

# **2019 NAIGC Trampoline and Tumbling National Championships Structure, Format, & Rules**

*Version 1.0 / Last Amended 11/27/2018*

## I. Overview

In order to encourage radical opportunity in the sport of gymnastics, we will be offering a Trampoline and Tumbling Competition. In 2019, this competition will only include Power Tumbling. Gymnasts may compete this discipline solely, or in addition to any of the other competitions offered at Nationals 2019.

### II. Awards Category

A. The 2019 NAIGC Trampoline and Tumbling competition will be open to all NAIGC athletes wishing to compete. We will recognize the top overall performers in each level.

### III. Levels

A. The 2019 NAIGC Trampoline and Tumbling competition will offer the New Flyers and High Flyers Levels as defined in the NAIGC Trampoline and Tumbling Code of Points.

B. The 2019 NAIGC Trampoline and Tumbling Competition will offer four levels in which people can receive awards:

1. Women's High Flyers
2. Men's High Flyers
3. Women's New Flyers
4. Men's New Flyers

## II. Judging

A. All routines will be judged based on the NAIGC Trampoline and Tumbling Code of Points.

## III. Schedule and Competitions

. Scope – Each of the numbers in **blue** is a placeholder that may be changed at any time up to the date of the National Championships to accommodate variance in registration or the distribution of individuals among Divisions and Levels. All changes will be announced before competition begins and posted on the NAIGC website.

A. Trampoline and Tumbling scores will only be based on performances during preliminary sessions; no Finals sessions will be offered for Trampoline and Tumbling.

B. Individual Competition- the top **3** performers in each of the four divisions outline above will receive awards for Trampoline and Tumbling.

C. Team Competition- there will not be a team competition offered.

D. Individuals can qualify for Trampoline and Tumbling Awards in addition to other disciplines they may be competing.

## IV. Amendments

. This document may be amended by the NAIGC Board of Directors at any time.

A. Within Section VII, any of the numbers in **blue** may be amended by the NAIGC President or Trampoline and Tumbling Rules Spokesperson.

## Document Revision History

<b>Version / Date</b>	<b>Author</b>	<b>Change/Reason</b>
1.0 / 11/27/2018	Caleb Dafilou	Policy created