

NAIGC Trampoline and Tumbling Judges Cheat Sheet

About the NAIGC

- NAIGC competition is designed for collegiate and adult athletes of widely varying skill levels. One of the core values of the NAIGC is to embrace radical opportunity and to create an inclusive environment that encourages and supports participation and competition in the sport of gymnastics.
- Our motto is “For the Love of the Sport.” Many athletes may have minimal experience in Trampoline and Tumbling and are doing this for fun. Please welcome them to our sport.

General Guidelines Applicable to All Events

- **There are no uniform deductions in NAIGC T&T competition unless apparel creates a safety hazard.**
 1. Shorts or leggings are allowed, and no deductions should be taken for visible undergarments, small jewelry (i.e. stud earrings) or long hair that has been tied back (unless it contacts the apparatus).
 2. The judge should not allow the gymnast to begin their routine if their attire is unsafe. (e.g. excessively baggy clothing, large jewelry).
 3. **If there is an issue, the athlete should be given an opportunity to correct it before action is taken against them.** In the case of disagreements, the meet referee's decision stands as final.
- If the judges deem an athlete cannot complete their routine safely based on practice or warm up turns, they have the ability to request that the athlete not perform the skills in question. If the athlete denies or ignores the request, the judge has the ability to scratch the athlete from the event prior to their competition routine.
- Athletes are only permitted to perform skills listed on the DD chart unless an NAIGC representative specifies otherwise.
- All athletes are required to submit a competition card prior to the touch warm ups. They should be completed to the best of their ability and Intermediate and High Flyers should include FIG shorthand.
- When in doubt, please err on the side of the athlete. Remember, we are all here “For the Love of the Sport.”

Trampoline (Individual and Synchro)

- All athletes will compete a single voluntary routine with required skills as outlined in their corresponding level below and receive a difficulty score.
- Athletes are allowed 2 touches per routine that last 1 minute each
- There is no time of flight score

Execution/Horizontal Displacement

- Execution and horizontal displacement deductions will follow the USAG 2021-2024 Trampoline Code of Points

Superior/Difficulty

- DD will be calculated the same way as a USAG Voluntary routine with the same skill values.
- All CJP deductions will follow the USAG 2021-2024 Trampoline Code of Points unless otherwise stated.
- In Intermediate and High Flyers, repeated skills are not allowed and will receive a penalty of 2.0 from the total score of the routine for each occurrence where the offense occurs. (This should be the same as USAG Optional First Voluntary Routines). DD will not be counted for the repeated skill and the routine will be subject to penalties for a short routine. New Flyers may repeat elements with 0.0 DD one time each.
- The following elements, when competed in competition, will cause a routine interruption:
 1. Skills that land on any part of the body except feet, seat, front or back.
 2. Skills that land outside the trampoline bed.

Trampoline Routine Requirements & Restrictions

Completed routines that do not meet the requirements will receive a 2.0 Chair of Panel deduction. This includes not including required skills in the routine, exceeding DD restrictions for the level (for individual skills or the entire routine) or not meeting DD minimums.

- New Flyers
 1. May compete any number of skills valued at 0.4 or lower
 2. May compete up to 2 skills from the following list
 - Front Tuck, Front Pike, Front Straight, Back Tuck, Back Pike, Back Straight, Barani Tuck, Barani Pike, Barani Straight
 3. Any skill valued at 0.0 may be repeated once each. Any skill with a non-zero DD value is not eligible for repetition.
- Intermediate Flyers
 1. May compete any skill valued at 0.8 or lower
 2. Routine must include at least three skills that have a minimum of 360° flipping rotation
 3. Routine may not exceed a cumulative difficulty score of 5.0
- High Flyers
 1. Routine must obtain a minimum difficulty of 4.5
 - There are no difficulty restrictions

Double Mini Trampoline

- All athletes compete 2 voluntary passes that are both rewarded difficulty.
- The passes may be any combination of mounter or spotter passes (i.e. 2 mounters, 2 spotters or one of each)
- Each athlete is allowed a run, consisting of 2-3 straight jumps, followed by 3 touches

Execution

- Execution deductions will follow the USAG 2021-2024 Double Mini Trampoline Code of Points

Superior/Difficulty

- DD will be calculated the same way as a USAG Voluntary routine with the same skill values.
- All CJP deductions will follow the USAG 2021-2024 Double Mini Trampoline Code of Points unless otherwise stated.
- Skills are considered repeated when they are performed within the same position of the pass (mounter, spotter, or dismount). Repeated skills are not interruptions, but will not be rewarded difficulty.
- The following elements, when competed in competition, will cause a routine interruption:
 1. Skills not landing on both feet
 2. Side somis
 3. Skills that land outside the DMT bed or dismount area.

Double Mini Trampoline Routine Requirements & Restrictions

Completed routines that do not meet the requirements will receive a 2.0 Chair of Panel deduction. This includes not including required skills in the routine, exceeding DD restrictions for the level (for individual skills or the entire routine) or not meeting DD minimums.

- New Flyers
 1. May compete any number of skills valued at 0.5 or lower
 2. May compete no more than one total skill valued at 0.6 or 0.7
 3. May compete no more than 1 salto per pass
- Intermediate Flyers
 1. Athletes may compete any skill valued at 1.2 or lower
 2. Of the 4 counting skills performed, a minimum of 2 must be valued at 0.5 or higher.
 3. Each pass may not exceed a cumulative difficulty score of 1.6
- High Flyers
 1. Each pass must obtain a minimum difficulty of 1.4
 - There are no difficulty restrictions

Power Tumbling

- Each athlete competes 2 passes. Length of each pass is determined by the athlete's level and are specified below.
- Each athlete will be allowed one run followed by 3 touches total to warm up their 2 passes

Execution

- Execution deductions will follow the USAG 2021-2024 Power Tumbling Code of Points

Superior/Difficulty

- All CJP deductions will follow the USAG 2021-2024 Power Tumbling Code of Points unless otherwise stated.
- DD will be calculated the same way as a USAG Voluntary routine with some exceptions (see the attached NAIGC DD sheet for full list.
 1. All non-salto elements have been upgraded by 0.1. All non-flight acro are worth 0.1, all flight acro (including roundoffs, handsprings and aerials) are worth 0.2 and whips are worth 0.3.
- Repetitions
 - Any non-salto skill may be repeated to earn more difficulty. Whips are exempt from this rule and may be repeated any number of times.
 - For High Flyers, whip fulls may be repeated any number of times to earn more difficulty.
 - If a pass is repeated it must begin with a different entry for the same skill (i.e. running roundoff vs power hurdle roundoff)
- Rhythm
 - Elements including a power hurdle may be completed in the middle of a pass, however rhythm deductions will apply. A step-out landing is recommended.
 - A single skill must show continuous traveling motion down the tumble strip to not cause an interruption. (i.e. A handstand, punch to handstand will cause an interruption)
 - Passes including a change of direction (reversals) and step-outs are allowed within a pass.
- All passes must be initiated from the tumbling surface. No springboard takeoffs are allowed.
- All dismounts (or the last skill in a pass) must end with the feet parallel either with a two-foot landing or a step-in. Failure to meet this requirement will result in an interruption of the last skill.
- A routine will be considered interrupted if there is a fall or if a pass does not include the correct number of skills for the pass number and level.

Power Tumbling Routine Requirements & Restrictions

Completed routines that do not meet the requirements will receive a 2.0 Chair of Panel deduction. This includes not including required skills in the routine, exceeding DD restrictions for the level (for individual skills or the entire routine) or not meeting DD minimums.

- New Flyers
 1. Will compete 2 passes, each with a minimum of 4 skills and a maximum of 7 skills. Any new flyers pass with 4-7 skills will start out of 10.0 for execution scores. If a pass is interrupted, but still has at least 4 skills, it will still start out of 10.0 for execution, but a 2.0 CJP penalty will apply.
 2. May compete any skill valued at 0.2 or lower
 3. Each pass may not exceed a 1.3 difficulty value
- Intermediate Flyers
 1. Will compete a first pass with a min. of 5 skills and a maximum of 8 skills and a second pass with 8 skills.
 2. May only compete skills valued at 0.2 or higher.
 - Exception: A rebound (valued at 0.1) may be competed in either or both passes.
 3. May compete any skill valued at 1.0 or lower
 4. The first pass may include any number of saltos but may not exceed a total difficulty of 2.6.
 - Any intermediate flyers first pass with at least 5 skills will start out of 10.0 for execution scores. If a pass is interrupted, but still has at least 5 skills, it will still start out of 10.0 for execution, but a 2.0 CJP penalty will apply.
 5. The second, 8-skill pass may include any number of handsprings or whips but may only include 1 non-whip salto, as the dismount. This pass may not exceed a total difficulty of 2.9
- High Flyers
 1. Will compete 2, 8-skill passes
 2. Must obtain a minimum difficulty of 2.0 for each pass.
 3. The dismount of each pass must land in the landing zone.