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TUMBLING & TRAMPOLINE 1991



Youth Sports Program

A Sport Committee of the Amateur Athletic Union
of the United States, Inc.

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**1991
AAU/CARRIER
YOUTH
TRAMPOLINE & TUMBLING
MANUAL**

EFFECTIVE NOVEMBER 1, 1990
1991-1992 Rules & Policies

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1991 TRAMPOLINE AND TUMBLING ASSOCIATION CHAIRMEN



GENERAL PROVISIONS

This will be the governing rulebook for the AAU/USA Youth Program in Trampoline and Tumbling. Rules not specifically covered in this book will be covered in the current rules and policies of the F.I.T. and the AAU Code Part V, Article 40, Subsection 40.2.2.

- I. **ATHLETE REGISTRATION.** Every athlete must be a registered athlete to compete in an AAU Youth Trampoline and Tumbling meet. The fee is \$8.00 and the registration is valid for the calendar year. It can be used for all Youth sports. Contact your Association Registration Chairman.
- II. **CLUB REGISTRATION.** Each Trampoline and Tumbling club must become a full voting member in their association by becoming a registered club. A Club Membership is necessary to host a competition and receive a sanction. Contact your Association Registration Chairman.
- III. **PAPERWORK.** Following the completion of your meet, the following items must be sent to the National AAU: 1) a copy of your sanction 2) a copy of your championship report form (financial report) 3) and SIGNED scoresheets. The above items should be sent within five (5) days of the completion of your meet to National AAU Office.
- IV. **HOSTING AN AAU COMPETITION.** AAU Youth competitions may be held for all levels and for all age divisions. All competing Trampoline and Tumbling competitors must be AAU Youth registered athletes and the event must be AAU sanctioned. Contact your Sport Chairman to see what meets are being held in your Association. If there are none, then please consider hosting meets of your own.
- V. **QUALIFY TO NATIONAL YOUTH TRAMPOLINE AND TUMBLING CHAMPIONSHIP.** The current National Trampoline and Tumbling championship meet is an open meet. Competitors must be current card holders.
- VI. **INSURANCE.** AAU Membership provides excess medical insurance for any member athlete participating in an AAU-sanctioned practice or event. If the athlete has other medical coverage, it will be considered the primary policy, followed by AAU insurance. If the athlete has no other coverage, the AAU policy becomes primary subject to the terms and conditions of the policy. There is a deductible fee. Claims must be submitted within 90 days.

LOCAL AND ASSOCIATION CHAMPIONSHIP RULES OF COMPETITION

I. QUALIFYING COMPETITIONS. Association Championship for Trampoline and Tumbling must be held between January 1 and June 30 (Inclusive) of the same year. This is in the event your association does have a championship.

II. AGE LEVELS OF COMPETITION.

A. Tumbling

Level 1: 0-4, 5-6

Level 2 thru 10: 0-6 yrs., 7-8 yrs., 10-11-12 yrs.,
13-14-15 yrs., 16-17-18 yrs., 19 yrs.

B. Trampoline

Beginner: 0-6 yrs., 7-8 yrs., 9-10 yrs., 11-over yrs.

Novice: 0-6 yrs., 7-8 yrs., 9-10 yrs., 11-12 yrs., 13-over yrs.

Intermediate: 0-6 yrs., 7-8 yrs., 9-10 yrs., 11-12 yrs.,
13-14 yrs., 15-over yrs.

Advanced: 0-8 yrs., 9-10 yrs., 11-12 yrs., 13-14 yrs., 15-18 yrs., 19
yrs.

Elite: open age 0-19 yrs.

C. Double Mini-Tramp

Novice: Same as Trampoline

Intermediate: Same as Trampoline

Advanced: Same as Trampoline

Elite: Same as Trampoline

D. Synchronized Trampoline

Intermediate: Same as Trampoline

Advanced: Same as Trampoline

Elite: Same as Trampoline

III. RULES OF COMPETITION. National Youth Championship rules and policies are the same as the association rules and policies.

IV. AGE DETERMINING DATE FOR ALL TRAMPOLINE AND TUMBLING EVENTS

Competitor will compete in the age group he or she is (age) on the first day of competition. This will hold true at local, association, and national championships.

TUMBLING (SHEET #1)

1990-91 ROUTINES - GIRLS & BOYS

LEVEL 1

Must be age 6 and under - day of meet - base score 9.10

1. Cart - Cart - Fr. tuck roll - Fr. straddle roll - Fr. tuck roll - Stand
2. Start 2nd pass where 1st ends; same routine.

LEVEL 2

Can be any age ... - base score 9.2

1. Run - Cart - Cart - Fr. tuck roll - Fr. straddle roll - Fr. tuck roll - Stand
2. Run - Cart - Ro - Bk. tuck roll - Bk. straddle roll - Bk. tuck roll - Stand

LEVEL 3

Base score 9.3

1. Run - Cart - Cart - Fr. tuck roll step out - Ro - Bk. tuck roll - Stand
2. Run - Cart - Cart - Bk. tuck roll - Bk. Roll step out - turn ro - Stand

LEVEL 4

Base score 9.4

1. Run - Cart - 1 arm Cart - Handstand roll step out - Kickover - Fr. tuck roll - Stand
2. Run - Cart - Cart - Ro - Bk. tuck roll - Bk. pike roll - Stand

LEVEL 5

Base score 9.5

1. Run - Cart - Cart - Cart - Bk. pike roll step out - Bk. wo - Stand
2. Run - Cart - Fr. wo - Handstand roll step out - Kickover - Fr. tuck roll - Stand

LEVEL 6

Base score 9.6

1. Run - Ro - Ff - Bk. tuck roll - Bk. extension step out - Bk. wo - Stand
2. Run - Cart - Fr. wo - Handspring - Dive roll - Headnip - Stand

LEVEL 7

Base score 9.7

1. Run - Ro - Ff - Ff - Bk. tuck roll - Bk. extension - Stand
2. Run - Fr. wo - Fr. wo - Handspring - Dive roll - Headnip - Stand



LEVEL 8

Base score 9.8

1. Run Ro - Ff - Ff - Bk. roll - Bk. extension - Stand
2. Run Ro - Ff - Ff - Ff - Bk. roll - Stand

LEVEL 9

Base score 9.9

1. Run - Ro - Ff - Back - Bk. extension step out - Bk. wo - Feet tog. - Stand
2. Run - Fr. handspring - Dive roll step out - Ro - Ff - Ff - Stand

LEVEL 10 Optional A:

1. Base score 8.00
2. Seven skills maximum allowed in first pass
3. Seven skills maximum allowed in second pass
4. Must be more difficult than Level #9
5. Can contain not more than one salto per pass
6. Can contain not more than 180 degree twist

LEVEL 10 Optional B:

1. Base score 8.00
2. Seven skills maximum allowed in first pass
3. Seven skills maximum allowed in second pass
4. Must be more difficult than level 10-A

GENERAL

1. No spring boards allowed
2. May do less than seven skills
3. Difficulty per move:

Roundoff, walkovers, front/back handsprings	.1 ea.
Aerial cartwheels, roundoffs, or walkovers	.2 ea.
Front and/or back saltos	.3 ea.
Double back and/or front saltos	.7 ea.
Layout on saltos	add .1 ea.
Twisting - for each 1/2 (180 degrees) on salto	add .1 ea.
Bounding - for consecutive aerial skills	add .1 ea.

TRAMPOLINE

BEGINNER DIVISION

A. General Rules

1. Individual Competition - Trampoline competition consists of one routine seven (7) contacts (skills) with the bed. No somersaults are allowed.

The object of a routine is to execute the routine with control, consistence height and perfection of skills.

2. There are three (3) compulsory skills* and four (4) optional skills to be included within the seven (7) skill routine with no particular order. The three (3) compulsory skills* are * in the list below. The four (4) optional skills must be selected from this list as well.

3. List of skills permitted:

- 3.0 Return to Feet (Please keep in mind this is a contact)
- 3.1 Tuck Jump
- 3.2 Pike Straddle Jump
- 3.3 Pike Jump*
- 3.4 Seat Drop
- 3.5 Front Drop on Stomach Drop
- 3.6 Back Drop*
- 3.7 Straight Jump with 1/2 Twist (180 degrees)
- 3.8 Straight Jump with 1/1 Twist (360 degrees)*

Combination skills which may be used without a repeat penalty involve two (2) contacts with the bed and also a rebound back to the feet. Each contact with the bed represents a "skill" and must be counted in the SEVEN CONTACT requirement. Twists may be included between skills prior to the contact for variety and progression toward higher level skills.

Examples are as follows:

- 3.9 Swivel Hips
- 3.10 Seat Drop to Stomach Drop
- 3.11 Front Drop to 1/2 Turn to Front Drop (1/2 Turntable)
- 3.12 Front Drop to 1/2 Turn to Front Drop (1/1 Turntable)
- 3.13 Seat Drop to 1/1 Turn to Seat Drop (Barrel Roll)
- 3.14 Back Drop to 1/2 Turn to Back Drop (Cradle)
- 3.15 Back Drop to 1/1 Turn to Back Drop (Cat Twist)

All of these combinations may be followed by a 1/2 or 1/1 twist with returning to the feet.



TRAMPOLINE

NOVICE DIVISION

A. General Rules

1. Individual Competition - Trampoline competition consists of one routine of seven (7) contacts (skills) with the bed. The object of a routine is to execute the routine with control, consistent height, and perfection in the execution of each skill.
2. There are two (2) compulsory skills* and five (5) optional skills to be included within the seven (7) skills with no particular order. The two (2) compulsory skills* are * in the list below. The five optional skills may be selected from the list below or the beginner trampoline list.
3. No somersaults over 360 degrees in rotation or 180 degrees in twisting are allowed.
4. List of skills permitted:
 - 4.1 3.0 through 3.8 including examples 3.9 through 3.15 (see beginner division trampoline rules)
 - 4.2 Back somersault* (Tuck, Pike, or Layout [straight])
 - 4.3 Front somersault* (Tuck, Pike, or Layout [straight])
 - 4.4 Barani (Tuck, Pike, or Layout [straight])
 - 4.5 Back somersault with 180 degree twist
 - 4.5.1 The compulsory skills are one skill from each * group (in 4.2 and 4.3 for a total of two compulsory skills).
 - 4.5.2 The five (5) optional skills may use any or none of the four (4) remaining somersaulting skills.

TRAMPOLINE

INTERMEDIATE DIVISION

A. General Rules

1. Individual Competition - Trampoline competition consists of one (1) routine with ten (10) contacts (skills) with the bed. The object of the routine is to execute the routine with control, consistent height, and perfection in the execution of each skill.
2. There are three (3) compulsory skills* and seven (7) optional skills to be included within the ten (10) skills with no particular order. The three (3) compulsory skills are listed below. All skills performed must be combined in such a fashion so as to give the athlete the safest order of skills for them.

There is no difficulty score. The USTA requires the limit of difficulty of any skill to a maximum of 0.6. The routine must include a minimum of five (5) different somersaults with no maximum of single somersaults.

3. Compulsory Skills* (No Specific Order)*

- 3.1 Back Somersault Pike Position*
- 3.2 Back Somersault Layout (stretch) position*
- 3.3 Barani (Tuck, Pike, or Layout [stretch] position)*

TRAMPOLINE

ADVANCED AND ELITE NATIONAL RULES

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

1. 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.

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

1. The requirement for the Advanced level of competition is a minimum of seven (7) somis with a 3.5 pt. minimum difficulty (difficulty may go over the 3.5 pt. minimum).
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 three middle scores for performance in voluntary routines are added, then recorded by the recorder.

In the synchronized competition, the three middle scores of the judges of execution on trampolines no. 1 and 2 voluntary routines are added together by the recorder. The faculty synchronization deductions are then subtracted from this score. The remaining score is recorded and entered on the score sheet.

4. In all Age-Group competition, one skill may be repeated. If this rule is violated, there shall be no difficulty credit for the illegally repeated skill(s).

DOUBLE MINI-TRAMP

NOVICE DIVISION

General Rules

1. Pass Requirements

- 1.1 Two (2) passes are required. Each pass must consist of a minimum of two contacts with the bed and no more than three. A maximum of two skills per pass.
 - 1.1.1 You may not do any somi's in this level at all.
 - 1.1.2 **NO FINALS IN THE NOVICE LEVEL**

2. Skills

- 2.1 No somersaults are allowed.
- 2.2 Skills accepted
 - 2.2.1 Tuck Jump
 - 2.2.2 Pike Jump
 - 2.2.3 Straddle Jump
 - 2.2.4 1/2 Turn
 - 2.2.5 Full Turn
 - 2.2.6 1 1/2 Turn
 - 2.2.7 2 Full Turns

INTERMEDIATE DIVISION

General Rules

1. Pass Requirements

- 1.1 Three (3) passes are required. Each pass must consist of a minimum of two contacts with the bed and no more than three. A maximum of two skills per pass.
 - 1.1.1 You may do one somi per pass, but cannot exceed the difficulty of 1.0 pts.
 - 1.1.2 You cannot exceed 180 degree twist for any somi.
 - 1.1.3 **NO FINALS IN THE INTERMEDIATE LEVEL.**

2. Skills

- 2.1 No somersaults exceeding 180 degrees
- 2.2 Skills accepted
 - 2.2.1 Tuck Jump
 - 2.2.2 Pike Jump
 - 2.2.3 Straddle Jump
 - 2.2.4 1/2 Turn
 - 2.2.5 Full Turn
 - 2.2.6 1 1/2 Turn
 - 2.2.7 2 Full Turns
 - 2.2.8 Tuck Front Somi.

- 2.2.9 Pike Front Somi
- 2.2.10 Barani (Front with a Half Twist)
- 2.2.11 Tuck Back Somi
- 2.2.12 Pike Back Somi
- 2.2.13 Layout Back Somi
- 2.2.14 Back Somi With a 1/2 Twist
- 2.2.15 Inward Somersault (Gainer)

ADVANCED AND ELITE MINI-TRAMP NATIONAL RULES

In the ELITE U.S.T.A. National Competition, the current F.I.T. Double Mini-Tramp rules shall apply.

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:

Synchronized tramp will use same rules as trampoline - per each division -
Intermediate - Advanced - Elite

V. AWARDS

Individual Event Award Medals and All Around Medals shall be provided for the first three places. Meet directors may purchase extra ribbons and medals if desired. Team competition is allowed. Team awards will not be furnished by AAU.

VI. EQUIPMENT SPECIFICATIONS

1. TUMBLING EQUIPMENT

- A. Levels 1 thru Level 6 can have a minimum of one mat of from at least 1 1/2 inches thickness and 6 feet wide and at least 60 feet long.
- B. Levels 7 and above must have a minimum of two mats thickness (which would be at least 3 inches total thickness) and 60 feet long. There may be a spring or foam floor for this level.
- C. Approach to the 60-foot competition mat should be no more than 16 feet.

2. TRAMPOLINE, DOUBLE MINI, SYNCHRO TRAMP EQUIPMENT

- A. The measurements must adhere to the F.I.T. norms as set out by the Technical Committee.
- B. The interior height of the hall in which double mini-tramp and trampoline competitions are to take place must be at least six (6) meters (19.5 feet).
- C. Crash mats for all landings.

TUMBLING RULES AND POLICIES

ATTIRE:

Proper attire:

Girls must wear one piece standard tumbling leotard, bare feet, white ankle length socks, or white tumbling shoes. No unitards, biking shorts, tee shirts or tights allowed. Hair should be secured away from the face.

Boys must wear gym shorts or long gymnastic pants with or without stirrups, team shirt or muscle shirt (tucked in), bare feet, white ankle length socks, or white tumbling shoes. No unitards or biking shorts allowed.

All competitors:

NO jewelry except post earrings. Appropriate undergarments should be worn.

NO GUM CHEWING DURING COMPETITION.

JUDGING RULES AND POLICIES

TUMBLING: SCORING DEDUCTIONS

Starting before judge gives signal	.5
Poor form, execution, or amplitude,	.1-.5 per move
Omitted, changed or additional moves	.9 (Level 1-9)*
(Maximum deduction on each move .9)	
Spot	.5 each
Stop in flow of routine	.3 each
Minor breaks in rhythm	.1 each
Extra steps or hand placements	.1 each
Use of hand or foot to maintain loss of balance	.3
(Light Touch)	
Fall to hands, knees, or hips (support)	.5
Going off mat, <u>touching</u> floor	.5
Poor direction of pass	.1 - .3
Level 1 beginning with run	.3
Levels 2-9 not initiated with run	.3
(run: 3-5 steps with acceleration)	
Pass not completed with momentary stand or	.3
good control, 3 counts: (Ending pass in stand means no rebound)	
Spotter blocking view of judges	.3
Coaching (Levels 2-Optionals)	.3 each time

Rocking, any position	.3 (.9 max)
Balk on approach	.3

* Clarification of .9 deduction:

1. Routine calls for three cartwheels in a row - only two are done by the competitor - .9 deduction for omitted move.
2. Routine calls for two cartwheels - competitor does three cartwheels - .9 deduction for additional move.
3. Routine calls for a roll step-out - competitor does a tuck - .9 deduction for changed move.

Reversing Pass (Level 2-9): per pass	1.0
Doing wrong routine	VOID
Making unauthorized approach to judges concerning score	1.0
Coach or tumbler using profanity, verbally abusing or disrespectfully addressing a judge or meet official	DISQUALIFIED
Improper tumbling attire	.3 per item
Tugging at leotard, shorts, or hair	.3

Chewing gum by competitor on competition floor will result in disqualification

NO protests or inquiries by coach, parent or tumbler.

Competitor may be given up to .3 in bonus points

Score spread:	9.5 - 10.0	.2
	9.0 - 9.4	.3
	8.0 - 8.9	.4
	6.5 - 7.9	.6
	- 6.4	.8

INTERMEDIATE TRAMPOLINE RULES

1. ATTIRE: Boys - long pants required.

Same as Novice with these additions:

1. A ten (10) bounce routine will be scored out of ten (10) points.
2. Additional skills beyond the 10 will receive a 1.0.
3. Lack of two (2) optional somis will result in a 1.0 deduction per somi.

ADVANCED

1. The requirement for the Advanced level of competition is a minimum of seven (7) somis with a 3.5 pt. minimum difficulty (difficulty may go over the 3.5 pt. minimum).

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 three middle scores for performance in voluntary routines are added, then recorded by the recorder.
4. In the synchronized competition, the three middle scores of the judges of execution on trampolines no. 1 and 2 voluntary routines are added together by the recorder. The faculty synchronization deductions are then subtracted from this score. The remaining score is recorded 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. No competitor shall compete in other than his or her own age group.
7. No compulsory routine will be required for age-group competition.
8. The top six (6) competitors shall advance to the finals.
9. In synchronized trampoline, age-group competition will be determined by the age group of the older partner.

ELITE

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

1. 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.

DOUBLE MINI-TRAMP NOVICE AND INTERMEDIATE DOUBLE MINI

Start of a Pass

1. Each competitor will start on the signal given by the Superior Judge.

Scoring

1. A skill is considered repeated when used during the two (2) passes more than once as a mount, spotter, or dismount. If the competitor disregards this rule, the degree of difficulty of the repeated skill will not be counted.
2. The evaluation of form (execution and control) and difficulty is done in 10ths of a point.
3. The scores of the judges must be written independently of each other. The score for performance shall not exceed 2.0 pts. per pass.

4. The highest and lowest scores of judges nos. 1-4 are canceled. The total of the remaining two scores is the score for performance provided that the difference between the two scores is not too great.
5. Each pass is scored separately and a total of performance plus difficulty is calculated for each pass.
6. Judges calculate the difficulty of the pass and enter it on the competition card. The recorder records the score on the score sheet.
7. 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.
8. For an intermediate straight jump a deduction of .3/1.0 pts. will be made by the Superior Judge and the judges at the instruction of the Superior Judge.
9. If a pass has only one skill, the score for performance shall not exceed 1.0 pts. plus difficulty.
10. If the difference in the two middle scores is not within the prescribed limits as per the following: 2/10 pts. for middle scores of 1.7 pts. and above, 3/10 pts. for middle scores of 1.3 - 1.65 pts., and 5/10 pts. for middle scores of 1.25 pts. and below; then the two scores are added to the Superior Judge's score, divided by three and doubled by the recorder.
11. There will be a deduction of 0.5 for any repeated skill in the same position.

Interruptions & Deductions of the Pass Occur when the Competitor:

1. Obviously does not land on and/or take off from the bed with both feet simultaneously.
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.
3. Is touched physically by any spotter. This decision is made by the Superior Judge.
4. During the pass, leaves the double mini-tramp due to insecurity.
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.
6. The Pass is judged only on the skills completed on both feet to the point of interruption.
7. A deduction of 0.5 pts. for not having a somi in each pass (Intermediate)

Termination of the Pass

1. The pass must end on the feet after the dismount off the bed.
2. For more than two (2) skills in a pass, a deduction of 0.5 pts. will be made by the judges on advice of the Superior Judge, and the difficulty of all skills beyond two (2) will not count.
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.
4. For more than one (1) somersault per pass, a deduction of 0.5 pts. will be made. In addition, no difficulty will be given for any somersault over one (1) (Intermediate).

ADVANCED DOUBLE MINI

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

1. No competitor shall compete in other than his or her own age group.
2. The top six (6) competitors shall advance to the finals.
3. In U.S.T.A. Age-Group Advanced level double-mini competition, you must have a somersault in each skill or there will be a deduction of 0.5 pts. for each omitted somersault.

DOUBLE MINI-TRAMP ELITE NATIONAL RULES

In the Elite U.S.T.A. National Competition, the current F.I.T. Double Mini-Tramp rules shall apply.

Synchronized Tramp will follow trampoline rules and policies.

NATIONAL YOUTH CHAMPIONSHIP RULES AND POLICIES ARE THE SAME AS THE ASSOCIATION RULES AND POLICIES.

AGE DETERMINING DATE FOR ALL TRAMPOLINE AND TUMBLING EVENTS

Competitor will compete in the age group he or she is (age) on the first day of competition. This will hold true at local, association, and national championships.



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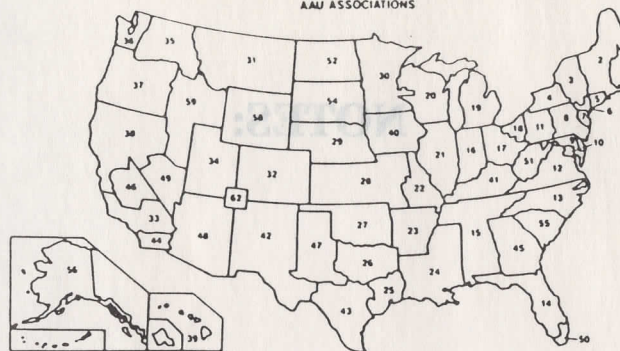
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