



Trampoline and Tumbling Handbook

ORGANIZATION PURPOSE

The primary purpose of the Southern California State Association of USA Gymnastics Trampoline and Tumbling shall be to promote, support and develop the competitive sport of Trampoline & Tumbling in Southern California. The Association shall be the governing body overseeing Trampoline & Tumbling events in Southern California and shall be the official state organization representing the USA Gymnastics Trampoline & Tumbling Program.

It is each coach's responsibility to know the Rules and Policies of the association contained within this document, as well as the Rules and Policies of the USA Gymnastics Trampoline & Tumbling.

SAFESPORT STATEMENT

“USA Gymnastics is committed to fostering a safe, fun, and healthy environment for all members. Since 1990 – prior to almost all other National Governing Bodies – USA Gymnastics has provided awareness, prevention and reporting information regarding sexual misconduct to professional members, member clubs, athlete members and their families.

In June 2017, USA Gymnastics leadership approved and adopted a new Safe Sport Policy, which significantly strengthened the organization's approach to athlete safety.”
(USA Gymnastics, 2018)

For more information, please refer to: <https://usagym.org/pages/education/safesport/>

MEMBERSHIP

Participation in any association function (competitions, clinics, etc.), requires each club be a member of the Association, and all athletes have a current USA Gymnastics membership. Membership is renewable on a yearly basis.

TEAM MEMBERSHIP

Teams that designate Southern California as their competitive base must pay an annual fee to the Association each competition year. Each member team must have at least one USA Gymnastics Professional Member and be in good standing with USA Gymnastics in order to qualify as a member team.

ANNUAL TEAM FEE is **\$175.00** and is before the end of January each year. Any team membership received after January 31 will be \$200.

Team Registration Form can be accessed on Californiatnt.com

ATHLETE MEMBERSHIP

Only athletes with current USA Gymnastics membership will be allowed to compete in Southern California sanctioned events.

(Exception: visiting out of state athletes).

INDIVIDUAL MEMBERSHIP

Individual membership shall be restricted to USA Gymnastics Professional Members in good standing, except in the case of Athletic Representatives to the Board who must have a current USA Gymnastics Athlete Membership. All current USA Gymnastics Trampoline & Tumbling Professional Members in good standing who reside in the Southern California competitive area or designate Southern California as their competitive base will have voting privileges in State matters.

COMPETITION PROTOCOLS

TYPES of MEETS

Participation in two (2) sanctioned meets is required for entry to the State Championships. One of these two meets must be a State-supported event.

Mobility Meet. This meet is held for the purpose of allowing athletes to achieve mobility scores to move to a level that better suits their ability. Athletes will be allowed to participate in more than one level in a particular event only if they achieve the mobility score and a mobility form is completed and turned in to a State Committee member for approval prior to competing the next level. An athlete may only receive an award for the highest level they compete in a particular event.

Prelim. A prelim meet is held for the purpose of allowing athletes to gain eligibility to compete in the State Championship. These meets are the backbone of the State Trampoline and Tumbling organization and all teams are encouraged to support the host and participate in these meets. Strict and reasonable fee structures are set in place for athlete entry and spectators. This is a State-supported meet.

Invitational Meet. An invitational meet is any meet not designated by the state as a Prelim event. Invitationals have the option to utilize alternate competition formats.

In-House Meet. In-house meets are a private or semi-private competition (1-2 teams) that allow a few athletes to compete for mobility or eligibility purposes in one or more events. No more than one (1) in-house meet may count towards eligibility to the State Championships. All in-house meets must be sanctioned by USAG. The State Director must be notified of the in-house meet prior to competition. All judges must be pre-approved by the Technical Director. A complete judging panel with appropriate ratings for each event scheduled is required. A copy of the completed sanction and results must be sent to the State Director or designated person. Fees are determined by the Meet Director.

COMPETITION ENTRIES & DEADLINES

Each club will mail in their own entry form (or a copy of their USAG online system entry) and fees to all local, State, Regional and National competitions.

Complete entry rosters, all USA Gymnastics numbers, contact information and fees must be received by the meet host no later than the entry deadline.

Please submit one check for all team entries. Individual checks per athlete will not be accepted.

It will be at the discretion of the meet host to accept or decline late entries. Late fees will be applied to all late entries.

Refunds are at the discretion of the meet director.
(See *Meet Directors Guidelines* for detailed information.)

MOBILITY

All athletes must begin competing at level 8 or lower. Mobility forms must be completed and submitted to the State Board for approval before the athlete is allowed to compete at Level 9 or 10. Athletes eligible to mobilize to Jr. or Sr. Elite status must apply to the USA Gymnastics Program Committee.

[Mobility Forms](#)

QUALIFICATION to STATE CHAMPIONSHIPS

Athletes must compete in two (2) sanctioned competitions for their scores to count toward USAG championship event qualification. One of these two events must be an official Prelim. Any athlete requesting that a non-prelim sponsored meet be used to fulfill one of the meet requirements is subject to state approval and must submit the official meet results that list the athlete's name and a valid score.

QUALIFICATION to REGIONAL/NATIONAL CHAMPIONSHIPS

Athletes must qualify to championship competitions according to the USA Gymnastics qualification scores. An athlete is eligible to qualify for Championships by competing in two (2) sanctioned competitions during the competition year. The State and Regional Championships cannot count towards eligibility for Junior Olympic levels. Elite athletes please refer to the Elite Code of Points and USA Exceptions.

Athletes in the Junior Olympic program can qualify to the National Championships at either the State or Regional Championships by achieving the qualifying score at either of these meets. Elite athletes will qualify to USA Championships as per USA Gymnastics.

USA GYMNASTICS REQUIRES THAT ALL ATHLETES COMPETE IN BOTH THE STATE AND THE REGIONAL CHAMPIONSHIP IF THEY INTEND TO ENTER THE CHAMPIONSHIP

COMPETITION REQUIREMENTS for COACHES

Only USA Gymnastics Professional members in good standing with the required certifications will be allowed to enter the competition floor.

Coaches who also compete as Athletes must maintain both a USA Gymnastics Athlete membership and a USA Gymnastics Professional membership.

Only registered coaches, athletes, meet officials and support staff are allowed on the competition floor.

Coaches are responsible for the appropriate behavior of their athletes, staff, and parents throughout any event. This includes before, during and after the competition.

Pre-competition meetings with athletes and parents to discuss appropriate behavior at meets and athlete dress code is highly recommended.

Coaches Dress Code

Proper professional attire is required at all times while on the competition floor. Coaches must adhere to the USAGTT attire guidelines. Coaches not adhering to these guidelines will be asked to leave the floor.

- Gym/Tennis shoes required – NO flip-flops, sandals or bare feet allowed
- No denim
- No shorts*
- No revealing (too low cut or too short) tops or bottoms
- No caps or hats
- Team Shirt or Polo should be worn

*Coaches will be allowed to wear Bermuda length shorts during extreme weather conditions. The Meet Host and State Chair will decide if those conditions are met.

COMPETITION REQUIREMENTS for ATHLETES

Only athletes registered with USA Gymnastics will be allowed on the field of play. Athletes who display any form of disrespect for fellow athletes, coaches, judges, or other meet personnel will be removed from the competition venue immediately without refund of any entry or spectator fees. Athletes must adhere to directions given by their coach, meet officials or designated meet staff to ensure safety.

Athlete Dress Code

Athletes must wear the appropriate competition attire as required in the Code of Points.

* Proper attire is required during warm-ups, competition, and awards.

- Long hair must be secured close to the head (no ponytails).
- Athletes must wear competition attire during the awards ceremony.
- Athletes are not to change in stretching or staging areas.
- Athletes not adhering to these guidelines will be asked to leave the competition area to change their attire.

*Refer to USA Gymnastics Trampoline & Tumbling Code of Points.

COMPETITION & MEET DIRECTOR GUIDELINES

The following are procedures and policies for all competitions held in Southern California. Meet Directors are required to follow the Rules and Policies of USA Gymnastics as well as adhere to the policies set forth in this document. Deviations will not be allowed without prior approval from the State Director and the change must not fall out of line with the USA Gymnastics Rules & Policies.

MEET SITE

Meet bids will be required to host any competition. Meet hosts must submit a bid for approval by the deadline date set for that season. Meet bids will be awarded upon criteria being met.

State Championships - Will be held in a facility large enough to accommodate athletes, coaches, officials and spectators comfortably. Preference will be given to professional event venues.

- Two trampolines meeting official USA Gymnastics requirements must be provided.
- Hotel and food services should be in the local vicinity.
- Judges tables with tablecloths (elevated for trampoline)
- Designated awards area
- Official USAG state championships medals
- Coaches' and judges' hospitality

Prelim, Mobility and Invitational Meets - May be held in club facility.

EQUIPMENT & STAFFING

Equipment must meet USA Gymnastics requirements & FIG Specifications.

The host must provide a designated Emergency Medical Person and other appropriate staffing throughout the entire event.

Scoring system - All Southern California meets must use a state-approved scoring system and have a competent computer technician who has been approved by the State Board.

MEET SCHEDULE & MEET INFORMATION

Specific meet information in the form of a flyer MUST be forwarded to the www.californiatnt.com webmaster for posting at least 1 month prior to the competition date.

The meet information flyer must include the following:

- Name of competition
- Competition date
- Level of competition
- Meet host and site information
- Entry and spectator fees
- Entry deadline
- Meet Director contact name and phone number
- Equipment type
- Refund policy

ENTRY FEES

The following meet entry fees are maximums for hosting a meet at an inside facility:

State Designated Prelim Meets - \$75.00/athlete TU DM TR \$10.00 Synchro
State Championships - \$100.00/athlete TU DM TR \$15.00 Synchro

Meet entry fees in outside facilities are to be set within reason by the meet host depending upon rental cost of the venue. An additional fee of \$10 per level per event may be charged for athletes who have certified mobility and are competing at another level at the same meet.

LATE ENTRIES – It will be at the discretion of the meet host to accept or decline late entries depending upon the date the entry is received, and the size and type of the competition.

LATE FEES – At the discretion of the meet host late fee will be assessed to all late entries.

CHECKS – Gyms should pay with one check for all their athlete entries.

ENTRY FEE DEADLINES

Completed entry rosters and fees must be received by the meet host no later than the entry deadline.

Entry Fee Deadlines – Must be postmarked prior to the event entry deadline

REFUND POLICY

Refunds are at the discretion of the meet director

Refund policy should be included in the event directives

SPECTATOR FEES

For all meets, the following are recommended gate fee guidelines:

Inside facility	Per Session: \$8 Adults; \$3 Children; Under 5 Free
Outside facility	Per Session: as determined by host

MEET HOST FEE REQUIREMENTS

USA Gymnastics requires a \$1.00 per athlete fee be submitted to USA Gymnastics for the athlete scholarship fund.

The Southern California State Association requires a per athlete fee to the state fund from the event host. This state fund supports our athletes, coaches, and judges who are selected for official USA gymnastics assignments.

Preliminary Competition - \$4.00 per athlete

State Competition - \$10.00 per athlete

AGE DIVISIONS

Age Divisions for competition as per USA Gymnastics R&P. Athletes will compete by age as of December 31 of the competition year.

There must be separate age groups for male and female athletes.

The combination of age groups to provide an enhanced competitive experience will be at the discretion of the meet director and posted on the event schedule.

State championships must use the official USA Gymnastics age groups.

AWARDS

Minimum Awards Distribution at all competitions shall be as follows:

1st – 3rd place must be awarded medals. All remaining places may be awarded either medals or ribbons at the discretion of the meet host.

<u># of Athletes in Division</u>	<u>Places to Award</u>
1 - 3	1st - 3rd
4 - 9	1st - 4th
10 - 19	1st - 6th
20 +	1st - 10th

- If an athlete competes in more than one level in a particular event, he/she will only receive an award for the highest level completed.
- Athletes competing out of session will receive a score but are not eligible for an award.

State Championships - 1st- 3rd place must be awarded the USA Gymnastics official State Medal from A-1 Awards as per USA Gymnastics guideline.

RESULTS

Results will be posted on the californiatnt.com

All results must be submitted within 48 hours after the competition and sent to the following e-mail address bouncen1@msn.com

JUDGES

Assignment to Meets

The Technical Director will assign judges to all local meets and to the State Championships. The Meet Director may request certain judges for the meet, but the final assignments are at the discretion of the Technical Director.

Judge's Compensation: Southern California

Judges will report to the meet referee no later than 15 minutes prior to the posted march-in time.

Judges paid hours are calculated from the beginning of the posted march-in time to the end of their judging day in ½ hour intervals. If time judged is less than ten minutes over the half-hour mark, time credited will revert to the previous ½ hour interval, otherwise time will be credited forward to the next interval.

Allowable non-paid break time will be no more than 30 minutes in between sessions, with a maximum of 1 hour per day.

Minimum pay is 2 hours (concerns judges contracted to judge the meet)

No minimum pay for judges "filling in as needed" or those fulfilling judging requirements

	California Judges Pay Rates		
Rating	E-Judge	CJP	Capabilities for Local California Meets
Cat 3 - 1 event	\$15	x	Execution / HD
Cat 3 - 2 events	\$16	x	Execution / HD
Cat 3 - 3 events	\$17	x	Execution / HD
Cat 2	\$20	\$20	Execution / HD / DD / CJP
Cat 1	\$23	\$23	Execution / HD / DD / CJP
FIG	\$25	\$25	Execution / HD / DD / CJP

- 1) Judges will be paid for their highest rating no matter what event they judge.
- 2) Meet Ref should arrive 30 minutes before march-in and may be paid ½ hour extra for duties occurring before meet, during lunch break and after meet.
- 3) Unpaid break time will not exceed 30 minutes between sessions, a maximum of 1 hour per day.
- 4) Per Diem of \$15 per 1 meal or \$25 per day will be paid to judges if meals are not provided.

Judges Mileage Compensation

No compensation is paid for less than 25 miles round trip. Traveling for 25-500 miles round-trip, gas mileage will be compensated at the rate of approximately 20 miles per gallon at the current cost of a gallon of regular gas (to be determined by the Technical Director). If travel is over 500 miles roundtrip, then special negotiations may be made.

If a judge officiates for less than a full day's meet, but judges over ½ the meet (and is also competing, or has a family member competing, or must coach a team that competes), then that judge will receive ½ the rate for mileage. If a judge is officiating for less than ½ of the meet, then no mileage will be paid. Exceptions can be made for special circumstances.

Judges who are practice-judging or "filling in as needed" will not be compensated for mileage. "Filling in as needed" refers to those judges who are already at the meet and are asked to judge on an emergency basis (not contracted to judge prior to meet day). Judges who need to judge to fulfill continuing education requirements will not be paid mileage. *

Overnight accommodations will be provided to judges when conditions warrant it. Example: long travel, multiple days judging with early report hours next day. To be negotiated on a per case basis between Meet Director and Technical Director. Whenever possible, accommodations will be made for 2 judges per room. *

**Education requirements may not be required due to COVID restrictions. Please refer to the USAG T&T website for any updates.*

Southern California USAG Competition Bid Form

The Southern California USAG Competition Bid Form can be found on the www.californiatnt.com website.

Southern California USAG Team Membership Application

The Southern California USAG Team Membership Application can be found on the www.californiatnt.com website.

Coronavirus (COVID-19)

Please follow all State and Local Guidelines concerning Coronavirus restrictions, lockdowns, and other mandates in your area and refer to the USA Gymnastics website for any updates, guidelines, procedures, and other resources. Gyms, athletes, coaches, and parents/spectators need to follow all State and Local guidelines as well as any set forth by USA Gymnastics at all sanctioned events.

The following link from USAG contains updates and resources for your facility and your members: <https://usagym.org/pages/aboutus/pages/coronavirus.html>