If you have not dialed into the number provided in your registration email please do so at this time so that you can hear the audio on this webinar.

In order to complete the CE requirement you must also complete the test questions and personal information at the completion of this webinar.

Complete CE testing requirements by 12 am tonight.
In order to provide a quality experience for everyone on this call, we ask that you please mute the microphone on your computer at this time.

Also if you have dialed into the webinar please press *6 at this time to mute your phone.
If at any time during this webinar you have questions or make comments. You may type in the text box located to the left on your screen. We will address questions at the end of each section.
We are working to provide convenience through technology

The new process for your yearly Continuing Education will include testing requirements at the conclusion of this webinar.

You will not be considered current unless you complete the testing component.
CHANGES
JR. OLYMPIC PROGRAM
ALL DISCIPLINES

Age Groups for Levels 1 – 4
6 & Under
7 – 8 yr olds
9 – 10 yr olds
11 – 12 yr olds
13 – 14 yr olds
15 & Over

Age Groups for Levels 5-7
8 & Under
9 – 10 yr olds
11 – 12 yr olds
13 – 14 yr olds
15 & Over
<table>
<thead>
<tr>
<th>Age Groups for Levels 8 – 9</th>
<th>Age Groups for Level 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 &amp; Under</td>
<td>10 – 12 yr olds</td>
</tr>
<tr>
<td>11 – 12 yr olds</td>
<td>13 – 14 yr olds</td>
</tr>
<tr>
<td>13 – 14 yr olds</td>
<td>15 – 16 yr olds</td>
</tr>
<tr>
<td>15 &amp; Over</td>
<td>17 &amp; Over</td>
</tr>
</tbody>
</table>
COMPETITION CARDS

Beginning January 1, 2014
Competition cards will now be required at
Levels 8 – 10
in
all disciplines

Remember only recognized FIG numeric code is allowed on competition cards; these reference guides are available on the USAG website.
Beginning in 2014

Nationals will be split into two events.

Levels 5 – 7 National Championships will be held in conjunction with the Elite Challenge in June.

Levels 8 – 10 will be held with Elite Championships in July.

The qualification process remains the same as in the past 2 eligibility competitions prior to using State & Regionals as a qualifier for the JO Levels.
Beginning in 2014
Athletes in the Elite Program will qualify to Nationals using the following events.

Elite Qualification Competition May 7-12, 2014
Athlete’s respective Regional Championships, May 2014
Elite Challenge June 12-15, 2014

Athletes must compete at the level in which they intend to attempt to qualify at two of the three qualifiers. They must also attend two eligibility competitions before the 2014 Elite Championships in order to fulfill the qualification process.
<table>
<thead>
<tr>
<th>Youth Division</th>
<th>Junior Division</th>
<th>Open Division</th>
<th>Senior Division</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages 11 – 13</td>
<td>Ages 14 – 17</td>
<td>Ages 17 +</td>
<td>Ages 17 +</td>
</tr>
</tbody>
</table>
Mobility into and through the Elite Program may take place at the following competition.

Elite Academy – Houston, TX – January 2014

Atlantic Coast T&T invitational – Greensboro, NC - Feb 2014

Kalon Ludvigson Invitational – Salt Lake City, UT March 2014

Regional Championships

National Events (Elite qualifiers & Championships)
### CHANGES

#### ELITE PROGRAM

#### ALL DISCIPLINES

<table>
<thead>
<tr>
<th>Mobility from Level 10 to</th>
<th>Mobility from Level 10 or Youth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth</td>
<td>to Jr. Elite</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Disciplines</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trampoline Men –</td>
<td>8.5</td>
</tr>
<tr>
<td>Trampoline Women –</td>
<td>8.5</td>
</tr>
<tr>
<td>Tumbling Men –</td>
<td>8.2 over 2 passes</td>
</tr>
<tr>
<td>Tumbling Women –</td>
<td>8.2 over 2 passes</td>
</tr>
<tr>
<td>DMT Men –</td>
<td>10.4 over 2 passes</td>
</tr>
<tr>
<td>DMT Women –</td>
<td>9.6 over 2 passes</td>
</tr>
<tr>
<td>Trampoline Men –</td>
<td>10.0</td>
</tr>
<tr>
<td>Trampoline Women –</td>
<td>9.5</td>
</tr>
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<td>Tumbling Men –</td>
<td>8.2 over 2 passes</td>
</tr>
<tr>
<td>Tumbling Women –</td>
<td>8.2 over 2 passes</td>
</tr>
<tr>
<td>DMT Men –</td>
<td>12.4 over 2 passes</td>
</tr>
<tr>
<td>DMT Women –</td>
<td>10.4 over 2 passes</td>
</tr>
</tbody>
</table>
Mobility from Level 10 to Open
See complete rules for Jr to Open

Trampoline Men – 10.0
Trampoline Women – 9.5

Tumbling Men – 8.2 over 2 passes
Tumbling Women – 8.2 over 2 passes

DMT Men – 12.4 over 2 passes
DMT Women – 10.4 over 2 passes

Mobility from Junior or Open to Senior

Trampoline Men – 12.0
Trampoline Women – 10.5

Tumbling Men – 8.6 over 2 passes
Tumbling Women – 8.6 over 2 passes

DMT Men – 14.0 over 2 passes
DMT Women – 10.4 over 2 passes
ODP

Name will change to EDP – Elite Development Program
National testing – Sept. 2014 will select the team.
Testing includes physical abilities, skills/routines
Ages
11 – 12
13 – 14

Top 3 athletes in each age group and up to two additional athletes will be named to the team

Athletes will participate in the International Exchange Camp
Elite Competition Format

FREEDOM CUP – TU/TR/DMT – New Life Finals
ELITE CHALLENGE – TU/DMT – New Life Finals

TR – Cumulative (2 prelims + 1 final)

US T&T CHAMPIONSHIPS – TU /DMT – Cumulative (2 prelim + 2 final)

TR – Cumulative (2 prelim + *1 semifinal + 1 final)

This format is for Youth, Jr. Elite, Open and Sr. Elite

*Sr. Elite Trampoline will now hold a Semifinal round

2/3 of athletes from preliminary round will advance to the semifinal

2/3 of the semifinal and not less than four proceed to the final round.
Jumpstart

A Team – Top athlete in each age group and up to seven additional athletes.

B Team – Up to 10 additional athletes in rank order

Changes to physical abilities and routines

See Rules at;

http://usagym.org/pages/tt/pages/jumpstart_testing.html
Level 6 Tumbling

First Pass
*Run, round off
Back handspring
Back handspring
Back handspring
Back handspring
Back handspring
Back handspring
Back handspring
Rebound

First skill is no longer an option
Mobility score for Level 8 to 9 tumbling

54.5

This score is retroactive to 1/1/13
Level 10 Tumbling will now compete an 8 skill straight and an 8 skill twisting pass for the preliminary round.

First Pass: Eight skill straight pass: must contain a minimum of one double somersault placed anywhere in the pass and must end in a somersault.

Minimum pass DD 3.7
Maximum pass DD 6.5
Maximum skill DD is 3.1
No skills allowed with more than 180° of twist.
Level 10 Tumbling
Second pass: Eight skill twisting pass:
Must contain a minimum of one somersault with a minimum of 360° of twist.
Must end in a somersault with or without twist.
Minimum pass difficulty of 3.4
Maximum pass difficulty of 6.5
Maximum skill difficulty 3.1
Level 10 Tumbling Finals
Two eight skill free passes.
No repeats within or over the 2 passes.
Passes may be repeated from Prelims.
Minimum pass DD 3.4
Maximum pass DD 6.5
Maximum skill DD 3.1
Tumbling Continued

Level 10 Tumbling
National Qualifying score
57.5
All deductions for not meeting or exceeding pass requirements remain the same as before.
All other rules remain the same.

For example:

• Repetition Rule – May not repeat a skill within a pass or over the two passes in both prelims & finals
• No front skills or reversals
• Warm up will remain the same as well
Tumbling Level 10
Athletes will no longer receive the 1.0 bonus for two or more doubles within a pass.
Minimum Synchronized Judging Panel

2 Execution Judges, one for each trampoline
(do not drop any score)
1 Sync judge, the score is then doubled
2 Difficulty judges, (1 of which may be the Chair of the panel)
and or 1 Chair of the panel
Time of Flight

Level 10 results and ranking will now include time of flight at all national events including National Championships.
Tie Breaker Rule Trampoline only
Levels 5 – 7

• Add the two highest execution scores to break the tie and if still tied
• Drop the high and low score and use only the median score, if still tied then the duplicate awards will be given.
CHANGES
JR. OLYMPIC PROGRAM
TRAMPOLINE

10-12 Boys/Girls

Level 10
Min/Max DD
6.5 / 9.5
For both prelims and finals
CHANGES
JR. OLYMPIC PROGRAM
TRAMPOLINE

13-14, 15-16, 17 & Over, Women

Level 10
Min/Max DD
6.5 / 10.5
For both
prelims and
finals
CHANGES
JR. OLYMPIC PROGRAM
TRAMPOLINE

13-14, 15-16, 17 & Over, Men

Level 10
Min/Max DD
6.5 / 11.0
For both
prelims and
finals
National Qualifying Score

The minimum difficulty requirement for a Level 10 Double Mini Trampoline in addition to a qualifying score is longer included in the qualifying process.
Did you take the deduction for travel? Outside the box, deviation from the center line, travel into the landing zone on double mini?

Did you watch the landing for instability?

Were you aware of the degree of the position that was achieved during the skill?

Don’t be afraid to say I missed something rather than just making up a score or a difficulty value.
DEVIATION FROM CENTER

Horizontal displacement (trampoline)

- Obviously going out of the box: -0.1 pts
- Obviously staying out of the box: -0.1 pts
- Going from one end to the other: -0.2 pts (obviously being outside the box)

Displacement from the center (tumbling)

- no deduction
- 0.1 deduction
Ethical standards

What happens when the Code of Ethics is broken? We do not rank athletes in the proper order when we deviate from our guidelines and rules. That is unfair to the athletes, coaches and parents.

Disciplinary action for misconduct could result in a probationary period or suspension of your category.
Moving arms away from the body is acceptable to stop a twisting motion. The maximum angle between the trunk of the body and the arms should be:

Barani, full, multiple somersaults with $\frac{1}{2}$ out movements
up to $45^\circ$ allowed

More than full twist and all other multiple twisting somersaults
Up to $90^\circ$ allowed
END OF TWIST

12 o'clock
180°

12 o'clock
90° 3 o'clock

No deduction

0.1 deduction

END OF TWIST

ARMS TO STOP TWISTING ROTATION

BARANI, FULL, MULTIPLE SOMERSAULTS WITH ½ OUT

45°

0.1 deduction

SINGLE SOMERSAULT WITH MORE THAN FULL TWIST AND ALL OTHER MULTIPLE TWISTING SOMERSAULTS

90°

0.1 deduction

Arms Allowed
Tolerance
ALLOWED TOLERANCE FOR ARMS
0.0 PTS. DEDUCTION
DEDUCTION FOR ARMS
0.1 PTS.
NEW CRITERIA FOR JUDGING

Evaluation of Execution
Trampoline and Double Mini

Rotation or Flying Phase

Position of the Arms  0.0 – 0.1 pts.
Position of the legs 0.0 – 0.2 pts.
(includes bent knees, toes not pointed, legs not together)

Position of the body 0.0 – 0.2 pts.
Deductions for legs
0.0 pts. left – 0.1 pts. right
DEDUCTIONS FOR LEGS
0.2 PTS.
Opening and Landing Phase

Opening of the somersault and “keeping” straight position 0.0 – 0.3 pts.
(includes twisting rotation not completed at 90° or (3 o’clock)
No Opening 0.3 pts.
Obviously going out of the box on the ends 0.1 pts.
Obviously staying out of the box on the ends 0.1 pts.
Going from one end to the other 0.2 pts.
Being out of the box to the side does not constitute a deduction only the ends of the trampoline bed.
Any of these deductions can be combined up to 0.5 pts.
OPENING OF A SOMERSAULT AND KEEPING THE STRAIGHT POSITION

< Or o down
0.2 – 0.3 pts.
If before
2 o’clock
0.1 – 0.2 pts.
if before
3 o’clock
No deduction if after
3 o’clock
NEW CRITERIA FOR JUDGING

Tumbling

Rotation or Flying phase
Position of the arms 0.0 – 0.1 pts.
Position of the legs 0.0 – 0.2 pts.
(includes bent knees, toes not pointed, legs not together)
Position of the body 0.0 – 0.2 pts.
Tumbling

Opening and Landing Phase

Opening of the somersault and “keeping” straight position 0.0 – 0.3 pts.
(includes twisting rotation not completed at 90° (3 o’clock)

No opening 0.3 pts.

Exceptions for multiple twisting and for triple somersaults 0.2 pts.

Loss of speed 0.0 – 0.2 pts.

Deviation from the axis 0.0 – 0.1 pts.

Any of these deductions can be combined up to 0.5 pts.
NEW CRITERIA FOR JUDGING

Lack of stability after a completed Routine Trampoline

Uncontrolled movement in the out-bounce 0.1 pts.
Movement of arms while standing on the bed (ex. circle) 0.1 pts.
Step(s) or bounce(s) 0.1 – 0.2 pts.
Not standing upright with legs together 0.1 pts.
Turning to the judges before being totally stabilized 0.1 pt.
Instability deduction may not exceed 0.2 pts.
NEW CRITERIA FOR JUDGING

Lack of stability after a completed Routine Tumbling & Double Mini

Movement of arms while standing (ex. circle) 0.1 pts.
Step(s) or bounce(s) 0.1 – 0.3 pts.
Not standing upright with legs together 0.2 pts.
Turning to the judges before being totally stabilized 0.1 pts.
Instability deduction may not exceed 0.3 pts.
Lack of stability after a completed Routine
All Disciplines

The penalty is not connected to the length of the step or bounce, but to the amount.

When a step is taken (0.1 deduction) coming back with the same foot to a stable upright position is NOT considered to be a stepping deduction.

If the athlete steps back and does not step back to correct the deduction would be 0.2 pts.
Trampoline

The cruise - At what point will the cruise be interrupted? If the athletes shoulders are never above the hips then this would cause an interruption. Otherwise the appropriate deductions should be applied.
How would the pass be scored if a level 4 athlete leaves their hands on the trampoline when performing the hands and knees drop, ¾ to back?

The pass would receive a 3.0 for a deviation of the routine. If the hands remain on the trampoline during the transition phase of the skill the athlete has performed an incorrect skill. If the hands leave the trampoline bed at any time, the skill would only receive an execution deduction.
What determines if an athlete has performed a Barani or a Jonah?

If the requirement is a Barani (ex: compulsory)

The athlete must show 45° of forward somersaulting rotation before the twist is initiated. If in a compulsory the Barani is a requirement then the pass would be interrupted if the twist is initiated to soon. If an optional routine, then the pass would be scored and the appropriate deductions for flaws within the skill would be taken, but the skill is allowed.
Tumbling

What determines if a hop prior to the power hurdle receives a 1.0 deduction?

The hop prior to the power hurdle must be forward and productive. It must create power and be beneficial giving the athlete an advantage over those that do the hurdle correctly. If there is a small hop forward or in one place the judge may take a 0.1 deduction within their allowed 0.5 for an improper power hurdle.
How are landing deductions applied for steps and the zone? In tumbling if an athlete lands in the yellow and either steps back to the track or steps from the yellow zone to the blue landing area, the athlete will receive the deduction for steps and also the deduction for leaving the zone. This Chair of the Judges deduction is in addition to any landing deductions and can exceed the 1.0 maximum landing deduction.
How are landing and take off zone deductions determined? When an athlete performs the last skill of their routine if their feet breaks the plane of an area the athlete will be deemed in that area. For example:
Tumbling

Scenario One

If the athlete’s toes are on the track and any part of their foot has broken the plane of the take off zone then they will be deemed in the take off zone.
Tumbling
Scenario Two

If the athlete’s toes are in the take off zone and any part of their foot has broken the plane of the penalty zone, then they will receive the 0.3 pts deductions for being in the penalty zone.
Tumbling
Scenario Three

If the athlete’s toes are in the penalty zone and any part of their foot has broken the plane of the landing area then they pass will be interrupted at that point.
Double Mini Trampoline

When an athlete falls to their seat and puts their hands down touching outside the red or yellow zone what deductions would be applied?

The 1.0 for the fall would be the only deduction, you would not apply the 0.1 for changing zones because this exceed the 1.0 maximum for landing deductions.
Repeated skills

When determining repeats on Double Mini

If athlete competes the following skills in the same phase of the pass, they would be deemed repeats

833/ and 824/
821/ and 812/

These skills would be considered a repeat on trampoline when performed within the same pass.
All Disciplines

The chair of the panel should always write difficulty along with the DD judge and keep track of pass requirements. Numerous times we have athletes who make it to nationals performing passes that do not meet requirements, and they have been competing these passes all year long. Please make sure that every athlete is meeting the requirements for each level.
In your original email you were sent a link to a testing component. You must complete the test by midnight tonight in order to comply and retain your current rating. Please do this immediately after the conclusion of the call. The test will automatically download.
The answer to question #20
The final question on
Your
Test is........