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OFFICIAL AAU TRAMPOLINE AND TUMBLING HANDBOOK 1977-78

*Including Official Rules of Competition
and AAU Committees*

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AMATEUR ATHLETIC UNION OF THE UNITED STATES
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PREFACE

The editors hope you will find this handbook both complete and easy to use. If you have suggestions for improving it, please send them to either of us, and we will pass them on to our successors and the national chairman.

To those interested in the workings of the NAAU Trampoline and Tumbling Committee, we point out that the material in Article I, Sections B and C is an organizational and operational plan for our committee.

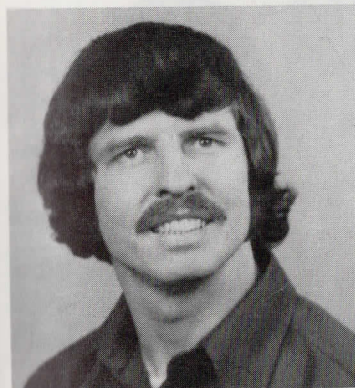
To those interested in competition, we point out that the Rules Summaries just preceding the rules include much of what a new competitor or coach needs to know.

Article III is a printing of the rules of the International Trampoline Federation, as supplied to us by its Technical Committee Chairman, Jeff Hennessy. This is divided into three sections: TRAMPOLINE, DOUBLE MINI-TRAMP, and TUMBLING.

Finally, we gratefully acknowledge the unfailing help and advice of our outgoing Chairman Frances Kauffman, outgoing Technical Committee Chairman Paul Swafford, Chairman of the Technical Committee of the International Trampoline Federation Jeff Hennessy, and others whose cooperation and inputs make possible this Handbook.

October, 1976

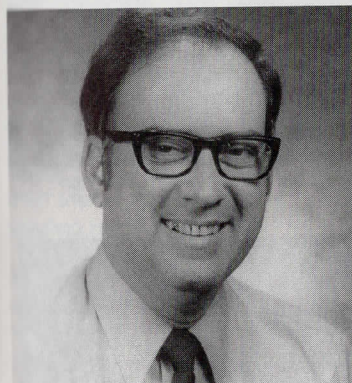
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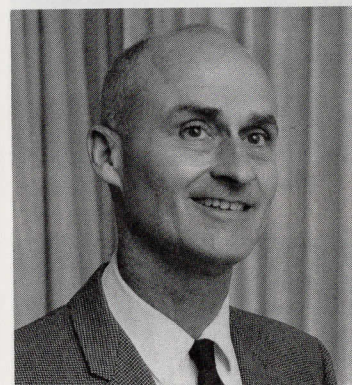
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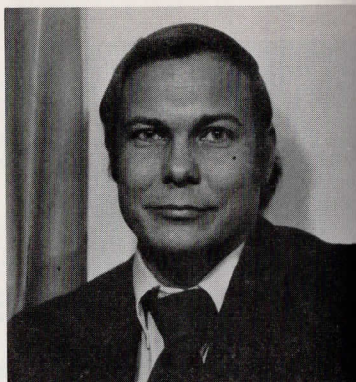
Jeff T. Hennessy, *Chairman
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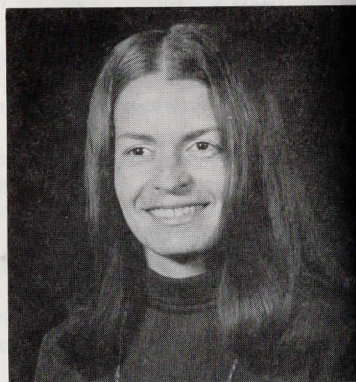
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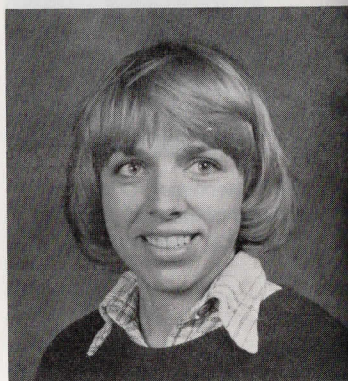
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MESSAGE FROM THE NATIONAL CHAIRMAN

Again we welcome you to the wonderful sport of Trampoline and Tumbling. Participation in this exciting activity has continually grown each year since becoming an independent sport in 1964. Now, as much as ever, your AAU Trampoline and Tumbling National Committee *cares* about you and your individual part in this sport whether you're an athlete, coach, judge, parent or one of thousands of those who love Trampoline and/or Tumbling.

Participation in this sport has been on all levels; your AAU has conducted Junior Olympic and Open competition in associations across the nation from coast to coast and border to border. Regional Junior Olympic competitions along with several major invitational meets such as the Great Lakes Tournament, Cajun Open, and Memphis Open have provided even more opportunities for participation on higher levels. These finally culminated in the major national level competitions ranging from New Jersey to Wyoming to Ohio and ending with the FIT World Championships in Tulsa, Oklahoma. National television has often covered major AAU meets.

Across the years we have had clinics for instruction, safety, and judging in places like Sarasota, St. Louis, Tulsa, Kansas City, Cleveland, New Orleans, Newark, Niagara Falls, and Rockford. Those who want to learn about this sport can arrange for a clinic in their home town with the cooperation of the AAU technical committee. We feel that the best way to promote knowledge about our sport is to bring it to places of potential growth rather than require those interested to come to a single location for certification as an instructor or judge.

We invite and encourage your participation. If you want to conduct a meet, attend a judge's course or safety clinic, or become involved in any other way, please let us know. Your AAU Trampoline and Tumbling Committee invites your participation in decision-making as well. For information on our meetings, competitions, or any other activity, please contact the person listed in this book for your local association. If you still have difficulty getting information, contact me personally. Your AAU Trampoline and Tumbling Committee CARES.

Bil Copp
National Chairman
AAU Trampoline & Tumbling

RULES SUMMARIES

In these summaries, the editors attempt to provide a short account of much of what a competitor needs to know. The summaries are not, however, a part of the "official rules." For complete, official wordings, consult the rules themselves.

AAU TRAMPOLINE RULES SUMMARY

A. General Rules

- Individual Trampoline competition consists of one compulsory and two optional routines (compulsory and optional in preliminaries; one optional in finals). A competitor may take as many preliminary jumps as desired before the first skill. A routine begins with the first skill and ends with the 10th subsequent contact unless ended earlier.
- A stretched jump after the tenth contact is permitted, but any other additional contacts are penalized a total of 1.0. After the last skill (or stretched jump) the jumper should stand still for at least three seconds.
- Each routine must consist of ten skills and end on the feet. During the optional routine the same skill must not be repeated (except in age group, Junior National, or Junior Olympic competition, in which one skill may be repeated as noted in D. below). The penalty for an illegal repetition is loss of difficulty credit for the illegally repeated skill. Tuck, pike and layout positions are considered to be different, not repetitions.

B. Interruptions and/or Terminations

- A routine is considered interrupted if the competitor (1) does not use the elasticity of the bed; (2) is helped by any spotter; (3) does not perform the compulsory routine in the written sequence; (4) obviously does not land simultaneously on both feet on the trampoline bed; (5) during the routine touches anything other than the bed with any part of the body; (6) during the routine leaves the trampoline due to insecurity; (7) performs a different skill from that of the partner in a synchronized routine.
- A routine is only judged to the point of interruption, and the maximum possible judges score is the number of skills completed.

C. Scoring and Deductions

- (1) Score of a Routine. Four judges each score the performance of a routine in tenths of a point from 0.0 to 10.0, based on control, consistent height, execution and form. The total score of a routine is calculated as follows.
 - Compulsory: sum of two middle scores.
 - Optional: difficulty plus sum of two middle scores.
- (2) Degree of Difficulty. The degree of difficulty of any skill is evaluated according to the following rules. Skills with higher difficulty ratings can be added.
 - All skills without rotation have no degree of difficulty.
 - The degree of difficulty for each skill is calculated as follows:
 - quarter somersault (90 degrees) 0.1 point
 - one somersault (360 degrees) 0.4 point
 - half twist (180 degrees) 0.1 point
 - one twist (360 degrees) 0.2 point
 - half turntable (180 degrees) 0.2 point
 - full turntable (360 degrees) 0.4 point

- In the case of twisting somersaults, the difficulty values for somersaulting and twisting are added together.
- Piked and layout somersaults without twists if performed with a rotation of 360 degrees or more are awarded an extra 0.1 point for degree of difficulty.
- 1 3/4 and 2 3/4 back somersaults to a stomach landing shall be awarded an extra 0.2 point for degree of difficulty.
- Two somersaults and more in piked or layout positions with twists shall be awarded an extra 0.1 point for degree of difficulty.

(3) Performance.

- Judges scores for performance shall range from 0.0 to 10.0 points.
- Deductions for faulty performance:
 - for each skill for lack of individual constant height, poor execution and control0.1 - 0.5 points
 - for lack of control after the last skill for:
 - additional steps after the last landing on both feet on the bed and not standing still for
 - 3 seconds0.1 -0.3 points
 - touching the bed with one hand0.4 points
 - touching the bed with both hands0.5 points
 - landing on the knees or hands and knees0.6 points
 - landing on the seat0.7 points
 - landing on the stomach or back0.8 points
 - touching or landing on the suspension system, pads, or frame0.9 points
 - for falling off the trampoline at any time after the first skill of the routine1.0 point
 - Other deductions
 - talking to the competitors by their own spotters . .0.3 each time
 - for intermediate (straight) jumps in an optional routine- 1.0 per jump
 - for additional skills past 10, a deduction of a total of 1.0 point.
 - for not landing the 10th skill on both feet on the bed, an additional skill is counted (1.0 additional deduction).

D. Exceptions for Developmental and Age Group Meets

- In all age groups, and in the Junior Nationals, one skill may be repeated.
- In developmental meets, the responsible Association Trampoline and Tumbling Committee has the authority to establish such special provisions (concerning repetitions, compulsories, attire, number and type of routines to be performed, etc.) as it deems favorable to the development of the sport.

E. Synchronized Trampoline

- The two trampolines are placed parallel two meters apart and not staggered.
- The competitors have to do the same movement at the same time and must start facing the same direction.
- Synchronized competition consists of one compulsory routine (preliminaries) and one optional routine (finals).
- The deduction for lack of synchronization is 0.1 to 0.3 for landing differences up to 50 cm. in height and 0.4 to 0.5 for more. The total of these deductions by two synchronization judges is subtracted from the performance score.

AAU DOUBLE MINI-TRAMP RULES SUMMARY

A. General Rules

- Mini-tramp competition consists of 5 passes (3 in prelims and 2 in finals).
- Each pass consists of 2 skills (one mount or spotter skill and one dismount skill). A straight jump mount without twists is not considered as a skill.
- Skills must be back to back (no intermediate bounce between skills allowed).
- Skills may be repeated only in different parts of the passes (a skill may be used as a mount, spotter and dismount but not twice as a mount, etc.).

B. Interruptions and/or terminations

- A pass is considered interrupted if the competitor 1) does not use the elasticity of the bed. 2) is helped by any spotter. 3) falls off the mini-tramp. 4) lands on any part of his body except his feet on the mini-tramp. 5) fails to land on and/or take off from the bed with both feet simultaneously.
- The pass is only judged to the point of interruption.

C. Scoring

- Difficulty is scored the same as trampoline except that only skills which end on the feet are evaluated, and inward and reverse somersaults receive 0.1 additional.
- Aesthetic judges 1-4 score out of 2.0 making execution, form and control deductions in tenths of a point.
- The sum of the two middle scores is added to the difficulty for each pass.
- If a pass has only 1 skill the pass is judged out of 1.0.

D. Deductions

- 0.1 to 0.5 for lack of control, form and execution in each skill.
- 0.5 for more than 2 skills in a single pass.
- 0.3 for talking to the competitors by their own spotters.
- 0.1-0.2 for additional steps after the dismount, not standing still for 3 seconds.
- 0.2 for touching the landing mat with one or both hands.
- 0.3 for falling to knees, hands and knees, or seat during a dismount.
- 0.4 for falling to stomach or back during a dismount or being spotted after landing.
- 0.1 for touching penalty zone in *middle* of mini-tramp.
- 0.1 for touching the frame pads or springs.
- 0.4 for landing on mini-tramp with one or two feet instead of landing on mat.
- 0.4 for landing one or both feet off the landing zone.
- 0.2 for touching hands to or falling against mini-tramp after dismount.
- There is no score for a skill that does not land on the feet.

E. Exceptions for Age Group and Junior Olympic Competitions.

- Mini-tramp competition in age groups 10 and under and 11-12 consists of 4 passes (2 in prelims and 2 in finals).

AAU TUMBLING RULES SUMMARY

A. General Rules

- A tumbling routine shall consist of one compulsory and four optional passes.
- The official tumbling area is 1.5 meters wide (about 5 feet, marked with lines if the mats are wider), 20 to 27 meters long, and has space for a 10 meter running approach.

- Tumblers may use a springboard for the first skill of a pass, and a 4' thick landing mat for the final skill of a pass.
- Passes
- Each pass must
 - contain at least three skills.
 - end with a somersault.
 - contain at least two somersaults altogether.
 - contain no more than two identical skills with difficulty. (Somersaults are considered different if entered from a different skill or if done in a different position, i.e. tuck, pike, layout.)
- A tumbling pass must move in one direction only; however, a single skill in the reverse direction is allowed at the end of the pass.

1) Preliminaries

The preliminary passes shall be as follows:

- Compulsory pass consisting of five skills.
- First optional pass must contain at least three somersaults including the one at the end. No *somersaults* in this pass may twist more than 180 degrees.
- Second optional pass must contain at least one somersault with no less than a 360 degree twist (and like all passes, it must end with a somersault and contain at least two somersaults altogether).

2) Finals

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

B. Interruptions and/or terminations

- A pass is considered interrupted and therefore terminated if the competitor:
 - Falls to the mat during or at the end of a pass.
 - Tumbles off the side or end of the tumbling area with any part of the body.
 - Receives help from a spotter.
 - Takes intermediate steps or stops.
 - Performs movements without rotation.
 - Touches the mat with any part of the body, other than hands or feet.

C. Scoring and Deductions

- (1) Score. Four judges each score the performance of a pass in tenths of a point from 0.0 to 10.0, with deductions as described below for poor form, execution, control, height, and rhythm. The score of a pass is calculated as follows.
 - Compulsory: average of two middle scores.
 - Optional: difficulty plus average of two middle scores.
- (2) Degree of difficulty
 - The degrees of difficulty for all somersaulting skills are evaluated according to the Difficulty Ratings. Only skills terminated on the feet will be evaluated.
 - All front and back handsprings, cartwheels, round-offs and similar skills have no difficulty value, but are judged for execution.
 - Single somersaults
 - All aerials (1 foot take-offs) 0.2 pts.
 - Tuck back somersaults and whipbacks 0.4 pts.
 - All tuck front somersaults 0.5 pts.

- All somersaults done in the piked or layout position with the exception of twisting somersaults, add 0.1 pts.
- Skills which are performed from previous somersaults (bounding) shall be awarded a bonus of
 - If the same direction 0.1 pt.
 - If performed with a reversal of direction 0.2 pts.

—Twisting somersaults

- Each 1/4 twist up through two full twists shall be worth . . . 0.1 pt.
- Each 1/4 twist beyond two twists shall be worth 0.2 pts.

—Multiple somersaults

- The value of the first and second somersault shall be doubled.

—Twisting multiple somersaults

- The value of the somersaults and twists within the skill shall be doubled.

(3) Performance

- Scores for performance shall range from 0.0 to 10.0 pts.
- If a pass has less than three skills its performance score is zero.
- Deductions for faulty performance
- Slight faults—Small and insignificant deviations from the perfect performance as described by the following:
 - a slight delay in rhythm
 - a small deviation from the center of the mat
 - untight tuck or pike
 - legs apart when not required
 - unpointed feet or toes
 - knee bends of less than 10 degrees in layout or pike somersault
 - heavy landings on feet or hands
 - final landing at the end of a pass with a bounce or steps.
 Deduct for each occurrence of a slight fault 0.1 pt.-0.3 pts.
- Substantial faults—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 momentum after round-offs, handsprings, somersaults in order to properly execute the following skill
 - bad landings during a pass
 - knee bends of 10 degrees or more in layout or pike somersault
 - waist not bent less than 90 degrees in tuck position
 - underspin or overspin of twists and somersaults of 45 degrees or less
 - falling to a landing from the feet, after the last skill to hands and feet or hands and knees
 Deduct for each occurrence of a substantial fault . . 0.4 pts. - 0.6 pts.
- Major faults—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
 - deep squat on handsprings, round-offs, and flick-flacks
 - somersaults nearly touching the floor
 - underspin or overspin of twists by more than 45 degrees

- falling to a landing from the feet, after the last skill to seat, stomach or back
 - falling off the side or end of the tumbling mat at any time after the first skill of the routine
- Deduct for each occurrence of major fault 0.7 pts. - 1.0 pts.
 Leniency for unusual difficulty or virtuosity—Mitigation from 0.1 pt. - 0.3 pts. can be made in the deductions of faults on skills or skill combinations which in the opinion of the judge are unusually difficult or a pass which shows exceptional virtuosity.

—Other deductions

- talking to the competitor by their own spotters during the pass 0.3 pts. each time
- Optional passes
 - not doing the required type of pass 2.0 pts.
 - less than two somersaults in a pass 0.5 pts.
 - pass without a somersault 2.0 pts.
 - pass not ending with a somersault 0.5 pts.

D. Exceptions for developmental and age-group meets

- No compulsory pass shall be performed. (There are only two passes in the preliminaries.)
- The second optional pass may be replaced with a pass that contains at least three front skills and no more than two backward skills. The competitor may choose. The direction of a skill is determined by the take-off into the skill.

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 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.

Nominations shall be compiled by the national committee secretary 30 days before the Jr. or Sr. National Championships, whichever is held first. Nominations may be submitted by any registered AAU athlete, coach of an AAU member club, allied body, or National Committee person. (Athletes may submit their own names.)

The ballot of eligible athletes shall be distributed for voting at the Jr. and Sr. National Championships. Athletes not in attendance at any Championship may request a mail ballot from the national committee secretary to be returned before the Senior National Championships. The ballots that are received by mail or that are collected at the first of the two championships shall be held by

the national committee secretary until voting is completed, at which time all valid ballots shall be counted and the results announced.

The term of the Athlete Representatives shall be for approximately two years beginning when the results of the voting are announced, and ending when replacements are elected.

Athletes age 12 and older will vote for as many representatives as are to be elected, 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. The designated number 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.

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, five being elected each year to two-year terms.

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.

Committee meetings and actions shall be in accord with the Code. (208.3, .4, .5, .6, .7). Parliamentary procedures shall be governed by "Roberts Rules of Order, Newly Revised" unless otherwise provided by resolution or the Code (101.7).

Mail votes to be valid must follow Code procedure (212.3).

International Representatives. The maximum number allowed as set forth in the rules of the International Body shall be elected by the committee for the period as set out in the Code (208.10(b)(9)). The one receiving the highest number of votes will be the official AAU delegate. However, if more than one are certified to be delegates to the International Body, the roster shall include if practical in the following order as the additional delegates the Sports Supervising Committee Chairman, a Vice Chairman, an athlete committee person 18 years of age or over, and sufficient alternates who have indicated they can and will attend the international meetings should the official delegates not be able to attend. Delegates and alternates should be AAU National Committee members with the alternates casting the USA-AAU vote should other duly elected representatives not be in attendance.

Funds made available for sending delegates shall be pro-rated between the stipulated number of delegates entitled to attend. Should the total number eligible not attend, funds provided will be divided equally among those who do attend to the extent of expense incurred by them to represent the AAU. Alternates who serve in this capacity would be entitled to the delegate pro-rata.

The secretary-treasurer:

- a. Keeps records of the committee, conducts all official correspondence

and mail votes [Code 212.3 (b)], issues notices of all meetings of the committee, keeps complete record of all athletic events held under the auspices of the committee, and performs such other duties as may be prescribed by the Code and Sports Rules and By-Laws of the Committee.

- b. Receives all monies of the Committee and pays all bills approved by the Committee or forwards to the national office committee-approved requests for allotments for expenses of athletes, teams, and officials taking part in championships with funds appropriated for that purpose. Minor expenses, which may be paid by any member, may be turned into the Secretary-Treasurer if recorded in detail and duly approved by the Committee for reimbursement.
- c. With the help of the Committee Chairman and national office a report will be prepared semi-annually showing receipts, disbursements, and such other financial records of the committee and also athlete and team expenses which have been a committee responsibility. These reports will be placed on file. Accounts and records will be maintained as set out by the Committee and Code.

Election of Chairman. At least 4 months before his term ends, the chairman shall appoint a nominating committee of three or more committee members, whose names shall be published to the trampoline and tumbling community in an AAU notice, along with an invitation to submit names of those willing and able to serve as chairman. The nominating committee shall choose one or more persons as its nominee(s). The election shall be carried out with opportunity for additional nominations from the floor and not fewer than three nominees altogether, as required by Section 208.5(b) of the AAU Code.

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.
 - (5) National Certification shall be the responsibility of the technical committee. The chairman of the Technical Committee may designate persons to give sanctioned clinics, courses, and tests for the purpose of certification.
- 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 nonmember 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 in connection with 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 responsible 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. Both the chairman of this subcommittee and the national chairman are to receive copies of all foreign correspondence that concerns the administration of our sport.

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 subcommittees 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 Senior National Championships and as set by the FIT, 12 years as of the international competition for all trials for the selection of international teams. There is no minimum age for the Junior National Championships. EXCEPTIONS: The above age limitation for Senior National Competition shall not apply to past and present Junior National Champions, National Junior Olympic Champions, and Senior USTA National Champions.

For U.S. 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 U.S. 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 Trampoline, 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 from different clubs in a competition may not earn any points for their club in the synchro-tramp event of that competition. They may, however, earn team points for their club in other events in the same competition.

(3) Synchronized teams must be registered by names prior to the competition. Substitution of partner may be made only if one of the partners is absent or unable to compete due to injury.

e. Age Group

The National Senior champion shall not be eligible for Age Group competition except in open division. The Age Group National Championships shall be held in the months of April or May, unless an excep-

tion is approved by the national committee. Competition shall be organized as indicated in Article II B.

f. United States 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 U.S. 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 U.S. 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. 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 and Double Mini-tramp

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 U.S. 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 Fees and Surcharges

(a) The fees to be charged for entries in National Championship (Senior) events shall be established by the national sport supervising committee at its annual meeting held in conjunction with the National Convention. Of the entry fee established, 50% of the entry fee for individual and team events will become the property of the Union, with a minimum of \$2.00 and a maximum of \$5.00 for the National share of individual fees, and a minimum of \$5.00 and a maximum of \$25.00 for the national share of team fees. The other half of the entry fees will be allocated in accordance with policies approved in advance by the sport supervising committee and issued in writing. (AAU Code, Section 460.7).

(b) Junior Nationals and Age Group Nationals. The entry fees will be allocated in accordance with policies approved in advance by the sport supervising committee and issued in writing.

(c) Surcharges. In the Junior and Senior Nationals, a surcharge of one dollar (\$1.00) per competitor per event shall be added and transmitted to the Trampoline and Tumbling Athlete Travel Fund. This also applies to the Age Group National events.

For the Senior National Championships a surcharge of one dollar (\$1.00) per event may be added and retained by the host to pay meet expenses.

E. Awards

Competitors to receive awards at the Age Group, Junior, Senior, U.S. 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:

a. Team awards shall be given in the following categories: Men's Trampoline, Women's Trampoline, Men's Tumbling, Women's Tumbling, Men's Mini-tramp, and Women's Mini-tramp.

b. Team Composition and Scoring. The team score for men's and women's championship meets shall be calculated separately based on the following:

(1) Trampoline, Double Mini-Tramp, and Tumbling: A team must consist of at least three and not more than five competitors in each of the three events listed above. Additional competitors may enter each event from the same club in excess of those designated, but not for team score. (Designation must be prior to start of competition.) If no designation is made prior to start of competition no team score shall be allowed.

(2) Trampoline: The best three scores in the compulsory round and the best three scores in the first optional round shall determine the team champion. Synchronized compulsory scores may be substituted for

individual compulsory scores if desired. The optional synchronized scores cannot be used for team scores.

(3) Double Mini-Tramp: The best three scores in each of the three preliminary passes shall determine the team champion.

(4) Tumbling: The best three scores in each of the three preliminary passes shall determine the team champion.

c. To be eligible for team awards the team fee must be paid before the meet starts and the competitors making up the team must be designated before the competition begins. Team entries will be accepted only from registered AAU Clubs. The Club Number shall be included with the entry.

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:

a. 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 faith and morals, athletics, the betterment of the sport, and the principles of competition and sportsmanship".

b. The James A. Rozannas Memorial Tumbling Coach of the Year Rotating Trophy Award will be awarded annually at the National Convention. The recipient will be selected on the basis of outstanding dedication, being committed, showing enthusiasm and tireless efforts in teaching not only the skills but also the morals and discipline of good sportsmanship in furthering the sport of tumbling.

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.

5. Other Awards:

The national committee may establish any other awards that are needed to give proper recognition to leaders of the sport.

ARTICLE II GENERAL RULES OF COMPETITION FOR MEN AND WOMEN

A. Events

Individual and synchronized trampoline events, double mini-tramp 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.

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 provide 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. If the Junior, Nationals are held in connection with the National Age Group Championships, then the Open Division shall be deleted from the latter.

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 FIT Trampoline Rule 20.3). 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 Article I E.2) 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 FIT Trampoline Rules 20.3.3 and 20.2.12). To the optional aesthetic score is then added the difficulty score of that routine. Synchronized trampoline may also be judged according to FIT Rules, in which case there are three aesthetic judges for each trampoline. The lack of synchronization is deducted after the middle scores from each trampoline have been added. (FIT Trampoline Rules 20.3.3 and 20.2.12)

In double mini-tramp, the performance score of each pass is the sum of the two middle scores, except that if the difference in the two middle scores exceeds the limits specified in FIT Rule 19.3.1, then the two middle scores are added to the superior judge's score, divided by three and doubled to obtain the performance score of that pass. The performance score is added to the difficulty of each pass to determine the score for that pass. The recorder adds the scores of all the preliminary passes to obtain the preliminary score. The preliminary score is added to the scores of the two final passes to obtain the final total.

In tumbling, the performance score of each pass is the average of the two middle scores, except that if the difference in the two middle scores exceeds the limits specified in FIT Tumbling Rule 18.3.1, then the two middle scores are added to the superior judge's score and divided by three to obtain the

performance score. In the compulsory pass, the performance score is the score of the pass (no difficulty is added.) In optional passes, the difficulty of each pass is added to the performance score to obtain the score of the pass. The scores of the preliminary passes are added together to obtain the preliminary score. The preliminary score is added to the score of each of the two final passes to obtain the final total.

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.

F. Protests

- (1) The arbitration jury must state the protest fee before the 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) Only protests that are in writing and accompanied by the fee can be considered. A person wishing to protest must immediately notify the superior judge of the intended protest. The written protest with the protest fee must then be handed to the superior judge as soon as possible.
- (4) Protests have to be dealt with and the decision announced immediately after each round by the arbitration jury. The protest committee shall meet with the protester for clarification of the rule in question, and to allow for elaboration of the written protest, questions, and discussion. In National Meets, the nature of each protest and the decision reached shall be reported to the National Chairman and to the chairmen of the Technical Committee and the Rules Committee.
- (5) If the protest is overruled, the deposit will be retained and given to the

national trampoline and tumbling travel fund. If the protest is sustained the fee will be returned.

- (6) 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.

G. Attire

1. Trampoline and Double Mini-Tramp:

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 women. (Also AAU Code, Article 66.)

2. Tumbling:

Same as trampoline except that footwear need not be worn and male competitors may wear shorts. Footwear, however, is recommended. If shoes or socks are worn, they must be white.

3. Age Group:

In age group trampoline competition at the regional level and below, boys may wear shorts instead of long, white gymnastic pants.

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, 1977. 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 consist of two ladies or two men.
- 3.2 Each competitor can compete only in one synchronized team.
- 3.3 Synchronized competition consists of the compulsory routine and one voluntary routine.
- 3.4 The compulsory routine of the individual competition is also the compulsory routine in the synchronized competition.
- 3.5 The competitors have to do the same movement at the same time in the same rhythm and must start facing in the same direction.

4. Winners

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

5. Routines

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

6. Dress for Individual and Synchronized Competitors as well 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 during the competition.
- 6.5 Any violation of these rules (6.1, 6.2, and 6.4) will result in disqualification.
The superior judge makes the decision.

7. Competition Cards

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

8. Trampolines

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

9. Height of the Hall

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

10. Safety

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

11. Score Sheets

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

- 11.3.5 Display the total score by order of the superior judge.
- 11.3.6 Recording the list of the final results.

12. Arbitration Jury

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

12.2.1 Member of the Praesidium or Organizing Committee	1
12.2.2 President of the Technical Committee or Member of the Organizing Committee	1
12.2.3 Superior Judge	1
12.2.4 Judges	$\frac{2}{5}$
12.2.5 Total	$\frac{5}{5}$
- 12.3 The arbitration jury's decision is final and must be abided by.

13. Protests

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

B. Competition Procedure

14. Warming Up

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

15. Start of Routine

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

16. Required Positions during Routine

- 16.1 In tucked, piked and straight positions the feet, legs and knees must be kept together and the feet and the toes pointed.
- 16.2 Depending on the requirements of the movement, legs and hips must either be tucked, piked or straight.
- 16.3 In the tucked and piked position the upper body and thigh must be at least at an angle of 90 degrees (except in twisting somersaults.).

- 16.4 In the tucked position the hands must grasp the legs below the knees except in twisting somersaults, otherwise there will be a deduction according to rule 23.3.1.

- 16.5 In the puck position the upper body and thigh must be at an angle of 90 degrees to 120 degrees.

- 16.6 The puck position applies only to twisting multiple somersaults.

- 16.7 The positions and movements of the arms are free but whenever possible they should be straight.

17. Repetition of the Same Skills

- 17.1 During the voluntary routine the same skill must not be repeated.
- 17.2 If the competitor disregards this rule, the degree of difficulty of the repeated skill will not be counted.

- 17.3 Multiple somersaults with the same number of twists in the first, middle and last phase of the skills have the same degree of difficulty. They are considered as different skills and not as repetitions.

- 17.4 Tucked, piked and straight positions are considered to be different skills and not repetitions.

18. Interruptions of the Routine

- 18.1 A routine is to be considered interrupted if the competitor:

- 18.1.1 Does not perform the compulsory routine in the written sequence.

- 18.1.2 Obviously does not land simultaneously on both feet on the trampoline bed.

- 18.1.3 Does not use the elasticity of the bed after landing for the immediate continuation of the next movement, thus causing a break.

- 18.1.4 During the routine touches anything other than the bed with any part of the body. This decision must be made by the jury.

- 18.1.5 Is helped by any spotter. This decision is made by the superior judge.

- 18.1.6 During the routine leaves the trampoline due to insecurity.

- 18.1.7 Performs a different skill from that of his partner in the synchronized routine.

- 18.2 A competitor will be judged only on the number of skills completed on the trampoline bed.

- 18.3 The superior judge shall determine the maximum score.

19. Termination of the Routine

- 19.1 The routine must end with both feet on the trampoline bed after the tenth skill.

- 19.2 The competitor is allowed to do one more jump in a stretched position.

- 19.3 If the competitor does not land on both feet on the tenth skill on the bed, he will be judged to have performed an additional skill.

- 19.4 For additional skills a deduction of a total of 1.0 pt. will be made by the assistant superior judge and the performance judges no. 1-6 at the instruction of the superior judge.

- 19.5 The competitor must stand upright after his last landing on the bed at least three seconds, otherwise he will receive a deduction from the

assistant superior judge and performance judges no. 1-6 for insecurity (see 23.3.2.1).

20. Scoring

20.1 Degree of Difficulty

- 20.1.1 The degree of difficulty of any skill is evaluated according to the formula. Skills with higher difficulty ratings can be added.
- 20.1.2 All skills without rotation have no degree of difficulty.
- 20.1.3 The degree of difficulty for each skill is worked out on the following:
- | | | | |
|----------|----------------|---------------|-----------|
| 20.1.3.1 | ¼ somersault | (90 degrees) | 1/10 pt. |
| 20.1.3.2 | 1/1 somersault | (360 degrees) | 4/10 pts. |
| 20.1.3.3 | ½ twist | (180 degrees) | 1/10 pt. |
| 20.1.3.4 | 1/1 twist | (360 degrees) | 2/10 pts. |
- 20.1.4 In the case of twisting somersaults, the difficulty values for somersaulting and twisting are added together.
- 20.1.5 Pike and straight somersaults without twists if performed with a rotation of 360 degrees or more are awarded an extra 1/10 of a point for degree of difficulty.
- 20.1.6 1¾ and 2¾ back somersaults to a stomach landing shall be awarded an extra 2/10 of a point for degree of difficulty.
- 20.1.7 2/1 somersaults and more in piked or layout positions with twists shall be awarded an extra 1/10 of a point for degree of difficulty. (The legs must be straight at all times).

20.2 Method of Scoring

- 20.2.1 The evaluation of form (execution and control), difficulty and lack of synchronization are done in 10ths of a point.
- 20.2.2 The scores of the judges must be written and independently of each other.
- 20.2.3 The assistant superior judge and the judges no. 1-6 evaluate the form (execution and control) and dictate their deductions to their secretaries.
- 20.2.4 At a given signal by the superior judge the scores of the judges no. 1-6 have to be shown simultaneously.
- 20.2.5 If the judges no. 1-4 in the individual competition and no. 1, 2 & 5 for the trampoline no. 1 as well as no. 3, 4 & 6 for the trampoline no. 2 in synchronized competition fail to display their scores upon a signal of the superior judge, the average of the 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 valid score.

20.2.7 Evaluation of the final score for execution

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

20.2.7.2 In the synchronized competition the two middle scores of the judges of execution on trampolines no. 1 & 2 in the compulsory and voluntary routines are added together by the recorder and entered into the score sheet.

20.2.8 Judges no. 7 & 8 determine the sequence of the compulsory routine, calculate the difficulty of the voluntary routines and enter it on the competition card. The recorder records the score on the score sheet.

20.2.9 For intermediate (straight) jumps in a voluntary routine, a deduction of 1.0 per jump will be made by the assistant superior judge and the performance judges no. 1-6 at the instruction of the superior judge.

20.2.10 Judges no. 9 & 10 and the assistant superior judge evaluate the lack of synchronization (as per rule 25) and dictate the lack of synchronization to their secretaries, who write it down on their score sheets. The total of the two scores is the deduction score for non-synchronization provided that the difference between the two scores is not too great (see rule 20.3.3).

20.2.11 The result of the scores as per rules 25.2, 20.2.10 and 20.3.3 is then the deduction score for faulty synchronization, which is given by the assistant superior judge to the recorder.

20.2.12 The deduction score for faulty synchronization as per rule 20.2.11 is subtracted by the recorder from the performance score as per rule 20.2.7.2 and entered on the score sheet.

20.2.13 The recorder is responsible for calculating (performance score — deduction for nonsynchronization and difficulty) and entering the scores on the score sheets. The superior judge and judges no. 1-6 and no. 9 & 10. The calculations of score.

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

20.2.15 Secretaries shall be assigned to the assistant superior judge and judges no. 1-6 and no. 9+10. The calculations of the secretaries must be controlled by the assistant superior judge and the judges.

20.3 Differences in Evaluation

20.3.1 If the differences in the two middle scores of the judges for execution no. 1-4 in the individual competition are greater than the following, then rule 20.3.2 will apply:

20.3.1.1 2/10 pts. for middle scores of 9 and above.

- 20.3.1.2 3/10 pts. for middle scores of 8.5-8.95 pts.
 20.3.1.3 5/10 pts. for middle scores of 8.45 and below.
- 20.3.2 If the two judges of the middle scores in the individual competition do not conform with rules 20.3.1.1, 20.3.1.2 and 20.3.1.3, then the two scores are added to the assistant superior judge's score, divided by three and then doubled by the recorder.
- 20.3.3 In cases of differences in evaluating the non-synchronization over 0.5 pts. the two scores of judges no. 9 & 10 will be added to the score of the assistant superior judge and divided by three and then doubled as the total deduction.
- 20.3.4 If a judge shows to be incompetent in his duty he must be removed by the superior judge.

C. Jury

21. The jury consists of:

21.1 Superior Judge	1
21.2 Assistant Superior Judge	1
21.3 Judges for execution	6
21.3.1 for individual competition	(no. 1-4)
21.3.2 for synchronized competition	
21.3.2.1 trampoline no. 1	(no. 1, 2 & 5)
21.3.2.2 trampoline no. 2	(no. 3, 4 & 6)
21.4 Judges for difficulty	2 (no. 7 & 8)
21.5 Judges for synchronization	<u>2</u> (no. 9 & 10)
21.6 Total	12

22. Duties of the Superior Judge

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

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

- 23.1 The judges must sit separately 5 metres from the side of the trampolines and elevated by 1 metre.
 23.2 Scores for performance shall range from 0.0 - 10.0 pts.
 23.3 Deductions for faulty performance:
 23.3.1 for each skill for lack of individual constant height, poor execution and control 0.1-0.5 pts.
 23.3.2 for lack of control after the last skill for:
 23.3.2.1 additional steps after the last landing on both feet on the bed and not standing still for 3 seconds 0.1-0.3 pts.
 23.3.2.2 touching the bed with one hand 0.4 pts.
 23.3.2.3 touching the bed with both hands 0.5 pts.
 23.3.2.4 landing on the knees or hands and knees 0.6 pts.
 23.3.2.5 landing on the seat 0.7 pts.
 23.3.2.6 landing on the stomach or back 0.8 pts.
 23.3.2.7 touching or landing on the suspension system, pads or frame 0.9 pts.
 23.3.2.8 for falling off the trampoline at any time after the first skill of the routine 1.0 pt.

23.4 During synchronized competitions judges no. 1, 2 & 5 evaluate the performance of the routine on trampoline no. 1, judges no. 3, 4 & 6 on trampoline no. 2.

23.5 The evaluation of the performance judges in the synchronized competition shall be done in the same manner as in the individual competition.

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

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

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

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

26. Duties of the Assistant Superior Judge

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

D. Degree of Difficulty Table (See Appendix, page 70)

- E. Execution Performance Guide** (Not yet published by FIT)
Jeff T. Hennessy, Chairman
Federation of International Trampolining
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SUB SECTION ARTICLE III—DOUBLE MINI-TRAMP

A. General Rules

1. Individual Competition

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

2. Team Competition

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

3. Winners

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

4. Passes

- 4.1 Each pass consists of two (2) skills (one mount or spotter skill and one dismount skill). A straight mounting jump without twists is not considered as a skill.

- 4.2 Skills may only be repeated when performed in different parts of a pass. For example, as a mount, as a spotter and as a dismount.
- 4.3 A second attempt at a pass is allowed with no penalty provided the competitor has not jumped onto the mini-tramp.
- 4.4 If a competitor is obviously disturbed while performing a pass (faulty equipment or external causes), the jury is called together by the superior judge and a second attempt may be allowed by a majority vote.

5. Dress for Competitors as well as Spotters

- 5.1 Men
For each country a uniform gym shirt without sleeves, long white gym trousers and white gym shoes must be worn.
- 5.2 Ladies
For each country a uniform leotard and white gym shoes must be worn.
- 5.3 Spotters
Uniform training suit and gym shoes.
- 5.4 No jewelry and watches shall be permitted to be worn during the competition.
- 5.5 Any violation of these rules (5.1, 5.2 and 5.4) will result in disqualifications. The superior judge makes the decision.

6. Competition Cards

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

7. Double Mini-Tramp

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

cm. Similar mats must be placed on either side and end of the landing zone.

8. Height of Hall

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

9. Safety

- 9.1 For safety reasons a competitor may request spotters — also his own spotters — from the superior judge. They must be dressed in terms of rule 5.3.
- 9.2 The superior judge controls the actions of the spotters.
- 9.3 The competitors must execute their passes without external help. If a spotter helps the competitor the pass is considered interrupted and the spotted skill will not be judged. If a competitor is spotted after the landing on the landing area there will be a deduction of 0.4 pts. as per rule 22.3.2.4. Whether the help of the spotters was needed or not will be decided by the superior judge.
- 9.4 Talking to the competitors by their own spotters during the pass is not permitted. Each time this rule is disregarded, it will result in a deduction of 0.3 pts. by the performance judges no. 1-4 on the instruction of the superior judge.

10. Score Sheets

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

11. Arbitration Jury

- 11.1 The arbitration jury must decide on protests and state the protest fee before the beginning of the competition.
- 11.2 Composition
- | | |
|---|---|
| 11.2.1 Member of the Praesidium or Organizing Committee | 1 |
| 11.2.2 President of the Technical Committee or Member of the Organizing Committee | 1 |
| 11.2.3 Superior Judge | 1 |
| 11.2.4 Judges | 2 |
| 11.2.5 Total | 5 |
- 11.3 The arbitration jury's decision is final and must be abided by.

12. Protests

- 12.1 A protest can only be handed in by an official representative of a Federation, a team manager or competitor.

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

B. Competition Procedure

13. Warming up

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

14. Start of a Pass

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

15. Required Positions during the Pass

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

16. Repetitions

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

17. Interruptions of the Pass

- 17.1 A pass is to be considered interrupted if the competitor:

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

18. Termination of the Pass

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

19. Scoring

- 19.1 Degree of Difficulty
 - 19.1.1 The degree of difficulty of all skills is evaluated according to the difficulty ratings. Skills with higher difficulty ratings can be added. Side somersaults are not permitted.
 - 19.1.2 All skills without rotation have no degree of difficulty.
 - 19.1.3 The degree of difficulty for each skill is worked out on the following:

19.1.3.1	1/1 somersault	(360 degrees)	4/10 pts.
19.1.3.2	1/2 twist	(180 degrees)	1/10 pts.
19.1.3.3	1/1 twist	(360 degrees)	2/10 pts.
 - 19.1.4 In the case of twisting somersaults, the difficulty values for somersaulting and twisting are added together.
 - 19.1.5 Pike and straight somersaults, if performed with a rotation of 360 degrees or more, are awarded an extra 1/10 of a point for difficulty, if they are performed without twists.
 - 19.1.6 Inward and reverse somersaults receive 0.1 pt. additional for difficulty.
 - 19.1.7 2/1 somersaults or more in pike or layout position with twists shall be awarded an extra 1/10 of a point for degree of difficulty. (The legs must be straight at all times.)
 - 19.1.8 Only skills which end on the feet will be evaluated.
- 19.2 Method of Scoring
 - 19.2.1 The evaluation of form (execution and control) and difficulty is done in 10ths of a point.

- 19.2.2 The scores of the judges must be written and independently of each other. The score for performance shall not exceed 2.0 points per pass.
 - 19.2.3 The superior judge and the judges no. 1-4 evaluate the form (execution and control) and write down their scores on a score sheet.
 - 19.2.4 At a given signal by the superior judge, the scores of the judges no. 1-4 must be shown simultaneously.
 - 19.2.5 If the judges no. 1-4 fail to display their scores upon a signal of the superior judge, then the average score of the other judges' scores will be taken for the missing score. This decision will be made by the superior judge.
 - 19.2.6 The highest and lowest scores of judges no. 1-4 are cancelled. The total of the remaining two scores is the score for performance provided that the difference between the two scores is not too great as per rule 19.3.
 - 19.2.7 Each pass is scored separately and a total of performance plus difficulty is calculated for each pass.
 - 19.2.8 Judges no. 5 & 6 calculate the difficulty of the pass and enter it on the competition card. The recorder records the score on the score sheet.
 - 19.2.9 The total of the two middle scores of each pass is added to the total difficulty of each pass to determine the score for that pass.
 - 19.2.10 For an intermediate straight jump a deduction of 0.3 pts. will be made by the superior judge and the judges no. 1-4 at the instruction of the superior judge.
 - 19.2.11 If a pass has only one skill the score for performance shall not exceed 1.0 pt. plus difficulty.
 - 19.2.12 The scores for each of the five passes are added together and recorded by the recorder.
 - 19.2.13 The superior judge is responsible for determining the final score and the recorder is responsible for calculating and entering the score on the score sheet.
 - 19.2.14 The showing of the total score is done by the recorder upon order of the superior judge.
 - 19.2.15 Secretaries shall be assigned to the superior judge and judges no. 1-4. The calculations of the secretaries must be controlled by the superior judge and the judges no. 1-4.
- 19.3 Differences in Evaluation
- 19.3.1 If the difference in the two middle scores of judges no. 1-4 is greater than the following, then rule 19.3.2 will apply:
 - 19.3.1.1 2/10 pts. for middle scores 1.7. pts and above.
 - 19.3.1.2 3/10 pts. for middle scores of 1.3-1.65 pts.
 - 19.3.1.3 5/10 pts. for middle scores of 1.25 and below.
 - 19.3.2 If the two middle judges' scores are not within the prescribed limits as per rules 19.3.1.1, 19.3.1.2, and 19.3.1.3, then the two scores are added to the superior judge's score, divided by three and doubled by the recorder. The result is the score for performance of that pass.

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

C. Jury

20. The Jury consists of:

20.1 Superior Judge	1
20.2 Judges for execution	4 (no. 1-4)
20.3 Judges for difficulty	2 (no. 5 & 6)
20.4 Penalty Judge	$\frac{1}{8}$ (no. 7)
20.5 Total	8

21. Duties of the Superior Judge

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

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

- 22.1 The judges no. 1-4 must sit separately 5 metres from the side of the double mini-tramp.
 22.2 Scores for performance shall range from 0.0 to 2.0 pts. per pass.
 22.2.1 The run and hurdle shall not be considered.
 22.2.2 The scoring of a pass starts once the first skill is initiated.
 22.3 Deductions for faulty performance:
 22.3.1 For each skill in the pass, for lack of individual constant height, poor execution and control 0.1-0.5 pts.
 22.3.2 For lack of control after the dismount *on both feet* on each pass:
 22.3.2.1 for additional steps after the dismount, not standing still for three (3) seconds 0.1-0.2 pts.
 22.3.2.2 for touching the landing mat with one or both hands 0.2 pts.

- 22.3.2.3 for falling to the knees, or hands and knees or seat 0.3 pts.
 22.3.2.4 for falling to stomach or back; for being spotted after the landing 0.4 pts.
 22.3.2.5 placing hands on or falling against the double mini-tramp. 0.2 pts.
 22.3.3 For each landing on or taking off from the penalty zone in the center of the mini-tramp while performing a mount, spotter or dismount skill. 0.1 pt.
 The endmarkers on each end of the double mini-tramp are not a penalty zone.
 22.3.4 Touches the frame pads or springs with one or both feet during a pass. 0.1 pt.
 22.3.5 Landing on the double mini-tramp with one or both feet instead of the landing zone during a dismount. 0.4 pts.
 22.3.6 Landing with one or both feet off the landing zone during a dismount. 0.4 pts.

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

- 23.1 The difficulty judges no. 5 & 6 must sit 5 metres from the side of the double mini-tramp next to the superior judge.
 23.2 Collecting of the competition cards two hours prior to the competition and checking them.
 23.3 Determining the difficulty of each pass and entering it on the competition card.
 23.4 Displaying the difficulty mark.
 24. Duties of the Penalty Judge (no. 7)
 24.1 The penalty judge no. 7 stands next to the double mini-tramp and to the superior judge.
 24.2 To determine if the competitor lands on the center penalty zone during the performance of a mount, spotter or dismount skill and report to the superior judge. Also to see if a competitor touches the frame pads.
 24.3 To determine whether rules 22.3.2.5, 22.3.5 and 22.3.6 are violated or not and report to the superior judge.

D. Difficulty Ratings (see Appendix, Page 76)

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SUB SECTION ARTICLE III — TUMBLING

These International Competition Rules are binding for all events, competitions and championships of the International Trampoline Federation and its members.

A. General Rules

1. Individual Competition

- 1.1 A tumbling routine shall consist of one (1) compulsory and four (4) optional passes with a minimum of three (3) skills in each pass.

1.1.1 Tumbling shall be characterized by continuous, speedy, rhythmic hands to feet, feet to hands and feet to feet rotational jumping movement, without hesitations or intermediate steps. The performer shall display no contortion skills such as limbers, front or back walkovers, handwalking, balancing or rolls.

1.1.2 A tumbling routine shall be planned to demonstrate a variety of forward, backward, and sideward skills. The routine should show good control, form, execution, maintenance of height and difficulty. Tumbling passes must start from a run up to the mat and the last skill in each pass held stationary in a standing position on the mat, for three seconds.

1.2 Preliminaries

1.2.1 One (1) compulsory pass.

1.2.2 Two (2) optional passes.

1.2.3 The order for starting the preliminaries will be drawn by ballot and be valid all three preliminary passes.

1.3 Finals

1.3.1 There shall be two optional passes in the finals.

1.3.2 For the finals, only the 10 best competitors from the preliminaries will take part.

1.3.3 The competitor with the lowest preliminary score will start in both final passes. In the event of ties, the starting order will be decided by a draw.

2. Team Competition

2.1 A tumbling team consists of five (5) ladies or five (5) men.

2.2 Every member of the team must perform one compulsory and four optional passes.

2.3 The score of the team member with the lowest number of points will be deleted from the team score after each pass.

3. Winners

3.1 The winner is the competitor or the team with the highest overall number of points.

3.2 Competitors with the same scores will be given the same place and medals will be awarded according to the Regulations for World-, Intercontinental- and Continental Championships.

4. Passes

4.1 Preliminaries

The preliminary passes shall be as follows:

4.1.1 The first pass shall be the compulsory pass consisting of five (5) skills.

4.1.2 The second pass is an optional pass but must contain at least three (3) somersaults. No somersaults in this pass may twist more than 180 degrees.

4.1.3 The third pass is an optional pass but must contain at least a somersault with a 360 degree twist.

4.2 Finals

In the final competition each competitor must execute two (2) optional passes.

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

4.3 Each pass must contain a minimum of three (3) skills, including two (2) somersaults and end with a somersault, but with no more than two (2) identical skills as per rule 16.1.

4.4 A tumbling pass must move in one direction only; however, a single skill in the reverse direction is allowed at the end of the pass.

4.5 When counting the number of somersaults in a pass, double somersaults count as two (2) somersaults. Triple somersaults count as three (3) somersaults.

4.6 If a competitor is obviously disturbed while performing a pass (faulty equipment or external causes), the jury is called together by the superior judge and a second attempt may be allowed by a majority vote.

5. Dress for Competitors and Spotters

5.1 Men

For each country a uniform gym shirt without sleeves, long white gym trousers or uniform shorts must be worn. Shoes may or may not be worn. If shoes or socks are worn they must be white.

5.2 Ladies

For each country a uniform leotard must be worn. Shoes may or may not be worn. If shoes or socks are worn they must be white.

5.3 Spotters

Uniform training suit and gym shoes.

5.4 No jewelry and watches shall be permitted to be worn during the competition.

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

6. Competition Cards

6.1 Each pass with difficulty rating must be written on the competition card. Only the preliminary passes are handed in. Those in the finals will complete the last two (2) passes on their card prior to the finals.

6.2 The competition card must be given to the recorder at least two (2) hours before the start of the preliminary competition. Finalists must hand in their cards at least 30 minutes before the start of the finals.

6.3 Changes from the listed skills on the card are permitted during a pass. They must be written down by the difficulty judges on the competition card.

7. Tumbling Equipment

7.1 It is required that a mat 20 to 27 metres and 4 to 10 cm in thickness is used for all I.T.F. competitions. A 10 metres running approach to the mat must be provided.

7.2 The width of the tumbling area must be 150 cm. The area may be marked with lines — if necessary.

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

7.4 A springboard may be used for the first skill in each pass. The measurements of the springboard will be as follows: length 120 cm - 125 cm, width 60 cm - 63 cm, height 12 cm - 13 cm.

7.5 A landing mat measuring a minimum 180 cm by 360 cm by 10 cm,

whose composition is specified by the Technical Committee, may be used for the landing of the final skill in each pass.

8. Height of the Hall

8.1 The interior height of the hall in which tumbling competitions are to take place must be at least 5 metres.

9. Safety

9.1 The competitor may request from the superior judge his own spotters, who must be dressed in terms of rule 5.3

9.2 The superior judge is responsible for controlling the actions of the spotters.

9.3 The competitors must execute their passes without any external help. Whether the help of the spotter was needed or not will be decided by the superior judge. If a spotter helps the competitor, the pass will terminate at that point, and no credit shall be given for the spotted skill.

9.4 Talking to the competitor by their own spotters during the pass is not permitted. Each time this rule is disregarded, it will result in a deduction of 0.3 points by the performance judges no. 1 - 4 at the instruction of the superior judge.

10. Score Sheets

10.1 During all international competitions, the official score sheets of the I.T.F. must be used.

10.2 The original completed score sheets must be returned to the technical president of the I.T.F.

10.3 Duties of the Chief Recorder

10.3.1. Supply secretaries for the superior judge and judges.

10.3.2 Recording the starting order of the preliminary and final passes.

10.3.3 Recording of the execution scores and the degree of difficulty.

10.3.4 Scrutiny and control of the entries on the competition cards and score sheets.

10.3.5 Display the total score by order of the superior judge.

10.3.6 Establishing the correct order of the final results.

11. Arbitration Jury

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

11.2 Composition

11.2.1 Member of the Praesidium or Organizing Committee... 1

11.2.2 President of the Technical Committee or member of the Organizing Committee..... 1

11.2.3 Superior Judge..... 1

11.2.4 Judges..... 2

11.2.5 Total..... 5

11.3 The arbitration jury's decision is final and must be abided by.

12. Protests

12.1 A protest can only be handed in by an official representative of a Federation, a team manager, or competitor.

12.2 A written protest with 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 (I.T.F.). If the protest is sustained, the fee will be returned.

B. Competition Procedure

13. Warming Up

13.1 Before the start of the competition, training on the competition mat of at least two (2) hours must be given.

13.2 All competitors will be allowed two (2) practice passes before each round.

13.3 At World-, Intercontinental- and Continental Championships, a warming up on the competition mats during the competition is not allowed.

13.4 The organizer of the World-, Intercontinental-, and Continental Championships must have at least two (2) sets of mats identical to the competition mats available in a nearby gym hall.

14. Start of a Pass

14.1 Each competitor will start on the signal given by the superior judge.

14.2 The competitors in a preliminary tumbling competition shall be grouped in blocks of ten (10) competitors.

14.2.1 The first round of competition shall be the compulsory pass as per 4.1.1.

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

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

14.3 A competitor's pass shall be considered started once the first skill is initiated. The superior judge will make the decision.

15. Required Positions during a Pass

15.1 In the tucked, piked and straight position, the feet, legs, and knees must be kept together and the feet and toes pointed.

15.2 Depending on the requirements of the movement, legs and hips must either be tucked, piked or straight.

15.3 In the tucked and piked position, the upper body and thigh must at least be at an angle of 90 degrees (except in twisting somersaults).

15.4 In the tucked and piked position the hands must grasp the legs either below or behind the knees.

15.5 A layout back somersault is defined as a somersault with the body straight for at least the first 270 degrees of the somersault rotating at a minimum of shoulder height of the competitor. Decisions on this shall be made by the difficulty judges no. 5 & 6.

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

15.7 A whipback is defined as a fast, straight or arched somersault rotating at or below shoulder height between other skills in a pass.

15.8 Handsprings, roundoffs, flickflacks and other non-somersaulting skills shall be done lightly and with amplitude without loss of momentum.

16. Repetitions and Combination Requirements

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

17. Interruptions and Terminations of the Pass

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

18. Scoring

18.1 Degree of Difficulty

- 18.1.1 The degrees of difficulty for all somersaulting skills are evaluated according to the Difficulty Ratings. Only skills terminated on the feet will be evaluated.
- 18.1.2 All front and back handsprings, cartwheels, round-offs and similar skills have no difficulty value, but are judged for execution.
- 18.1.3 Single somersaults.
 - 18.1.3.1 All aerials (1-foot take offs) 0.2 pts.
 - 18.1.3.2 Tuck back somersaults and whipbacks 0.4 pts.
 - 18.1.3.3 All tuck front somersaults 0.5 pts.
 - 18.1.3.4 All somersaults done in the piked or layout position with the exception of twisting somersaults, add 0.1 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 pts.
 - if performed with a reversal of direction
- 18.1.4 Twisting somersaults
 - 18.1.4.1 Each 1/4 twist up through two (2) full twists shall be worth 0.1 pt.

18.1.4.2 Each 1/4 twist beyond two (2) twists shall be worth 0.2 pts.

18.1.5 Multiple somersaults

- 18.1.5.1 The value of the first and second somersault shall be doubled.

18.1.5.2 The value of the third somersault shall be tripled.

18.1.6 Twisting multiple somersaults

18.1.6.1 The value of the somersaults and twists within the skill shall be doubled.

18.1.7 A skill is considered valid if after the skill the competitor lands

18.1.7.1 on his feet or

18.1.7.2 simultaneously on hands and feet

18.1.8 From the difficulty standpoint a difficulty skill is judged according to the position of the feet upon landing.

18.1.9 The difficulty judges make all decisions regarding Rule 18.1

18.2 Method of Scoring

18.2.1 All evaluation is done in 10ths of a point.

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

18.2.3 The superior judge and judges no. 1 - 4 evaluate the technical execution, form, height, control and rhythm. They write down their scores on a score sheet.

18.2.4 At a given signal by the superior judge the scores of the judges must be shown simultaneously.

18.2.5 If any of the judges no. 1 - 4 fail to display their scores, then the average score of the other judges will be taken for the missing score. This decision will be made by the superior judge.

18.2.6 In the compulsory pass the highest and lowest scores of the judges no. 1 - 4 are canceled and the two middle scores are averaged provided that the difference between the two (2) scores is not too great as per Rule 18.3.

18.2.7 In the voluntary passes the highest and lowest scores of judges no. 1 - 4 are canceled. The average of the remaining two (2) scores is the score for performance provided that the difference between the two scores is not too great as per Rule 18.3.

18.2.8 Each pass is scored separately and a total of performance plus difficulty is calculated for each voluntary pass. No difficulty is calculated for the compulsory pass.

18.2.9 Judges no. 5 & 6 check the execution of the compulsory pass, calculate the difficulty of the voluntary passes and enter it on the competition cards.

18.2.10 The average of the two (2) middle scores of each voluntary pass is added to the total difficulty to determine the score for that pass.

18.2.11 If a pass has less than three (3) skills the competitor shall receive a 0.0 pt. for that pass.

18.2.12 The scores for each of the five (5) passes are added

- together by the recorder and recorded on the score sheet and the competition card.
- 18.2.13 The superior judge is responsible for determining the final score and the recorder is responsible for calculating and entering the score on the score sheet.
- 18.2.14 The showing of the total score is done by the recorder upon order of the superior judge.
- 18.2.15 Secretaries shall be assigned to the superior judge and the judges.
The calculations of the secretaries must be controlled by the judges and the superior judge.
- 18.3 Differences in Evaluation
- 18.3.1 If the difference in the two (2) middle scores of judges no. 1 - 4 is greater than the following, then the two (2) scores are added to the score of the superior judge and divided by three (3) and calculated as per Rule 18.2.6 and 18.2.7:
- | | Average Score | Spread |
|----------|----------------------|-----------|
| 18.3.1.1 | 9.0 pts. and above | 2/10 pts. |
| 18.3.1.2 | 8.5 pts. - 8.95 pts. | 3/10 pts. |
| 18.3.1.3 | 8.45 pts. and below | 5/10 pts. |
- 18.3.2 If a judge shows to be incompetent in his duty he must be removed by the superior judge.

C. Jury

19. The Jury consists of:

19.1 Superior Judge	1
19.2 Judges for execution	4 (no. 1 - 4)
19.3 Judges for difficulty	2 (no. 5 & 6)
19.4 Total	$\frac{7}{7}$

20. Duties of the Superior Judge

- 20.1 Control of the facilities
- 20.2 Organization of the judge's conference and the trial scoring.
- 20.3 Drawing for the starting order and in the event of ties.
- 20.4 Directing the competition.
- 20.5 Placing and supervising all judges and Chief Recorder.
- 20.6 Supervising the spotters and deciding whether spotting was necessary or not (see Rules 9 and 17.1.3).
- 20.7 Informs the performance judges no. 1 - 4 of the deductions as per Rule 9.4.
- 20.8 Deciding upon interruption and termination of a pass as per Rule 17.
- 20.9 Ruling on the competitor's clothing as per Rule 5.
- 20.10 Personally scoring the performance of each pass. His score sheet is handed to the recorder before he verifies the scores of judges no. 1 - 4.
- 20.11 Deciding if a judge fails to show his score immediately as per Rule 18.2.5.
- 20.12 Supervising judges no. 5 & 6 and deciding if there is a difference in the degree of difficulty of a pass.
- 20.13 Control of the total score.
- 20.14 To inform judges no. 1 - 4 of 2.0 pts. for each faulty or omitted skill from the compulsory pass.

- 20.15 To inform judges no. 1 - 4 of the following cumulative deductions for the voluntary passes:
- 20.15.1 Not doing the required type of pass as per Rules 4.1.2, 4.1.3 and 4.2.1 2.0 pts.
- 20.15.2 Less than two (2) somersaults in a pass 0.5 pts.
- 20.15.3 Pass without a somersault 2.0 pts.
- 20.15.4 Failure to end a pass with a somersault as per Rule 4.3 0.5 pts.
- 20.16 Deciding when a competitor's pass has begun as per Rule 14.3
- 20.17 Deciding about the removal of an incompetent judge.
- 20.18 Informing the recorder and judges no. 1 - 4 of a zero (0) score for less than three (3) skills in a pass as per Rule 18.2.11.

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

- 21.1 The judges must sit separately 5 metres from the side of the tumbling mat.
- 21.2 Scores for performance shall range from 0.0 pt. to 10.0 pts. per pass.
- 21.3 Deductions for faulty performance:
- 21.3.1 Slight faults
Small and insignificant deviations from the perfect performance as described by the following:
—a slight delay in rhythm
—a small deviation from the centre of mat (30 cm either direction)
—untight tuck or pike
—legs apart when not required
—unpointed feet or toes (less than 10 degrees)
—knee bends of less than 10 degrees in layout or pike somersault
—heavy landings on feet or hands
—final landing at the end of a pass with a bounce or steps.
Deduct for each occurrence of a slight fault 0.1 pt. - 0.3 pts.
- 21.3.2 Substantial faults
Noticeable and essential deviations from perfect performance as described by the following:
—a substantial delay or change in rhythm
—deviation from the centre of the mat to either edge
—the final somersault in a pass rotating below shoulder height
—touching the floor with the hands after somersault landings
—insufficient momentum after round-offs, handsprings, somersaults in order to properly execute the following skill
—bad landings during a pass
—knee bends of 10 degrees or more in layout or pike somersault
—waist not bent less than 90 degrees in tuck position
—underspin or overspin of twists and somersaults of 45 degrees or less

- falling to a landing from the feet, after the last skill
 - to hands and feet or
 - hands and knees
- Deduct for each occurrence of a substantial fault 0.4 pts. - 0.6 pts.
- 21.3.3 Major faults
 - Large deviations or distortions in technique and execution of skills or skill combinations as described by the following:
 - the loss of speed to near standstill
 - deep squat on handsprings, round-offs, and flick-flacks
 - somersaults nearly touching the floor
 - underspin or overspin of twists by more than 45 degrees
 - falling to a landing from the feet, after the last skill
 - to seat, stomach or back
 - falling off the side or end of the tumbling mat at any time after the first skill of the routine
 - Deduct for each occurrence of major fault 0.7 pts. - 1.0 pt.
- 21.3.4 Leniency for unusual difficulty or virtuosity
 - Mitigation from 0.1 pt. - 0.3 pts. can be made in the deductions of faults on skills or skill combinations which in the opinion of the judge are unusually difficult or a pass which shows exceptional virtuosity.

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

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

D. Difficulty Ratings

1. Back Skills

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

- 1.16 Double back somersault with a 2/1 twist 3.2 pts.
- 1.17 Triple back somersault tuck position 2.8 pts.

2. Front Skills

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

3. Side Skills

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

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

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 contrasting colored lines both lengthwise and widthwise, crossing the center of the bed.

Nominal sizes are:

Bed—7'x14'

Width of bed webbing—6 mm to 15 mm

Frame—10'x17'

Height of bed above the floor—41"

Variations of 6% from these nominal sizes are permissible.

The strength and spacing of the webbing shall meet approved standards.

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 (See Article II, G, page 00)

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

See FIT Trampoline Rules 1, 7, 14-20, and 22-26. Competitors or teams with the same scores are given the same place. However, should it be necessary to make a decision (challenge trophy, etc.), then a third optional must be performed.

For all National Championships and U. S. 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.)

G. Table of Difficulty

1. Explanation of the table of 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, provided there is no twisting action.
- (5) Tucked, piked and layout skills are not considered repetitions.
- (6) Multiple somersaults (1½ or more) with a twist in the first, middle or last phase have the same degree of difficulty but are considered different skills.
- (7) 1¼ and 2¾ back somersaults shall be awarded an extra 0.2 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** (See Article II F.)

I. **Team Score** (See Article I E.2)

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.

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 50 cm. (about 20 inches) 0.1 to 0.3 points

Differences in landing over 50 cm. (about 20 inches) 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 performance score in the compulsory and optional routines after adding the middle scores. The difficulty is then added to the optional's adjusted aesthetic score. When a sufficient number of judges are available, synchronized trampoline may also be scored according to FIT rules.

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 from different clubs in a competition may not earn any points for their club in the synchrotramp event of that competition. They may, however, earn team points for their club in other events in the same competition.

10. Synchronized teams must be registered by names prior to the competition. Substitution of partner may be made only if one of the partners is absent or unable to compete due to injury.

K. **Age Group Competition**

The Age Group National Championships shall be held in the months of April or May, unless an exception is approved by the national committee. Competition shall be organized as indicated in Article II B. At the discretion of the meet director, the competition at other than National Championships may be organized as follows: Compulsory Routines, Final Optionals. 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, attire, etc.) as it deems favorable to the development of the sport

When special provisions are established the word "developmental" shall be used in the meet information, and the special provisions shall be clearly stated.

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. If the Open Division is designated as a U.S. Team Trial, then the minimum age for the Team shall apply.

L. **Trampoline Compulsory 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

11-12 Boys and Girls

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

13-14 Boys and Girls

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

FIT Routine 1976-77 (Open, Junior and Senior National)

1. 1 3/4 Front Somersault (tuck)
2. Barani Ball Out (tuck)
3. Back Somersault (layout)
4. Double Twisting Back Somersault
5. Barani with legs straight
6. Back Somersault (pike)
7. Barani Out Fliffis (tuck)
8. Full Twisting Back Somersault
9. 3/4 Back Somersault (layout)
10. Cody Somersault (tuck)

ARTICLE V

COMPETITION RULES FOR DOUBLE MINI-TRAMP

The International (FIT) Double 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 Double Mini-Tramp Competition Rules will in general be those of Article IV.K. Age Group Competition where applicable.

In Age Group Double Mini-Tramp competitions, the current FIT International Double Mini-Tramp rules shall apply with the following additions and/or exceptions and clarifications:

- (1) Tuck, pike, and straddle jumps are skills with zero degree of difficulty for all competitors.
- (2) In age groups 10-and-under and 11-12, there shall be only two passes in the preliminaries.

ARTICLE VI

COMPETITION RULES FOR TUMBLING

The International (FIT, also known as ITF, or International Trampoline Federation) Tumbling Rules as outlined in Article III, (International Rules for Competition) will apply for Junior and Senior National Championships and are recommended for

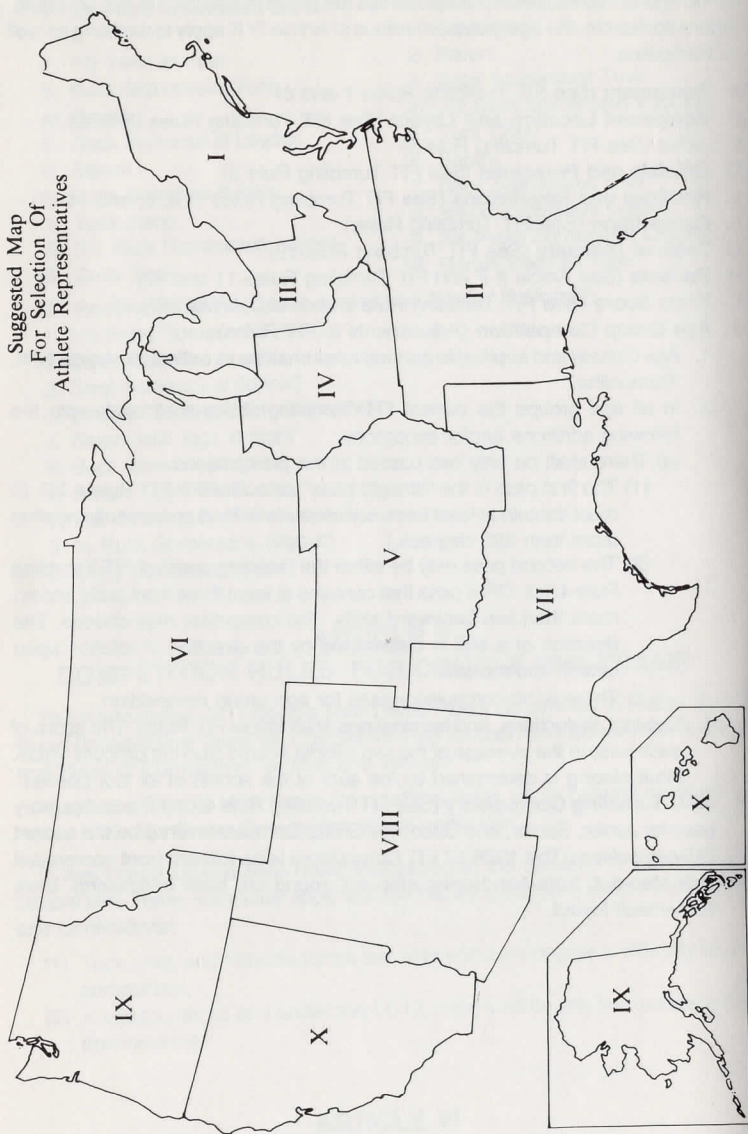
15-18 Boys and Girls

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 Layout
9. 3/4 Front Somersault Layout
10. Barani Ball Out Free

all open competitions, except as noted in the following schedule. Rule adjustments for the Age Group National Championships are noted in Section J of this schedule. Where applicable, the age group provisions of Article IV K apply to tumbling as well as trampoline.

- A. **Equipment** (See FIT Tumbling Rules 7 and 8)
- B. **Equipment Location and Layout** (See FIT Tumbling Rules 20.5, 21.1)
- C. **Attire** (See FIT Tumbling Rule 5)
- D. **Officials and Personnel** (See FIT Tumbling Rule 5)
- E. **Routines and Regulations** (See FIT Tumbling Rules 1, 4, 9, and 14-17)
- F. **Competition** (See FIT Tumbling Rules)
- G. **Table of Difficulty** (See FIT Tumbling Rule 18)
- H. **Protests** (See Article II F and FIT Tumbling Rules 11 and 12)
- I. **Team Score** (See FIT Tumbling Rule 2 and AAU Article IE2)
- J. **Age Group Competition** (Adjustments to FIT Rules)
 1. Age Groups and applicable general rules shall be as outlined in Article IV K. Trampoline.
 2. In all age groups the current FIT Tumbling Rules shall apply with the following additions and/or exceptions:
 - (a) There shall be only two passes in the preliminaries.
 - (1) The first pass is the "straight pass" as outlined in FIT Rule 4.1.2. (It must contain at least three somersaults with no somersaults twisting more than 180 degrees.)
 - (2) The second pass may be either the "twisting pass" of FIT Tumbling Rule 4.1.3. OR a pass that contains at least three front skills and no more than two backward skills. The competitor may choose. The direction of a skill is determined by the direction of rotation upon takeoff into the skill.
 - (3) There is no compulsory pass for age group competition.
 3. Scoring, deductions, and terminations shall follow FIT Rules. The score of each pass is the average of the two middle scores plus the difficulty value. Final placing is determined by the sum of the scores of all four passes.
- K. **AAU Tumbling Compulsory** (See FIT Tumbling Rule 4.1.1) The compulsory pass for Junior, Senior, and Open Age Group Competition shall be the current FIT compulsory. The 1976-77 FIT Compulsory is as follows: front somersault tuck step-out, front handspring step-out, round off, back handspring, back somersault layout.

Suggested Map
For Selection Of
Athlete Representatives



APPENDIX

DIFFICULTY LEVEL DEVELOPMENTAL MEETS

A difficulty level developmental trampoline meet is one in which the divisions are by difficulty value of the routine planned, rather than by age. Boys and girls may compete together or separately, at the option of the organizing committee. Such meets are most effective if they can be held at frequent intervals during the season, say every 4 to 6 weeks. Competitors may enter any division they choose, except that a competitor who has achieved or exceeded a certain score called the bump-up score must move to a higher division in subsequent meets. Competitors who have been bumped up should compete in the higher division even if they do not increase the difficulty of their routine. Judging is the same as in the regular rules, except that if a competitor does more than the allowed difficulty for the division entered, then credit is awarded only for the maximum of that division. The divisions and bump-up scores that have been used successfully in New Jersey are shown below. Additional divisions can be added.

Division	Difficulty Range	Bump-up Score*
1	0.0 thru 1.5	18.5
2	1.6 thru 2.5	19.5
3	2.6 thru 3.5	20.5
4	3.6 thru 4.5	21.5
5	4.6 thru 5.5	22.5
6	5.6 and up	

* The bump-up score is 17 plus the top of the difficulty range.

1977 JUNIOR OLYMPIC TRAMPOLINE, MINITRAMP, TUMBLING AND SYNCHRONIZED TRAMPOLINE PROGRAM

(1) Levels of Competition—The AAU Junior Olympic Trampoline and Tumbling program may be conducted at Association, Regional and National Championship levels for boys and girls.

(i) Association Championship shall consist of competition in all age divisions (10 and under, 11-12, 13-14, and 15-18) and a special 18 and under Division. Trampoline competitors in the 18 and under Division must do the 15-18 compulsory routine. Junior Olympic awards must be ordered through the National AAU Office. The number of qualifiers from the Association championships to the Regional championships shall not be less than 4 in each age division for individual events and not less than 2 synchronized teams in each age division. The Regional Committee has the option of accepting more. See 468.6 (c)(1). The 1st and 2nd place winners of the 18 and under boys and girls divisions at the Association J.O. Championship in individual trampoline, double mini-tramp, and tumbling shall advance to the National Junior Olympic Multi-sport Championships, provided they meet the requirements set forth in (3) below.

(ii) Regional Championships may be held in all age divisions and a special 18 and under division for the purposes of naming Regional Junior Olympic

Champions and developing the sport, but competition at the Regional Level has nothing to do with qualifying for the NJO multi-sport championship. Junior Olympic awards must be ordered through the National Office. Additional awards may be furnished by local sponsor.

- (iii) The National Championships shall have at least one age division—18 and under—with two (2) boy and two (2) girl qualifiers in individual trampoline, double mini-tramp, and in tumbling from each Association. Each Association's qualifiers in individual trampoline shall form a girls team and a boys team to compete in synchronized trampoline.
- (iv) Additional age divisions, events and/or competitors may be included in the National Junior Olympic Championships subject the approval by the National Junior Olympic Executive Committee.

(2) Eligibility

- (i) The age of the competitor on the date of the first qualifying meet shall determine his or her age.
- (ii) A competitor may compete in his age division and the 18 and under Division.
- (iii) Finalists (1, 2 and 3) in any Senior National USTA or National AAU Senior individual championships, member of any United States, Pan American or Olympic Team are not eligible to participate in AAU Junior Olympic programs of that event. Finalists in the synchronized trampoline event in the above championships would likewise be excluded from participation in the Junior Olympic synchronized event. United States Team: Any team for which there have been national qualifying meets approved by the national Sports Committee. Competitors who qualify as members of the team become ineligible as of the date they qualify. This does not apply to a competitor who is asked to substitute on that team and does not retain a permanent position on the team.
- (iv) Competitors may defend their National Junior Olympic title one time, provided they can qualify through qualifying procedures.

(3) Qualifying Requirements for Participation in the National Junior Olympic Championships.

- (i) Must place 1st or 2nd in the 18 and under group at the Association Junior Olympic Championship meet, and
- (ii) Must meet the requirements of the event as follows:
- (a) Tumbling—must meet the age group pass requirements. (Every pass must have at least two somersaults including one at the end. The first pass must contain at least three somersaults with no somersaults twisting more than 180 degrees. The second pass may be either a pass that contains a somersault with at least a 360° twist or a pass that contains at least three front skills and no more than two backward skills. The competitor may choose. The direction of a skill is determined by the direction of take-off into the skill).
- (b) Individual Trampoline—must achieve a total score of 21.5 for one optional routine.
- (c) Double Mini-tramp—must achieve a total score of 12.6 in three passes.
- (d) Synchronized Trampoline—must qualify in individual trampoline.

(4) Events. Association and Regional Championship competition may be conducted in any one or more of the following events: trampoline, mini-tramp, synchronized trampoline, and tumbling.

- (5) AAU Junior Olympic Trampoline and Tumbling competition shall be conducted in accordance with the rules for age group competition contained in the AAU Trampoline and Tumbling Handbook with the following additions and/or exceptions: (Note: Complete rules governing conduct of a meet are also contained in the above Handbook).
- (i) Synchronized teams must be made up of two boys or two girls except in the case of properly announced special events.
- (ii) Synchronized team partners need not be from the same club.
- (6) Awards. At Association, Regional, and the Junior Olympic National Championships, competitors must be in competitive, warm-up, or team uniform in order to receive awards. If not so attired awards will be given to their coaches.
- (7) Compulsory Trampoline Routines. The compulsory routines for Junior Olympic competition are the age group compulsory routines listed in Article IV L of this handbook (page 61).
- (8) There are no compulsory passes for double mini-tramp or for age group tumbling.

1976 ALL-AMERICAN TEAMS

MEN		WOMEN
	Individual Trampoline	
Robbie Bollinger		Shelly Grant
Ron Merriott		Julie Johnson
Stuart Ransom		Dian Nissen
	Synchronized Trampoline	
Jim Cartledge		Leigh Hennessy
Chris Eilertsen		Anne Thompson
	Double Mini-Tramp	
Robbie Bollinger		Leigh Hennessy
Ron Merriott		Dian Nissen
Don Zasadny		Denise Seal
	Tumbling	
J. Bertz		Tracy Long
Eddie Goodman		Lisa Podojil
Kevin McKee		Nancy Quattrochi

U.S. TEAM SELECTION POLICY

The world championships in trampoline, tumbling and double mini-tramp are held every 2 years under the jurisdiction of the International Trampoline Federation (abbreviated ITF or FIT). The next FIT world championships will be in Australia in 1978.

A full team to compete in the world championships normally consists of 3 men and 3 women in each of the individual events (individual trampoline, tumbling, double mini-tramp), and one synchronized trampoline pair of each sex. According to regulations adopted by the International Trampoline Federation in 1976, athletes must be citizens of the country they represent, and at least 12 years old. The selection of the U.S. Team is based on performances in the best two out of three meets designated as team trials. (In 1975, the athlete representatives to the Trampoline and Tumbling Committee recommended that the trials be at least 4 weeks apart beginning in late January or early February and ending with the AAU Senior Nationals.) The procedure is summarized below:

1. There shall be three team trials run by FIT rules.
2. To be ranked, an athlete must compete in at least two of the three trials.
3. If an athlete competes in all three trials, the ranking will be in accordance with points earned in the best two.
4. For purposes of ranking, points are awarded as follows: 1st place—10 points, 2nd place—9, 3rd—8, 4th—7, 5th—6, 6th—5, 7th—4, 8th—3, 9th—2, 10th—1.
5. In case of a tie at a meet, the tying athletes each receive the points assigned to the tying place, and the next vacant position or positions are not assigned. For example, in a 3-way tie for fourth place, each tying athlete gets 7 points, and the next place is 7th. In a 2-way tie for 2nd, each athlete would receive 9 points, and the next place is 4th.
6. In the event of a tie in the final number of points earned after the three trials, then and only then are the scores used to determine the final ranking.

This team selection policy can be changed by a vote of the Trampoline & Tumbling Committee.

PREVIOUS RECIPIENTS OF THE MILTON DAVIS AND JAMES A. ROZANNAS COACH OF THE YEAR AWARDS

Year	Milton Davis Award	James A. Rozannas Award
1973	Jimmy Yongue	
1974	Jimmy Yongue	
1975	Paul Swafford	Neil Godbey
1976	Dave Coons	Roger Brown and Dave Green

DIFFICULTY RATINGS FOR 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 to the stomach landing 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	.3	.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. 1 3/4 somersaults (backward)	.9	1.0	1.0	-
10. 2 somersaults	.8	.9	.9	-
11. 2 1/4 somersaults	.9	1.0	1.0	-
12. 2 3/4 somersaults (forward)	1.1	1.2	-	-
13. 2 3/4 somersaults (backward)	1.3	1.4	1.4	-
14. 3 somersaults	1.2	1.3	-	-
15. 1 back cody	.5	.6	.6	-
16. Double back cody	.9	1.0	-	-
17. 3/4 somersault 1/2 twist	-	-	-	.4
18. 3/4 somersault 1 twist	-	-	-	.5
19. 1 somersault 1/2 twist	-	-	-	.5
20. 1 somersault 1 twist	-	-	-	.6
21. 1 somersault 1 1/2 twists	-	-	-	.7
22. 1 somersault 2 twists	-	-	-	.8
23. 1 somersault 2 1/2 twists	-	-	-	.9
24. 1 somersault 3 twists	-	-	-	1.0
25. 1 1/4 somersaults 1/2 twist	.6	.6	.6	.6
26. 1 1/4 somersaults 1 twist	-	-	-	.7
27. 1 1/4 somersaults 1 1/2 twists	-	-	-	.8
28. 1 1/4 somersaults 2 twists	-	-	-	.9
29. 1 1/4 somersaults 3 twists	-	-	-	1.1
30. 1 1/4 somersaults 4 twists	-	-	-	1.3
31. 1 3/4 somersaults 1/2 twist	-	-	-	.8
32. 1 3/4 somersaults 1 twist forward	-	-	-	.9
33. 1 3/4 somersault 1 twist backward	1.1	1.1	1.1	1.1

SKILL

	Tuck	Pike	Layout	Free
34. 1 3/4 somersaults 1 1/2 twists	-	-	-	1.0
35. 1 3/4 somersaults 2 twists forward	-	-	-	1.1
36. 1 3/4 somersault 2 twists backward	1.3	1.3	1.3	1.3
37. 1 3/4 somersaults 2 1/2 twists	-	-	-	1.2
38. 2 somersaults 1/2 twist	.9	1.0	-	-
39. 2 somersaults 1 twist	1.0	1.1	1.1	1.0
40. 2 somersaults 1 1/2 twists	1.1	1.2	-	-
41. 2 somersaults 2 twists	1.2	1.3	1.3	1.2
42. 2 somersaults 2 1/2 twists	1.3	1.4	-	-
43. 2 somersaults 3 twists	1.4	1.5	-	-
44. 2 3/4 somersaults 1/2 twist	1.2	1.3	-	-
45. 2 3/4 somersaults 1 twist forward	1.3	1.4	-	-
46. 2 3/4 somersault 1 twist backward	1.5	1.6	-	-
47. 3 somersaults 1/2 twist	1.3	1.4	-	-
48. 3 somersaults 1 twist	1.4	1.5	-	-

Ball Out Somersaults To The Feet

1. Barani ball out	.6	.6	.6	.6
2. Rudy ball out (1 1/2 twists)	-	-	-	.8
3. Randy ball out (2 1/2 twist)	-	-	-	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 Trampolining

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

Championship: _____ Place: _____ Date: _____
 First name: _____ AAU No. _____
 Sex _____ **Last Name** _____ 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	
Middle Sum				Final Total Score	
Deductions				Placing:	
Sub Total				Signature of the Referee _____	
Difficulty	X				
Total Score					

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 Trampolining

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

Championship: _____ Place: _____ Date: _____
 1 Last name _____ 1 AAU No. _____
 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			Result	
4			2nd Optional Result	
5			Final Total Score	
6			Placing:	
Middle			Signature of the Referee _____	
Middle Sum				
Syncho Deductions				
Sub Total				
Difficulty	X			
Total Score				

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

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

Checked by

Competitor's
Name _____

Judges Name _____

TRAMPOLINE JUDGES SCORE CARD	1	
	2	
	3	
	4	
	5	
	6	
	7	
	8	
	9	
	10	

.
 Judges Score

Deductions _____

Deduction for
last landing _____

Total
Deduction _____

 Date

 Judges No.

Competitor's
Name _____

Judges Name _____

SYNCHRONIZED TRAMPOLINE JUDGES SCORE CARD	1	
	2	
	3	
	4	
	5	
	6	
	7	
	8	
	9	
	10	

For lack
of syncro.
Total
Deduction _____

 Date

 Judges No.

**SAMPLE DIFFICULTY RATINGS
FOR SUB SECTION
ARTICLE III—DOUBLE MINI-TRAMP**

D. Difficulty Ratings*

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

Spotter Skills

1.	Straddle pike jump	-	0	-	-
2.	Front jump 1/2 twist	-	-	.1	-
3.	Front jump 1 twist	-	-	.2	-
4.	Front jump 1 1/2 twists	-	-	.3	-
5.	Front jump 2 twists	-	-	.4	-
6.	Front somersault	.4	.5	.5	-
7.	Front double somersault	.8	-	-	-
8.	Front double somersault 1/2 twist (Barani out)	.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.	Back somersault	.4	.5	.5	-
15.	Back double somersault	.8	.9	-	-
16.	Back double somersault 1 twist				
	a. 1/2 in 1/2 out	1.0	1.1	1.1	1.0
	b. Full in back out	1.0	1.1	1.1	1.0
	c. Back in full out	1.0	1.1	1.1	1.0
17.	Back somersault 1 twist	-	-	-	.6
18.	Back somersault 2 twists	-	-	-	.8
19.	Back somersault 3 twists	-	-	-	1.0

Dismount Skills

Forward

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

Backward

1.	Backward straddle pike jump	-	0	-	-
2.	Backward jump 1/2 twist	-	-	.1	-
3.	Backward jump 1 twist	-	-	.2	-
4.	Backward jump 1 1/2 twists	-	-	.3	-
5.	Backward jump 2 twists	-	-	.4	-
6.	Backward somersault	.4	.5	.5	-
7.	Backward double somersault	.8	.9	.9	-
8.	Backward somersault 1/2 twist	-	-	-	.5
9.	Backward somersault 1 twist	-	-	-	.6
10.	Backward somersault 1 1/2 twists	-	-	-	.7
11.	Backward somersault 2 twists	-	-	-	.8
12.	Backward somersault 3 twists	-	-	-	1.0
13.	Backward double somersaults 1 twist				
	a. 1/2 in 1/2 out	1.0	1.1	1.1	1.0
	b. Full in back out	1.0	1.1	1.1	1.0
	c. Back in full out	1.0	1.1	1.1	1.0
14.	Backward double somersaults 2 twists	-	-	-	-
	a. Full in full out	-	1.3	-	1.2
	b. 1/2 in Rudy out	-	1.3	-	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	1.1	-	-
8.	Inward double somersault 1/2 twist (Barani out)	1.0	1.1	-	-

Reverse

1.	Reverse somersault	.5	.6	.6	-
2.	Reverse double somersault	.9	1.0	1.0	-
3.	Reverse somersault 1/2 twist	-	-	-	.6
4.	Reverse somersault 1 twist	-	-	-	.7
5.	Reverse somersault 2 twists	-	-	-	.9
6.	Reverse somersault 3 twists	-	-	-	1.1
7.	Reverse double somersault 1 twist:				
	a. 1/2 in 1/2 out	1.1	1.2	1.2	1.1
	b. Full in back out	1.1	1.2	1.2	1.1
	c. Back in full out	1.1	1.2	1.2	1.1

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

Competition Card for Double Mini-Tramp

PRELIMS	STARTING ORDER	FINALS
---------	----------------	--------

CHECK APPROPRIATE BLANK

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

CHAMPIONSHIP _____ PLACE _____ DATE _____
 FIRST NAME _____ LAST NAME _____ AUU NO. _____
 SEX _____ CLUB _____
 DATE OF BIRTH _____ ADDRESS _____

PRELIMINARY COMPETITION

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

PRELIMINARY

FINAL COMPETITION

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

FINAL

TOTAL SCORE

PLACEMENT

DIFFICULTY RATINGS FOR SUB SECTION ARTICLE III-TUMBLING

Competitor's
Name _____

MINI-TRAMP JUDGES
SCORE CARD

1	
2	

Judges Score

Judges Name

Penalty zone
Deductions _____

Deduction for
landing _____

Other
Deductions _____

Total
Deduction _____

Date _____

Judges No. _____

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 or Aerial Walkover	.2
4. Aerial Barani	.4
5. Front Somi with 1/2 twist (Barani)	.7
6. Front Somi with 1 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	2.4
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	2.4
Back Skills	
1. Back somi tuck position	.4
2. Back somi layout or pike position	.5
3. Back somi with 1/2 twist	.6
4. Arabian somi tuck position	.6
5. Arabian somi 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	2.4
9. Arabian 4/2 somi tuck position	2.0
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	2.4
16. Double back with 4/2 twist	3.2
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.

Competition Card for Tumbling

Starting Order	
Prolims	Finals

Championship _____ Place _____ Date _____

First Name _____ Last name _____

Country _____

Sex _____

Date of Birth _____ Address _____

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

Signature of Referee _____

Name _____	Country _____	Placing _____
------------	---------------	---------------

Pass	Parts of Pass (Please Print)	Bonus Points	Difficulty	Total Points
COMP or 1st Pass				
2.				
3.				
4.				
5.				

SKILL ABBREVIATIONS

- | | | |
|-----|--------|---------------------------------------|
| 1. | RO | Round-off |
| 2. | HS | Front handspring |
| 3. | C | Cartwheel |
| 4. | FF | Backward handspring |
| 5. | T | Tinsica |
| 6. | AER | Aerial |
| 7. | F | Forward somersault |
| 8. | B | Backward somersault |
| 9. | BNY | Barani |
| 10. | S | Side somersault |
| 11. | BNY | 1/2 Tw forward somersault |
| 12. | B 1/2 | 1/2 Tw backward somersault |
| 13. | FULL | Full Tw backward somersault |
| 14. | D FULL | Double full Tw backward somersault |
| 15. | T FULL | Triple full Tw backward somersault |
| 16. | 2B | Double backward somersault |
| 17. | 3B | Triple backward somersault |
| 18. | F FULL | Full Tw forward somersault |
| 19. | R | 1 1/2 Tw forward somersault (rudolph) |
| 20. | FLIF | Twisting Double somersault |
| 21. | W | Whipback |

(Bt, Bp, Bl indicate back somersaults in tuck, pike, & layout, respectively; similarly for front somersaults Ft and Fp. A number before a skill abbreviation is the number of somersaults; a number after a skill abbreviation is the number of twists. Example: 2B1/2 is a half twisting double-back.)

Competitor's
Name _____

Judges Name _____

**TUMBLING JUDGES
SCORE CARD**

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Judges Score

Place

Date

Judges No.

Deductions _____

Deduction for
last landing _____

Total
Deduction _____

**U.S. JUDGES WHO HAVE BEEN
INTERNATIONALLY CERTIFIED
BY THE INTERNATIONAL TRAMPOLINE FEDERATION**

(The year in the event column is the date of latest certification in the event indicated. TR=Trampoline, TU=Tumbling, DMT=Double Mini-tramp. Certification normally expires after four years. At this printing, information is not yet available on examinations passed in 1976.)

EVENT		NAME AND ADDRESS	TELEPHONE
TR	TU	DMT	
	75		
74		75	
74			
74	75		
74	75	75	
75	75		
68			
75			
70			
74			
72			
	75		
70			
	75		
75			
	75		
75			
	75		
68			
75			
74			
75			
75	75	75	
75			
75			
	75		
75			
75			
72			
72			
74			
75	75	75	
70			
66			
75			
74			
75			
74			
75			
75	75		
75	75		
74			
75			
	75		
75			

*International Trampoline Federation Technical Chairman