

FAR

*Amateur Athletic Union of the United States
Athletic Library*

**OFFICIAL AAU
TRAMPOLINE AND
TUMBLING HANDBOOK
1975-76**

*Including Official Rules of Competition
and AAU Committees*

Published by the
AMATEUR ATHLETIC UNION OF THE UNITED STATES
3400 West 86th Street
Indianapolis, Indiana 46268

Joseph R. Scalzo, *President*
Ollan C. Cassell, *Executive Director*
Dick Cassin, *Publications Coordinator*

Copyright 1975 by The Amateur Athletic Union of the United States



Frances Kauffman, *Chairman*
National AAU Trampoline
and Tumbling Committee



Robert Thurston, *Chairman*
National AAU Junior Olympic
Trampoline and Tumbling Committee

R796.47
—
A487
1975/76
C1
2.00



Liz Thompson,
Secretary-Treasurer
National AAU Trampoline
and Tumbling Committee

unv.

1975 Trampoline and Tumbling Committee

National Chairman

Frances Kauffman
394 Grandview St.
Memphis, TN 38111

1st Vice Chairman

Robert N. Thurston
Squire Terrace, R. R. 1
Colts Neck, NJ 07722

2nd Vice Chairman

Ron Munn
1333 Bloor St. E., Apt. 2307
Mississauga, Ontario L4Y 3T6 Canada

Secretary

Liz Thompson
1585 E. Shelby Dr.
Memphis, TN 38116

Zone Chairmen

Southern

Jim Yongue
1793 Grovehaven Circle
Memphis, TN 38116

Mid-West

Earle Duggan
2910 Allison
Des Moines, IA 50310

East

Robert Thurston
Squire Terrace, R. R. 1
Colts Neck, NJ 07722

West

Charles R. Mayville
2545 Verde Dr.
Colorado Springs, CO 80910

Regional Chairmen

Region 1

Glenn Wilson (NJ)
897 Stafford Dr.
Toms River, NJ 08753

Region 2

Jay Young (All Mt)
1505 Woodland Rd.
Indiana, PA 15701

Region 3

Bill Rodgers (SE)
3703 Wilshire
Memphis, TN 38111

Region 4

Sam Bailie (FL)
P.O. Box 8641
Jacksonville, FL 32211

Region 5

Larry Anderson (HI)
P.O. Box 4004
Honolulu, HI 96813

Region 6

Vernon L. Dietrich (OH)
57 1/2 S. Crowell
Geneva, OH 44041

Region 7

Eddie Cole (IA)
930 27th Ave. S.W.
Cedar Rapids, IA 52406

Region 8

Robert Hauhart (OZ)
3732 Wisconsin St.
St. Louis, MO 63118

Region 9

Don Waters (SO)
1011 W. Congress
Lafayette, LA 70501

Region 10

Mike Dennison (InMt)
P.O. Box 3171
Ogden, UT 84403

Region 11

Region 12

Troy Kauffman (AK)
P.O. Box 1394
Kenai, AK 99611

Region 13

George Hery (PA)
5705 Riveroak Way
Carmichael, CA 95608

Association Chairmen**Adirondack**

Bob Bean
One Terrace Dr.
Rome, NY 13440

Jack Bean
2006 N. Madison St.
Rome, NY 13440

Alaska

Mildred Mucha
326 Bldg. B
3750 E. Jewell
Denver, CO 80212

Allegheny Mountain

Jay C. Young
1505 Woodland Rd.
Indiana, PA 15701

Arizona

Stormy Eaton
7104 E. Chaparral Rd.
Scottsdale, AZ 85253

Arkansas

Kerry Williams
2700 Willow St.
North Little Rock, AR 72114

Border

Bill Goldie
6208 Twilight
El Paso, TX 79912

Central

Bob Bollinger
5606 Castlewood Ct.
Rockford, IL 61108

Central California**Connecticut**

Richard A. Terry
22 Apple Tree Ln.
Milford, CT 06460

Far East

Edward G. Alseika
Comnavmarianas Staff
P.O. Box 11 FPO
San Francisco, CA 96630

Florida

Dennis Davis
4907 Carder Rd.
Orlando, FL 32810

Florida Gold Coast

Alice Kempthorne
5701 Bayview Dr.
Ft. Lauderdale, FL 33308

Georgia

Daryl R. Hawes
1750 Doncaster Dr., N.E.
Atlanta, GA 30309

Gulf

Jerry Keeling
1501 Ozeman, No. 516
Houston, TX 77055

Hawaiian

Dr. Richard Criley
111 Hoolai, Apt. 301
Honolulu, HI 96814

Indiana

Jim Price
220 N. Pike
Shelbyville, IN 46176

Inland Empire**Intermountain**

Paul Quigley
P.O. Box 3171
Ogden, UT 84401

Doug Coleman
P.O. Box 3171
Ogden, UT 84401

Iowa**Kentucky**

Nick Wiese
5403 Tupelo Pass
Louisville, KY 40213

Lake Erie

Bill Copp
273 Miles Rd.
Chagrin Falls, OH 44022

Maine**Metropolitan**

Bob Gresko
27-17 201st St.
Bayside, NY 11360

Michigan

Paul Kyprie
1080 Island Dr. Ct.
Ann Arbor, MI 48104

Middle Atlantic

Lou Kushner
426 Woodhaven Pl.
Philadelphia, PA 19116

Midwestern**Minnesota****Missouri Valley**

Paul Swafford
6585 W. Foxridge
Shawnee Mission, KS 66202

Montana

Jack Hanson
Dawson County High School
Glendive, MT 59330

New England**New Jersey**

Robert Thurston
Squire Terrace, R. R. 1
Colts Neck, NJ 07722

New Mexico

Bill Parise
Roswell YMCA
Sunset & Alameda
Roswell, NM 88201

Niagara

Pete Bush
1720 Sweets Corners Rd.
Fairport, NY 14450

North Carolina

Steve Yankovich
Charlotte Central YMCA
400 E. Morehead St.
Charlotte, NC 28202

North Dakota**Ohio**

Phil Simpson
Central YMCA
117 W. Monument
Dayton, OH 45402

Oklahoma

Art Allen
Dept. HPE&R
Oral Roberts University
Tulsa, OK 74136

Oregon

Mike Frutchey
6835 N. Tyler St.
Portland, OR 97203

Ozark

Robert Hauhart
3732 Wisconsin
St. Louis, MO 63118

Pacific

Douglas Dawkins
3918 Elston Dr.
San Bruno, CA 94066

Pacific Northwest

Jim Adams
11929 198th St. S.E.
Renton, WA 98027

Pacific Southwest**Potomac Valley****Rocky Mountain**

Betty Ryer
3355 S. Ash St.
Denver, CO 80222

South Atlantic

Doug Camper
3406 Powhatan
Baltimore, MD 21216

South Carolina

Robert E. Mullings
Family YMCA
Florence, SC 29601

South Dakota**South Texas**

Charles Teas
413 Claremore
Corpus Christi, TX 78412

Southeastern

Frances Kauffman
394 Grandview St.
Memphis, TN 38111

Southern

Jeff Hennessy
Box 672
USL
Lafayette, LA 70501

Southern Nevada

Eric Lewis
1638 N. Bruce St.
N. Las Vegas, NV 89030

Southern Pacific**Southwestern**

Beverly Averyt
1041 Cheryl
Ft. Worth, TX 76117

Virginia

L. W. Enderson
34 Kenwood Dr.
Hampton, VA 23666

West Texas

Nard Cazzell
2909 Wolfllin
Amarillo, TX 79109

West Virginia

Jerry Spencer
Rt. 1, Box 55
Parkersburg, WV 23803

Wisconsin

Ernest Dallapiazza
Rt. 1, Box 948
E. River Bay Rd.
Waterford, WI 53185

Wyoming

Bob Iserman
1241 Hazelwood Dr.
Casper, WY 82601

U.S. Navy

Marron W. Smith
Chief of Naval Personnel (72111)
Navy Department
Washington, D.C. 20370

American Sokol

Edward C. Linhart
1820 Ridgeland
Berwyn, IL 60402

Ellen Jean Schnabl
2503 Harvey
Berwyn, IL 60402

Demolay

Richard W. Harkins
201 E. Armour Blvd.
Kansas City, MO 64111

NJWB

Jerry Luschak
H & PE Dir., JCC
5700 Park Hts. Ave.
Baltimore, MD 21215

At Large

Jerald Clark
15 Calland Dr.
Springfield, IL 62704

David R. Coons
West Essex YMCA
321 S. Livingston, NJ 07039

Gary Erwin
380 Union St.
West Springfield, MA 01089

Bob Finch
9054 Long Point
Houston, TX 77055

Neil Godbey
1332 Brook Park
Toledo, OH 43612

Larry Griswold
1607 Washington Ave S.W.
Cedar Rapids, IA 52403

Newt Loken
Dept. Athletics
1000 S. State St.
University of Michigan
Ann Arbor, MI 48104

Merickston Nicholson, M.D.
4892 Guilford Ave.
Rockford, IL 61103

George Nissen
Nissen Corp.
930 27th Ave. S.W.
Cedar Rapids, IA 52406

Ben Pratt
417 Linden
Metairie, LA 70003

Jim Rozannas
10412 S. St. Louis
Chicago, IL 60655

Al Stumpf
428 Braxmar
Tonawanda, NY 14150

Athlete Representatives

Jim Cartledge
221 Dunreath
Lafayette, LA 70501

Sarah Freuchte
223 East Post Rd. S.E.
Cedar Rapids, IA 52403

Ed Goodman
3441 Scarsborough
Toledo, OH 43615

Shelly Grant
3305 Freemont
Springfield, IL 62703

Leigh Hennessy
102 West Moreland
Lafayette, LA 70501

Mason Kauffman
604 S. State St.
Ann Arbor, MI 48104

Mark Langeneckert
4939 Ringer
Mehlville, MO 63129

Ron Merriott
621 Cottage Grove Ave.
Rockford, IL 61103

Stuart Ransom
889 Hester
Memphis, TN 38116

Denise Tenney
26 Windcrest Dr.
Cheektowaga, NY 14225

Past Chairman

Bil Copp (Address above)

F.I.T. Representatives

(All addresses above)

Frances Kauffman

George Nissen

Jeff Hennessy

Bil Copp

Ron Munn

Sub-Committees

(Addresses above if not shown)

Chairman, Technical Committee: Jeff Hennessy

Tumbling: Bil Copp

Sports Development: Paul Swafford

Age Group: Jim Yongue

Rules: Bob Thurston

International Affairs: Liz Thompson

Masters: Bil Copp

Sports Chronology: Bob Bollinger

Representative to:

Marketing Committee: George Nissen

TV, Radio & Motion Picture: Charles R. Holmes

Director Community Relations

Memphis State University

Memphis, TN 38152

Message From The National Chairman

Dear Trampolinists, Mini-Trampers and Tumblers,

In introducing you to our 1975-76 Handbook I wish to express my deep appreciation for the help given me in preparing the legislation for the 87th National AAU Convention reflected in this publication by Bob Thurston, the Rules Committee Chairman, and his committee; Liz Thompson, the Committee Secretary, Jeff Hennessy and Bil Copp, Technical Committee Chairmen who are members of the FIT Technical Committee and Praesidium, respectively; Mrs. Anita Fletchall, an invaluable friend; and, last but by no means least, my husband, Burt. This revision reflects a number of AAU Trampoline and Tumbling administrative and competition rule changes along with the inclusion of rules for the double mini-tramp for the first time.

In addition, the publication of this Handbook incorporates for the first time FIT Tumbling and Mini-Tramp Rules. We are indebted for the ground work, experimentation and development of the double mini-tramp to Bob Bollinger and the Nissen Corporation. Jeff Hennessy presented the rules to the FIT and they have been accepted for evaluation and competition, as were the tumbling rules. A committee composed among others of Bob Bollinger, Jack Castle, Vern Dietrich, Eddie Cole, Neil Godbey, Jeff Austin, and Dave Salois worked with Bil Copp to develop tumbling rules for international competition. Bil Copp presented these to the FIT for their acceptance. These two events will be included in the World Championships for the first time in 1976.

The FIT Trampoline Rules have been revised as of January 1, 1975. These will be the rules effective for the 9th World Championships which will be held here in the United States at the Mabee Center, Oral Roberts University, Tulsa, Oklahoma, July 1-3, 1976.

One of our goals is to work for more national and internationally certified judges and officials. A list of the FIT currently certified Trampoline judges is included in the Appendix. The Appendix, new to the Handbook, also includes the difficulty rating charts for trampoline, mini-tramp and tumbling, samples of competition cards, judge's score sheet and other meet helps. A recognition page of our current All-American Teams and the Milton B. Davis Trampoline Coach of the Year's Award is included.

In the Handbook the current Committee with their addresses and the sub-committee chairmen are listed for your contacting for technical and administrative assistance. With the help of the many volunteer AAU workers, the coaches, the athletes and their clubs expressed by your communicating with me and others on the committee, I am sure Trampoline, Mini-Tramp and Tumbling will continue its national and international expansion and growth.

Sincerely,

Frances Kauffman, *Chairman
National AAU Trampoline
and Tumbling Committee*
394 Grandview St.
Memphis, Tennessee 38111

TRAMPOLINE, MINI-TRAMP AND TUMBLING RULES FOR MEN AND WOMEN

The rules for the conduct of trampoline, mini-tramp and tumbling competitions are promulgated by the Amateur Athletic Union of the United States.

These rules cover the following Articles (showing applicable AAU Code references) and their sub-numbered parts:

- Article I Administrative Rules (AAU Code Articles 1-3, 5-6, 8-9, 12, 20-21, 25, 28, 30, 50-57, 59-62, 64, 66)
- A. Jurisdiction
 - B. National AAU Trampoline and Tumbling Committee
 - C. Sub-Committees
 - 1. Technical and Rules Committees
 - 2. Sports Development Committee
 - 3. International Affairs Committee
 - 4. Other Committees
 - D. Eligibility for Men and Women
 - 1. Grades of Competition
 - 2. Entry Fee
 - E. Awards
 - 1. Individual
 - 2. Team
 - 3. Overall Team
 - 4. Coach Awards
- Article II General Rules of Competition for Men and Women (AAU Code Articles 3, 26, 27, 62, 63, 65, 67)
- A. Events
 - B. Order of Competition
 - 1. Preliminaries
 - 2. Finals
 - C. Officials
 - D. Admission to the Field of Competition
 - E. Disposition of Score Sheets
- Article III FIT Rules for Trampoline, Mini-Tramp, and Tumbling (International Rules for Competition) (AAU Code Articles 2, 12)
- Article IV Trampoline Competition Rules (AAU Code Articles 57, 64, 66)
- A. Equipment
 - B. Equipment Location and Layout
 - C. Attire
 - D. Officials and Personnel
 - E. Routines and Regulations
 - F. Competition
 - G. Table of Difficulty
 - H. Protests
 - I. Team Score
 - J. Synchronized Trampoline
 - K. Age Group Competition
 - L. Trampoline Required Routines
- Article V Mini-Tramp Rules (AAU Code 57, 64, 66)

- Article VI Tumbling Competition Rules (AAU Code 57, 64, 66)
- A. Equipment
 - B. Equipment Location and Layout
 - C. Attire
 - D. Officials and Personnel
 - E. Routines and Regulations
 - F. Competition
 - G. Table of Difficulty
 - H. Protests
 - I. Team Score
 - J. Age Group Competition
 - K. AAU Tumbling Compulsories
 - L. AAU Age Group Compulsories

Appendix

ARTICLE I ADMINISTRATIVE RULES

A. Jurisdiction

The Amateur Athletic Union of the United States (AAU) is the governing body for trampoline, mini-tramp and tumbling in the United States, holding membership in the International Trampoline Federation (FIT), which body controls international contests, including the World Championships.

B. National AAU Trampoline and Tumbling Committee

The jurisdiction of the AAU is exercised through the National Committee for men's and women's trampoline, mini-tramp and tumbling and the Age Group sub-committee under the National Committee. These committees shall be organized in the best interests of the sport and shall consist of a chairman, vice-chairman, and a secretary. The Junior Olympic Trampoline and Tumbling Committee is not a sub-committee under the jurisdiction of the NAAU Trampoline and Tumbling Committee. The Age Group sub-committee chairman shall be appointed by the NAAU Committee Chairman.

The general conduct of national meets shall be the responsibility of the meet directors under the jurisdiction of the respective national chairmen, who shall be referees of the meet, and their committees. The referees may designate such persons as they deem necessary to assist them in their duties.

Members of the NAAU committee are appointed by the various associations of the AAU and, in the main, consist of the chairmen of the Trampoline and Tumbling Committee in each of the District Associations of the AAU. The chairman of the NAAU committee has the privilege of recommending such other persons for membership who may be of assistance in the conduct of the sport, and who may be appointed as at-large members to the extent permitted by the general rules of the AAU.

Ten (10) athlete members shall be elected directly to the national trampoline and tumbling committee by the athletes in good standing in the sport as per AAU Code, Article 8, 208.2, (5).

They shall be elected to represent regions as established by the sports committee to represent the best interests of the athletes. Participation and sport development needs shall be considered in determining the representation areas. (A suggested map is included in the Appendix.)

Eligibility of Athlete Representatives in their selection is as follows:

1. Must be at least 14 years of age;
2. Have evidenced a continuing interest in the sport;
3. Have evidenced a desire to serve.

A list of athletes eligible to serve will be compiled by the national committee secretary from names received by May 31st of each year. Athletes may submit their own names or coaches and others may submit them. This list of eligible athletes will be mailed to:

1. All athletes over 12 years of age from the roster of the Age Group, Junior and Senior National Championships;
2. Association Chairmen;
3. Known Clubs of record who are registered for the sport;
4. Coaches, for distribution to athletes 12 years and older; and

5. They shall also be available from the National Sports Supervising Committee Secretary at least four months prior to the National Convention.

The athletes will vote for ten (10) representatives from the list, one from each area when possible. The ballots signed by the athletes with their home address, AAU number, age and club shall be sent to the National Sport Committee Secretary at least three months prior to the National Convention. The designated number (10) of athletes shall be notified of their election along with a sufficient number of alternates so that they may become familiar with the national sports committee activities as well as that of their association and the national body. They are to be encouraged to attend all national committee meetings and the National Convention. The first group elected will take office immediately following the convention of that year.

Tenure of office: After the first group is elected, the first five (5) drawn by lot shall serve one year and the next five (5), two years.

The NAAU committee, subject to the approval of the Board of Governors of the AAU, draws up the rules of competition, decides when and where the national championships are held, over which they have jurisdiction, as well as passing on the qualifications of trampolinists, mini-trampers and tumblers to compete and approving the officials to serve at these events. In general, the committee is entrusted with the development, promotion and general welfare of the sport of trampolining and tumbling.

Meetings of the committee are held at least twice a year—during the National Championships and the Annual Convention of the AAU—and at such other times as called by the chairman.

C. Sub-Committees

1. Technical and Rules Committees

The chairman of the Trampoline and Tumbling Committee shall appoint a Technical Committee to handle all technical matters in connection with the programs of trampoline, mini-tramp and tumbling. He shall also appoint a Rules Committee (Code 208.5) (c) (iv) to coordinate technical and general rules concerning the sport and the Code. The Rules Committee will be responsible for preparing rule drafts for study by the committee and preparation for submission of same to the Laws and Legislation Committee for Board of Governor action.

The Technical and Rules Committee Chairmen will each be included as advisory and voting members of the other committee. If an AAU member is a member of the International body's Technical Committee, he shall be an automatic voting member of the Technical Committee. The remainder of the composition of these two committees shall be left to the discretion of the NAAU Committee Chairman.

The Technical and Rules Committee Chairmen shall be required to report in writing the action of their respective committees to the National Sports Supervising Committee Chairman at least quarterly.

- a. The Technical Committee shall have sub-chairmen for trampoline, mini-tramp and tumbling. It is to serve in advisory capacity for the committee in general and to assist in the following:

- (1) Elaboration of technical regulations and programs; planning of

the competitions; composition of prescribed exercises; and competition rules.

- (2) Terminology for trampoline, mini-tramp and tumbling; general regulations of the different competitions.
 - (3) 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.
 - (4) The examination and qualification of officials for national competitions, national and international judges' course, clinics, etc.
- b. The Rules Committee shall function in accordance with Code sections 101.5 and 101.6. The Rules Committee Chairman shall annually appoint a Secretary for the Committee who may be a non-member of the Committee and in such cases may have voice but no vote. The Rules Chairman may also appoint, as ex-officio members, those individuals who will contribute to its deliberations who may or may not be members of the National Committee, and who shall have voice but no vote. The following shall be used for the preparation and submission of Rules to the Board of Governors:
- (1) All proposed amendments to the rules of competition must be submitted to the Rules sub-committee through the Technical Committee or directly. A copy shall also be sent to the Sports Rule Committee secretary.
 - (2) The Rules Committee shall hold an open meeting immediately preceding the Senior National Championships each year in order to consider suggested changes to the AAU Trampoline and Tumbling Rules. An announcement of this meeting must be sent out at least 30 days prior to the meeting.
 - (3) Rule proposals may be submitted any time up to four months prior to the annual meeting. The Sports Rule Committee Chairman shall notify the Trampoline and Tumbling Committee membership at least 75 days before this deadline.
 - (4) After submission to the Sports Rule Committee as a whole, the Rules sub-committee will submit those proposals which it recommends for adoption to the Secretary of the National AAU in writing at least 75 days prior to the annual meeting.

Both Technical and Rules Committee Chairmen will furnish the Sports Supervising Committee Secretary a copy of all correspondence, notices, and copies of legislative proposals submitted to the Laws and Legislation Committee regarding committee functions and actions for the committee file.

Special members appointed by the Sports Rule Committee Chairman for a specific mission to the Technical and Rules Committees shall have a voice in their particular matter but no vote. The chairman of the NAAU Trampoline and Tumbling Committee, the NAAU Jr. Olympic Trampoline Committee, and the Age Group Committee shall be members ex-officio of these committees. Meetings of these committees shall be held whenever called for by the Chairman of said committees.

2. Sports Development Committee

This committee will be headed by a vice chairman who shall be re-

sponsible for dissemination of information, promotion and general development of trampoline and tumbling events.

3. International Affairs Committee

This committee will be headed by a vice-chairman. It deals with matters concerning AAU and USA international competition both abroad and at home, fund raising for the teams and other matters of an international nature. This committee works closely with national headquarters and includes as its members: the national chairman and secretary, any FIT members who are also AAU Trampoline and Tumbling Committee members and not more than three (3) other members designated by the national chairman.

4. Committees which deal with the problems of Age Group programs, Masters programs, Sport Chronology, and other areas may be appointed by the NAAU Trampoline and Tumbling Chairman. Chairmen of all sub-committees shall be required to present a written report of all committee activity at all meetings and at regular times designated by the Sports Committee Chairman.

D. Eligibility for Men and Women

The competitive season shall be defined as beginning on October 1, and ending September 30, of the following year.

The Junior and Senior National Championships shall be preferably held in different parts of the country.

The actual age of an athlete at the beginning of a competition shall determine the age group in which he competes.

No competitor shall be permitted to participate in any open trampoline and tumbling competition unless he is an amateur and registered in the district in which he resides. The minimum age limit for male and female competitors shall be 12 years as of the Competition for Junior National Championships and 14 years as of the Competition for Senior National Trampoline and Mini-Tramp Championships and all trials for the selection of international teams. For tumbling, competitors shall be 12 years as of the Competition for Junior and Senior National Championships and all trials for the selection of international teams.

For World Team Trials, in addition to the FIT compulsory routine women must be able to perform an optional routine of 7.5 difficulty and the men one of 8.0 on the trampoline. For tumbling a preliminary difficulty score of 4.5 for both men and women will be required.

In addition, the top ten qualifiers shall be those who have competed in a majority of the qualifying meets.

All open meets must be sanctioned by the Amateur Athletic Union. Any competitor who participates in an unsanctioned meet automatically disqualifies himself.

Entries close with the Director of the 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.

The entry deadline for any AAU sanctioned Trampoline and Tumbling meet shall not be more than one week before the start of the competition. The meet director shall make provision for entries after the deadline so that

no registered athlete is denied the opportunity to compete. A penalty entry fee of up to twice the regular fee shall be assessed up to the day of competition for late entries. On the day of the meet the penalty entry fee may be up to three times the regular entry fee.

The penalty amount must be donated to the World Team travel fund. It will be sent to the national committee secretary for recording and deposit.

1. Grades of Competition

a. Novice

For the purpose of defining a Novice in Trampolining, he is one who has not won a first, second or third place in trampoline. He shall not be eligible for novice team after once having been a member of a first-place novice team, a junior or senior team. The same definition applies to a novice in tumbling and mini-tramp.

b. Junior

- (1) Junior Championship Meets: The Junior class shall be open to all trampolinists who have not won first place in the junior or senior championships.
- (2) Non-Championship Junior Meets: The winning of any place in a non-championship Junior grade event will not bar a trampolinist from competing in the same event in the Junior Nationals.
- (3) He shall not be eligible for Junior team after once having been a member of a first place junior or senior team.
- (4) The above also applies to tumblers and mini-trampers.

c. Senior

A competitor who has won a first place in a Senior Championship shall be ineligible for competition in Junior or Novice grade competition in the respective event. The above also applies to tumblers and mini-trampers.

d. Synchronized Trampoline

- (1) A person competing in the synchronized event may compete with only one partner per competition.
- (2) Synchro-team partners must be from the same team or club or else be competing unattached. This does not apply when competing for World or International Team selection.

e. Age Group

The National Senior champion shall not be eligible for Age Group competition except in open division.

f. World Team

Any team for which there have been national qualifying meets approved by the National Committee and a competitor has qualified as a member of that team. Substitutes on the World Team will be chosen in the order that they qualified in the trials.

The team thus chosen will be the team that represents the United States in all international competition until a new team is chosen by approved trials. Any invitation to represent the United States must be issued to the qualified team, unless an invitation is issued to a specific group or person. This invitation must be approved by the AAU and the National Committee after having a complete copy of the correspondence.

The last qualifying meet for World Team selections must be held at least six weeks prior to departure for meet.

Competitive, team and dress uniforms purchased by or furnished through the efforts of the Trampoline and Tumbling Committee and/or the AAU are the property of the Committee for the full year or period during which the qualified team is designated the U.S.A. World Team. They will be made available to any national team during the designated period for national and international exhibitions and meets approved and/or sponsored by the Committee. They will be returned to the original team at the end of the above time. Competitors and coaches have the option of purchasing their uniforms, etc., in the beginning and may retain them in this way.

g. Invitations

Specific invitations to the AAU USA National Champions will be acknowledged and accepted on that basis if they meet other requirements of the AAU. Should the national champion(s) not be able to accept, then the invitation will be offered to the next ranking athlete(s) of that year's Senior National Championships in the order of their placement.

h. All-American Teams

(1) Trampoline

As defined by FIT, a team is composed of five competitors and by AAU Sports Rules, from three to five competitors. The top three men and top three women who place individually and the first place men's and women's synchronized teams will be designated the All-American Team for each year.

(2) Tumbling

The top three competitors of the men and the women according to their placement in the Senior National Championships will be designated the All-American Team each year.

The years that a World Team is selected by trials the results of those trials will be the criteria for selection. Otherwise, the All-American Team will be those placing as above in the Senior National Championships.

In years that there are not specific World Team qualifying trials the so described All-American Team will serve as the United States Team for international competition when the invitation specifies the USA Team.

2. Entry Fee—Nationals

Each competitor must pay an entry fee for each event in which he desires to compete for individual and synchronized honors. Junior—\$2.00; Senior—\$2.00. Team entry fee must not exceed \$5.00 per team—Men's Trampoline, Women's Trampoline, Men's Tumbling, and Women's Tumbling. Mini-tramp entries may enter on the same basis.

3. Awards

Competitors to receive awards at the Age Group, Junior, Senior, World Team Trials and other nationally-advertised Open meets must be attired in competitive, warm-up or team uniform. If not so attired, awards will be presented to the coaches of the respective athletes.

1. **Individual:**

Regulation Championship medals shall be awarded to the first, second and third place winners in National Age Group, Junior and Senior Trampoline, Mini-Tramp and Tumbling Championships. Fourth through sixth place medals are recommended. When two or more competitors tie for any place, each shall receive the same place medal.

2. **Team:**

Team awards shall be given in the following categories: Men's Trampoline, Women's Trampoline, Men's Tumbling, and Women's Tumbling Mini-Tramp team awards may also be given.

3. **Overall Team:**

If an overall team award is to be made it shall be on the basis of the following in all events: 1st-10 pts.; 2nd-8 pts.; 3rd-6 pts.; 4th-3 pts.; 5th-2 pts.; 6th-1 pt.

4. **Coach Awards:**

The Milton B. Davis Trampoline Coach of the Year Rotating Trophy Award shall be awarded annually at the National Convention. The recipient will be selected on the basis as stated by the donor for "outstanding dedication to his faith and morals, his athletics, the betterment of the sport, and the principles of competition and sportsmanship".

Nominating ballots will be sent by June 1st of each year. The list of nominees with brief resumes for deserving award will be sent out to the voting members of the Committee by July 1.

ARTICLE II GENERAL RULES OF COMPETITION FOR MEN AND WOMEN

A. **Events**

Individual and synchronized trampoline events and individual tumbling events shall be provided for both men and women in National Senior and Junior championships, as well as National Age Group Championships. Mini-tramp events may also be included if accepted by the National Committee in the particular championship bid.

Testing and experimentation with new events, rule variations, and/or competitive conditions may be made in AAU Trampoline, Tumbling and Mini-Tramp meets other than championships provided that specific information about the new or variant conditions are contained in the information sheets and entry forms for that competition.

B. **Order of Competition**

The program shall follow the schedule as listed for National Junior and Senior Championships:

1. Preliminaries

a. Trampoline

- (1) Individual Compulsory, Women
- (2) Individual Compulsory, Men
- (3) Individual Optional, Women
- (4) Individual Optional, Men

(5) Synchronized Compulsory, Women

(6) Synchronized Compulsory, Men

b. Tumbling

(1) Men

(2) Women

c. Mini-Tramp

(1) Women

(2) Men

2. Finals

a. Trampoline

(1) Individual Final Optional, Women

(2) Individual Final Optional, Men

(3) Synchronized Optional, Women

(4) Synchronized Optional, Men

b. Tumbling

(1) Men

(2) Women

c. Mini-Tramp

(1) Women

(2) Men

For expediency, tumbling events and mini-tramp events may be run concurrently with trampoline events, but not necessarily in the same hall.

The same general program shall be applied to the National Age Group Championships in each age division, 10 and under, 11-12, 13-14, 15-18 and Open.

C. **Officials**

Any trial or series of trials which are specifically held for the purpose of selecting a team for International Competition shall be run under FIT rules with internationally-certified judges, if possible. If internationally-certified judges are not available, the remaining vacancies may be filled by judges chosen by a committee consisting of the meet director, National Chairman and Technical Chairman.

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

1. **Meet Director**

The general conduct of the National meets shall be the responsibility of the meet director under the jurisdiction of the National Chairman.

2. **Judges**

The judges of the competition will be those approved by the National AAU Committee upon recommendation of the Technical Committee. The judging for the individual trampoline event shall be conducted by six judges, one of whom will act as a superior judge. The judging for the synchronized trampoline event will have an additional two judges to judge the synchronization of the routine. Difficulty shall be recorded by two judges designated by the meet director. (Note: For rules governing Tumbling and Mini-Tramp, see those respective rules.)

3. **The Technical Committee**

The Technical Committee shall determine the suitability of all apparatus and equipment used and report on same to the national committee prior to the competition.

4. **Jury of Appeal**

The jury of appeal shall consist of five members including the superior judge, the pertaining technical chairman, the national chairman, the meet director and one judge, appointed by the committee before the competition begins.

5. **Recorders**

The recorders shall be those approved by the committee. The meet director shall appoint a "Chief Recorder" whose responsibility shall be to supervise all of the scoring and expedite the work of the other recorders.

In trampoline events, the recorders shall note on regularly ruled and official score sheets, as approved by the Technical Committee, the scores of each of the four (4) aesthetic judges and then eliminate the highest and lowest scores, using the two middle scores—provided they fall within the range as required for the evaluation of the exercise (See F.10.). In the compulsory exercise the middle two scores will be averaged and then doubled. The difficulty score is not added to the compulsory. The two middle scores of the optional exercise will be averaged and then doubled to obtain the score of the exercise. This total is then added to the difficulty total for that routine. The total of the compulsory and first optional shall determine the finalists. (Team Scores see Part IX.) In the synchronized event, the lack of synchronization is deducted in the compulsory and optional exercise after the middle scores have been averaged and doubled (See J.6.). To the optional aesthetic score is then added the difficulty score of that routine.

6. **Announcer**

The announcer shall be as approved by the Meet Director. The announcer shall announce or otherwise publicize the results when they have been tabulated by the Chief Recorder on the official score sheets, and approved by the meet director.

7. **Clerks**

The 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.

D. **Admission to the Field of Competition**

Only competitors, judges, recorders, clerks, spotters, and those required for maintenance of the apparatus will be admitted on the field of competition. Only those photographers and reporters authorized by the organization sponsoring the meet may be admitted, with the approval of the meet director.

E. **Disposition of Score Sheets**

All of the score sheets pertaining to the entire competition shall be certified by the Superior Judge and turned over to the meet director of the meet by the Chief Recorder as soon as the competition and the scoring thereof is completed; and after publication, the score sheets of all competitors will be placed on file with the AAU.

ARTICLE III FIT RULES (INTERNATIONAL RULES FOR COMPETITION) FOR TRAMPOLINE, MINI-TRAMP & TUMBLING

These international competition rules are binding for all events, competitions and Championships of the International Trampoline Federation and its Members.

Note: The following rules are effective as of January 1, 1975. Subject to change by the FIT Congress, the rules to which the AAU subscribes are those which are the current FIT-approved rules.

SUB SECTION ARTICLE III—TRAMPOLINE

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 competition.

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.

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 World, Inter-continental 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 second attempt may be allowed by a majority vote.

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

6.5 Any violation of these rules (6.1, 6.2 and 6.4) will result in disqualifications. 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 meters
length of bed	3.60-4.30 meters
width of bed	1.80-2.15 meters

8.2 The bed must be woven. The width of the webbing must be from a minimum of 6 millimeters to a maximum of 15 millimeters.

8.3 The frame must be covered by frame pads.

8.4 During synchronized competitions, the trampolines must be parallel to each other and with a distance of 2 meters between them.

9. Height of the hall

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

10. Safety

10.1 For safety reasons the organizer of a competition must provide at least 8 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 a deduction of 0.3 pt. by the superior judge from the competitor's score.

10.6 Gym mats must cover the floor around the trampoline.

10.7 The use of safety landing mats at the end of the frame is allowed.

11. Score sheets

11.1 During all international competitions the official score sheets of the FIT must be used.

11.2 The original completed score sheets must be returned to the technical chairman of the FIT.

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 a member of the Organizing Committee 1

12.2.3 Superior Judge 1

12.2.4 Judges 2

12.2.5 Total 5

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.

14. Competition Procedure

14. Warming-Up

14.1 Before the start of the competition training on the competition ap-

paratus 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 the 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° (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 The positions and movements of the arms are free but wherever 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, but not as repetitions.

17.4 Tucked, piked or 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,

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 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 judges no. 1-6 and assistant superior judge 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	1/4 somersault (90°)	0.1 pt.
20.1.3.2	1/1 somersault (360°)	0.4 pt.
20.1.3.3	1/2 twist (180°)	0.1 pt.
20.1.3.4	1/1 twist (360°)	0.2 pt.

20.1.4 In the case of twisting somersaults, the difficulty values for somersaulting and twisting are added together.

20.1.5 Piked and straight somersaults without twists if performed with a rotation of 360° or more are awarded an extra 0.1 of a point for degree of difficulty.

20.1.6 1 3/4 and 2 3/4 back somersaults shall be awarded an extra 0.2 pt. for degree of difficulty.

20.1.7 Two somersaults and more in piked or layout (straight) position with twists shall be awarded an extra 0.1 point for degree of difficulty.

20.2 Method of Scoring

20.2.1 The evaluation for form (execution and control), difficulty and lack of synchronization are done in tenths of a point.

20.2.2 The scores of the judges must be written and independent of each other.

20.2.3 The assistant to the superior judge and the judges no. 1-6 evaluate the form (execution and control) and write down their scores on a score sheet.

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 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 other 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 final score.

20.2.7 The superior judge gives additional deductions to the recorder.

20.2.8 Evaluation of the final score for execution

20.2.8.1 In the individual competition the two middle scores for performance in the compulsory and the voluntary routines are added and recorded by the recorder.

20.2.8.2 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.

20.2.9 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.

20.2.10 For intermediate (straight) jumps in an optional routine, a deduction of 1.0 pt. per jump will be made by the superior judge.

20.2.11 Judges no. 9 & 10 and the assistant of the superior judge evaluate the lack of synchronization (as per 25) and write it down on their score sheet. 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 20.3.3).

20.2.12 The result of the scores as per 25.2, 20.2.11 and 20.3.3 is then the deduction score for faulty synchronization, which is given by the assistant superior judge to the recorder.

20.2.13 The deduction score for faulty synchronization as per 20.2.12 is subtracted by the recorder from the performance score as per 20.2.8.2 and entered on the score sheet.

20.2.14 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.

20.2.15 The showing of the total score is done by the recorder upon order of the superior judge.

20.2.16 Secretaries shall be assigned to the assistant superior judge and judges no. 1-6 and no. 9 & 10.

The calculation 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 0.2 pt. for middle scores of 9 and more points

20.3.1.2 0.3 pt. for middle scores of 8.5-8.95 points

20.3.1.3 0.5 pt. for middle scores of 8.45 and lower points

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 and divided by three and then doubled.

20.3.3 In cases of differences in evaluating the non-synchronization over 0.5 pt. 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 consistently shows to be incompetent in his duty he must be removed by the superior judge.

21. 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
21.5 Judges for Synchronization	2
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 any 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 Deducting 0.3 pt. for each violation by his own spotter(s) for talking to the competitor (as per 10.5).

22.8 Declaring the maximum score in the case of an interrupted routine.

22.9 Deducting of 1.0 pt. for each intermediate (straight) jump.

22.10 Deducting of a total of 1.0 pt. for additional skills beyond 10.

22.11 Deciding considering competitor's clothing.

22.12 Supervising and control of all scores, calculations and final valid scores.

22.13 Deciding if a judge fails to show his score immediately (as per 20.2.5).

22.14 Decision on middle scores differences.

22.15 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 meters from the side of the trampoline and elevated by 1 meter.

23.2 Scores for performance shall range from 0.0 to 10.0 pts.

23.3 Deductions for faulty performance:

23.3.1 for each part of the routine for lack of individual consistent height, poor execution and control 0.1-0.5 pt.

23.3.2 for lack of control after the **last** skill of the routine, 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 pt.

23.3.2.2 touching the bed with one hand, 0.5 pt.

23.3.2.3 touching the bed with both hands, 0.5 pt.

23.3.2.4 landing on the knees, 0.6 pt.

23.3.2.5 landing on the seat, 0.7 pt.

23.3.2.6 landing on the stomach or back 0.8 pt.

23.3.2.7 touching or landing on the suspension system, pads or frame, 0.9 pt.

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 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.

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 pt.

25.2.2 landing differences over 50 cm. in height, 0.4-0.5 pt.

26. Duties of the Assistant Superior Judge

26.1 Score each individual performance.

26.2 Score the non-synchronization in the synchronized competition

D. Degree of Difficulty Table

Note: See Appendix for Skill Listing and Ratings

E. Execution Performance Guide (to follow)

Note: As of press date this has not been released by FIT.

SUB SECTION ARTICLE III—MINI-TRAMP

A. General Rules

1. Individual Competition

1.1 Mini-Tramp Competitions shall consist of 5 passes with a maximum of 2 skills with difficulty on each pass.

1.1.1 A maximum of 3 contacts with the bed are allowed with no intermediate bounce between skills.

1.2 Preliminaries

1.2.1 There shall be 3 passes in the preliminaries. The order for starting in the preliminaries shall be by ballot.

1.3 Finals

1.3.1 For the Finals, only the 10 best competitors from the Preliminaries will take part.

1.3.2 The competitor with the lowest preliminary score will start.

1.3.3 There shall be 2 passes in the finals.

2. Team Competitions

2.1 A Mini-Tramp team consists of five ladies and/or five men.

2.2 Every member of the team must perform 5 passes of 2 skills each.

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. The team with the highest total points is the winner.

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 and Continental Championships.

4. Passes

4.1 Each pass consists of 2 skills with difficulty. (One mount or spotter skill, and one dismount skill with difficulty).

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 on to the mini-tramp.

4.4 If a competitor is obviously disturbed while performing a skill (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.

4.5 A competitor must do 2 front and 2 back rotating dismounts.

4.6 Standing dismount may not be done.

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: Training suit and gym shoes.

5.4 Any violation of these rules (5.1 and 5.2) 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 passes on their card prior to the finals.

6.2 The competition card must be given to the recorder at least one 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.

7. Mini-Tramp

7.1 All mini-tramps with the following minimum and maximum sizes are permitted to be used at any competition.

Height of frame	61 cm. (24")
Length of frame	3.12 m. (11'2")
Length of bed	2.92 m. (9'7")
Width of bed	71 cm. (28")
Center penalty zone	3.94 m. (15 1/2") long
and	71 cm. (28") wide
End markers	15 cm. (6") wide

Center penalty zone to be placed so that both mount and dismount areas are the same size.

7.2 The beds must be woven. The width of the webbing can be from a minimum of 6 millimeters to a maximum of 24 millimeters.

7.3 The frame must be covered by frame pads and open at each end.

7.4 A landing mat of at least 1.83 m. (6') x 3.66 m. (12') x 30.5 cm. (12") must be placed at the end of the mini-tramp for landings. Similar mats must be placed on either side and end of the landing mat.

8. Height of the Hall

The interior height of the hall in which mini-tramp competitions are to take place must be at least 7 meters.

9. Safety

9.1 For safety reasons the organizer of a competition must provide two experienced spotters. The use of these spotters is absolutely essential during the competition and warming-up period.

9.2 The superior judge and the competition director are responsible for controlling the actions of the spotters.

9.3 The competitor may request from the superior judge his own spotters.

9.4 The competitors must execute their passes without any external help. Whether the help of the spotters was needed or not will be decided by the superior judge. If a spotter helps the competitor there shall be a deduction of 0.5 pt. by each judge.

9.5 Talking to the competitors by the spotters during the pass is not permitted. Each time this rule is disregarded it will result in a deduction of 0.3 pt. by the superior judge from the competitor's score.

10. Score Sheets

10.1 During all international competition the official score sheets of the FIT must be used.

10.2 The original completed score sheets must be returned to the tech-

nical president of the FIT.

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 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 One member of the Praesidium or organizing committee.

11.2.2 President of the Technical Committee.

11.2.2 President of the Technical Committee.

11.2.3 Superior judge.

11.2.4 Two judges.

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.

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 (FIT).

B. Competition Procedures

13. Warming-Up

13.1 Before the start of the competition training on the competition apparatus of at least two hours must be given.

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 (except in the pike) must be kept together and the 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 position the upper body and thigh must be at least at an angle of 90° (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 The positions and movements of the arms are free but where possible they must be straight.

15.6 The free position applies only to twisting somersaults.

16. Repetitions

- 16.1** A skill is considered repeated when used 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 Routine

- 17.1** A routine is to be considered interrupted if the competitor:
- 17.1.1** Does not use the elasticity of the bed after landing for immediate continuation of the next skill, thus causing a break.
 - 17.1.2** During the pass lands on the frame, frame pads or springs with any part of his body. This decision must be made by the jury.
 - 17.1.3** During the routine falls off the mini-tramp due to insecurity.
 - 17.1.4** If the competitor lands on any part of his body except his feet on the mini-tramp.
 - 17.1.5** If a competitor fails to land on and/or take-off from the bed with both feet simultaneously.
- 17.2** The routine is only judged to the point of interruption.
- 17.3** A score of "0" shall be given if a front or back landing skill is performed in a pass.
- 17.4** The superior judge informs the judges what the maximum score should be.
- 17.5** If a competitor stops in the middle of his pass while on the mini-tramp it is considered a "balk" and he may start again with a 0.3 pt. deduction from his performance score. Only one balk per pass is allowed. If a second balk occurs in one pass the performer is scored on what he has done.

18. Termination of the Pass

- 18.1** The pass must end on the feet after the dismount.
- 18.2** If the competitor fails to land on his feet during all skills in a pass.
- 18.3** For more than 2 skills in a pass a deduction of 0.5 pt. will be made and the difficulty of all skills beyond 2 will not count.
- 18.4** The competitor must stand upright after his dismount for at least three seconds, otherwise he will receive a deduction from judges no. 1-4 (see 22.3.2.1).

19. Scoring

19.1 Degree of Difficulty

- 19.1.1** The degree of difficulty of all skills are evaluated according to the difficulty ratings. Only skills listed may be performed.
- 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°) 0.4 pt.
 - 19.1.3.2** 1/2 twist (180°) 0.1 pt.
 - 19.1.3.3** 1/1 twist (360°) 0.2 pt.

19.1.4 In the case of twisting somersaults, the difficulty values for somersaulting and twisting are added together.

19.1.5 Piked and straight somersaults if performed with a rotation of 360° or more are awarded an extra tenth of a point if they are performed without twists.

19.1.6 Inward and reverse somersaults receive 0.1 additional points for difficulty.

19.1.7 Two somersaults and more in piked or layout position with twists shall be awarded an extra 0.1 point for degree of difficulty.

19.2 Method of Scoring

19.2.1 The evaluation for form (execution and control) and difficulty are done in tenths of a point.

19.2.2 The scores of the judges must be written and independent of each other.

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 must be shown simultaneously.

19.2.5 If any of the judges no. 1-4 fail to display their scores, 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 average of the remaining 2 scores is the score for performance provided that the difference between the two scores is not too great as per 19.3.

19.2.7 The superior judge gives additional deduction to the recorder.

19.2.8 Each pass is scored separately and a total of performance plus difficulty is calculated for each pass.

19.2.9 Judges no. 5 and 6 calculate the difficulty of the pass and enter it on the competition card.

19.2.10 The sum of the two middle scores of each pass is added to the total difficulty of each pass to determine the score for that pass.

19.2.11 If a pass has only 1 skill (with difficulty) the score shall not exceed 1.0 plus difficulty.

19.2.12 The scores for each of the 5 passes are added together and the competitor with the highest total score is the winner.

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 the judges.

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, a meeting of the superior judge with all judges is necessary.

19.3.1.1 0.2 pt. for middle scores 1.7 and more pts.

19.3.1.2 0.3 pt. for middle scores of 1.3-1.6 pts.

19.3.1.3 0.5 pt. for middle scores of 1.2 and lower pts.

19.3.2 If the two middle judges are not willing to adjust their scores, then the two scores are added to the superior judge's score and divided by three. The result is the average score for the performance of a pass.

C. Jury

20. The Jury Consists of:

20.1 Superior Judge

20.2 For execution, 4 (no. 1-4)

20.3 Judges for difficulty, 2 (no. 5 & 6)

20.4 Penalty judge, 1 (no. 7)

21. Duties of the Superior Judge

21.1 Control of the facilities.

21.2 Organization of the judges' conference and the trial scoring.

21.3 Drawing for the starting order.

21.4 Directing the competition.

21.5 Placing and supervising of all judges.

21.6 Placing and supervising of the spotters.

21.7 Deducting 0.3 pt. for each violation by the spotters for talking to the competitor.

21.8 Declaring the maximum score in the case of an interrupted pass.

21.9 Deducting 0.3 pt. for balk.

21.10 Deducting of a total of 0.5 pt. for additional skills beyond two skills.

21.11 Ruling on competitor's clothing.

21.12 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.

21.13 Deciding if a judge fails to show his score immediately as per 19.2.5.

21.14 Supervising judges no. 5 & 6 and deciding if there is a difference in the degree of difficulty of a pass.

21.15 Control of the total score.

21.16 Announce the skills in each pass before the competitor performs.

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

22.1 The judges must sit separately 5 meters from the side of the mini-tramp. They shall begin to score when the competitor lands on the mini-tramp. The run and hurdle shall not be considered.

22.2 Scores for performance shall range from 0.0 to 2.0 pts. per pass.

22.3 Deductions for faulty performance.

22.3.1 For each skill in the pass for lack of form, execution and control, 0.0-0.5 pt.

22.3.2 For lack of control after the dismount on each pass.

22.3.2.1 For additional steps after the dismount, not standing still for 3 seconds, 0.1 pt.

22.3.2.2 For touching the landing mat with the hands, 0.2 pt.

22.3.2.3 Landing on the knees or the seat or falling to the knees or seat after landing on the feet during a dismount, 0.3 pt.

22.3.2.4 Landing on the stomach or back or falling to stomach or back after landing on the feet during a dismount, 0.4 pt.

22.3.2.5 Landing on any part of the body other than the feet while performing a pass, no score shall be given.

22.3.3 For landing on or taking off from the penalty zone in the center of the mini-tramp while performing a mount, spotter or dismount skill. Each count, 0.1 pt. The blue zone on each end of the mini-tramp is not a penalty zone.

22.3.4 Touches the frame pad, 0.1 pt.

22.3.5 Landing on the end of the mini-tramp with one or both feet instead of the landing mat during a dismount, 0.4 pt.

22.3.6 Landing with one or both feet off the landing mat during a dismount, 0.4 pt.

22.3.7 Placing hands on mini-tramp during landing or dismount, 0.2 pt.

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

23.1 Determining the difficulty of each pass and entering it on the competition card.

23.2 Displaying the difficulty mark.

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

24.1 To determine if the competitor lands on the center penalty zone during the performance of a mount, spotter or dismount skill and report to superior judge. Also to see if competitor touches frame pad.

24.2 To determine if 22.3.5 and 22.3.6 and 22.3.7 are violated and report to superior judge.

D. Difficulty Ratings

Only skills listed may be performed in competition.

Note: See Appendix for Skill Listing and Ratings.

SUB SECTION ARTICLE III—TUMBLING

A. General Rules

1. Individual Competition

1.1 Tumbling Competitions shall consist of 5 optional passes with a minimum of 3 skills in each pass.

1.1.1 Tumbling shall be characterized by continuous, speedy, rhythmic hand to foot and foot to foot rotational movements, without hesitations or intermediate steps. The performer shall display no contortion skills, limbers, front or back walkover, handwalking or balancing.

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 off the end of the mat and the last skill in each pass held stationary in a standing position.

1.2 Preliminaries: There shall be 3 passes in the preliminaries. The order for starting in the preliminaries shall be by ballot.

1.3 Finals

1.3.1 For the Finals, only the 10 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.

1.3.3 There shall be 2 passes in the finals.

2. Team Competition

2.1 A tumbling team consists of five ladies and/or five men.

2.2 Every member of the team must perform 5 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. The team with the highest total points is the winner.

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 and Continental Championships.

4. Passes

4.1 In the preliminary competition each competitor will execute three passes.

4.1.1 One pass must contain at least three front skills and no more than two backward skills.

4.1.2 One pass must contain at least three somersaults. No somersaults in the pass may twist more than 180°.

4.1.3 One pass must contain at least a somersault with a 360° twist.

4.2 In the final competition each competitor must execute two optional passes.

4.2.1 The optional passes must differ from one another but may be the same as any of the preliminary passes.

4.3 All passes must contain a minimum of 3 skills, including 2 somersaults and ending with a somersault, but with no more than 2 identical skill combinations.

4.4 The direction (front or back) of a skill shall be determined by the direction of travel upon entry of the skill.

4.5 When counting the number of somersaults in a pass, double somersaults count as two 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 as well as Spotters

5.1 Men: For each country a uniform gym shirt without sleeves, long white gym trousers or shorts must be worn. Shoes may or may not be worn. The decision is optional.

5.2 Ladies: For each entry a uniform leotard must be worn. Shoes may or may not be worn. The decision is optional.

5.3 Spotters: Training suit and gym shoes.

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

6. Competition Cards

6.1 Each pass must be written on the competition card. Only the preliminary passes are handed in. Those in the finals will complete the last two passes on their card prior to the finals.

6.2 The competition card must be given to the recorder at least two hours before the start of the preliminary competition. Finalists must hand in their cards at least one hour before the start of the finals.

6.3 Changes from the listed skills on the card are permitted during a pass.

7. Tumbling Equipment

7.1 It is required that a mat 22 to 27 meters in length and 3.18 to 10.16 centimeters in thickness be utilized for all FIT Competitions.

7.2 The width of the mat shall be 1.85 meters.

7.3 The mat shall be constructed of polyethafoam (density 1.75-2.20 lbs./cu. ft.).

7.4 The mats must be connected so as to not separate during use.

7.5 An approach area at least 10 meters long shall be provided.

7.6 A Reuther Board as specified by the Technical Committee may be used for the first skill in each pass.

7.7 A landing mat measuring 1.83 meters by 3.66 meters by 10.16 centimeters 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

The interior height of the hall in which tumbling competitions are to take place must be at least 7 meters.

9. Safety

9.1 For safety reasons the organizer of the competition must provide two experienced spotters. The use of these spotters is absolutely essential during the warming-up period.

9.2 The superior judge and the competition director are responsible for controlling the actions of the spotters.

9.3 The competitor may request from the superior judge his own spotters.

9.4 For moral support and safety, a spotter may be present during the competition. 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 there shall be a deduction of 0.5 pt. by each judge.

9.5 Talking to the competitors by the spotters during the pass is not permitted. Each time this rule is disregarded, it will result in a deduction of 0.3 pt. by each judge.

10. Score Sheets

10.1 During all international competitions the official score sheets of the FIT must be used.

10.2 The original completed score sheets must be returned to the technical president of the FIT.

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 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 beginning of the competition.

11.2 Composition

11.2.1 One member of the Praesidium or organizing committee.

11.2.2 President of the Technical Committee.

11.2.3 Superior Judge.

11.2.4 Two judges.

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.

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 (FIT). 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 hours must be given.

13.2 A warm-up period, once the competition has started, will not be allowed anytime thereafter during the competition.

13.3 The organizer must have at least two 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 the preliminary tumbling competition shall be pyramided in blocks of eight competitors.

14.2.1 The first round of competition shall be the front pass as in 4.1.1.

14.2.2 The second round of competition shall be the somersaulting pass as in 4.1.2.

14.2.3 The third round of competition shall be the twisting pass as in 4.1.3.

14.3 The 10 competitors in the final competition shall also be pyramided.

15. Required Positions during a Pass

15.1 In the tucked, piked, and straight positions 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 be at least at an angle of 90° (except in the twisting somersault).

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 or arched for at least the first 270° of the somersault rotating at a minimum of shoulder height of the competitor. Any decisions on this shall be made by the superior judge.

15.6 The positions and movements of the arms are free but where possible they must be straight.

15.7 The free position applies only to twisting multiple somersaults.

16. Repetitions and Combination Requirements

16.1 Tumbling passes shall be constructed in a smooth continuous manner without hesitations or stops.

16.2 Excessive handsprings, or parts of a pass which are too easy when compared to the rest of the pass should be avoided.

16.3 Failure to adhere to sections 16.1 and 16.2 shall be judged according to 21.3.

16.4 Skill combinations which repeat more than two times shall not receive difficulty value. (A skill "combination" is a sequence of two skills.)

16.4.1 A skill shall be considered different if performed in a different position (tuck, pike or layout) from a previously-performed skill.

16.4.2 A skill shall be considered different if performed in a different combination from a previously-performed 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 a pass.

17.1.2 Tumbles off the side or end of the mat with any part of the body. The decision on this shall be made by the superior judge.

18. Scoring

18.1 Degree of Difficulty

18.1.1 The degree of difficulty for all somersaulting skills are evaluated according to the difficulty ratings.

18.1.2 All handsprings, cartwheels, round-offs and similar skills have no difficulty value but are definite judged skills with definite direction within a pass for fulfillment of pass requirements.

18.1.3 Single Somersaults

18.1.3.1 All aerials (1-foot take offs), 0.2 pt.

18.1.3.2 All whip-back and tuck-back somersaults, 0.4 pt.

18.1.3.3 All front somersaults, 0.5 pt.

18.1.3.4 All somersaults done in the pike or layout position with the exception of twisting somersaults, add 0.1 pt.

18.1.3.5 Skills which are performed from previous somersaults (bounding) shall be awarded a bonus of 0.1 pt. if in the same direction, and 0.2 if performed with a reversal of direction.

18.1.4 Twisting Somersaults

18.1.4.1 Each half twist up through two full twists shall be worth 0.2 pt.

18.1.4.2 Each half twist beyond two twists shall be worth 0.4 pt.

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 the third somersault shall be tripled.

18.1.6 Twisting Multiple Somersaults

18.1.6.1 The value for the somersault shall be calculated as in 18.1.5.

18.1.6.2 The value of the twists shall be calculated as in 18.1.4.

18.1.7 A skill is termed successful from the difficulty standpoint based on the landing of the feet. If the feet complete the twist or land before or simultaneously with the hands on somersaulting action the skill is successful from the difficulty standpoint.

18.2 Method of Scoring

18.2.1 All evaluation is done in tenths of a point.

18.2.2 The scores of the judges must be written and independent of each other.

18.2.3 The superior judge and judges no. 1-4 evaluate technical execution, form, height, combination, 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 The highest and lowest scores of judges no. 1-4 are cancelled. One-half the average of the remaining two scores is the score for the performance provided that the difference between the two scores is not too great as per 18.3.

18.2.7 The superior judge gives additional deductions to the recorder.

18.2.8 Each pass is scored separately and a total of performance plus difficulty is calculated for each pass.

18.2.9 Judges no. 5 and 6 calculate the difficulty of the pass and enter it on the competition card.

18.2.10 Half the average of the two middle scores of each pass is added to the total difficulty of each pass to determine the score for that pass.

18.2.11 If a pass has less than 3 skills the competitor shall receive a "0" for that pass.

18.2.12 The scores for each of the five passes are added together and the competitor with the highest score is the winner.

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.

18.3 Difference in Evaluation

18.3.1 If the difference in the two middle scores of judges no. 1-4 is greater than the following a meeting of the superior judge with all judges is necessary.

	Average Score	Spread
18.3.1.1	9.0 and above	0.2 pt.
18.3.1.2	7.0-8.9	0.3 pt.
18.3.1.3	6.9 and below	0.5 pt.

19. Jury

19. The Jury Consists of:

19.1 Superior Judge

19.2 Judges for execution, 4 (no. 1-4)

19.3 Judges for difficulty, 2 (no. 5 & 6)

20. Duties of the Superior Judge

20.1 Control of the facilities.

20.2 Organization of the judges' conference and the trial scoring.

20.3 Drawing for the starting order.

20.4 Directing the competition.

20.5 Placing and supervising of all judges.

20.6 Placing and supervising of the spotters.

20.7 Deducting 0.3 pt. for each violation by the spotters for talking to the competitor.

20.8 Determining if a competitor leaves the mat and notifying the judges no. 1-4 and difficulty judges no. 5 & 6.

20.9 Ruling on the competitor's clothing.

20.10 Personally scoring of 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 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 the following cumulative deductions:

20.14.1 Not doing the required type of pass as per 4.1 and 4.2, 2.0 pt.

20.14.2 Less than two somersaults in a pass, 0.5 pt.

20.14.3 Pass without somersault, 2.0 pt.

20.14.4 Failure to end a pass with a somersault, 0.5 pt.

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

21.1 The judges must sit separately 5 meters from the side of the tumbling mat. They shall begin to score when the competitor executes the first tumbling skill.

21.2 Scores for performance shall range from 0.0 to 10.0 pt. per pass.

21.3 Deductions for faulty performance

21.3.1 Slight Faults

21.3.1.1 Small and insignificant deviations from the perfect performance as described by the following: A slight delay in rhythm, a small deviation from the center of the mat (30 cm. either direc-

tion), untight tuck of pike, legs apart when not required, unpointed toes or knee bends of 10° or less, unessential errors in the technique of twists, somersaults, and handsprings, heavy landings, landing with a bounce step, steps between skills.

21.3.1.2 Deduct for each occurrence of a slight fault 0.1 to 0.3 pt.

21.3.2 Substantial Faults

21.3.2.1 Noticeable and essential deviations from perfect performance as described by the following: A substantial delay or change in rhythm, deviation from the center 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 repulsion from round-offs, handsprings, and somersaults, in order to properly execute the following skill: squat landing and bent arms between skills, knee bends of 10° or more, underspin or overspin of twists and somersaults of 45° or less, landing with two or more bouncing steps or jumps at the end of a pass, use of less than one-half of the mat with tumbling skills.

21.3.2.2 Deduct for each occurrence of a substantial fault 0.1 to 0.6 pt.

21.3.3 Gross Faults

21.3.3.1 Large deviations or distortions in technique and execution of skills or skill combinations as described by the following: The loss of speed to near standstill, going off the side of the mat with either hand or foot, deep squat on handsprings, round-offs, somersaults nearly touching the floor, underspin or overspin of twists by 45° or more and somersaults by falling.

21.3.3.2 Deduct for each occurrence of gross fault 0.7 to 1.0 pt.

21.3.4 Leniency for Unusual Difficulty or Virtuosity. Some mitigation within the ranges above 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 routine which shows exceptional virtuosity.

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

22.1 Determining the difficulty of each pass and entering it on the competition card.

22.2 Displaying the difficulty mark.

22.3 Deducting the difficulty value of excessive skills as per 16.4.

D. Difficulty Ratings

Note: See Appendix for Skill Listings and Ratings.

ARTICLE IV COMPETITION RULES FOR TRAMPOLINE

A. Equipment for National Championships and Trials for the Selection of International Teams

1. The equipment must conform to current FIT specifications or the equivalent, insofar as is practical.
2. The trampoline shall have a nylon web bed, steel spring suspension, and frame pads on all four sides. The bed shall be marked with con-

trasting colored lines both lengthwise and widthwise, crossing in the center of the bed. Nominal sizes are:

Bed—7'x14'

Width of bed webbing—1/4" to 1"

Frame—10'x17'

Height of bed above the floor—41"

Variations of 6% from these nominal sizes are permissible.

3. In order to provide at least six trampolines for national championship meets, the meet organizer shall invite each of the three major manufacturers of trampolines meeting these specifications to furnish two such trampolines. If only two of the manufacturers can supply trampolines meeting the specifications, they shall be requested to furnish three each.
 4. Tumbling or landing mats must be placed on the floor around the trampoline. The use of safety landing mats on the ends of the frame is recommended.
 5. For synchronized competition, two trampolines selected by the athletes are to be placed side by side six feet apart.
 6. The type of equipment provided in the championships and trials must be indicated on the official entry blank for the meet.
 7. Ceiling height for national competition must be at least 23 feet.
 8. The Technical Committee or its designated representative shall determine the suitability of equipment and report on same to the national committee prior to the competition in conformity with Subsection 2, Item 3 under Officials. In determining the suitability of equipment, the Technical Committee is expected to give due consideration to the following facts:
 - a. Equipment specifications are intended to prevent any competitor or competitors from gaining an unfair advantage, not to prevent the natural evolution of improved equipment.
 - b. Safety demands that competitors should not be put into a situation where there is undue pressure to use trampolines with unfamiliar characteristics.
 9. Flash cards must be provided for the judges.
 10. Videotape equipment and tape recorders with sufficient tape to record all routines of the meet must be provided. They will be kept on the tape until the results are certified. Tape recorders will be used by the difficulty judge. Nationally-advertised meets must also have tape recorders for the difficulty judge and videotape equipment is strongly recommended where available for these meets. Calculators and/or adding machines are to be provided for the difficulty judge and scoring table.
- ### **B. Equipment Location and Layout**
1. The chairs for the judges must be placed on one side of the trampoline at least 15' from the side and on a raised floor to bed-level height.
 2. The superior judge and head table must be to the side and behind one set of judges.
- ### **C. Attire**
1. A costume or uniform must be worn by all male competitors and must consist of shirt and long, white competitive gymnastic trousers. Women

shall wear short leotards with bare legs. Both men and women must have gymnastic footwear or socks. Long, white competitive gymnastic pants with the leotard shall be optional for the girls. (Also AAU Code, Article 66.)

D. Officials and Personnel

1. The officials and equipment shall be approved by the National AAU Technical Committee in all National Championships. Duties of the Meet Director:
 - a. Overseeing and supervising the entries, equipment and officials.
 - b. Deciding on the starting order for the optional routine.
 - c. Drawing up of lists of results.
 - d. Provide copies of the AAU Code, AAU Sports Rule Handbook and FIT rules for the use of the judges, scorers' table and protest committee.
2. The officials or court of judgment in contests will consist of:
 - a. Superior Judge
 - b. Assistant Superior Judge
 - c. Six judges, 4 aesthetic and 2 synchronization
 - d. Two difficulty judges
3. Additional personnel will consist of:
 - a. Assistants to take judges' scores and flash same.
 - b. Sufficient, competent table help (can use adding machine).
 - c. At least eight spotters must be on hand.

E. Routines and Regulations

1. Trampoline competition consists of one compulsory and one optional routine in the preliminaries. The mark given for the compulsory routine and the voluntary routine shall be added together. The ten (10) competitors with the highest total score shall advance to the finals. In the finals, the competitor must do his voluntary routine and it may differ from the one previously done in the preliminaries without penalty.
2. The Junior and Senior National compulsory routine shall consist of ten (10) movements or skills as published in the official announcements for the year and shall be the same as the current FIT compulsory routine.
3. Compulsory and Optional exercises each consist of 10-part exercises. Unsuccessfully performed exercises cannot be repeated. **Exception:** *When according to majority decision by judge, it is evident that a contestant was disturbed during his performance (for instance—by failure of material or by a spectator).*
4. All routines shall be performed unaided and only the official spotters (4) shall be allowed around the trampoline. A competitor with the approval of the superior judge may have spotters of his choice.
5. One skill may be repeated once in the optional routine in Junior National Championships. Senior National Championships shall be run according to FIT rules. The value of illegally performed skills shall be lost.
6. The Degree of Difficulty Table, Article IV.G. shall be used to calculate the difficulty value of the optional routines.

F. Competition

Note: *The Warm-Up Schedule as provided in Article III-FIT Rules, Trampoline, Section B.14.1 and 14.2 shall be followed.*

1. Trampoline contests consist of one compulsory and two optional routines.

Preliminary Contest: compulsory exercise; 1st optional exercise.

Finals: 2nd optional exercise.

2. Starting order for the compulsory exercises is decided by lots. The contestant with the lowest mark in the compulsory routine begins with the first optional routine. In the decision, the contestant with the lowest number of points in the preliminary contest is to begin. For the finals, only the 10 best contestants in the preliminary contest will take part, competing in reverse order of their placement.
3. The Superior Judge shall vote only when a disagreement is unsolved concerning regulations for the organization of the competition and he shall make no decisions except in such cases.
4. The scores awarded shall be made on a decimal system, ranging from 0.0 to 10.0. The number of points gained by a competitor in the individual event shall be calculated in the following manner:
 - a. The score of each of the 4 aesthetic judges is recorded and the highest and lowest scores are eliminated, using the two middle scores.
 - b. The two middle scores of the compulsory routine are averaged and then doubled.
 - c. The two middle scores of the optional routines are averaged and doubled.
 - d. The difficulty of the optional routine is added to the doubled judges' score giving the score for that optional routine.
(See Article II, C. 5. **Recorders**)
5. The number of points gained by a competitor shall be the average of the two middle scores gained for performance plus the total for the degree of difficulty of the optional routine. The degree of difficulty in the compulsory shall not be added.
6. The judges assess the performance independently of each other and upon the Superior Judge's signal, the scores awarded are simultaneously displayed. The scores shall be displayed both before and after any necessary adjustments to conform to the point spread limitations.
7. The judges' scores shall not exceed ten (10) points.
8. The judges shall do some trial scoring in advance of the competition.
9. The judges make their decision from the following points of view: (1) form; (2) execution; (3) control; and (4) height, but not difficulty. Deductions for faulty performance are as follow:
 - a. For each part of the routine for lack of individual consistent height, poor execution and control, 0.1-0.5 pt.
 - b. For lack of control after the **last** skill of the routine, for:
 - (1) additional steps after the last landing on both feet on the bed and not standing still for 3 seconds, 0.1-0.3 pt.
 - (2) touching the bed with one hand, 0.4 pt.
 - (3) touching the bed with both hands, 0.5 pt.
 - (4) landing on the knees, 0.6 pt.
 - (5) landing on the seat, 0.7 pt.
 - (6) landing on the stomach or back, 0.8 pt.

- (7) touching or landing on the suspension system, pads or frame, 0.9 pt.
- (8) for falling off the trampoline at any time after the first skill of the routine, 1.0 pt.

After landing, the competitor is permitted one stretch bounce on the competitive area of the trampoline.

Skills performed beyond the 10th skill of a routine deduct 1.0 pt. per skill.

- 10. If the differences in the two middle scores of the aesthetic judges no. 1-4 in the individual competition are greater than the following:
 - 0.2 pt. for middle scores of 9 and more points;
 - 0.3 pt. for middle scores of 8.5-8.95 points;
 - 0.5 pt. for middle scores of 8.45 and lower points; then the two scores are added to the assistant superior judge's score and divided by three. This average is then doubled.
- 11. The winner in a trampoline contest is the participant who is given the highest number of points. Contestants having an equal number of points to their credit are given the same rating. However, should it be necessary to make a decision (challenge trophy, etc.), then a third optional must be performed.
- 12. The judges shall score the performance publicly and independently by using flash cards that must be simultaneously displayed upon the Superior Judge's signal.
- 13. If a competitor touches, with any part of his body, the frame or suspension system, falls off the trampoline, or must be held on by the spotters, he shall be scored only on the basis of the number of skills completed to that point. A competitor will be judged only on the number of skills completed on the trampoline bed.
- 14. The routine ends at the landing on the feet after the tenth (10th) skill. A stretched full bounce after the tenth bounce is permissible.
- 15. Breaking off an exercise will be considered:
 - a. when the athlete does not perform the compulsory exercise in the prescribed manner,
 - b. if the competitor should stop during the routine,
 - c. when during the performance of the exercise, he touches the frame or suspension system of the trampoline with any part of his body,
 - d. when he needs to be supported by the spotters,
 - e. when he leaves the trampoline as a result of lack of control, and
 - f. when, in synchronized, the partner does a different skill. (During a somersault twisting must be done in the same sequence by both partners.)
 - g. when the athlete obviously does not land simultaneously on both feet on the trampoline bed.

In the above cases, the Superior Judge makes known to the judges the maximum proper score. The performance is scored only up to the point where the breaking off occurs.

16. Performance Regulations:

- a. the routine must begin a reasonably safe distance from either end and sides of the trampoline,

- b. the competitor shall start on the signal given by the Superior Judge, and
 - c. the competitor takes as many preliminary jumps as he desires before commencing the first movement or skill of his routine.
17. The difficulty judge and his assistant shall determine the difficulty values of the optional routines.

The difficulty value of each optional routine shall be displayed or announced.

18. Requirements for bearing in each skill:

- a. the legs must be close together with extended knees and pointed toes after leaving the mat; they must remain together during flight,
- b. legs and hips must be definitely, in keeping with the part of the exercise, extended or in pike, puck or tuck positions,
- c. arm position and movement is optional,
- d. the tuck position must be performed with the legs together and drawn up close to the body, the hands grasping the legs below the knees,
- e. in the pike position the legs must reach an angle of 90 degree, or less, with the body,
- f. the layout position is performed with the body straight. On a layout somersault, the layout must be held for 3/4 of a somersault. The hips may be flexed at this point to allow proper landing. On a layout double somersault, the straight body must be held through 1 3/4 somersaults. The hips may then be flexed at this point to allow proper landing.
- g. the puck position is similar to the tuck except the hands are not required to grasp the knees and can be used only in twisting multiple somersaults.

19. Should a contestant during his optional routine because of lack of surety, make stretched bounces (intermediate jumps) he will have a reduction of 1.0 points for each of these bounces by the Superior Judge. The Superior Judge will then inform the judges the proper maximum score for the routine. (First 10 contacts with the bed.)

20. Contest cards: All contestants must turn in their written optional routine two hours before beginning of the contest to the Meet Director. A change in the optional routine stipulated can be made during the performance of the routine at no penalty to the competitor.

For all National Championships and World Team Trials the approved competition card shall be used and the results recorded on official score sheets. It is recommended that they be used for all national meets. (Samples are included in the appendix.)

Table of Difficulty

1. Explanation of the table on degree of difficulty:

- a. The difficulty grades in this table are in tenths of points.
- b. The degree of difficulty for each jump is according to the following:
 - (1) Tucked, piked and straddle jumps are considered as different skills and are considered "no difficulty" skills. However, they may be performed with no deduction. They must be performed in their definite position so they may not be confused as a "break"

in the routine.

(2) **Difficulty Table:**

Quarter of a somersault (90°), 0.1 pt.

Somersault (360°), 0.4 pt.

Half Twist (180°), 0.1 pt.

Full Twist (360°), 0.2 pt.

Half Turntable (180°), 0.2 pt.

Full Turntable (360°), 0.4 pt.

(3) In the case of twisting somersaults, the difficulty values for somersaulting and twisting are added together.

(4) Piked and layout somersaults if performed with a rotation of 360° or more are awarded an extra 0.1 pt. for difficulty, providing there is no twisting action.

(5) Tucked, piked and layout skills are not considered repetitions.

(6) Multiple somersaults (1 1/2 or more) with a twist in the first, middle or last phase have the same degree of difficulty but are considered different skills.

(7) 1 3/4 and 2 3/4 back somersaults shall be awarded an extra 0.1 pt. for degree of difficulty.

(8) Two somersaults and more in piked or layout positions with twists shall be awarded an extra 0.1 pt. for degree of difficulty.

H. Protests

All decisions following protests will be made by an arbitration court which has to be appointed before the competition starts. The written protest has to be accompanied by a previously agreed deposit. If the protest is sustained this deposit will be returned. If the protest is overruled, the deposit will be retained and given to the organizing club. Protests have to be dealt with and the decisions announced immediately after each event, i.e., after the compulsory routine, or the optional sequences 1 or 2.

If a person flagrantly displays unsportsmanlike conduct, the meet director has the authority to have him or her removed.

In any case, however, a competitor may not be penalized for actions of his coach, teammate or person other than himself.

I. Team Score

The team score shall be based on the following: Only the preliminary top three raw scores of the compulsory and top three raw scores of the first optional shall be used to determine team points in order to pick a winning team. Individual or synchronized scores may be used or a combination of both, but only the preliminary scores shall be used for team points. Men's and women's teams shall compete separately for team scores. A team must consist of three to five competitors from any one club for computing team scores. Additional competitors may enter from the same club in excess of the team entry. These competitors compete for individual placement only, not for team score.

J. Synchronized Trampoline Rules

1. One compulsory and one optional routine shall be performed. The total of the two scores shall determine the winner.

2. The compulsory routine shall be the same as used in the individual event.

3. Teams must be made up of two males or two females.

4. In age group competition, a competitor may move up in age groups to form a synchronized team, but the age of the oldest partner will always determine the age group in which they must compete.

5. The trampolines will be placed side by side 6 feet apart. Competitors are to face the same direction and do the same skills in the same order during their routine. If at any time different skills are performed, the routine is terminated. The judges will score only the skills completed up to that point. (See F.15.f.)

The aesthetic judges 1 and 2 score the execution of the routine at trampoline 1, the judges 3 and 4 at trampoline 2.

6. In case of landings that are out of synchronization, two special judges will make the following deductions:

Differences in landing up to 1 1/2 feet, 0.1 to 0.3 points

Differences in landing over 1 1/2 feet, 0.4 to 0.5 points

The lack of synchronization is judged by the two synchronization judges and the assistant superior judge. The scores of the synchronization judges are added together for the score, provided that the difference between them is no more than 0.5 pt. Should the difference be greater, their scores are added to that of the assistant superior judge and divided by three and then doubled as the deduction. This score is deducted from the averaged performance score in the compulsory and optional routines after the doubling of the middle score. The difficulty is then added to the optional's adjusted aesthetic score.

7. A synchronized trampoline competition requires a performance of a ten (10) part routine.

8. A person in the synchronized event may compete with only one partner per competition.

9. Synchronized team partners must be from the same club or else be competing unattached. This does not apply when competing in trials for World or International Team selection.

K. Age Group Competition

In development meets it is recommended that the preceding rules be followed insofar as is practical. However, the responsible Association Trampoline and Tumbling Committee has the authority to establish such special provisions (concerning repetitions, compulsories, etc.) as it deems favorable to the development of the sport.

In National Age Group competition the above rules shall apply, with the following additions and/or exceptions:

1. The top eight competitors shall advance to the finals.

2. The compulsory routine shall consist of ten movements or skills as given in this publication. An optional routine shall consist of ten movements or skills as outlined in this publication.

3. In Regional and National Championship competition and in qualifying meets for such competition, one skill may be repeated once (performed twice and no more). The difficulty value of illegally performed skills shall be lost.

4. Eligibility:

Divisions by age:

10 and Under

11-12

13-14

15-18

Open (Applies only to age group competition)

The actual age of an athlete at the beginning of a competition shall determine the age group in which he competes. Competitors may compete in their age group and the Open. Minimum age for the Open division is twelve years of age.

5. Optional routine

An optional routine shall consist of ten (10) skills.

L. **Trampoline Required Routines**

10 and Under Boys and Girls

1. Back Somersault Tuck
2. 1/2 Twist Jump
3. Straddle Jump
4. Barani
5. Seat Drop
6. 1/2 Twist to Seat
7. 1/2 Twist to Feet
8. Straddle Jump
9. Tuck Jump
10. Front Somersault Tuck

13-14 Boys and Girls

1. Front Dive Layout to Back (3/4 Front Somersault)
2. 1/2 Twist to Feet
3. Back Somersault Tuck
4. Barani
5. Back Somersault Layout
6. Barani
7. Back Somersault Tuck
8. Tuck Jump
9. 3/4 Back Somersault Layout
10. Cody Tuck

11-12 Boys and Girls

1. Back Somersault Pike
2. Back Drop
3. 1/2 Twist to Feet
4. Straddle Jump
5. Back Somersault Tuck
6. Barani
7. Tuck Jump
8. Back Somersault Tuck
9. Barani
10. Front Somersault Pike

15-18 Boys and Girls

1. Full Twisting Back Somersault
2. Barani
3. Back Somersault Tuck
4. 3/4 Back Somersault Layout
5. Tuck Cody
6. Barani
7. Back Somersault Pike
8. Back Somersault Tuck
9. Crash Dive to Back (3/4 Front Dive)
10. Barani Ball Out Free

FIT Routine 1975 (Open, Junior and Senior National)

1. Fliffis Pike
2. Barani
3. 3/4 Back (Layout)
4. Cody (Tuck)
5. Back (Tuck)
6. Full Twisting Back (Free)
7. 1 3/4 Front (Tuck)
8. Barani Ballout
9. Back (Pike)
10. Double Full

ARTICLE V

COMPETITION RULES FOR MINI-TRAMP

The International (FIT) Mini-Tramp Rules as outlined in Article III, FIT Rules (International Rules for Competition) will be used and also, Article II, General Rules of Competition for Men and Women.

Age Group Mini-Tramp Competition Rules will in general be those of Article IV, K, Age Group Competition where applicable.

ARTICLE VI

COMPETITION RULES FOR TUMBLING

The International (FIT) Tumbling Rules as outlined in Article III, FIT Rules (International Rules for Competition) will apply for Junior and Senior National Championships and are recommended for all open competitions, except as noted in the following schedule. Rule adjustments for Age Group National Championships are also noted in Section J of this schedule. Where asterisks are noted in other Sections for Age Group variations, these will be found in Section J.

A. **Equipment** (See FIT A. 7 & 8)

1. It is required that a mat of at least 60 feet in length, and 2 to 4 inches in thickness be utilized for all National Championships.
2. The width of the mat shall be six feet.
3. The mat shall be constructed of polyethafoam. (Density 1.75-2.20 lbs./cu. ft.)
4. The mats must be connected so as to not separate during use.
5. A Reuther Board as specified by the Technical Committee may be used for the first skill in each pass.
6. A landing mat measuring approximately 6 ft. x 12 ft. x 4 in. whose composition is specified by the Technical Committee may be used for the landing of the final skill in each pass.
7. The interior height of the hall in which tumbling competitions are to take place must be at least 16 feet.
8. The location of the tumbling mat shall have a minimum clearance of 15 feet from all obstacles except the officials.

B. **Equipment Location and Layout** (See FIT C. 21)

1. The judges must sit separately 15 feet from the side of the tumbling mat. They shall begin to score when the competitor executes the first tumbling skill.

C. **Attire** (See FIT A. 5)

D. **Officials and Personnel** (See FIT A. 9 and C. 19)

1. Talking to the competitors by the spotters during the pass is not permitted.

E. **Routines and Regulations** (See FIT A.1 and A.9)

1. Tumbling Competitions shall consist of 5* optional passes with a minimum of 3 skills in each pass.
2. There shall be 3 passes in the preliminaries*. The order for starting in the preliminaries shall be by ballot.

F. **Competition** (See FIT A.1, 2, 3, 4, 6, 9, 10; B. 13, 14, 15, 16, 17, 18; C. 20, 21, 22)

1. See above E.2.
2. Every member of the team must perform 5 passes*.
3. In the preliminary competition each competitor will execute three passes*.
4. The scores for each* of the passes are added together and the competitor with the highest score is the winner.
5. The superior judge takes appropriate action to prevent violation by the spotters for talking to the competitor.
6. The superior judge informs judges 1-4 of the following cumulative deductions:
 - a. Not doing the required type of pass as per rule 4.1 and 4.2, 2.0 pts
 - b. Less than two somersaults in a pass*, 0.5 pt.
 - c. Pass without a somersault*, 2.0 pts.
 - d. Failure to end a pass with a somersault*, 0.5 pt.
7. See B.1.

G. **Table of Difficulty** (See FIT B.18)

H. **Protests** (See FIT A.11, 12)

1. The arbitration jury must decide on protests and state the protest fee before beginning of the competition. It is composed of:
 - a. The meet director
 - b. A member of the Technical Committee
 - c. Superior judge
 - d. Two judges
2. A protest can only be handed in by a coach, team representative or competitor.
3. A written protest with a protest fee must be handed to the superior judge immediately.
4. Protests have to be dealt with and the decision announced immediately after each round by the arbitration jury.
5. If the protest is overruled, the deposit will be retained and given to the organizing club. If the protest is sustained the fee will be returned.

I. **Team Score** (See Article III, Tumbling, A.2)

See Article III, Tumbling, F.2.

J. **Age Group Competition** (Revisions for items previously asterisked)

1. Age Groups shall be as outlined in Article K.4, Trampoline.
2. For National Age Group Championships the following adjustments to the rules shall apply:
 - a. The preliminary pass descriptions for age group competition shall be as follows (replacing FIT A.4.1).
 - (1) One pass must contain at least three front or side skills and no more than two backward skills.
 - (2) One pass must be predominantly backward-moving with no more than 180° of twist in any somersault.
 - (3) One pass must have at least 360° of twisting within its total number of skills whether in somersaults or other skills.
 - b. The competitors in age groups 11-12, 13-14 and 15-18 shall be re-

quired to perform all of the passes in FIT Tumbling Rule C.23.1 in preliminaries.

- c. The competitors in the 10-Under age group shall be required to perform only FIT Tumbling pass C.23.1.1 and their choice of FIT Tumbling passes C.23.1.2 or C.23.1.3 in the preliminaries.
- d. FIT Tumbling Rules A.43, C.20.14.2, C.20.14.3, and C.20.14.4 shall not apply to age group competition.
- e. If compulsories are used, one-half the average of both passes shall be added to the scores of the preliminary optional passes for a preliminary total. The difficulty of compulsory passes shall not be considered.

AAU Tumbling Compulsories (See FIT A.4.1)

AAU Age Group Compulsories

The following are the age group compulsories used at all age group meets where compulsories are announced in advance.

Compulsories are designed so as to prepare competitors to meet objectives of higher level tumbling. There should be something in the routine at each grade level which is sufficiently challenging to make the performer work.

10 and Under: 1) C, C, HS (step-out), HS (2 feet); 2) RO, FF, FF (a rebound jump is permissible)**

11-12: 1) HS (step-out), C, HS (step-out), HS (2 feet); 2) RO, FF (step-out with 1/2 turn), RO, FF, FF (a rebound jump is permissible)**

13-14: 1) F (2 feet), Forward Roll (dive roll preferable, ordinary roll acceptable), Head Spring; 2) RO, FF, FF (step-out with 1/2 turn), RO, FF, B (tuck)

15-18: 1) F (step-out), HS (step-out), HS (step-out), HS (2 feet); 2) RO, FF, WB, FF, FF, B (tuck)

CODE:

B-backward somersault
C-cartwheel
F-forward somersault
FF-backward handspring (flip-flop)
HS-forward handspring
RO-round off
WB-whip backward somersault

2 passes—Each performer makes two appropriate compulsory passes.

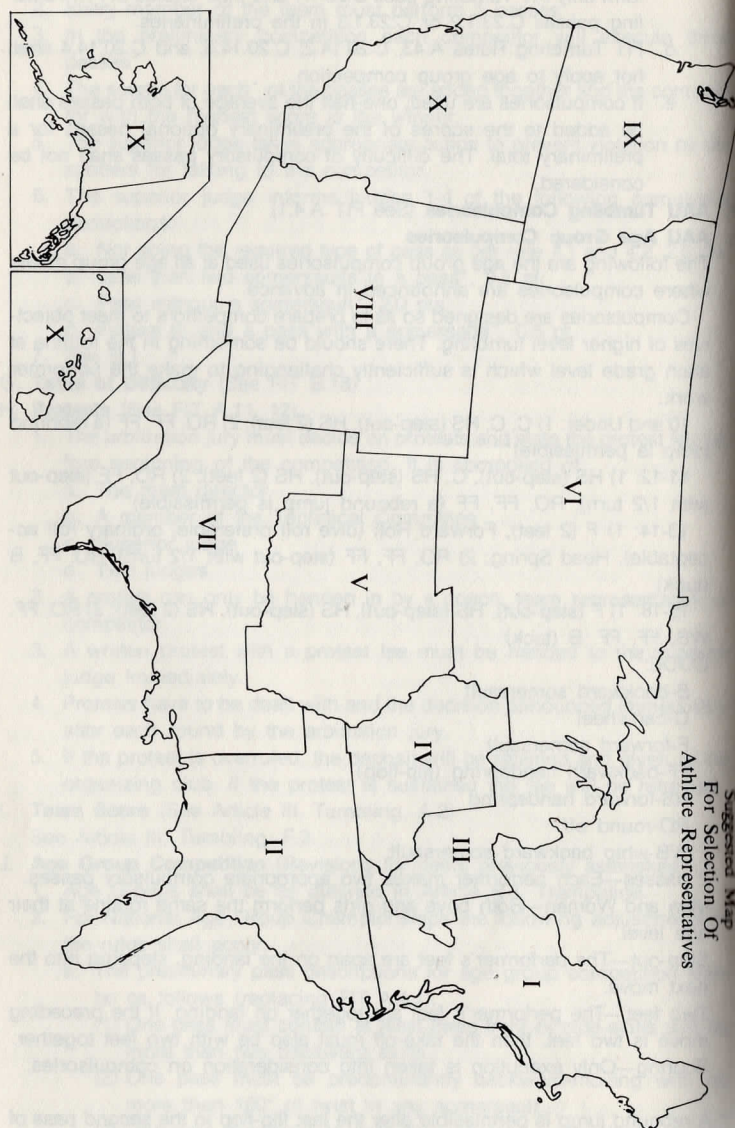
Men and Women—Both boys and girls perform the same routine at their age level.

Step-out—The performer's feet are apart on the landing, stepping into the next move.

Two feet—The performer's feet are together on landing. If the preceding move is two feet, then the take-off must also be with two feet together.

Scoring—Only execution is taken into consideration on compulsories.

- ** A rebound jump is permissible after the last flip-flop in the second pass of the 10 and under and 11-12 compulsories **only**. If the rebound jump is taken, a standing position for three seconds must be maintained after the jump instead of the last skill.



APPENDIX

1974 All American Trampoline and Tumbling Teams

Trampoline

Men (Individual)

Stormy Eaton
Mason Kauffman
Ron Merriott

United States Navy
University of Michigan
Rockford Trampoline Club

Men (Synchronized)

Jim Cartledge
Bob Neely

University of Southwestern Louisiana
University of Southwestern Louisiana

Women (Individual)

Shelly Grant
Alexandra Nicholson
Marilynn Stieg

Springfield Trampoline Club
Trampoline Town USA
Rockford Trampoline Club

Women (Synchronized)

Julie Johnson
Marilynn Stieg

Rockford Trampoline Club
Rockford Trampoline Club

Tumbling

Men

Stormy Eaton
Ed Goodman
Jack Leonard

United States Navy
Gym World
Unattached

Women

Lisa Podojil
Cindy Ross
Denise Tenney

Copp's Academy
Marilyn Dennis School
Gymnastic School of Buffalo

USA-FIT Trampoline Judges 1-1-75

Bob Bollinger
Jerald Clark
Bil Copp
Chris Eilertson
Jeff Hennessy

Mason Kauffman
Bobby Neeley
Gary Smith
Marilynn Stieg
Donald Waters
Jimmy Yongue



AWARDS LUNCHEON 87th NATIONAL AAU CONVENTION, OCTOBER, 1975.
James S. Yongue receiving Milton B. Davis Trampoline Coach of the Year
Award from Bil Copp.

SUB SECTION ARTICLE III—TRAMPOLINE

D. Difficulty Ratings*

Skills with no somersaulting or twisting action receive zero difficulty.

Skills with one (1) somersault or more when done in the pike and/or layout position receive .1 extra point, provided there is no twisting action.

The back 1 3/4 and back 2 3/4 somersault tucked shall receive .2 extra points and .3 extra points in the piked and layout position.

Skills with 2 or more somersaults with twists done in the piked or layout position shall receive .1 extra point.

SKILL	Tuck	Pike	Layout	Free
1. 1/4 somersault	.1	.1	.1	-
2. 1/2 somersault	.2	.2	.2	-
3. 3/4 somersault	-	-	-	.3
4. Somersault	.4	.5	.5	-
5. 1/2 twist	-	-	-	.1
6. 1 twist	-	-	-	.2
7. 1 1/4 somersaults	.5	.6	.6	-
8. 1 3/4 somersaults (forward)	.7	.8	.8	-
9. 2 somersaults	.8	.9	.9	-
10. 2 1/4 somersaults	.9	1.0	1.0	-
11. 2 3/4 somersaults (forward)	1.1	1.2	-	-
12. 3 somersaults	1.2	-	-	-
13. 1 back cody	.5	.6	.6	-
14. Double back cody	.9	1.0	-	-
15. 3/4 somersault 1/2 twist	-	-	-	.4
16. 3/4 somersault 1 twist	-	-	-	.5
17. 1 somersault 1/2 twist	-	-	-	.5
18. 1 somersault 1 twist	-	-	-	.6
19. 1 somersault 1 1/2 twists	-	-	-	.7
20. 1 somersault 2 twists	-	-	-	.8
21. 1 somersault 2 1/2 twists	-	-	-	.9
22. 1 somersault 3 twists	-	-	-	1.0
23. 1 1/4 somersaults 1/2 twist	-	-	-	.6
24. 1 1/4 somersaults 1 twist	-	-	-	.7
25. 1 1/4 somersaults 1 1/2 twists	-	-	-	.8
26. 1 1/4 somersaults 2 twists	-	-	-	.9
27. 1 1/4 somersaults 3 twists	-	-	-	1.1
28. 1 1/4 somersaults 4 twists	-	-	-	1.3
29. 1 3/4 somersaults 1/2 twist	-	-	-	.8
30. 1 3/4 somersaults 1 twist	-	-	-	.9
31. 1 3/4 somersaults 1 1/2 twists	-	-	-	1.0
32. 1 3/4 somersaults 2 twists	-	-	-	1.1
33. 1 3/4 somersaults 2 1/2 twists	-	-	-	1.2
34. 2 somersaults 1/2 twist	-	.9	1.0	-

	Tuck	Pike	Layout	Free
35. 2 somersaults 1 twist	-	1.0	1.1	-
36. 2 somersaults 1 1/2 twists	-	1.1	1.2	-
37. 2 somersaults 2 twists	-	1.2	1.3	-
38. 2 somersaults 2 1/2 twists	-	1.3	1.4	-
39. 2 somersaults 3 twists	-	1.4	1.5	-
40. 2 3/4 somersaults 1/2 twist	-	1.2	1.3	-
41. 2 3/4 somersaults 1 twist	-	1.3	1.4	-
42. 3 somersaults 1/3 twist	-	1.3	1.4	-
43. 3 somersaults 1 twist	-	1.4	1.5	-

Ball Out Somersaults To The Feet

1. Barani ball out	.6	.6	.6	-
2. Rudy ball out (1 1/2 twists)	-	-	-	.8
3. Randy ball out (2 1/2 twists)	-	-	-	1.0
4. Fliffis ball out (1/2 twist)	-	1.0	1.1	-
5. Fliffis ball out (1 twist)	-	1.1	1.2	-
6. Fliffis ball out (1 1/2 twists)	-	1.2	1.3	-

Skills done in different body positions with or without twist are not considered repeats.

* For additional information see Sub Section Article III-Trampoline, B.20 Scoring, 20.1 Degree of Difficulty.

Starting Order		
Comp.	1. Opt.	2. Opt.

Competition Card for Individual Trampoline

CHECK APPROPRIATE BLANK

Age: 10 under 11-12 13-14

15-18 Open

Championship: _____ Place: _____ Date: _____

First-name: _____ AAU No. _____

Sex _____ Club: _____

Date of Birth: _____ Address: _____

Judges	Compulsory	1. Optional	2. Optional	Results	
1.				Compulsory Score	
2.				1st Optional Score	
3.				Preliminary Result	
4.				2nd Optional Result	
Total Mean				Final Total Score	
Deductions				Placing:	
Sub Total					
Difficulty					
Total Score					

Signature of the Referee _____

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

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

Checked by: _____

Starting Order	
Comp.	1. Opt.

Competition Card for Synchronized Trampoline

CHECK APPROPRIATE BLANK

Age: 10 under 11-12 13-14

15-18 Open

Championship: _____ Place: _____ Date: _____

1 First name: _____ 1 Last Name: _____ 1 AAU No. _____

2 First name: _____ 2 Last Name: _____ 2 AAU No. _____

Sex _____ Club: _____

1 Date of Birth: _____ 1 Address: _____

2 Date of Birth: _____ 2 Address: _____

Judges	Compulsory	1. Optional	Results	
1			Compulsory Score	
2			1st Optional Score	
3			Preliminary Result	
4			2nd Optional Result	
5			Final Total Score	
6			Placing:	
Mean				
Total Mean				
Syncho Deductions				
Sub Total				
Difficulty				
Total Score				

Signature of the Referee _____

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

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

Checked by: _____

Trampoline Judges Score Card

Competitor's
Name _____

Judges Name _____

TRAMPOLINE JUDGES SCORE CARD

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Judges Score

Place

Deductions _____

Deduction for
last landing _____

Total
Deduction _____

Date _____

Judges No. _____

SUB SECTION ARTICLE III—MINI-TRAMP

D. Difficulty Ratings*

Only skill listed may be performed in competition.

Mounting Skills

	Tuck	Pike	Layout	Free
1. Front jump	0	0	0	-
2. Straddle pike jump	-	0	-	-
3. Front jump 1/2 twist	-	-	.1	-
4. Front jump 1 twist	-	-	.2	-
5. Front jump 1 1/2 twist	-	-	.3	-
6. Front jump 2 twists	-	-	.4	-
7. Front somersault	.4	.5	.5	-
8. Front double somersault	.8	-	-	-
9. Front somersault 1/2 twist (Barani)	-	-	-	.5
10. Front somersault 1 twist	-	-	-	.6
11. Front somersault 1 1/2 twists (Rudy)	-	-	-	.7
12. Front somersault 2 twists	-	-	-	.8
13. Front somersault 2 1/2 twists (Randy)	-	-	-	.9
14. Front double somersault 1/2 twist (Cliffis) (Barani out)	.9	1.0	-	-
15. Reverse somersault	.5	.6	.6	-
16. Reverse somersault 1 twist	-	-	-	.7
17. Reverse somersault 2 twists	-	-	-	.9

Spotter Skills

1. Front jump	0	0	0	-
2. Straddle pike jump	-	0	-	-
3. Front jump 1/2 twist	-	-	-	.1
4. Front jump 1 twist	-	-	-	.1
5. Front jump 1 1/2 twists	-	-	-	.3
6. Front jump 2 twists	-	-	-	.4
7. Front somersault	.4	.5	.5	-
8. Front double somersault	.8	-	-	-
9. Front double somersault 1/2 twist (Barani out)	.9	-	-	-
10. Front somersault 1/2 twist (Barani)	-	-	-	.5
11. Front somersault 1 twist	-	-	-	.6
12. Front somersault 1 1/2 twists (Rudy)	-	-	-	.7
13. Front somersault 2 twists	-	-	-	.8
14. Front somersault 2 1/2 twists (Randy)	-	-	-	.9
15. Back somersault	.4	.5	.5	-
16. Back double somersault	.8	-	-	-
17. Back double somersault 1 twist				
a. 1/2 in 1/2 out	1.0	-	-	-
b. Full in back out	1.0	-	-	-
c. Back in full out	1.0	-	-	-
18. Back somersault 1 twist	-	-	-	.6
19. Back somersault 2 twists	-	-	-	.8

		Tuck	Pike	Layout	Free
20.	Back somersault 3 twists	-	-	-	1.0

Dismount Skills

Forward

1.	Front jump	0	0	0	-
2.	Straddle pike jump	-	0	-	-
3.	Front jump 1/2 twist	-	-	-	.1
4.	Front jump 1 twist	-	-	-	.2
5.	Front jump 1 1/2 twists	-	-	-	.3
6.	Front jump 2 twists	-	-	-	.4
7.	Front somersault	.4	.5	.5	-
8.	Front double somersault	.8	.9	-	-
9.	Front somersault 1/2 twist (Barani)	-	-	-	.5
10.	Front somersault 1 twist	-	-	-	.6
11.	Front somersault 1 1/2 twists (Rudy)	-	-	-	.7
12.	Front somersault 2 twists	-	-	-	.8
13.	Front somersault 2 1/2 twists (Randy)	-	-	-	.9
14.	Front somersault 3 twists	-	-	-	1.0
15.	Front somersault 3 1/2 twists (Adolph)	-	-	-	1.1
16.	Front double somersault 1/2 twist (Barani out)	.9	1.0	-	-
17.	Front double somersault 1/2 twist (Barani in)	.9	1.0	-	-
18.	Front double somersault 1 twist	1.0	1.1	-	-
19.	Front double somersault 1 1/2 twists				
	a. Rudy out	1.1	1.2	-	-
	b. Full in Barani out	-	-	-	1.1
	c. Barani in full out	-	-	-	1.1

Backward

1.	Backward jump	0	0	0	-
2.	Backward straddle pike jump	-	0	-	-
3.	Backward jump 1/2 twist	-	-	-	.1
4.	Backward jump 1 twist	-	-	-	.2
5.	Backward jump 1 1/2 twists	-	-	-	.3
6.	Backward jump 2 twists	-	-	-	.4
7.	Backward somersault	.4	.5	.5	-
8.	Backward double somersault	.8	.9	-	-
9.	Backward somersault 1/2 twist	-	-	-	.5
10.	Backward Somersault 1 twist	-	-	-	.6
11.	Backward somersault 1 1/2 twists	-	-	-	.7
12.	Backward somersault 2 twists	-	-	-	.8
13.	Backward somersault 3 twists	-	-	-	1.0
14.	Backward double somersaults 1 twist				
	a. 1/2 in 1/2 out	1.0	1.1	-	-
	b. Full in back out	1.0	1.1	-	-
	c. Back in full out	1.0	1.1	-	-
15.	Backward double somersaults 2 twists				
	a. Full in full out	-	-	-	1.2

b. 1/2 in Rudy out

	Tuck	Pike	Layout	Free
	-	-	-	1.2

Inward

1.	Inward somersault	.5	.6	-	-
2.	Inward double somersault	.9	1.0	-	-
3.	Inward somersault 1/2 twist (Barani)	-	-	-	.6
4.	Inward somersault 1 twist	-	-	-	.7
5.	Inward somersault 1 1/2 twists (Rudy)	-	-	-	.8
6.	Inward somersault 2 1/2 twists (Randy)	-	-	-	1.0
7.	Inward double somersault 1/2 twist (Barani in)	1.0	-	-	-
8.	Inward double somersault 1/2 twist (Barani out)	1.0	-	-	-

Reverse

1.	Reverse somersault	.5	.6	.6	-
2.	Reverse double somersault	.9	1.0	-	-
3.	Reverse somersault 1/2 twist	-	-	-	.6
4.	Reverse somersault 1 twist	-	-	-	.7
5.	Reverse somersault 2 twists	-	-	-	.9
6.	Reverse double somersault 3 twists	-	-	-	1.1
7.	Reverse double somersault 1 twist				
	a. 1/2 in 1/2 out	1.1	-	-	-
	b. Full in back out	1.1	-	-	-
	c. Back in full out	1.1	-	-	-

* For additional information see Sub Section Article III-Mini-Tramp, B.19 Scoring, 19.1 Degree of Difficulty.

SUB SECTION ARTICLE III—TUMBLING

D. Difficulty Ratings*

Skill	Difficulty Value
Front Skills	
1. Front Somi-tuck position	.5
2. Front Somi-pike or layout position	.6
3. Aerial Cartwheel	.2
4. Aerial Walkover	.2
5. Front Somi with 1/2 twist (Barani)	.7
6. Front Somi with 1/2 twist	.9
7. Front Somi with 3/2 twist (Rudolph)	1.1
8. Front Somi with 4/2 twist	1.3
9. Double front somi, tuck position	2.0
10. Double front somi, pike position	2.4
11. Double front somi, with 1/2 twist	2.2

Side Skills	
1. Side Somi tuck position	.4
2. Side Somi pike or layout position	.5
3. Side Somi with 1/2 twist	.6
4. Side Somi with 1/1 twist	.8
5. Side Somi with 4/2 twist	1.2
6. Double side Somi	1.6
7. Double side Somi with 1/1 twist	2.0

Back Skills	
1. Back somi tuck position	.4
2. Back somi layout or pike position	.5
3. Back som with 1/2 twist	.6
4. Arabian tuck position	.6
5. Arabian pike position	.7
6. Back somi with 1/1 twist	.8
7. Back somi with 3/2 twist	1.0
8. Arabian 4/2 somi pike position	2.2
9. Arabian 4/2 tuck position	1.8
10. Back somi with 4/2 twist	1.2
11. Back somi with 5/2 twist	1.6
12. Back somi with 6/2 twist	2.0
13. Double back somi tuck position	1.6
14. Double back somi pike position	2.0
15. Double back with 1/1 twist	2.0
16. Double back with 4/2 twist	2.4
17. Triple back somi tuck position	2.8

NOTE: ALL OTHER SKILLS SHALL BE VALUED ACCORDING TO RULE 18.1.

* For additional information see Sub Section Article III-Tumbling, B.18 Scoring, 18.1 Degree of Difficulty.

PRELIMS	STARTING SCORE	FINALS
---------	----------------	--------

Competition Card for Mini-Tramp

DETAILED INSTRUCTIONS

CHAMPIONSHIP _____

FIRST NAME _____ LAST NAME _____ PLACE _____

SEX _____ AGE: 10 UNDER _____ 11-12 _____ 13-14 _____ 15-18 _____ OPEN _____

DATE OF BIRTH _____ ADDRESS _____

AMU NO. _____ DATE _____

CLUB _____

PRELIMINARY COMPETITION

Mount	Dif.	Spotter	Dif.	Dismount	Dif.	Judges' Score	Avg.	Total Dif.	Deduct.	Total
1										
2										
3										

PRELIMINARY

FINAL COMPETITION

Mount	Dif.	Spotter	Dif.	Dismount	Dif.	Judges' Score	Avg.	Total Dif.	Deduct.	Total
1										
2										

FINAL

TOTAL SCORE _____

PLACEMENT _____

Preliminary	FINAL

MEET: _____ LOCATION: _____ DATE: _____

NAME: _____ SEX: M F
(Last) (First) (Circle)

ADDRESS: _____
(Street) (City) (State) (Zip Code)

AGE: 10 under 11-12 13-14 15-18 Open

BIRTH DATE: _____ / _____ / _____
(Please use code letters on back of card.)

Bonus Pts.	Diff.	Total Parts
---------------	-------	----------------

	(Please use code letters on back of card.)										Pts.	Diff.	Parts
1st Pass													
2nd Pass													
3rd Pass													
4th Pass													
5th Pass													

FINALS

PRELIMINARIES				FINALS	
Judges	PASS	PASS	PASS	PASS	PASS
1.					
2.					
3.					
4.					
Mean					
Mean $\div 2$					
Deductions					
Difficulty				Prelim. Total	
Total					

CLUB AFFILIATION: _____

Final Total

Placing

CLUB AFFILIATION: _____

Signature of Referee

Final Total

Placing

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.
- 21.
- 22.
- 23.
- 24.
- 25.

FR
DR
HDS
BR
RO
HS
C
FF
T
TG
F
B
BR
SS
F 1/
B 1/
FUL
D F
T F
DB
TB
F F
R
RAN
FLIE

Front roll
Dive roll
Head spring
Backward roll
Round-off
Front handspring
Cartwheel
Backward handspring
Tinsica
Tigna
Forward somersault
Backward somersault
Barani
Side somersault
1/2 Tw forward somersault
1/2 Tw backward somersault
Full Tw backward somersault
Double full Tw backward somersault
Triple full Tw backward somersault
Double backward somersault
Triple backward somersault
Full Tw forward somersault
1 1/2 Tw forward somersault (rudolph)
2 1/2 Tw forward somersault (randolph)
Twisting Double somersault