorder records the score on the score sheet.
- 20.2.9 For intermediate (straight) jumps in a voluntary routine, a deduction of 1.0 per jump will be made by the assistant superior judge and the performance judges no. 1 - 6 at the instruction of the superior judge.
- 20.2.10 Judges no. 9 + 10 and the assistant superior judge evaluate the lack of synchronization (as per rule 25) and dictate the lack of synchronization to their secretaries, who write it down on their score sheets. The total of the two scores is the deduction score for non-synchronization provided that the difference between the two scores is not too great (see rule 20.3.3).
- 20.2.11 The result of the scores as per rules 25.2, 20.2.10 and 20.3.3 is then the deduction score for faulty synchronization, which is given by the assistant superior judge to the recorder.
- 20.2.12 The deduction score for faulty synchronization as per rule 20.2.11 is subtracted by the recorder from the performance score as per rule 20.2.7.2 and entered on the score sheet.
- 20.2.13 The recorder is responsible for calculating (performance score - deduction for non-synchronization and difficulty) and entering the scores on the score sheets. The superior judge is responsible for determining the validity of the final score.
- 20.2.14 The showing of the total score is done by the recorder upon order of the superior judge.
- 20.2.15 Secretaries shall be assigned to the assistant superior judge and judges no. 1 - 6 and no. 9 + 10. The calculations of the secretaries must be controlled by the assistant superior judge and the judges.
- 20.3 Differences in Evaluation
- 20.3.1 If the differences in the two middle scores of the judges for execution no. 1 - 4 in the individual competition are greater than the following, then rule 20.3.2 will apply:
- 20.3.1.1 2/10 pts. for middle scores of 9 and above.
- 20.3.1.2 3/10 pts. for middle scores of 8.5 - 8.95 pts.
- 20.3.1.3 5/10 pts. for middle scores of 8.45 and below.
- 20.3.2 If the two judges of the middle scores in the individual competition do not conform with rules 20.3.1.1, 20.3.1.2 and 20.3.1.3, then the two scores are added to the assistant superior judge's score, divided by three and then doubled by the recorder.

- 20.3.3 In cases of differences in evaluating the non-synchronization over 0.5 pts. the two scores of judges no 9 + 10 will be added to the score of the assistant superior judge and divided by three and then doubled as the total deduction.
- 20.3.4 If a judge shows to be incompetent in his duty he must be removed by the superior judge.

C. Jury

21. The jury consists of:

21.1	Superior Judge	1	
21.2	Assistant Superior Judge	1	
21.3	Judges for execution	6	
21.3.1	for individual competition		(no. 1 - 4)
21.3.2	for synchronized competition		
	21.3.2.1 trampoline no. 1		(no. 1, 2 + 5)
	21.3.2.2 trampoline no. 2		(no. 3, 4 + 6)
21.4	Judges for difficulty	2	(no. 7 + 8)
21.5	Judges for synchronization	<u>2</u>	(no. 9 + 0)
21.6	Total	12	

22. Duties of the Superior Judge

- 22.1 Control of the facilities.
- 22.2 Organization of the judge's conference and the trial scoring.
- 22.3 Drawing for the starting order of the compulsory routine and drawing for the starting order during the competition in the event of ties.
- 22.4 Directing the competition.
- 22.5 Placing and supervising of all judges, spotters and recorders.
- 22.6 Deciding about removal of an incompetent judge.
- 22.7 Deciding whether the spotting was necessary or not as per rules 10.4 and 18.1.5.
- 22.8 Inform the assistant superior judge and the performance judges no. 1 - 6 of additional deductions as per rules 10.5, 19.4 and 20.2.9.
- 22.9 Declaring the maximum score in the case of an interrupted routine.
- 22.10 Deciding considering competitor's clothing as per rule 6.
- 22.11 Supervising and control of all scores, calculations and final valid scores.
- 22.12 Deciding if a judge fails to show his score immediately as per rule 20.2.5.
- 22.13 Decision on middle score differences as per rule 20.3.
- 22.14 Convene the jury and arbitration jury.

23. Duties of the Judges for Performance (no. 1 - 6 and assistant superior judge)

- 23.1 The judges must sit separately 5 metres from the side of the trampolines and elevated by 1 metre.
- 23.2 Scores for performance shall range from 0.0 - 10 pts.
- 23.3 Deductions for faulty performance:
 - 23.3.1 for each skill for lack of individual constant height, poor execution and control 0.1 - 0.5 pts.
 - 23.3.2 for lack of control after the last skill for:
 - 23.3.2.1 additional steps after the last landing on both feet on the bed and not standing still for 3 seconds 0.1 - 0.3 pts.
 - 23.3.2.2 touching the bed with one hand 0.4 pts.
 - 23.3.2.3 touching the bed with both hands 0.5 pts.
 - 23.3.2.4 landing on the knees or hands and knees 0.6 pts.
 - 23.3.2.5 landing on the seat 0.7 pts.
 - 23.3.2.6 landing on the stomach or back 0.8 pts.
 - 23.3.2.7 touching or landing on the suspension system, pads or frame 0.9 pts.
 - 23.3.2.8 for falling off the trampoline at any time after the first skill of the routine 1.0 pt.
- 23.4 During synchronized competitions judges no. 1, 2 + 5 evaluate the performance of the routine on trampoline no. 1, judges no. 3, 4 + 6 on trampoline no. 2.
- 23.5 The evaluation of the performance judges in the synchronized competition shall be done in the same manner as in the individual competition.

24. Duties of the Difficulty Judges (no. 7 + 8)

- 24.1 Collecting of the competition cards two hours prior to the competition and checking them.
- 24.2 Checking the compulsory and voluntary routines in the individual and synchronized competitions.
- 24.3 Determining the difficulty of the voluntary routines and entering it on the competition card.
- 24.4 Displaying the difficulty mark.
- 24.5 The Difficulty Judges no. 7 + 8 must sit 5 metres from the trampolines and elevated by 1 metre and on the same side as judges no. 1 – 6.

25. Duties of the Judges for Synchronization (no. 9 + 10)

- 25.1 Scoring the non-synchronized performance.
- 25.2 Making and recording the following deductions for each unsynchronized landing:
 - 25.2.1 landing differences up to 50 cm in height 0.1 - 0.3 pts.
 - 25.2.2 landing differences over 50 cm in height 0.4 - 0.5 pts.
- 25.3 The Judges for Synchronization no. 9 + 10 must sit opposite of the performance judges no. 1 - 6 on the other side of the trampolines separately 5 metres from the other side of the trampolines and elevated by 1 metre.

26. Duties of the Assistant Superior Judge

- 26.1 Score each individual performance.
- 26.2 Score the non-synchronization in the synchronized competition.

U.S.T.A. COMPETITION CARD FOR TRAMPOLINING

STARTING ORDER		
Comp.	1 Opt.	2 Opt.

CHECK APPROPRIATE BLANK
 Age: 10 under _____ 11-12 _____
 13-14 _____ 15-18 _____
 19 & over _____ open _____

Championship _____ Place _____ Date _____
 First Name _____ USTA No. _____
 Sex _____ Last Name Club _____
 Date of Birth _____ Address _____

Judges	Compulsory	1. Optional	2. Optional	Results	
1.				Compulsory Mark	
2.				1st Optional Mark	
3.				Preliminary Result	
4.				2nd Opt. Result	
Asst. Judge				Final Total	
Subtotal				Placing	
Subtotal x 2					
Difficulty	X				
TOTAL					

Signature of Referee

Name	Club
------	------

Repetitions	Parts of the Routine	Difficulty		
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

Checked by

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**U.S.T.A.
COMPETITION CARD FOR
SYNCHRONIZED
TRAMPOLINING**

CHECK APPROPRIATE BLANK

STARTING ORDER	
Comp	1 Opt.

Age: 10 under _____ 11-12 _____
 13-14 _____ 15-18 _____
 19 & over _____ open _____

Championship _____ Place _____ Date _____

1. First name _____	1 Last Name _____	1. U.S.T.A. _____
2. First name _____	2 Last Name _____	2. U.S.T.A. _____
Sex _____		Club: _____
1. Date of Birth _____	1. Address _____	
2. Date of Birth _____	2. Address _____	

Judges	Compulsory	1 Optional	2 Optional	Results	
1				1st or 2nd Optional Mark	
2				Preliminary Result	
5				Compulsory Mark or 1st Optional	
Mean				Final Total	
3				Placing	
4					
6					
Mean					
Asst. Judge					
Total Mean				Signature of the Referee	
Synchro. Deductions					
Sub Total					
Sub Total x 2					
Difficulty					
TOTAL SCORE					

Name	Club
Name	

Repe- titions	Parts of the Routine	Difficulty		
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

Checked by

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U.S.T.A. TRAMPOLINE RULES

OPEN NATIONAL RULES

In open U.S.T.A. National Competition the current F.I.T. Trampoline rules shall apply, with the following additions and/or exceptions:

1. There will be a maximum degree of difficulty awarded for each routine of 9.0 for men and 8.0 for women.
2. No difficulty points will be awarded for a skill which has a degree of difficulty of .9 or more which does not terminate on the feet. NOTE: The U.S.T.A. does not recommend the use of these skills at any time in competition or training.
3. In the individual competition the two middle scores for performance in the compulsory and the voluntary routines are added, then doubled and recorded by the recorder.
4. In the synchronized competition the two middle scores of the judges of execution on trampolines no. 1 and 2 in the compulsory and voluntary routines are added together by the recorder. The faulty synchronization deductions are then subtracted from this score. The remaining score is then doubled by the recorder and entered on the score sheet.

AGE-GROUP REGIONAL AND AGE-GROUP NATIONAL RULES

In Age-Group competition the current F.I.T. Trampoline rules shall apply, with the following additions and/or exceptions:

1. There will be a maximum degree of difficulty awarded for each routine of 9.0 for men and 8.0 for women.
2. No difficulty points will be awarded for a skill which has a degree of difficulty of .9 or more which does not terminate on the feet. NOTE: The U.S.T.A. does not recommend the use of these skills at any time in competition or training.
3. In the individual competition the two middle scores for performance in the compulsory and the voluntary routines are added, then doubled and recorded by the recorder.
4. In the synchronized competition the two middle scores of the judges of execution on trampolines no. 1 and 2 in the compulsory and voluntary routines are added together by the recorder. The faulty synchronization deductions are then subtracted from this score. The remaining score is then doubled by the recorder and entered on the score sheet.
5. In all age groups one skill may be repeated. If this rule is violated, there shall be no difficulty credit for the illegally repeated skill(s).
6. Eligibility - Divisions by Age:
 - a. 10 and under
 - b. 11 - 12
 - c. 13 - 14
 - d. 15 - 18
 - e. 19 and over
7. The age of the competitor on the day of the competition shall determine his or her age for age-group competition. If the competition is held longer than one day, the age of the competitor on the first day of the competition will determine that competitor's age group. If a competitor's age changes between the date of the Regional competition and the date of the Age-Group National Competition, that competitor must compete at the Age-Group Nationals in the age group they qualified in at the Regional competition.
8. No competitor shall compete in other than his or her own age group.
9. No compulsory routines will be required for Age-Group competition.
10. The top six (6) competitors shall advance to the finals.
11. In synchronized trampoline competition the age group of the older partner determines the age group the pair must enter.

U.S.T.A. SYNCHRONIZED TRAMPOLINE SCORE SHEET

Event _____													
Name	Number												
		Compulsory or 1st Optional											
	Judge #1												
	Judge #2												
	Judge #5												
	Mean												
	Judge #3												
	Judge #4												
	Judge #6												
	Mean												
	Assistant Judge												
	Total Mean												
	Synchronized Deductions												
	Sub Total												
	Sub Total X2												
	Difficulty												
	Total												
	Place												
	Judge #1	1st or 2nd Optional											
	Judge #2												
	Judge #5												
	Mean												
	Judge #3												
	Judge #4												
	Judge #6												
	Mean												
	Assistant Judge												
	Total Mean												
	Synchronized Deductions												
	Sub Total												
	Sub Total X2												
	Difficulty												
	Total												
	Grand Total												
	Place												

U.S.T.A. TRAMPOLINE JUDGES SCORE CARD

Competitor's No. _____

Judges Name _____

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

=====
Judges Score

Place

Deductions _____

Date

Deduction for last landing _____

Total Deduction

Judges No.

**INTERNATIONAL TRAMPOLINE FEDERATION
INTERNATIONAL RULES FOR COMPETITION**

Note: The following rules are as approved January 1, 1977. Subject to change by the FIT Congress, the rules to which the U.S.T.A. subscribes are those which are the current FIT approved rules.

A. General Rules**1. Individual Competition**

- 1.1 A tumbling routine shall consist of one (1) compulsory and four (4) optional passes with a minimum of three (3) skills in each pass.
 - 1.1.1 Tumbling shall be characterized by continuous, speedy, rhythmic hands to feet, feet to hands and feet to feet rotational jumping movement, without hesitations or intermediate steps. The performer shall display no contortion skills such as limbers, front or back walkovers, hand-walking, balancing or rolls.
 - 1.1.2 A tumbling routine shall be planned to demonstrate a variety of forward, backward, and sideward skills. The routine should show good control, form, execution, maintenance of height and difficulty. Tumbling passes must start from a run up to the mat and the last skill in each pass held stationary in a standing position on the mat, for three seconds.
- 1.2 Preliminaries
 - 1.2.1 One (1) compulsory pass.
 - 1.2.2 Two (2) optional passes.
 - 1.2.3 The order for starting the preliminaries will be drawn by ballot and be valid all three preliminary passes.
- 1.3 Finals
 - 1.3.1 There shall be two optional passes in the finals.
 - 1.3.2 For the finals, only the 10 best competitors from the preliminaries will take part.
 - 1.3.3 The competitor with the lowest preliminary score will start in both final passes. In the event of ties, the starting order will be decided by a draw.

2. Team Competition

- 2.1 A tumbling team consists of five (5) ladies or five (5) men.
- 2.2 Every member of the team must perform one compulsory and four optional passes.
- 2.3 The score of the team member with the lowest number of points will be deleted from the team score after each pass.

3. Winners

- 3.1 The winner is the competitor or the team with the highest overall number of points.
- 3.2 Competitors with the same scores will be given the same place and medals will be awarded according to the Regulations for World , Intercontinental and Continental Championships.

4. Passes

- 4.1 Preliminaries
The preliminary passes shall be as follows:
 - 4.1.1 The first pass shall be the compulsory pass consisting of five (5) skills.
 - 4.1.2 The second pass is an optional pass but must contain at least three (3) somersaults. No somersaults in this pass may twist more than 180 degrees.
 - 4.1.3 The third pass is an optional pass but must contain at least a somersault with a 360 degree twist.
- 4.2 Finals
In the final competition each competitor must execute two (2) optional passes.
 - 4.2.1 The final optional passes must differ from one another but may be the same as any of the preliminary passes.

- 4.3 Each pass must contain a minimum of three (3) skills, including two (2) somersaults and end with a somersault, but with no more than two (2) identical skills as per rule 16.1.
 - 4.4 A tumbling pass must move in one direction only; however, a single skill in the reverse direction is allowed at the end of the pass.
 - 4.5 When counting the number of somersaults in a pass, double somersaults count as two (2) somersaults. Triple somersaults count as three (3) somersaults.
 - 4.6 If a competitor is obviously disturbed while performing a pass (faulty equipment or external causes), the jury is called together by the superior judge and a second attempt may be allowed by a majority vote.
- 5. Dress for Competitors and Spotters**
- 5.1 Men
For each country a uniform gym shirt without sleeves, long white gym trousers or uniform shorts must be worn. Shoes may or may not be worn. If shoes or socks are worn they must be white.
 - 5.2 Ladies
For each country a uniform leotard must be worn. Shoes may or may not be worn. If shoes or socks are worn they must be white.
 - 5.3 Spotters
Uniform training suit and gym shoes.
 - 5.4 No jewelry and watches shall be permitted to be worn during the competition.
 - 5.5 Any violation of these rules (5.1, 5.2 and 5.4) will result in disqualification. The superior judge makes the decision.
- 6. Competition Cards**
- 6.1 Each pass with difficulty rating must be written on the competition card. Only the preliminary passes are handed in. Those in the finals will complete the last two (2) passes on their card prior to the finals.
 - 6.2 The competition card must be given to the recorder at least two (2) hours before the start of the preliminary competition. Finalists must hand in their cards at least 30 minutes before the start of the finals.
 - 6.3 Changes from the listed skills on the card are permitted during a pass. They must be written down by the difficulty judges on the competition card.
- 7. Tumbling Equipment**
- 7.1 It is required that a mat 20 to 27 metres in length and 4 to 10 cm in thickness is used for all I.T.F. competitions. A 10 metres running approach to the mat must be provided.
 - 7.2 The width of the tumbling area must be 150 cm. The area may be marked with lines if necessary.
 - 7.3 The mats must be connected so as to not separate during use.
 - 7.4 A spring board may be used for the first skill in each pass. The measurements of the spring board will be as follows: length 120 cm - 125 cm, width 60 cm - 63 cm, height 12 cm - 13 cm.
 - 7.5 A landing mat measuring a minimum 180 cm by 360 cm by 10 cm, whose composition is specified by the Technical Committee, may be used for the landing of the final skill in each pass.
- 8. Height of the Hall**
- 8.1 The interior height of the hall in which tumbling competitions are to take place must be at least 5 metres.
- 9. Safety**
- 9.1 The competitor may request from the superior judge his own spotters, who must be dressed in terms of rule 5.3.
 - 9.2 The superior judge is responsible for controlling the actions of the spotters.
 - 9.3 The competitors must execute their passes without any external help. Whether the help of the spotter was needed or not will be decided by the superior judge. If a spotter helps the competitor, the pass will terminate at that point, and no credit shall be given for the spotted skill.
 - 9.4 Talking to the competitor by their own spotters during the pass is not permitted. Each time this rule is disregarded, it will result in a deduction of 0.3 points by the performance judges no. 1 - 4 at the instruction of the superior judge.

- 18.1.5 Multiple somersaults
 - 18.1.5.1 The value of the first and second somersault shall be doubled.
 - 18.1.5.2 The value of the third somersault shall be tripled.
- 18.1.6 Twisting multiple somersaults
 - 18.1.6.1 The value of the somersaults and twists within the skill shall be doubled.
- 18.1.7 A skill is considered valid if after the skill the competitor lands:
 - 18.1.7.1 on his feet or
 - 18.1.7.2 simultaneously on hands and feet
- 18.1.8 From the difficulty standpoint a difficulty skill is judged according to the position of the feet upon landing.
- 18.1.9 The difficulty judges make all decisions regarding Rule 18.1.

18.2 Method of Scoring

- 18.2.1 All evaluation is done in 10th of a point.
- 18.2.2 The scores of the judges must be written independently of each other.
- 18.2.3 The superior judge and judges no. 1 – 4 evaluate the technical execution, form height, control and rhythm. They write down their scores on a score sheet.
- 18.2.4 At a given signal by the superior judge the scores of the judges must be shown simultaneously.
- 18.2.5 If any of the judges no. 1 – 4 fail to display their scores, then the average score of the other judges will be taken for the missing score. This decision will be made by the superior judge.
- 18.2.6 In the compulsory pass the highest and lowest scores of the judges no. 1 – 4 are canceled and the two middle scores are averaged provided that the difference between the two (2) scores is not too great as per Rule 18.3.
- 18.2.7 In the voluntary passes the highest and lowest scores of judges no. 1 – 4 are canceled. The average of the remaining two (2) scores is the score for performance provided that the difference between the two scores is not too great as per Rule 18.3.
- 18.2.8 Each pass is scored separately and a total of performance plus difficulty is calculated for each voluntary pass. No difficulty is calculated for the compulsory pass.
- 18.2.9 Judges no. 5 + 6 check the execution of the compulsory pass, calculate the difficulty of the voluntary passes and enter it on the competition cards.
- 18.2.10 The average of the two (2) middle scores of each voluntary pass is added to the total difficulty to determine the score for that pass.
- 18.2.11 If a pass has less than three (3) skills the competitor shall receive a 0.0 pt. for that pass.
- 18.2.12 The scores for each of the five (5) passes are added together by the recorder and recorded on the scoresheet and the competition card.
- 18.2.13 The superior judge is responsible for determining the final score and the recorder is responsible for calculating and entering the score on the score sheet.
- 18.2.14 The showing of the total score is done by the recorder upon order of the superior judge.
- 18.2.15 Secretaries shall be assigned to the superior judge and the judges. The calculations of the secretaries must be controlled by the judges and the superior judge.

18.3 Differences in Evaluation

- 18.3.1 If the difference in the two (2) middle scores of judges no. 1 – 4 is greater than the following, then the two (2) scores are added to the score of the superior judge and divided by three (3) and calculated as per Rule 18.2.6 and 18.2.7:

	Average Score	Spread
18.3.1.1	9.0 pts. and above	2/10 pts.
18.3.1.2	8.5 pts. - and 8.95 pts.	3/10 pts.
18.3.1.3	8.45 pts. and below	5/10 pts.

18.3.2 If a judge shows to be incompetent in his duty he must be removed by the superior judge.

C. Jury

19. The Jury consists of:

19.1 Superior Judge	1
19.2 Judges for execution	4 (no.1 - 4)
19.3 Judges for difficulty	2 (no. 5 + 6)
19.4 Total	<u>7</u>

20. Duties of the Superior Judge

- 20.1 Control of the facilities.
- 20.2 Organization of the judge's conference and the trial scoring.
- 20.3 Drawing for the starting order and in the event of ties.
- 20.4 Directing the competition.
- 20.5 Placing and supervising all judges and Chief Recorder.
- 20.6 Supervising the spotters and deciding whether spotting was necessary or not (see Rules 9 and 17.1.3).
- 20.7 Informs the performance judges no. 1 - 4 of the deductions as per Rule 9.4.
- 20.8 Deciding upon interruption and termination of a pass as per Rule 17.
- 20.9 Ruling on the competitor's clothing as per Rule 5.
- 20.10 Personally scoring the performance of each pass. His score sheet is handed to the recorder before he verifies the scores of judges no. 1 - 4.
- 20.11 Deciding if a judge fails to show his score immediately as per Rule 18.2.5.
- 20.12 Supervising judges no. 5 + 6 and deciding if there is a difference in the degree of difficulty of a pass.
- 20.13 Control of the total score.
- 20.14 To inform judges no. 1 - 4 of 2.0 pts. for each faulty or omitted skill from the compulsory pass.
- 20.15 To inform judges no. 1 - 4 of the following cumulative deductions for the voluntary passes:
 - 20.15.1 Not doing the required type of pass as per Rules 4.1.2, 4.1.3 and 4.2.1 2.0 pts.
 - 20.15.2 Less than two (2) somersaults in a pass 0.5 pts.
 - 20.15.3 Pass without a somersault 2.0 pts.
 - 20.15.4 Failure to end a pass with a somersault as per Rule 4.3 0.5 pts.
- 20.16 Deciding when a competitor's pass has begun as per rule 14.3.
- 20.17 Deciding about the removal of an incompetent judge.
- 20.18 Informing the recorder and the judges no. 1 - 4 of a zero (0) score for less than three (3) skills in a pass as per Rule 18.2.11.

21. Duties of the Judges for Performance (no. 1 - 4)

- 21.1 The judges must sit separately 5 metres from the side of the tumbling mat.
- 21.2 Scores for performance shall range from 0.0 pt. to 10.0 pts. per pass.
- 21.3 Deductions for faulty performance:
 - 21.3.1 Slight faults
 - Small and insignificant deviations from the perfect performance as described by the following:
 - a slight delay in rhythm
 - a small deviation from the centre of mat (30 cm either direction)
 - untight tuck or pike
 - legs apart when not required
 - unpointed feet or toes (less than 10 degrees)
 - knee bends of less than 10 degrees in layout or pike somersault
 - heavy landings on feet or hands
 - final landing at the end of a pass with a bounce or steps
 - Deduct for each occurrence of a slight fault 0.1 pt. - 0.3 pts.
 - 21.3.2 Substantial faults
 - Noticeable and essential deviations from perfect performance as described by the following:
 - a substantial delay or change in rhythm
 - deviation from the centre of the mat to either edge
 - the final somersault in a pass rotating below shoulder height
 - touching the floor with the hands after somersault landings
 - insufficient momentum after round-offs, handsprings, somersaults in order to properly execute the following skill
 - bad landings during a pass

- knee bends of 10 degrees or more in layout or pike somersault
- waist not bent less than 90 degrees in tuck position
- underspin or overspin of twists and somersaults of 45 degrees or less
- falling to a landing from the feet, after the last skill:
to hands and feet or hands and knees

Deduct for each occurrence of a substantial fault

0.4 pts. - 0.6 pts.

21.3.3 Major faults

Large deviations or distortions in technique and execution of skills or skill combinations are described by the following:

- the loss of speed to near standstill
- deep squat on handsprings, round-offs, and flick-flacks
- somersaults nearly touching the floor
- underspin or overspin of twists by more than 45 degrees
- falling to a landing from the feet, after the last skill:
to seat, stomach or back
- falling off the side or end of the tumbling mat at any time after the first skill of the routine

Deduct for each occurrence of major fault

0.7-1.0 pt.

21.3.4 Leniency for unusual difficulty or virtuosity mitigation from 0.1 pt. - 0.3 pts. can be made in the deductions of faults on skills or skill combinations which in the opinion of the judge are unusually difficult or a pass which shows exceptional virtuosity.

22. Duties of the Difficulty Judges (no. 5 + 6)

- 22.1 Determining the difficulty of each pass and skill and entering it on the competition card.
- 22.2 Displaying the difficulty mark.
- 22.3 Deducting the difficulty value of excessive skills as per Rule 16.1.
- 22.4 Deciding about layout position as per Rule 15.5.
- 22.5 Take over of the competition cards from the Chief Recorder two hours prior to the competition.
- 22.6 Control of the compulsory pass as per Rule 6.3.

D. Difficulty Ratings

1. Back Skills

Difficulty Value

1.1	Back somersault tuck position and whipback	0.4 pts.
1.2	Back somersault layout or pike position	0.5 pts.
1.3	Back somersault with a 1/2 twist	0.6 pts.
1.4	Arabian tuck position	0.6 pts.
1.5	Arabian pike position	0.7 pts.
1.6	Back somersault with a 1/1 twist	0.8 pts.
1.7	Back somersault with a 1 1/2 twist	1.0 pt.
1.8	Double Arabian tuck position	2.0 pts.
1.9	Double Arabian somersault pike position	2.4 pts.
1.10	Back somersault with a 2/1 twist	1.2 pts.
1.11	Back somersault with a 2 1/2 twist	1.6 pts.
1.12	Back somersault with a 3/1 twist	2.0 pts.
1.13	Double back somersault tuck position	1.6 pts.
1.14	Double back somersault pike position	2.0 pts.
1.15	Double back somersault with a 1/1 twist	2.4 pts.
1.16	Double back somersault with a 2/1 twist	3.2 pts.
1.17	Triple back somersault tuck position	2.8 pts.

2. Front Skills

2.1	Front somersault tuck position	0.5 pts.
2.2	Front somersault pike or layout position	0.6 pts.
2.3	Aerial cartwheel or aerial walkover	0.2 pts.
2.4	Aerial barani	0.4 pts.
2.5	Front somersault with a 1/2 twist (barani)	0.7 pts.
2.6	Front somersault with a 1/1 twist	0.9 pts.
2.7	Front somersault with a 1 1/2 twist (Rudolph)	1.1 pts.
2.8	Front somersault with a 2/1 twist	1.3 pts.
2.9	Double front somersault tuck position	2.0 pts.
2.10	Double front somersault pike position	2.4 pts.
2.11	Double front somersault with 1/2 twist	2.4 pts.

3. Side Skills

3.1	Side somersault tuck position	0.4 pts.
3.2	Side somersault pike or layout position	0.5 pts.
3.3	Side somersault with 1/2 twist	0.6 pts.
3.4	Side somersault with 1/1 twist	0.8 pts.
3.5	Side somersault with 2/1 twist	1.2 pts.
3.6	Double side somersault	1.6 pts.
3.7	Double side somersault with a 1/1 twist	2.4 pts.

Note: All other skills shall be valued according to Rule 18.1.

10. Score Sheets

- 10.1 During all international competitions, the official score sheets of the I.T.F. must be used.
- 10.2 The original completed score sheets must be returned to the technical president of the I.T.F.
- 10.3 Duties of the Chief Recorder
 - 10.3.1 Supply secretaries for the superior judge and judges.
 - 10.3.2 Recording the starting order of the preliminary and final passes.
 - 10.3.3 Recording of the execution scores and the degree of difficulty.
 - 10.3.4 Scrutiny and control of the entries on the competition cards and score sheets.
 - 10.3.5 Display the total score by order of the superior judge.
 - 10.3.6 Establishing the correct order of the final results.

11. Arbitration Jury

- 11.1 The arbitration jury must decide on protests and state the protest fee before the beginning of the competition.
- 11.2 Composition
 - 11.2.1 Member of the Praesidium or Organizing Committee 1
 - 11.2.2 President of the Technical Committee or member of the Organizing Committee 1
 - 11.2.3 Superior Judge 1
 - 11.2.4 Judges 1
 - 11.2.5 Total 5
- 11.3 The arbitration jury's decision is final and must be abided by.

12. Protests

- 12.1 A protest can only be handed in by an official representative of a Federation, a team manager, or competitor.
- 12.2 A written protest with a protest fee must be handed to the superior judge immediately, before the end of the round.
- 12.3 Protests have to be dealt with and the decision announced immediately after each round by the arbitration jury.
- 12.4 If the protest is overruled, the fee will be sent to the International Trampoline Federation (I.T.F.) If the protest is sustained, the fee will be returned.

B. Competition Procedure

13. Warming Up

- 13.1 Before the start of the competition, training on the competition mat of at least two (2) hours must be given.
- 13.2 All competitors will be allowed two (2) practice passes before each round.
- 13.3 At World, Intercontinental and Continental Championships, a warming up on the competition mats during the competition is not allowed.
- 13.4 The organizer of the World, Intercontinental and Continental Championships must have at least two (2) sets of mats identical to the competition mats available in a nearby gym hall.

14. Start of a Pass

- 14.1 Each competitor will start on the signal given by the superior judge.
- 14.2 The competitors in a preliminary tumbling competition shall be grouped in blocks of ten (10) competitors.
 - 14.2.1 The first round of competition shall be the compulsory pass as per 4.1.1.
 - 14.2.2 The second round of competition shall be the somersaulting pass as per 4.1.2.
 - 14.2.3 The third round of competition shall be the twisting pass as per 4.1.3.
- 14.3 A competitor's pass shall be considered started once the first skill is initiated. The superior judge will make the decision.

15. Required Positions during a Pass

- 15.1 In the tucked, piked and straight position, the feet, legs, and knees must be kept together and the feet and toes pointed.
- 15.2 Depending on the requirements of the movement, legs and hips must either be tucked, piked or straight.

- 15.3 In the tucked and piked position, the upper body and thigh must at least be at an angle of 90 degrees (except in twisting somersaults).
- 15.4 In the tucked and piked position the hands must grasp the legs either below or behind the knees.
- 15.5 A layout back somersault is defined as a somersault with the body straight for at least the first 270 degrees of the somersault rotating at a minimum of shoulder height of the competitor. Decisions on this shall be made by the difficulty judges no. 5 + 6.
- 15.6 The positions and movements of the arms are free but where possible they must be straight.
- 15.7 A whipback is defined as a fast, straight or arched somersault rotating at or below shoulder height between other skills in a pass.
- 15.8 Handsprings, roundoffs, flickflacks and other nonsomersaulting skills shall be done lightly and with amplitude without loss of momentum.

16. Repetitions and Combinations Requirements

- 16.1 In an optional pass only one difficulty skill may be repeated and it may not be repeated more than once.
- 16.2 If the competitor disregards this rule the degree of difficulty of the excessively repeated skill will not be counted.
- 16.3 Multiple somersaults with the same number of twists in the first, middle and last phase of the somersault have the same degree of difficulty. They are considered as different somersaults and not as repetitions.
- 16.4 Tucked, piked and straight somersaults are considered to be different from each other and not repetitions.
- 16.5 A somersault, with or without twists, shall be considered different in each pass if entered from a different skill.

17. Interruptions and Terminations of the Pass

- 17.1 A pass is to be considered interrupted and therefore terminated, if the competitor:
 - 17.1.1 Falls to the mat during or at the end of a pass.
 - 17.1.2 Tumbles off the side or end of the tumbling area with any part of the body.
 - 17.1.3 Receives help from a spotter.
 - 17.1.4 Takes intermediate steps or stops.
 - 17.1.5 Performs movements without rotation.
 - 17.1.6 Touches the mat with any part of the body other than hands or feet.
 - 17.1.7 The above decisions (rules 17.1.1 to 17.1.6) are made by the superior judge.

18. Scoring

- 18.1 Degree of Difficulty
 - 18.1.1 The degrees of difficulty for all somersaulting skills are evaluated according to the Difficulty Ratings. Only skills terminated on the feet will be evaluated.
 - 18.1.2 All front and back handsprings, cartwheels, round-offs and similar skills have no difficulty value, but are judged for execution.
 - 18.1.3 Single somersaults
 - 18.1.3.1 All aerials (1-foot take offs) 0.2 pts.
 - 18.1.3.2 Tuck back somersaults and whipbacks 0.4. pts.
 - 18.1.3.3 All tuck front somersaults 0.5 pts.
 - 18.1.3.4 All somersaults done in the piked or layout position with the exception of twisting somersaults, add 0.1 pts.
 - 18.1.3.5 Skills which are performed from previous somersaults (bounding) shall be awarded a bonus of 0.1 pts. if in the same direction and 0.2 pts. if performed with a reversal of direction.
 - 18.1.4 Twisting Somersault
 - 18.1.4.1 Each ¼ twist up through two (2) full twists shall be worth 0.1 pts.
 - 18.1.4.2 Each ¼ twist beyond two (2) twists shall be worth 0.2 pts.

U.S.T.A. COMPETITION CARD FOR TUMBLING

STARTING ORDER	
PRELIMS	FINALS

CHECK APPROPRIATE BLANK
Age 10 under ___ 11-12 ___ 13-14 ___
15-18 ___ 19 & Over ___ Open ___

CHAMPIONSHIP _____ PLACE _____ DATE _____

FIRST NAME _____ USTA NO. _____

SEX _____ LAST NAME CLUB _____

DATE OF BIRTH _____ ADDRESS _____

JUDGES	1st Pass or Comp	2nd Pass	3rd Pass	4th Pass	5th Pass
1.					
2.					
3.					
4.					
Mean					
Difficulty					
TOTAL					

RESULTS	
Comp or 1st Pass	
2nd PASS	
3rd PASS (Not Used in Age-Group)	
PRELIMINARY RESULT	
3rd OR 4th PASS	
4th OR 5th PASS	
FINAL RESULT	

SIGNATURE OF REFEREE

NAME	CLUB
------	------

PLACING

Pass	PARTS OF PASS (PLEASE PRINT)	Bonus Points	Difficulty	Total Parts	
COMP or 1st PASS					
2.					
3.					
4.					
5.					

U.S.T.A. TUMBLING COMPETITION RULES

OPEN NATIONAL RULES

In open U.S.T.A. National Competition the current F.I.T. Tumbling rules shall apply. No exceptions shall be made to these rules.

AGE-GROUP REGIONAL AND AGE-GROUP NATIONAL RULES

In Age-Group competition the F.I.T. Tumbling rules shall apply, with the following additions and/or exceptions:

1. Two (2) passes only in the preliminaries.
 - a. The first pass must be a pass as outlined in rule 4.1.2 of the F.I.T. rules for tumbling.
 - b. The second pass must be a required pass as outlined in rule 4.1.3 of the F.I.T. tumbling rules or must be a pass that contains at least three (3) front skills and no more than two (2) backward skills. The competitor may choose. NOTE: The direction of any tumbling skill is determined by the direction of entry into the skill.
2. In the final competition each competitor must execute (2) voluntary passes.
 - a. The final voluntary passes must differ from one another but may be the same as any of the preliminary passes.
3. Eligibility - Divisions by Age
 - a. 10 and under
 - b. 11 - 12
 - c. 13 - 14
 - d. 15 - 18
 - e. 19 and over
4. The age of the competitor on the day of the competition shall determine his or her age for age-group competition. If the competition is held longer than one day, the age of the competitor on the first day of the competition will determine that competitor's age group. If a competitor's age changes between the date of the Regional competition and the date of the Age-Group National competition, that competitor must compete at the Age-Group Nationals in the age group he qualified in at the Regional competition.
5. No competitor shall compete in other than his or her own age group.
6. No compulsory routines will be required for age group competition.
7. The top six (6) competitors shall advance to the finals.

**U.S.T.A. TUMBLING JUDGES
SCORE CARD**

COMPETITORS NO. _____

JUDGES SCORE _____

JUDGES NAME _____

**U.S.T.A. DOUBLE MINI-TRAMP
JUDGES SCORE CARD**

COMPETITORS NO. _____

JUDGES SCORE _____

JUDGES NAME _____

**DOUBLE MINI-TRAMP
INTERNATIONAL TRAMPOLINE FEDERATION
INTERNATIONAL RULES FOR COMPETITION**

Note: The following rules are as approved January 1, 1977. Subject to change by the F.I.T. Congress, the rules to which the U.S.T.A. subscribes are those which are the current F.I.T. approved rules.

A. General Rules

1. Individual Competition

- 1.1 Double Mini-Tramp competitions shall consist of five (5) passes with a maximum of two (2) skills on each pass.
 - 1.1.1 In one pass a maximum of three (3) contacts with the bed are allowed with no intermediate bounce between skills.
 - 1.1.2 The dismount must be performed from the dismount bed.
- 1.2 Preliminaries
 - 1.2.1 There shall be three (3) passes in the preliminaries. The order for starting in the preliminaries shall be drawn by ballot and will be valid for all three (3) passes.
- 1.3 Finals
 - 1.3.1 There shall be two (2) passes in the finals.
 - 1.3.2 For the finals only the ten (10) best competitors from the preliminaries will take part.
 - 1.3.3 The competitor with the lowest preliminary score will start in both passes. In the event of ties, the starting order will be decided by a draw.

2. Team Competition

- 2.1 A double mini-tramp team consists of five (5) ladies or five (5) men.
- 2.2 Every member of the team must perform five (5) passes of two (2) skills in each pass.
- 2.3 System of Scoring
The score of the team member with the lowest number of points will be deleted from the team score after each pass.

3. Winners

- 3.1 The winner is the competitor or the team with the highest overall number of points.
- 3.2 Competitors with the same scores will be given the same place and medals will be awarded according to the Regulations for World , Intercontinental and Continental Championships.

4. Passes

- 4.1 Each pass consists to two (2) skills (one mount or spotter skill and one dismount skill). A straight mounting jump without twists is not considered as a skill.
- 4.2 Skills may only be repeated when performed in different parts of a pass. For example, as a mount, as a spotter and as a dismount.
- 4.3 A second attempt at a pass is allowed with no penalty provided the competitor has not jumped onto the mini-tramp.
- 4.4 If a competitor is obviously disturbed while performing a pass (faulty equipment or external causes), the jury is called together by the superior judge and a second attempt may be allowed by a majority vote.

5. Dress for Competitors as well as Spotters

- 5.1 Men
For each country a uniform gym shirt without sleeves, long white gym trousers and white gym shoes must be worn.
- 5.2 Ladies
For each country a uniform leotard and white gym shoes must be worn.
- 5.3 Spotters
Uniform training suit and gym shoes.
- 5.4 No jewelry and watches shall be permitted to be worn during the competition.

- 5.5 Any violation of these rules (5.1, 5.2, and 5.4) will result in disqualifications. The superior judge makes the decision.

6. Competition Cards

- 6.1 Each pass with difficulty rating must be written on the competition card. Only the preliminary passes are handed in. Those in the finals will complete the last two (2) passes on their card prior to the finals.
- 6.2 The competition card must be given to the recorder at least one (1) hour before the start of the preliminary competition. Finalists must hand in their cards at least 30 minutes before the finals start.
- 6.3 Changes from the listed skills on the card are permitted during a pass. They must be written down by the difficulty judges no. 5 + 6 on the competition card.

7. Double Mini-Tramp

- 7.1 All double mini-tramps with the following minimum and maximum sizes are permitted to be used at any competition:
- | | |
|---------------------|----------------------------------|
| Height of frame | 60 - 70 cm |
| Length of bed | 292 cm +/- 3 cm |
| Width of bed | 71 cm +/- 3 cm |
| Center penalty zone | 90 cm +/- 3 cm from mounting end |
| Endmarker | 15 cm +/- 2 cm |
| Length of frame | 312 cm +/- 10 cm |
| Center penalty zone | 39 cm long +/- 2 cm |
- 7.2 The beds must be woven. The width of the webbing can be from a minimum of 12 mm to a maximum of 26 mm.
- 7.3 The frame must be covered by frame pads and open at each end.
- 7.4 A padded landing zone 180 x 360 cm must be placed at the end of the double mini-tramp for landings. This zone may be marked with lines if necessary. The thickness of this mat must be from 30 to 35 cm. Similar mats must be placed on either side and end of the landing area.

8. Height of Hall

- 8.1 The interior height of the hall in which mini-tramp competitions are to take place must be at least six (6) metres.

9. Safety

- 9.1 For safety reasons a competitor may request spotters - also his own spotters - from the superior judge.
- 9.2 The superior judge controls the actions of the spotters.
- 9.3 The competitors must execute their passes without external help. If a spotter helps the competitor the pass is considered interrupted and the spotted skill will not be judged. If a competitor is spotted after the landing on the landing area there will be a deduction of 0.4 pts. as per rule 22.3.2.4. Whether the help of the spotters was needed or not will be decided by the superior judge.
- 9.4 Talking to the competitors by their own spotters during the pass is not permitted. Each time this rule is disregarded, it will result in a deduction of 0.3 pts. by the performance judges no. 1 - 4 on the instruction of the superior judge.

10. Score Sheets

- 10.1 During all international competitions the official score sheets of the International Trampoline Federation must be used.
- 10.2 The original completed score sheets must be returned to the technical president of the I.T.F.
- 10.3 Duties of the Chief Recorder
- | | |
|--------|--|
| 10.3.1 | Supply secretaries for the superior judge and judges. |
| 10.3.2 | Recording the starting order of the preliminary and final passes. |
| 10.3.3 | Recording of the scores and degree of difficulty. |
| 10.3.4 | Scrutiny and control of the entries on the competition cards and score sheets. |
| 10.3.5 | Display the total score by order of the superior judge. |
| 10.3.6 | Establishing the correct order of the final results. |

11. Arbitration Jury

- 11.1 The arbitration jury must decide on protests and state the protest fee before the beginning of the competition.

11.2	Composition	
11.2.1	Member of the Praesidium or Organizing Committee	1
11.2.2	President of the Technical Committee or Member of the Organizing Committee	1
11.2.3	Superior Judge	1
11.2.4	Judges	2
11.2.5	Total	5
11.3	The arbitration jury's decision is final and must be abided by.	

12. Protests

- 12.1 A protest can only be handed in by an official representative of a Federation, a team manager or competitor.
- 12.2 A written protest with the protest fee must be handed to the superior judge immediately before the end of the round.
- 12.3 Protests have to be dealt with and the decision announced immediately after each round by the arbitration jury.
- 12.4 If the protest is overruled, the fee will be sent to the International Trampoline Federation (I.T.F.). If the protest is sustained, the fee will be returned.

B. Competition Procedure

13. Warming Up

- 13.1 Before the start of the competition training on the competition apparatus of at least two (2) hours must be given.
- 13.2 All competitors will be allowed one practice of 30 seconds before the preliminary and final round.
- 13.3 At World, Intercontinental and Continental Championships a warming up on the competition double mini-tramps during the competition and before the preliminary and final round is not allowed.
- 13.4 The Organizer of World, Intercontinental and Continental Championships must have at least two double mini-tramps identical to the competition double mini-tramps available nearby.

14. Start of a Pass

- 14.1 Each competitor will start on the signal given by the superior judge who will announce each pass to be done.

15. Required Positions during the Pass

- 15.1 In tucked, piked and straight positions the feet, legs and knees must be kept together and feet and the toes pointed.
- 15.2 Depending on the requirements of the movement, legs and hips must either be tucked, piked or straight.
- 15.3 In the tucked and piked positions the upper body and thigh must be at least at an angle of 90 degrees (except in twisting somersaults).
- 15.4 In the tucked position, the hands must grasp the legs below the knees except in twisting somersaults; otherwise there will be a deduction according to rule 22.3.1.
- 15.5 In the puck position the upper body and thigh must be at an angle of 90 degrees to 120 degrees.
- 15.6 The puck position applies only to twisting multiple somersaults.
- 15.7 The position and movements of the arms are free but where possible they must be straight.

16. Repetitions

- 16.1 A skill is considered repeated when used during the five (5) passes more than once as a mount, spotter or dismount.
- 16.2 If the competitor disregards this rule, the degree of difficulty of the repeated skill will not be counted.
- 16.3 Multiple somersaults with the same number of twists in the first, middle and last phase of the skill shall have the same degree of difficulty. They are considered different skills and not repeats.
- 16.4 Tucked, piked or straight positions are considered to be different skills and not repeats.

17. Interruptions of the Pass

- 17.1 A pass is to be considered interrupted if the competitor:
 - 17.1.1 Obviously does not land on and/or take off from the bed with both feet simultaneously.

- 17.1.2 Does not use the elasticity of the bed after landing for the immediate continuation of the next skill, thus causing a break. The decision is made by the superior judge.
- 17.1.3 Is touched physically by any spotter. This decision is made by the superior judge.
- 17.1.4 During the pass leaves the double mini-tramp due to insecurity.
- 17.1.5 If the competitor lands on any part of his body except his feet on the double mini-tramp bed. This decision is made by the superior judge.
- 17.2 The pass is judged only on the skills completed on both feet to the point of interruption.
- 17.3 The superior judge informs the judge what the maximum score should be.

18. Termination of the Pass

- 18.1 The pass must end on the feet after the dismount on the mat.
- 18.2 For more than two (2) skills in a pass, a deduction of 0.5 pts. will be made by each judge and the difficulty of all skills beyond two (2) will not count.
- 18.3 The competitor must stand upright after his dismount for at least three (3) seconds, otherwise he will receive a deduction from the superior judge and judges no. 1 – 4 as per rule 22.3.2.1.

19. Scoring

19.1 Degree of Difficulty

- 19.1.1 The degree of difficulty of all skills is evaluated according to the difficulty ratings. Skills with highest difficulty ratings can be added. Side somersaults are not permitted.
- 19.1.2 All skills without rotation have no degree of difficulty.
- 19.1.3 The degree of difficulty for each skill is worked out on the following:
 - 19.1.3.1 1/1 somersault (360 degrees) 4/10 pts.
 - 19.1.3.2 1/2 twist (180 degrees) 1/10 pts.
 - 19.1.3.3 1/1 twist (360 degrees) 2/10 pts.
- 19.1.4 In the case of twisting somersaults, the difficulty values for somersaulting and twisting are added together.
- 19.1.5 Pike and straight somersaults, if performed with a rotation of 360 degrees or more, are awarded an extra 1/10 of a point for difficulty, if they are performed without twists.
- 19.1.6 Inward and reverse somersaults receive 0.1 pt. additional for difficulty.
- 19.1.7 2/1 somersaults or more in pike or layout position with twists shall be awarded an extra 1/10 of a point for degree of difficulty. (The legs must be straight at all times.)
- 19.1.8 Only skills which end on the feet will be evaluated.

19.2 Method of Scoring

- 19.2.1 The evaluation of form (execution and control) and difficulty is done in 10ths of a point.
- 19.2.2 The scores of the judges must be written and independently of each other. The score for performance shall not exceed 2.0 points per pass.
- 19.2.3 The superior judge and the judges no. 1 – 4 evaluate the form (execution and control) and write down their scores on a score sheet.
- 19.2.4 At a given signal by the superior judge, the scores of the judges no. 1 – 4 must be shown simultaneously.
- 19.2.5 If the judges no. 1 – 4 fail to display their scores upon a signal of the superior judge, then the average score of the other judges' scores will be taken for the missing score. This decision will be made by the superior judge.
- 19.2.6 The highest and lowest scores of judges no. 1 – 4 are cancelled. The total of the remaining two scores is the score for performance provided that the difference between the two scores is not too great as per rule 19.3.
- 19.2.7 Each pass is scored separately and a total of performance plus difficulty is calculated for each pass.
- 19.2.8 Judges No. 5 + 6 calculate the difficulty of the pass and enter it on the competition card. The recorder records the score on the score sheet.
- 19.2.9 The total of the two middle scores of each pass is added to the total difficulty of each pass to determine the score for that pass.

- 19.2.10 For an intermediate straight jump a deduction of 0.3 pts. will be made by the superior judge and the judges no. 1 – at the instruction of the superior judge.
- 19.2.11 If a pass has only one skill the score for performance shall not exceed 1.0 pt. plus difficulty.
- 19.2.12 The scores for each of the five passes are added together and recorded by the recorder.
- 19.2.13 The superior judge is responsible for determining the final score and the recorder is responsible for calculating and entering the score on the score sheet.
- 19.2.14 The showing of the total score is done by the recorder upon order of the superior judge.
- 19.2.15 Secretaries shall be assigned to the superior judge and judges no. 1 – 4. The calculations of the secretaries must be controlled by the superior judge and the judges no. 1 – 4.
- 19.3 Differences in Evaluation
 - 19.3.1 If the difference in the two middle scores of judges no. 1 – 4 is greater than the following, then rule 19.3.2 will apply:
 - 19.3.1.1 2/10 pts. for middle scores 1.7 pts. and above.
 - 19.3.1.2 3/10 pts. for middle scores of 1.3 – 1.65 pts.
 - 19.3.1.3 5/10 pts. for middle scores of 1.25 and below.
 - 19.3.2 If the two middle judges' scores are not within the prescribed limits as per rules 19.3.1.1, 19.2.1.2, and 19.3.1.3, then the two scores are added to the superior judge's score, divided by three and doubled by the recorder. The result is the score for performance of that pass.
 - 19.3.3 If a judge shows to be incompetent in his duty, he must be removed by the superior judge.

C. Jury

20. The Jury consists of:

20.1 Superior Judge	1
20.2 Judges for execution	4 (no. 1 – 4)
20.3 Judges for difficulty	2 (no. 5 + 6)
20.4 Penalty Judge	1 (no. 7)
20.5 Total	8

21. Duties of the Superior Judge

- 21.1 Control of the facilities.
- 21.2 Organization of the judges' conferences and the trial scoring.
- 21.3 Drawing for the starting order and in the event of ties.
- 21.4 Directing the competition.
- 21.5 Placing and supervising of all judges and the Chief Recorder.
- 21.6 Supervising of the spotters.
- 21.7 Informs the performance judges no. 1 – 4 of the deductions as per rule 9.4.
- 21.8 Declaring the maximum score in the case of an interrupted pass as per rule 17, and of an intermediate bounce as per rules 1.1.1 and 19.2.10.
- 21.9 Deciding if a spotter helps the competitor as per rules 9 and 17.1.3.
- 21.10 Ruling on competitor's clothing as per rule 5.
- 21.11 Personally scoring of the performance of each pass. His score sheet is handed to the recorder before he verifies the scores of the judges no. 1 – 4.
- 21.12 Deciding if a judge fails to show his score immediately as per rule 19.2.5.
- 21.13 Supervising judges no. 5 + 6 and deciding if there is a difference in the degree of difficulty in a pass.
- 21.14 Control of the total score.
- 21.15 Announce the skills in each pass before the competitor performs.
- 21.16 Deciding about removal of an incompetent judge as per rule 19.3.3.
- 21.17 Convene the jury and arbitration jury.

22. Duties of the Judges for Performance no. 1 – 4 (and superior judge)

- 22.1 The judges no. 1 – 4 must sit separately 5 metres from the side of the double mini-tramp.
- 22.2 Scores for performance shall range from 0.0 to 2.0 pts. per pass.
 - 22.2.1 The run and hurdle shall not be considered.
 - 22.2.2 The scoring of a pass starts once the first skill is initiated.

- 22.3 Deductions for faulty performance:
- 22.3.1 For each skill in the pass, for lack of individual constant height, poor execution and control 0.1 - 0.5 pts.
- 22.3.2 For lack of control after the dismount **on both feet** on each pass:
- 22.3.2.1 for additional steps after the dismount, not standing still for three (3) seconds 0.1 - 0.2 pts.
- 22.3.2.2 for touching the landing mat with one or both hands 0.2 pts.
- 22.3.2.3 for falling to the knees, or hands and knees or seat 0.3 pts.
- 22.3.2.4 for falling to stomach or back; for being spotted after the landing 0.4 pts.
- 22.3.2.5 placing hands on or falling against the double mini-tramp. 0.2 pts.
- 22.3.3 For each landing on or taking off from the penalty zone in the center of the mini-tramp while performing a mount, spotter or dismount skill. 0.1 pts.
The endmarkers on each end of the double mini-tramp are not a penalty zone.
- 22.3.4 Touches the frame pads or springs with one or both feet during a pass. 0.1 pt.
- 22.3.5 Landing on the double mini-tramp with one or both feet instead of the landing zone during a dismount. 0.4 pts.
- 22.3.6 Landing with one or both feet off the landing area during a somersault 0.4 pts.

23. Duties of the Difficulty Judges (no. 5 + 6)

- 23.1 The difficulty judges no. 5 + 6 must sit 5 metres from the side of the double mini-tramp next to the superior judge.
- 23.2 Collecting of the competition cards two hours prior to the competition and checking them.
- 23.3 Determining the difficulty of each pass and entering it on the competition card.
- 23.4 Displaying the difficulty mark.

24. Duties of the Penalty Judge (no. 7)

- 24.1 The penalty judge no. 7 stands next to the double mini-tramp and to the superior judge.
- 24.2 To determine if the competitor lands on the center penalty zone during the performance of a mount, spotter or dismount skill and report to the superior judge. Also to see if a competitor touches the frame pads.
- 24.3 To determine whether rules 22.3.2.5, and 22.3.5 and 22.3.6 are violated or not and report to the superior judge.

D. Difficulty Ratings

MOUNTING SKILLS	TUCK	PIKE	LAYOUT	PUCK
Tuck Jump	-	-	-	-
Pike Jump	-	-	-	-
Straddle Pike Jump	-	-	-	-
Front Jump ½ Twist	-	-	.1	-
Front Jump 1 Twist	-	-	.2	-
Front Jump 1½ Twist	-	-	.3	-
Front Jump 2 Twist	-	-	.4	-
Front Somersault	.4	.5	.5	-
Front Double Somersault	.8	.9	.9	-
Front Somersault ½ Twist (Barani)	.5	.5	.5	-
Front Somersault 1 Twist	-	.6	.6	-
Front Somersault 1½ Twist (Rudy)	-	.7	.7	-
Front Somersault 2 Twist	-	.8	.8	-
Front Somersault 2½ Twist (Randy)	-	.9	.9	-
Front Double Somersault ½ Twist (Fliffis, Barani out)	.9	1.0	-	-
Reverse Somersault	.5	.6	.6	-
Reverse Somersault 1 Twist	-	.7	.7	-
Reverse Somersault 2 Twist	-	.9	.9	-

SPOTTER SKILLS	TUCK	PIKE	LAYOUT	PUCK
Tuck Jump	-	-	-	-
Pike Jump	-	-	-	-
Straddle Pike Jump	-	-	-	-
Front Jump 1/2 Twist	-	-	.1	-
Front Jump 1 Twist	-	-	.2	-
Front Jump 1 1/2 Twist	-	-	.3	-
Front Jump 2 Twist	-	-	.4	-
Front Somersault	.4	.5	.5	-
Front Double Somersault	.8	.9	.9	-
Front Double Somersault 1/2 Twist (Barani Out)	.9	1.0	-	-
Front Somersault 1/2 Twist (Barani)	.5	.5	.5	-
Front Somersault 1 Twist	-	.6	.6	-
Front Somersault 1 1/2 Twist (Rudy)	-	.7	.7	-
Front Somersault 2 Twist	-	.8	.8	-
Front Somersault 2 1/2 Twist (Randy)	-	.9	.9	-
Back Somersault	.4	.5	.5	-
Back Double Somersault	.8	.9	.9	-
Back Double Somersault 1 Twist 1/2 in out	1.0	1.1	1.1	1.0
Full in back out	1.0	1.1	1.1	1.0
Back in full out	1.0	1.1	1.1	1.0
Back Somersault 1 Twist	-	-	.6	-
Back Somersault 2 Twist	-	-	.8	-
Back Somersault 3 Twist	-	-	1.0	-

DISMOUNT SKILLS

FORWARD

Tuck Jump	-	-	-	-
Pike Jump	-	-	-	-
Straddle Pike Jump	-	-	-	-
Front Jump 1/2 Twist	-	-	.1	-
Front Jump 1 Twist	-	-	.2	-
Front Jump 1 1/2 Twist	-	-	.3	-
Front Jump 2 Twist	-	-	.4	-
Front Somersault	.4	.5	.5	-
Front Double Somersault	.8	.9	.9	-
Front Somersault 1/2 Twist (Barani)	.5	.5	.5	-
Front Somersault 1 Twist	-	.6	.6	-
Front Somersault 1 1/2 Twist (Rudy)	-	.7	.7	-
Front Somersault 2 Twist	-	.8	.8	-
Front Somersault 2 1/2 Twist (Randy)	-	.9	.9	-
Front Somersault 3 Twist	-	1.0	1.0	-
Front Somersault 3 1/2 Twist (Adolph)	-	1.1	1.1	-
Front Double Somersault 1/2 Twist (Barani out)	.9	1.0	-	-
Front Double Somersault 1/2 Twist (Barani in)	.9	1.0	-	-
Front Double Somersault 1 Twist	1.0	1.1	-	-
Front Double Somersault 1 1/2 Twist Rudy out	1.1	1.2	-	-
Full in Barani out	-	1.2	1.2	1.1
Barani in full out	-	1.2	1.2	1.1

BACKWARD				
Backward Tuck Jump	-	-	-	-
Backward Pike Jump	-	-	-	-
Backward Straddle Pike Jump	-	-	-	-
Backward Jump ½ Twist	-	-	.1	-
Backward Jump 1 Twist	-	-	.2	-
Backward Jump 1½ Twist	-	-	.3	-
Backward Jump 2 Twist	-	-	.4	-
Backward Somersault	.4	.5	.5	-
Backward Double Somersault	.8	.9	.9	-
Backward Somersault ½ Twist	.5	.5	.5	-
Backward Somersault 1 Twist	-	-	.6	-
Backward Somersault 1½ Twist	-	-	.7	-
Backward Somersault 2 Twist	-	-	.8	-
Backward Somersault 3 Twist	-	-	1.0	-
Backward Double Somersaults 1 Twists				
½ in ½ out	1.0	1.1	1.1	1.0
Full in back out	1.0	1.1	1.1	1.0
Back in full out	1.0	1.1	1.1	1.0
Backward Double Somersaults 2 Twist				
Full in Full out	-	1.3	1.3	1.2
½ in Rudy Out	-	1.3	1.3	1.2
INWARD				
Inward Somersault	.5	.6	.6	-
Inward Double Somersault	.9	1.0	-	-
Inward Somersault ½ Twist (Barani)	.6	.6	.6	-
Inward Somersault 1 Twist	-	.7	.7	-
Inward Somersault 1½ Twist (Rudy)	-	.8	.8	-
Inward Somersault 2½ Twist (Randy)	-	1.0	1.0	-
Inward Double Somersault ½ Twist (Barani in)	1.0	1.1	-	-
Inward Somersault ½ Twist (Barani out)	1.0	1.1	-	-
REVERSE				
Reverse Somersault	.5	.6	.6	-
Reverse Double Somersault	.9	1.0	1.0	-
Reverse Somersault ½ Twist	.6	.6	.6	-
Reverse Somersault 1 Twist	-	.7	.7	-
Reverse Somersault 2 Twist	-	.9	.9	-
Reverse Somersault 3 Twist	-	1.1	1.1	-
Reverse Double Somersault 1 Twist				
½ in ½ out	1.1	1.2	1.2	1.1
Full in back out	1.1	1.2	1.2	1.1
Back in full out	1.1	1.2	1.2	1.1

U.S.I.A. COMPETITION CARD FOR DOUBLE MINI-TRAMP

CHECK APPROPRIATE BLANK

PRELIMS	STARTING ORDER FINALS
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Age: 10 & under _____ 11-12 _____

13-14 _____ 15-18 _____ 19 & Over _____
Open _____

CHAMPIONSHIP _____ PLACE _____ DATE _____

FIRST NAME _____ USTA NO. _____

SEX _____ CLUB _____

DATE OF BIRTH _____ ADDRESS _____

PRELIMINARY COMPETITION

	Mount or Spotter	Dif.	Dismount	Dif.	Judges' Score			Sub Total	Sub Total x 2	Total Dif.	Total
					1	2	3				
1.											
2.											
3.											

PRELIMINARY

FINAL COMPETITION

	Mount or Spotter	Dif.	Dismount	Dif.	Judges' Score			Sub Total	Sub Total x 2	Total Dif.	Total
					1	2	3				
4.											
5.											

FINAL

TOTAL SCORE

PLACEMENT

U.S.T.A. DOUBLE MINI-TRAMP RULES

OPEN NATIONAL RULES

In open U.S.T.A. National Competition the current F.I.T. Double Mini-Tramp rules shall apply, with the following additions and/or exceptions:

1. The two middle scores for performance on each pass are added, then doubled and recorded by the recorder.

AGE-GROUP REGIONAL AND AGE-GROUP NATIONAL RULES

In Age-Group competition the current F.I.T. Double Mini-Tramp rules shall apply, with the following additions and/or exceptions:

1. The two middle scores for performance on each pass are added, then doubled and recorded by the recorder.
2. Eligibility - Divisions by Age
 - a. 10 and under
 - b. 11 - 12
 - c. 13 - 14
 - d. 15 - 18
 - e. 19 and over
3. The age of the competitor on the day of the competition shall determine his or her age for age-group competition. If the competition is held longer than one day, the age of the competitor on the first day of the competition will determine that competitor's age group. If a competitor's age changes between the date of the Regional competition and the date of the Age-Group National competition, that competitor must compete at the Age-Group National in the age group he qualified in at the Regional competition.
4. No competitor shall compete in other than his or her own age group.
5. The top six (6) competitors shall advance to the finals.

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