

NAIGC T&T Code of Points

Version 3.2 - Last Amended: 9/27/2023

(Note: Changes this competition year highlighted in red)

All Events

I. Uniforms

- A. There are no uniform deductions in the T&T competition. The judge however should not allow the gymnast to begin their routine if their attire is unsafe. (e.g. excessively baggy clothing, dangerous jewelry). The athlete and/or coach must be given a verbal warning about their attire before being scratched.
 - 1. In the case of disagreements, the meet referee's decision stands as final.
- B. For the trampoline events, athletes must wear trampoline shoes and/or socks that do not extend past the ankle.

II. Safety

- A. 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.
- B. Athletes may only perform skills listed on the DD charts for each event. If an athlete would like to compete a skill not listed on the DD charts, additional skills may be added with the approval of the TnT Rules Spokesperson. To do so, the athlete must send a video of themselves completing the skill and a description of the skill to rules@naigc.org.
 - 1. Skills, where hands touch the apparatus or the athlete lands on one foot, will not be permitted. Additional skill specifications for each event are listed under the appropriate section below.
 - 2. If athletes are unsure whether skills are legal, they may send a video of themselves executing the skill and a description of the skill to rules@naigc.org to determine legality and degree of difficulty.

III. Competition Information

- A. **The NAIGC will follow all USAG judging guidelines unless otherwise specified in the rules below.**
- B. All athletes must complete and submit a competition card to the Superior/Difficulty judge prior to beginning their touches on their event. Competition cards may be found at <https://naigc.org/trampoline-and-tumbling/>
 - 1. Failure to submit a competition card prior to touches will result in a 0.2 CJP deduction
 - 2. Athletes should fill out the competition cards to the best of their ability. Routines competed in Intermediate and High Flyers should include numerical FIG shorthand.
- C. Difficulty (DD) values for all skills allowed within NAIGC can be found in the [NAIGC DD Chart](#).

Individual Trampoline

- I. Information
 - A. Routines consist of 10 skills in series (no straight jumps in between).
 - B. Routines allow for up to 1 minute of straight jumps prior to the first skill and a single out-bounce after the final skill.
 - C. All athletes will compete a single voluntary routine with required skills as outlined in their corresponding level below and receive a difficulty score.
 - D. Athletes are allowed 2 touches that last 1 minute each.
- II. Routine Requirements - Routines that do not meet the specified level requirements will receive a 2.0 CJP deduction
 - A. 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
 - a) 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.
 - B. 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
 - C. High Flyers
 1. Routine must obtain a minimum difficulty score of 4.5
 - D. Routines are not allowed to include repeated skills in any level (except for New Flyers as stated in section II.A.3). If an ineligible skill is repeated, the athlete will receive a penalty of 2.0 from the total score of the routine for each occurrence where the offense occurs. If an ineligible skill is repeated, the difficulty of the repeated skill will not be counted. The repeated skill will not count towards the number of counted skills in the routine and will be subject to penalties as listed in section I.A.3.b). under the Judge Information header.
- III. Disallowed Skills - The following elements, when competed in competition, will cause a routine interruption:
 - A. Any skills where only the athlete's hands make contact with the trampoline (i.e. front handsprings and back handsprings).
 - B. Skills that land on one foot
 - C. Side somis
 - D. Skills that land outside the trampoline bed.
 - E. Skills outside of what is allowed at the level being competed.
 - F. A routine will be interrupted at the point in which the disallowed skill is completed in addition to the 2.0 CJP deduction.

Double Mini Trampoline

- I. Information
 - A. 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 mounter passes or 2 spotter passes or one of each)**
 1. The mounter pass consists of the first skill travels from the 1st bed to the 2nd bed (mounter), followed by the second skill that travels from the second bed into the landing zone (dismount).
 2. The spotter pass consists of a straight jump traveling from the 1st bed to the 2nd bed, the first skill taking off and landing on the 2nd bed (spotter), followed by the second skill that travels from the 2nd bed into the landing zone (dismount).
 3. All skills take off and land on both feet.
 - B. Each athlete is allowed a run, consisting of 2-3 straight jumps, followed by 3 touches to warm up both passes.
- II. Routine Requirements - Routines that do not meet the specified level requirements will receive a 2.0 CJP deduction
 - A. 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**
 - B. Intermediate Flyers
 1. 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 1.6 difficulty value.
 - C. High Flyers
 1. Routines must obtain a minimum difficulty of 1.4 for each pass.
 - D. A roundoff or front handspring entry onto the DMT bed is allowed, but each athlete intending to compete this must submit a video of themselves competing their intended pass to the NAIGC at rules@naigc.org before competition to be approved for safety. The performance of the roundoff or front handspring entry onto the DMT bed must be noted on the competition card to make the judges aware of athletes' intended pass prior to the routine.
 - E. 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.
 1. **Allowed: Mounter Straddle Jump in one pass, Spotter Straddle Jump in another pass**
 2. **Allowed: Mounter Barani Tuck in one pass, Spotter Barani Tuck in another pass**
 3. **Allowed: Spotter Back Tuck in one pass, Dismount Back Tuck in another pass**
 4. **Not allowed: Mounter Barani Tuck in both passes with different dismounts**
- III. Disallowed Skills - The following elements, when competed in competition, will cause a routine interruption:

- A. Skills not landing on your feet
- B. Skills that land on one foot
- C. Side somis
- D. Skills that land outside the DMT bed or dismount area
- E. Skills outside of what is allowed at the level being competed.
- F. A routine will be interrupted at the point in which the disallowed skill is completed in addition to the 2.0 CJP deduction.

Power Tumbling

- I. Information
 - A. Each athlete competes 2 passes. The length of the passes will be different for each level and are specified below.
 - B. Each athlete will be allowed one run followed by 3 touches total to warm up their 2 passes.
- II. Routine Requirements - Routines that do not meet the specified level requirements will receive a 2.0 CJP deduction
 - A. 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**
 - B. Intermediate Flyers
 - 1. **Will compete a first pass with a minimum 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.**
 - a) **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.**
 - a) **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**
 - C. 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.
 - D. Any Intermediate Flyers or High Flyers routine that ends in a salto and does not land on the landing mat will incur a 0.4 CJP deduction.

1. Exceptions will be made if the pass ends in a reversal (i.e. Back Straight to Front Tuck)

III. Skill/Pass Specifications

- A. 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.
 1. Credit for a front straight will only be given if the competition card indicates that a front straight is the intended skill.
 2. A front straight will be awarded credit if the skill reaches above shoulder height. Any front straight that does not reach shoulder height will be credited as a front whip.
- B. For High Flyers, whip fulls may be repeated any number of times to earn more difficulty.
- C. If a pass is repeated it must begin with a different entry for the same skill (i.e. running roundoff vs power hurdle roundoff)
- D. Passes including a change of direction and step-outs *are* allowed within a pass.
- E. 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.
- F. 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.
 1. 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)
- G. All passes must be initiated from the tumbling surface. No springboard takeoffs are allowed.

Synchronized Trampoline

I. Information

- A. Routines consist of 10 skills in series (no straight jumps in between).
- B. Routines allow for up to 1 minute of straight jumps prior to the first skill and a single out bounce after the final skill.
- C. All athlete pairs will compete a single voluntary routine with no required skills and receive a difficulty score.
- D. Athlete pairs are allowed 2 touches per routine that last 1 minute each.
- E. During routines, athletes are permitted to communicate with one another, but not with their coaches.
- F. Athlete pairs may be from any gender and any team but must compete at the same level. The synchro level must match the level of at least one of the athletes individual trampoline level if one or both athletes participate in individual trampoline competition.
- G. Each athlete can only compete as part of one synchro pair.

II. Competition Rules

- A. Athletes may compete in one of the three following levels. Details for each level can be found in the individual trampoline section.
 - 1. New Flyers
 - 2. Intermediate Flyers
 - 3. High Flyers
- B. All rules in the individual trampoline section will apply to synchronized trampoline routines.
- C. For more information on scoring for Synchro Trampoline see section III.D under the Judge Information header.

Judge Information

I. Judge Responsibilities

A. Superior/Difficulty judge

1. This judge will serve as the Chair of the Judges Panel
2. The superior/difficulty judge must be at minimum USAG Category 2 certified on the event they are chairing.
3. The Superior/Difficulty judge determines interruptions of a routine.
 - a) This is the point where judges should only take deductions up until this interruption.
 - b) The score will be reduced by 1.0 for each missing skill for Trampoline and Power Tumbling and to 7.0 or 0.0 for a Double Mini pass with 1 or 0 counting skills respectively.
4. The superior/difficulty judge determines the difficulty score for each routine completed. The calculations for the difficulty score can be found for each event under Scoring Calculations or using the NAIGC DD charts.
5. The superior/difficulty judge determines landing deductions. These are deducted from each execution score.
 - a) See section 2.5.8. of the [2021-2024 USAG Trampoline Code of Points](#) for more information on these deductions.
 - b) See section 2.5.6. of the [2021-2024 USAG Double Mini Trampoline Code of Points](#) for more information on these deductions
 - c) See section 2.5.8. of the [2021-2024 USAG Tumbling Code of Points](#) for more information on these deductions.
6. The Superior/difficulty judge determines the Chair of the Judges Panel (CJP) deductions. These are deducted from the pass score (or routine score for trampoline) to give the final score. Use USAG deductions unless stated otherwise.
 - a) See section 2.4.1 of the [2021-2024 USAG Trampoline Code of Points](#) for more information on these deductions.
 - b) See section 2.4.1. of the [2021-2024 USAG Double Mini Trampoline Code of Points](#) for more information on these deductions.
 - c) See section 2.4.1. of the [2021-2024 USAG Tumbling Code of Points](#) for more information on these deductions.
 - d) Routines that do not meet the level requirements will receive a 2.0 CJP deduction

B. Execution judge

1. Each execution judge provides a score out of 10.0
 - (1) Each execution judge deducts 0.0-0.5 points per skill performed based on lack of form, consistency of height, and control in each skill.
 - (2) Execution scores must be within 5 tenths (2 tenths for DMT) of a point from one another when there is more than one execution judge on the panel.

- (3) Detailed descriptions of execution deductions on each event can be found linked below ([Trampoline](#) section 2.5.6, [Double Mini](#) section 2.5.5, [Power Tumbling](#) section 2.5.5 and [Guide to Judging](#) section 1.3.4)
 2. An execution judge must be at minimum USAG Category 3 certified for the event they are judging.
 - C. Horizontal Displacement judge (Trampoline Only)
 1. The horizontal displacement judge provides a score out of 10.0
 - a) The horizontal displacement judge deducts 0.0-0.3 points per skill performed based on each skill's location of landing on the trampoline bed.
 2. The horizontal displacement judge must either be USAG Category 3 certified in trampoline or have completed the NAIGC Horizontal Displacement training course.
 - D. Synchro judge (Synchro Trampoline Only)
 1. The judge deducts 0.0-0.5 points per skill based on the level of synchronization between the paired athletes
 2. The judge may call an interruption when athlete pairs are more than ½ an element apart. If unsure, consult the Superior/Difficulty judge.
 3. Detailed descriptions of synchro deductions can be found in section 2.7.1 of the [2021-2024 USAG Trampoline Code of Points](#)
 4. The synchro judge must either be USAG Category 3 certified in trampoline or have completed the NAIGC Synchronized Trampoline training course.
- II. Recommended Judging Panel Sizes
- A. Individual Trampoline
 1. A full judging panel of 4 judges (2 execution, 1 superior/difficulty, and 1 horizontal displacement) is recommended. However, a panel of 3 judges (1 execution, 1 superior/difficulty, and 1 horizontal displacement) may be used if resources are limited.
 - B. Double Mini Trampoline
 1. A full judging panel of 4 judges (3 execution and 1 superior/difficulty) is recommended. However, a panel of 2-3 judges (1-2 execution and 1 superior/difficulty) may be used if resources are limited.
 - C. Power Tumbling
 1. A full judging panel of 4 judges (3 execution and 1 superior/difficulty) is recommended. However, a panel of 2-3 judges (1-2 execution and 1 superior/difficulty) may be used if resources are limited.
 - D. Synchronized Trampoline
 1. A full judging panel of 9 judges is recommended. However, a panel can consist of as few as 5 judges, if resources are limited. Instructions on how to divide the panel can be found under section III.D in the Judge Information section

III. Scoring Calculations

A. Individual Trampoline

1. The total score is the sum of the difficulty score, execution scores, and the horizontal displacement score as calculated below.

a) Difficulty Score

- (1) All skill values will follow the USAG “Evaluation of Difficulty” calculations unless specified otherwise. Please refer to the [NAIGC DD Chart](#) for skill values.
- (2) Skills without twisting or flipping rotation (positional skills) have no difficulty value.
- (3) A detailed explanation of additional trampoline difficulty calculations can be found in section 2.6.11. of the [2021-2024 USAG Trampoline Code of Points](#).

b) Execution Score

- (1) Double the execution score when there is only 1 execution judge
- (2) The two execution scores when there are two execution judges

c) Horizontal Displacement Score

- (1) The HD score when there is an HD judge
- (2) If in a virtual event, the judge is unable to determine horizontal displacement due to viewing angle, they should serve as a third execution judge.

d) There is no time of flight score.

B. Double Mini Trampoline

1. The total score is the sum of each pass score
2. Each pass score is the sum of the difficulty score and the execution score minus any Chair of Judges deductions as calculated below.

a) Difficulty Score

- (1) All skill values will follow the USAG “Evaluation of Difficulty” calculations unless specified otherwise. Please refer to the [NAIGC DD Chart](#) for skill values.
- (2) Skills without twisting or flipping rotation have no difficulty value
- (3) A detailed explanation of additional DMT difficulty can be found in section 2.6.10. of the [2021-2024 USAG Double Mini Trampoline Code of Points](#).

b) Execution Score

- (1) Triple the execution score when there is only one execution judge
- (2) The two execution scores and their average when there are two execution judges
- (3) The three execution scores when there are three judges

C. Power Tumbling

1. The total score is the sum of each pass score

2. Each pass score is the sum of the difficulty score and the execution score minus any CJP deductions as calculated below.
 - a) Difficulty Score
 - (1) All skill values will follow the USAG “Evaluation of Difficulty” calculations unless specified otherwise below. Please refer to the [NAIGC DD Chart](#) for skill values.
 - (2) All whips have a value of 0.3
 - (3) All flight elements including roundoffs and handsprings (front or back) will be given a value of 0.2. Any aerials (side or front) will also be given a value of 0.2.
 - (4) Any skill that is in the USAG Tumbling compulsory routines that is not specified above will be given a value of 0.1.
 - (5) A detailed explanation of additional tumbling difficulty can be found in section 2.6.9. of the [2021-2024 USAG Tumbling Code of Points](#). Note that all non-salto elements and all whips have been increased in value by 0.1 for NAIGC competition.
 - b) Execution Score
 - (1) Triple the execution score when there is only one execution judge
 - (2) The two execution scores and their average when there are two execution judges
 - (3) The three execution scores when there are three judges

D. Synchro Trampoline

1. The total score is the sum of the difficulty score, execution scores, horizontal displacement scores, and synchro scores as calculated below
 - a) Difficulty Score will be calculated the same way as for individual trampoline. See section III.A.1.a above for details.
 - b) Execution Score
 - (1) Both of the execution scores when there are two execution judges
 - (2) The median two execution scores when there are four execution judges. These scores may be from the same trampoline.
 - c) Each individual Horizontal Displacement Score will be calculated the same way as for individual trampoline. See section III.A.1.c above for details.
 - (1) The final Horizontal Displacement score will be an average of the two individual Horizontal Displacement scores
 - (2) If in a virtual event, the judges are unable to determine horizontal displacement due to viewing angle, they should serve as additional execution judges (1 each/trampoline).
 - d) The synchro score will be based on the start value (generally 10.0)