

**USA GYMNASTICS
TRAMPOLINE & TUMBLING**

**JR. & SR. ELITE
2009 CODE OF POINTS**

EXCEPTIONS: US Exceptions to the FIG Code of Points are in italics. See the FIG Code of Points for complete rules. The FIG Code will not be finalized until after the Intercontinental Judge's Course in February, however the only expected significant changes are to the DMT landing deductions for zones A-C and those changes have been included in these exceptions. Once the code is finalized, the USA Gymnastics rules will be incorporated into the FIG rules so that everyone has a complete set of rules. The draft of the FIG rules can be found at <http://www.sportcentric.com/vsite/vnavsite/page/directory/0,10853,5187-188050-205272-navlist,00.html>.

ALL DISCIPLINES

1. Warming Up - Minimum requirements
 - 1.1 The equipment selected for the competition must be placed in the competition hall at least 2 hours prior to the start of the competition to enable the competitors to warm-up. *For local and state competitions, the time may be adjusted based on the number of junior and senior athletes competing.*
Recommendation: 1-10 athletes – 30 minutes
 - 1.2 *At competitions where there is no warm-up gym available and athletes must warm-up on the competition equipment. There must be a one hour general warm-up immediately prior to the final. The warm-up rules will be as follows::*
 - 1.2.1 *Trampoline and Synchro preliminaries: Two touches prior to the compulsory*
There will not be a touch between the 1st and 2nd routines.
Trampoline & Synchro finals: One touch
 - 1.2.2 *Tumbling preliminaries: One run and four touches*
Tumbling finals: One run and four touches
 - 1.2.3 *Double-mini preliminaries: One run and four touches*
Double-mini finals: One run and four touches
2. Coach's Dress Code (See each discipline for athlete dress codes.)
 - 2.1 *Coaches: The dress code must be followed during all training sessions, warm-up and competition times.*
 - 2.1.1 *Warm-up pants (long pants or capri length, no shorts) and polo shirt or team t-shirt. Warm-up jacket is optional.*
 - 2.1.2 *Gym shoes are required.*
 - 2.1.3 *No denim allowed.*
 - 2.1.4 *No caps or hats allowed.*
 - 2.1.5 *Violators may be asked to leave the floor.*
3. Appeals
 - 3.1 *An appeal can only be filed by a coach or a competitor. Spectators are not allowed to participate in the appeal process.*
 - 3.2 *The written appeal, with the appropriate appeal fee, must be handed to the Meet Referee prior to the start of the next round. In the case of an appeal concerning the final pass, the appeal must be submitted immediately after the end of the round. In any case, no appeals will be accepted after the medals have been awarded.*
 - 3.3 *Appeals concerning the execution scores can only be made with respect to numerical error.*
 - 3.4 *Appeals must be dealt with by the Jury of Appeal prior to the start of the next round and their decision must be announced immediately.*

- 3.5 Video
- 3.5.1 The organizing committee is required to have an official video for the Jury of Appeal to review.
- 3.5.2 The Jury of Appeal may not watch the video prior to meeting as a group individually. They must assemble at the designated location in order to view the video together. The video will be viewed in real time and a straw poll will be taken, after which discussion may be held. If necessary the jury may re-watch the video and a straw poll will be taken after each viewing.
- 3.5.3 Coaches are not allowed to speak to the Jury of Appeal. All information must be in writing on the appeal form.
- 3.5.4 The decision of the Jury of Appeal is final.
- 3.6 Appeal Fee
- 3.6.1 Local Competitions \$25.00
- 3.6.2 State Competitions \$50.00
- 3.6.3 Regional Championships \$75.00
- 3.6.4 National Championships \$100.00
- 3.7 Jury of Appeal composition
- 3.7.1 Local, State and Regional, Competitions
- | | |
|--------------------------------------|---|
| Meet Director | 1 |
| Chair of the Judge's Panel | 1 |
| Meet Referee* | 1 |
| (*State or regional Technical Chair) | |
- 3.7.2 National competitions
- | | |
|----------------------------|---|
| Program Committee Member | 1 |
| Technical Committee Member | 2 |
- (Not involved in the Judges' Panel or in the decision taken)
- If any of these people are unavailable at the time of an appeal, the meet referee may sit on the Jury.
- 3.8 If the appeal is sustained, the fee will be returned. If the appeal is overruled, the fee will be retained by the organizer.
4. Finals
- 4.1 New Life Finals will not be held.
5. Mobility Scores
- 5.1 Level 10 to Junior Elite
- 5.1.1 Trampoline: Men 56.5 8.5 DD
- Women 55.5 7.5 DD
- 5.1.2 Tumbling: Men 80.6
- Women 80.6
- 5.1.3 Double Mini: Men 63.5 7.2 DD (2 passes)
- Women 63.5 7.2 DD (2 passes)
- 5.2 Junior Elite to Senior Elite
- 5.2.1 Trampoline: Men=8.0 ex 58.5 10.5 DD
- Women=8.0 ex 57.5 9.5 DD
- 5.2.2 Tumbling: Men=8.7 ex 62.5 10.3 DD
- Women=8.7 ex 61.2 8.9 DD
- 5.2.3 Double-Mini: Men=9.0 ex 68.4 11.2 DD
- Women=9.0 ex 66.4 9.4 DD
6. National Championships:
- 6.1 Qualifying Scores (based on preliminary scores):
- 6.1.1 Sr. Trampoline: Men 11.0 DD (2nd routine)
- Women 10.0 DD (2nd routine)
- Jr. Trampoline: Men 9.0 DD (2nd routine)
- Women 9.0 DD (2nd routine)
- 6.1.2 Sr. Tumbling: Men 10.8 DD (over 2 passes)
- Women 9.1 DD (over 2 passes)
- Jr. Tumbling: Men 8.9 DD (over 2 passes)
- Women 7.2 DD (over 2 passes)
- 6.1.3 Sr. Double-Mini: Men 11.4 DD (over 2 passes)

		Women	10.0 DD (over 2 passes)
	Jr. Double-Mini:	Men	9.6 DD (over 2 passes)
		Women	8.0 DD (over 2 passes)
6.1.4	Sr. Synchro:	Men	10.0 DD (2 nd routine)
		Women	9.0 DD (2 nd routine)
	Jr. Synchro:	Men	8.0 DD (2 nd routine)
		Women	8.0 DD (2 nd routine)

6.2 Qualification to National Championships

6.2.1 Senior and Junior Elite:

6.2.1.1 All athletes competing are eligible to enter the National Championships provided they have met the following criteria:

- 6.2.1.1.1 Compete at a minimum of 2 USA Gymnastics sanctioned competitions other than the Winter Classic and U.S. Elite Challenge.
- 6.2.1.1.2 Must meet the qualifying requirements at either the Winter Classic or U.S. Elite Challenge.
- 6.2.1.1.3 Individual Trampoline and Synchronized Trampoline: Must complete a 10-skill compulsory routine, a 10-skill optional routine and perform the required degree of difficulty in the optional routine at the Winter Classic or U.S. Elite Challenge..
- 6.2.1.1.4 Tumbling: Must complete 2 8-skill passes and perform the required degree of difficulty at the Winter Classic or U.S. Elite Challenge.
- 6.2.1.1.5 Double Mini-Trampoline: Must complete 2 2-skill passes and perform the required degree of difficulty at the Winter Classic or U. S. Elite Challenge.
- 6.2.1.1.6 Current Junior Elite and Senior Elite National Team members are qualified to National Championships in the event(s) in which they were named to the team. In other events, they must qualify using the established procedures. They must compete at a minimum of 2 USA Gymnastics sanctioned competitions occurring prior to the entry deadline for Visa Championships, other than the Winter Classic and U.S. Elite Challenge.

7. Age Rule

- 7.1 Senior elite athletes must be 17 years of age or older in the current year.
- 7.2 Junior elite athletes must be 12 years of age or older in the current year. There is no maximum age.

8. DD Confirmation

- 8.1 Coaches may request confirmation of an athlete's degree of difficulty by completing a DD Confirmation Request form. The forms will be at the judge's tables.
- 8.2 Coaches must complete the form with the athlete's name and the routine/pass (1st or 2nd, Optional, Compulsory) and give it to the Chair of the Judge's Panel.
- 8.3 There should be no conversation with the Chair of the Judge's Panel.
- 8.4 The Chair of the Judge's Panel will confer with the Difficulty Judges to determine if the correct DD score was flashed by consulting the Competition Card for addition errors or discrepancies between the 2 Difficulty Judges and Chair of the Judge's Panel.
- 8.5 The judges cannot watch the official video or any other video.
- 8.6 If the judges discover an error, then the DD will be corrected immediately.
- 8.7 The Chair of the Judge's Panel will deliver the completed DD Confirmation Request form to the Meet Referee. The coach who submitted the request must go to the Meet Referee for the results of the inquiry.
- 8.8 Coach's submitting the request may ask for confirmation for any athlete in the current flight, including their personal athletes.

- 8.9 *If the request concerns their own athlete, then the coach will have 30 minutes from the time of the request submission to file an official appeal with the Meet Referee.*

TRAMPOLINE & SYNCHRONIZED TRAMPOLINE

1. *Routines – Each routine consists of ten (10) elements.*
 - 1.1 Jr. Elite
 - 1.1.1 The first routine in the Qualifying Round is a 10-element voluntary with requirements.
 - 1.1.1.1 9 elements with a minimum of 270° of somersault
 - 1.1.1.2 1 element to front or back
 - 1.1.1.3 1 element from front or back – in combination with requirement 1.1.1.2.
 - 1.1.1.4 1 double front or back somersault with or without twist.
 - 1.1.1.5 1 element with a minimum of 540° twist.
 - 1.1.1.6 The requirements cannot be fulfilled by combining them into one element, but must be performed as separate elements.
 - 1.1.1.7 During a routine no elements may be repeated. The repetition of an element during the first routine will also result in a deduction of 1.0 pt. by each Execution Judge for each repetition.
 - 1.1.2 The second routine is a 10-element voluntary
 - 1.1.2.1 *Trampoline Minimum difficulty:*

<i>Jr. Men</i>	8.0 DD	<i>(2nd routine)</i>
<i>Jr. Women</i>	8.0 DD	<i>(2nd routine)</i>

Synchro Minimum difficulty:

<i>Jr. Men</i>	7.0 DD	<i>(2nd routine)</i>
<i>Jr. Women</i>	7.0 DD	<i>(2nd routine)</i>
 - 1.1.2.2 *The difficulty judge will take a .1 deduction for each .1 below the minimum difficulty requirements on all completed routines.*
 - 1.1.2.3 No element may be repeated. A repeated element will not receive difficulty credit.
 - 1.1.3 In the Final routine, any elements from the first and second routines can be repeated.
 - 1.2 Sr. Elite
 - 1.2.1 The first routine in the Qualifying consists of 10 different elements, each with a minimum of 270° somersault rotation.
 - 1.2.1.1 Two (2) elements, marked with an asterisk (*) on the competition card, will have difficulty ratings. The difficulty will be added to the execution score to give the total score for the first routine.
 - 1.2.1.2 None of these two (2) elements may be repeated in the second routine of the qualifying round, otherwise the difficulty will not be counted.
 - 1.2.2 The second routine is a 10-element voluntary.
 - 1.2.2.1 *Trampoline Minimum difficulty:*

<i>Sr. Men</i>	10.5 DD	<i>(2nd routine)</i>
<i>Sr. Women</i>	9.5 DD	<i>(2nd routine)</i>

Synchro Minimum difficulty:

<i>Sr. Men</i>	9.5 DD	<i>(2nd routine)</i>
<i>Sr. Women</i>	8.5 DD	<i>(2nd routine)</i>
 - 1.2.2.2 *The difficulty judge will take a .1 deduction for each .1 below the minimum difficulty requirements on all completed routines.*
 - 1.2.3 In the Final routine, any elements from the first and second routines can be repeated.
2. Competition Cards

- 2.1 The elements of the preliminaries and finals routines must be written down on the competition card. For the first routine, each of the required elements must be marked with an asterisk (*). The elements of the second routine and the final routine must also be written down on the competition card with the difficulty value, position and total value of the routine recorded.
- 2.2 The competition card must be submitted at the specified time and place, completely filled out with skill identification, skill position and difficulty value in place and calculated, otherwise the gymnast will not be allowed to start. Changes may be made with no penalty until the start of the round.
- 2.3 Any missing required elements or requirements will result in a deduction of 1.0 point for each missing required element/requirement, by each Execution Judge. Such changes will be recorded on the competition card by the Difficulty Judges.
- 2.4 In both the second routine of preliminaries and the Finals routine, changes to the elements and the order in which they are written on the competition card are permitted without penalty.
- 2.5 Competition cards must be filled out using official FIG terminology or FIG numerical system.
- 2.6 Failure to turn in a competition card by the stated deadline will result in a deduction of 0.2 pts from the difficulty score of the first completed voluntary pass.
3. *Minimum judging panels- add calculations*
 - 3.1 *Individual trampoline – minimum Category 1 at all National Events*
 - 3.1.1 1 Chair of Judges Panel
 - 3.1.2 1 D. D. Judge
 - 3.1.3 3 Execution Judges
 - 3.2 *Synchronized trampoline – minimum Category 1 at all National Events*
 - 3.2.1 1 Chair of Judges Panel
 - 3.2.2 2 D. D. Judges
 - 3.2.3 4 Execution Judges – 2 per trampoline
 - 3.2.4 2 Synchronization Judges – 1 per trampoline
4. Athlete Dress Code
 - 4.1 Athletes: The dress code must be followed during all training sessions, warm-up and competition times.
 - 4.1.1 Male Competitors
 - 4.1.1.1 Leotard without sleeves. T-shirts are not acceptable.
 - 4.1.1.1.1 *During general training sessions, athletes may wear competition shorts rather than competition pants.*
 - 4.1.1.1.2 *During general training sessions, athletes may wear compression shirts rather than leos. Compression shirts must be skin tight and made of lycra or spandex.*
 - 4.1.1.1.3 No other exceptions are allowed.
 - 4.1.1.2 Competition style pants in a single color.
 - 4.1.1.2.1 *During general training sessions, athletes may wear competition shorts (no longer than 5" inseam) rather than competition pants.*
 - 4.1.1.2.2 No other exceptions are allowed.
 - 4.1.1.3 White trampoline shoes with light colored soles and/or white foot covering, or foot covering in the same color as the competition pants, must be worn.
 - 4.1.2 Female Competitors
 - 4.1.2.1 Leotards with or without sleeves may be worn (must be skin tight).
 - 4.1.2.2 Long tights may be worn (must be skin tight).
 - 4.1.2.3 A full-length one piece leotard (unitard) may be worn (must be skin tight).
 - 4.1.2.4 White trampoline shoes with light colored soles and/or white foot

covering of no more than ankle length must be worn. If a unitard is worn, the foot covering may be the same color as the unitard.

4.1.2.5 Any other “dress” that is not skin tight is not allowed.

4.1.2.6 For safety reasons, covering the face or head is not allowed.

- 4.1.3 Members of a synchronized pair must wear identical competition attire.
- 4.1.4 The wearing of jewelry or watches is not permitted. Earrings must be removed and may not be taped. Rings without gemstones are permitted only if they are taped.
- 4.1.5 Only rubber bands, ribbons, flat metal clips or soft hair decorations are allowed.
- 4.1.6 Long hair for both male and female competitors must be secured close to the head. If the hair touches the trampoline, the routine will be interrupted.
- 4.1.7 *Athletes are required to wear competition attire during the march-in immediately prior to competition and during the awards ceremony.*
- 4.1.8 Any violation of Rules 4.1.1-4.1.7 may result in disqualification from the round in which the offense occurs. This decision is made by the Superior Judge.

TUMBLING

1. Pass Requirements

1.1 Jr. Elite

- 1.1.1 *The first pass of the preliminaries is an 8-element straight pass.*
 - 1.1.1.1 *A minimum of one double somersault. Each violation will result in a deduction of 1.0 pts from each Execution Judge on the instruction of the Chair of Judges Panel.*
 - 1.1.1.2 *None of the 7 other elements may contain more than 180° of twist each. Any violation will result in the difficulty of those elements not being counted.*
- 1.1.2 *The second pass of the preliminaries is an 8-element twisting pass.*
 - 1.1.2.1 *Requirements – Must contain one of two options:*
 - 1.1.2.1.1 **First option:** *A minimum of 3 somersaults, one with at least 360° of twist, one with at least 720° of twist which must be performed as the last (8th) element, plus one additional somersault with or without twist.*
 - 1.1.2.1.2 **Second option:** *A minimum of 3 (three) somersaults with or without twist. The last (8th) element must be a full twisting double somersault.*
 - 1.1.2.2 Each violation will result in a deduction of 1.0 pt from the Execution Judges on the instruction of the Chair of Judges Panel.
- 1.1.3 Final (two free passes):
 - 1.1.3.1 A minimum of three (3) somersaults with or without twists, one of which must be performed as the last (8th) element. Each violation will result in a deduction of 1.0 pt. from each of the Execution Judges on the instruction of the Chair of Judges Panel.
 - 1.1.3.2 The passes in the Final must be performed without repetition of an element in either of the passes (See Rule 3).
 - 1.1.3.3 In the Final, a gymnast may repeat elements or a pass performed in preliminaries.
 - 1.1.3.4 *Bonus: Athletes performing 2 double somersaults in the first pass or 2 double somersaults in the second pass of finals will receive a 1.0 bonus from the difficulty judge. The bonus will only be given in the case of completed passes. The maximum bonus*

is 1.0 regardless of the number of double somersaults performed in both passes of finals.

- 1.2 Sr. Elite
 - 1.2.1 The first pass of the preliminaries is an 8-element straight pass.
 - 1.2.1.1 A minimum of three (3) somersaults with no more than 180° of twist, one (1) of which must be performed as the last (8th) element. Each violation will result in a deduction of 1.0 point from each of the Execution Judges on the instruction of the Chair of Judges Panel.
 - 1.2.1.2 None of the five (5) other elements may contain more than 180° of twist each. Any violation will result in the difficulty of those elements not being counted.
 - 1.2.1.3 *Must perform one double somersault anywhere in the pass.*
 - 1.2.2 The second pass of the preliminaries is an 8-element twisting pass.
 - 1.2.2.1 *First Option: A minimum of three (3) somersaults, one with at least 360 degrees of twist performed anywhere in the pass and one multiple somersault with a minimum of 360 degrees of twist which must be performed as the last eighth (8th) element. The 3^d somersault may be performed with or without twist.*
 - 1.2.2.2 *Second Option: A minimum of three (3) somersaults, one of which must be a multiple somersault with a minimum of 720 degrees of twist, and must be performed as the last (8th) element. All additional somersaults may be performed with or without twist.*
 - 1.2.3 Finals (two (2) free passes)
 - 1.2.3.1 A minimum of three (3) somersaults with or without twist, one (1) of which must be performed as the last (8th) element. Each violation will result in a deduction of 1.0 point from each of the Execution Judges on the instruction of the Chair of Judges Panel.
 - 1.2.3.2 The passes in the Final must be performed without repetition of an element in either of the passes (See Rules 3).
 - 1.2.3.3 In the Final, a gymnast may repeat elements or a pass performed in preliminaries.
2. *For both Junior and Senior Elite, the last skill must be initiated from the take-off zone and land in the landing zone; otherwise*
 - 2.1 *There will be a penalty of 0.1 pt taken from each execution score if the athlete does not take off from the take-off zone.*
 - 2.2 *There will be a penalty of 0.2 pt taken from each execution score if the athlete does not land in the landing area.*
 - 2.3 *If the athlete initiates the last skill from the penalty zone, the deduction will be 0.3 pts and will be taken from each execution score.*
 - 2.4 *If the last skill is initiated from the landing area, the pass will be interrupted.*
 - 2.5 *Refer to the diagram in Equipment Specification for clarification.*
3. Repetition of Elements
 - 3.1 With the exception of flic-flacs, whipbacks and round-offs, no element may be repeated during the two (2) passes of the Qualifying round otherwise the difficulty of the repeated element will not be counted.
 - 3.2 In the Final passes the same element may not be repeated, with the exception of flic-flacs, whipbacks and round-offs, otherwise the difficulty of the repeated element will not be counted. See Rule 3.5.

- 3.3 Elements having the same amount of rotation but performed in the tucked, piked and straight positions or with change of position are considered to be different elements and not repetitions.
 - 3.1.1 The tucked and pucked positions are considered to be the same position.
 - 3.4 Multiple somersaults (720° or more) having the same number of twists and somersaults will not be considered a repetition if the twist is located in different phases.
 - 3.5 Somersaults will not be considered as repetitions if they are preceded by a different element.
- Competition Cards
- 4.1 The elements of the preliminaries and finals passes must be written down on the competition card.
 - 4.2 The competition card must be handed in at the specified time and place, completely filled out with skill identification, skill position and difficulty value in place and calculated, otherwise the gymnast will not be allowed to start. Changes to the pass may be made with no penalty.
 - 4.3 Any missing required elements or requirements will result in a deduction of 1.0 point for each missing required skill/requirement, by each Execution Judge. Such changes will be recorded on the competition card by the Difficulty Judges.
 - 4.4 In both preliminaries and finals, changes to the elements and the order in which they are written on the competition card are permitted without penalty.
 - 4.5 Competition cards must be filled out using official FIG terminology or FIG numerical system.
 - 4.6 Failure to turn in a competition card will result in a deduction of 0.2 pts from the difficulty score of the first completed voluntary pass.
5. *Minimum judging panels – Minimum Category 1*
- 5.1 *1 Chair of Judges Panel*
 - 5.2 *1 D. D. Judge*
 - 5.3 *3 Execution Judges*
6. Athlete Dress Code
- 6.1 The dress code must be followed during all training sessions, warm-up and competition times.
 - 6.1.1 Male Competitors
 - 6.1.1.1 Leotard without sleeves. T-shirts are not acceptable.
 - 6.1.1.1.1 *During general training sessions, athletes may wear compression shirts rather than leos. Compression shirts must be skin tight and made of lycra or spandex.*
 - 6.1.1.1.2 No other exceptions are allowed.
 - 6.1.1.2 *Competition style shorts, with no longer than a 5" inseam.*
 - 6.1.1.3 White foot covering or bare feet are allowed.
 - 6.1.2 Female Competitors
 - 6.1.2.1 Leotards with or without sleeves (must be skin tight).
 - 6.1.2.2 Long tights may be worn (must be skin tight).
 - 6.1.2.3 A full-length one piece leotard (unitard) may be worn (must be skin tight).
 - 6.1.2.4 White foot covering of no more than ankle length may be worn. Bare feet are allowed. If a unitard is worn, the foot covering may be the same color as the unitard.
 - 6.1.2.5 Any other "dress" that is not skin tight is not allowed.
 - 6.1.2.6 For safety reasons, covering the face or head is not allowed.
 - 6.1.3 The wearing of jewelry or watches is not permitted. Earrings must be removed and may not be taped. Rings without gemstones are permitted only if they are taped.
 - 6.1.4 Only rubber bands, ribbons, flat metal clips or soft hair decorations are allowed.
 - 6.1.5 Long hair for both male and female competitors must be secured close to the head. If the hair touches the tumbling track or landing area, the pass

- will be interrupted.
- 6.1.6 *Athletes are required to wear competition attire during the march-in immediately prior to competition and during the awards ceremony.*
- 6.1.7 Any violation of Rules 6.1.1-6.1.6 may result in disqualification from the round in which the offense occurs. This decision is made by the Superior Judge.

DOUBLE MINI-TRAMPOLINE

1. *Minimum difficulty over 2 passes*
 - 1.1 *Jr. Elite*
 - 1.1.1 *Men 8.4 DD*
 - 1.1.2 *Women 7.5 DD*
 - 1.2 *Sr. Elite*
 - 1.2.1 *Men 10.4 DD*
 - 1.2.2 *Women 8.4 DD*
 - 1.3 *A 0.3 pt deduction will be taken from each Execution Judge's score for the 2nd pass if the competitor does not meet the required minimum difficulty over two completed passes.*
2. Competition Cards
 - 2.1 The elements of the preliminaries and finals passes must be written down on the competition card.
 - 2.2 The competition card must be submitted at the specified time and place, completely filled out with skill identification, skill position and difficulty value in place and calculated, otherwise the gymnast may not be allowed to start. Changes may be made with no penalty until the start of the round.
 - 2.3 Changes to the elements and the order in which they are written on the competition card are permitted with no penalty. Such changes must be recorded on the competition card by the Difficulty Judges.
 - 2.4 Competition cards must be filled out using official FIG terminology or FIG numerical system.
 - 2.5 Failure to turn in a competition card will result in a deduction of 0.2 pts from the difficulty score of the first completed voluntary pass.
3. *Minimum judging panels – Minimum Category 1*
 - 3.1 *1 Chair of Judges Panel*
 - 3.2 *1 D. D. Judge*
 - 3.3 *3 Execution Judges*
4. Athlete Dress Code
 - 4.1 Athletes: The dress code must be followed during all training sessions, warm-up and competition times.
 - 4.1.1 Male Competitors
 - 4.1.1.1 Leotard without sleeves. T-shirts are not acceptable.
 - 4.1.1.1.1 *During general training sessions, athletes may wear compression shirts rather than leos. Compression shirts must be skin tight and made of lycra or spandex.*
 - 4.1.1.1.2 No other exceptions are allowed.
 - 4.1.1.2 Competition style shorts, with no longer than a 5" inseam.
 - 4.1.1.3 White foot covering.
 - 4.1.2 Female Competitors
 - 4.1.2.1 Leotards with or without sleeves (must be skin tight).
 - 4.1.2.2 Long tights may be worn (must be skin tight).
 - 4.1.2.3 A full-length one piece leotard (unitard) may be worn (must be skin tight).
 - 4.1.2.4 White foot covering of no more than ankle length may be worn. If a unitard is worn, the foot covering may be the same color as

- the unitard.
- 4.1.2.5 Any other “dress” that is not skin tight is not allowed.
- 4.1.2.6 For safety reasons, covering the face or head is not allowed.
- 4.1.3 The wearing of jewelry or watches is not permitted. Earrings must be removed and may not be taped. Rings without gemstones are permitted only if they are taped.
- 4.1.4 Only rubber bands, ribbons, flat metal clips or soft hair decorations are allowed.
- 4.1.5 Long hair for both male and female competitors must be secured close to the head. If the hair touches the double mini-trampoline, the routine will be interrupted.
- 4.1.6 *Athletes are required to wear competition attire during the march-in immediately prior to competition and during the awards ceremony.*
- 4.1.7 Any violation of Rules 4.1.1-4.1.6 may result in disqualification from the round in which the offense occurs. This decision is made by the Superior Judge.

Corrections to the FIG DMT Code of Points:

Delete 21.3.2.3, 21.3.2.4, 21.3.2.5

Add

21.4.1 Landing inside zone B (see Part II – guide to Judging)	0.3 pts
21.4.2 Landing inside zone C (see Part II – guide to Judging)	0.5 pts
21.4.3 Stepping out from zone A to B or from zone B to C	0.1 pts
In no case should the landing deductions exceed 1.0 pts.	