

SECTION VI: JUNIOR OLYMPIC PROGRAM

The Junior Olympic (J. O.) Program is regulated by the Trampoline & Tumbling J. O. Program Committee (TJOPC). It is administered through the Regional and State Chairs. Consisting of Levels 1 through 10, the integrated program is designed to give a structured plan for training a gymnast from the day he/she enters the gym through Level 10 competition.

The J. O. Program is fully described by its own printed and video materials. All materials are available from USA Gymnastics Merchandise and can be ordered on the USA Gymnastics web site (www.usa-gymnastics.org) or by calling Member Services at 800-345-4719.

I. Program Description

A. Preparatory Levels 1-4

The Preparatory Levels are designed to help advance a gymnast from the day he/she enters the gym until he/she is prepared to participate in the Age-Group Competition Program. It was conceived as the entry-level of an overall progressive skill development system. Levels 1-4 may compete at the local, state and regional level.

B. Age-Group Competition Program

The J. O. Age-Group Competition Program consists of six (6) levels. Levels 5-7, continue the progressions from simple to more complex skills. The two (2) intermediate levels, 8 and 9, encourage the transition from compulsory to optional routines. Level 10 requires the gymnast to fulfill many of the FIG requirements.

C. Age Determination

1. Each level of the J. O. Program is divided into age groups. The age of the competitor on December 31 of the current year determines the age group in which he/she competes.
2. Age Groups for Levels 1-9*

Levels 1-7*	Levels 8-9*
6 & Under	10 & Under
7-8	11-12
9-10	13-14
11-12	15 & Over
13-14	
15 & Over	

*NOTE: Upon approval of the Meet Director and personal coach, an athlete may move up to the next older age group if he/she is the only athlete competing in his/her age group.

3. Age Groups for Level 10

10 & Under
11-12
13-14
15-16
17 & Over

II. Residency Clause

A. U. S. Citizens

1. The location of the club or team determines the state and regional meet in which the gymnast competes. Therefore, if a gymnast lives in one state but competes for a club or team located in another state, the following regulations apply:
 - a. A gymnast must compete in the State Championships based in the state in which his/her club is located. He/She may, based on special circumstances, petition the Senior Program Director for permission to compete in the State Championships for the state in which he/she lives.
 - b. The gymnast must compete in the Regional Meet based on the State Meet in which he/she competed. He/She may, under special circumstances, petition the Senior Program Director for permission to compete in the Regional Meet for the region in which he/she lives.

B. Resident Non-Citizen Athletes

1. The resident non-citizen athlete participation in USAG events will be as follows for all programs:
 - a. Resident non-citizen USA Gymnastics athlete members are allowed to compete/participate in USA Gymnastics sanctioned events with full privilege and receive awards up to and including the Junior Olympic National Championships.
 - b. USA Gymnastics Junior Olympic, Junior Elite or Senior Elite National Team members must be United States citizens. Therefore, only United States citizens are allowed to be named to the following teams or any other team representing USA Gymnastics at FIG competitions:
 - 1) World Championships
 - 2) Olympic Games
 - 3) Youth Olympic Games
 - 4) World Games
 - 5) Pan American Championships
 - 6) Pan American Age-Group Team
 - 7) Pan American Games
 - 8) World Cup Series
 - 9) World Age-Group Team
 - 10) JumpStart National Team
 - 11) Olympic Development Team
 - 12) Junior National Team
 - 13) Senior National Team

C. Foreign Athletes

1. FIG regulations require that all foreign athletes (anyone without United States citizenship), regardless of age or competition level, must gain permission from the gymnastics federation of their country of citizenship and from USA Gymnastics before they may compete in any sanctioned USA Gymnastics event.
2. It is up to the foreign athlete to obtain permission from his/her federation to compete in the U.S., and to provide such permission to the Trampoline & Tumbling Program Office. If an athlete needs contact information for another federation, the Program Office will provide it.
3. Sanctioning Events with Foreign Athletes
 - a. A foreign sanction is required for any event where athletes who live in another country participate.
 - b. A foreign sanction is not required for an event where all athletes are USAG members living in the U.S.
4. Athletes Training in a Foreign Country
 - a. To train at a gym in the U.S., a foreign athlete/team must obtain permission from USA Gymnastics and the federation of the athlete/team. The same is true for U.S. athletes who train in a foreign country.

III. Competition Rules

- A. The International Gymnastics Federation (FIG) *Code of Points* will be used except where superseded by rules found in the USA Gymnastics J. O. *Code of Points* (and approved updates). Therefore, the order of precedence when determining which rules to use in the event of conflict is:
1. The *J. O. Code of Points* and approved updates. Updates are posted on the USA Gymnastics web site.
 2. The [FIG Code of Points](#) with approved Trampoline & Tumbling Technical Committee interpretations.
- B. Finals:
1. The Level 10 competitors with the eight (8) best scores from the preliminaries will go forward to finals when finals are held at state, regional and national competitions
 2. The starting order for the final will be in order of merit, with the competitor with the lowest preliminary score going first. In the event of ties, the starting order will be decided by a draw.
- C. Tie-Breaking Procedures
See *J.O. Code of Points* for tie-breaking procedures for each discipline.
- D. Equipment specifications.
See *J.O. Code of Points* or [Trampoline](#), [Tumbling](#), [Double Mini](#) equipment specifications.

IV. Mobility System

Mobility Request Forms are found in Section X: Forms.

- A. To ensure proper progression from one level to another, athletes must achieve a designated mobility score at USA Gymnastics Trampoline & Tumbling sanctioned competition.
- B. Coaches must track mobility from Level 5 to Level 6 and Level 6 to Level 7 using forms provided by the National Office.
- C. Beginning at Level 7, the State Chair, or a person designated by the State Board, will track mobility for each athlete.
- D. Coaches must submit a Mobility Request Form to the State Chair in order to move an athlete from Level 7 to Level 8, Level 8 to Level 9 and Level 9 to Level 10. The State Chair must approve mobility before the athlete is eligible to compete at the higher level. Mobility from Level 10 to Junior Elite and Junior Elite to Senior Elite must be approved by the Elite Program Committee Chair.
- E. Athletes may NOT skip levels.
- F. Mobility at Levels 1-4 is at the discretion of the coach; however, coaches are encouraged to use the compulsories and mobility skills to insure proper progression through the levels.

Mobility Skills

Level 1	Level 2	Level 3	Level 4
<ol style="list-style-type: none"> 1. Back drop position 2. Front drop position 3. Tuck to seat drop 4. Straddle to seat drop 5. Seat drop tuck to feet 6. Jump full twist 7. Back roll on tramp (mat) 8. Seat drop ½ twist to feet 9. Seat drop to hands and knees, to stomach drop 10. Seat drop to stomach drop (mat) 	<ol style="list-style-type: none"> 1. Back drop 2. Seat drop tuck to stomach 3. Seat drop pike to stomach 4. Seat drop half twist to seat drop 5. Jump to stomach drop (mat) 6. Jump double tuck position 7. Jump double pike position 8. Seat drop, hands and knees drop, forward roll (mat) 9. Standing, fall backward, half twist to stomach (mat) 10. Forward roll on tramp (mat) 	<ol style="list-style-type: none"> 1. Back drop return to feet 2. Jump to stomach drop 3. Full twist to seat drop 4. Jump double straddle position 5. Tuck position to back drop 6. Pike position to back drop 7. Jump ½ twist to stomach 8. Seat drop, hands and knees, front somersault tuck 9. 1 Jump, front somersault tuck (mat) 10. Back drop pullover (mat) 	<ol style="list-style-type: none"> 1. Back drop ½ twist to feet 2. Tuck to stomach 3. Pike to stomach 4. Straddle to stomach 5. Back drop tuck to stomach 6. Back drop pike to stomach 7. Seat drop full twist to feet 8. Front somersault tuck 9. Front somersault pike 10. Jump 1 ½ twist

- G. The highest level at which an athlete may enter the mobility system is Level 7.

- H. Upon the recommendation of the State Chair, the J.O. Program Committee may waive mobility requirements up to Level 10 for athletes from a strong gymnastics and/or trampoline and tumbling background, who demonstrate that they are capable of beginning competition at a higher level. A letter giving details of the athlete's abilities must accompany the mobility request form and must be submitted to the J.O. Program Committee for approval.

I. Mobility Scores

Trampoline Mobility Scores*

Level	Total Score	Min DD
5 to 6	23.4	
6 to 7	23.4	
7 to 8	23.4	
8 to 9	50.3	3.8
9 to 10	51.0	5.5

**In addition to achieving the mobility score in trampoline, athletes must be able to successfully perform the 10 mobility skills listed for the current level prior to applying to the state director for mobility to the next level.*

Mobility Skills

Level 5	Level 6	Level 7
1. Pullover to stomach (180 rotation) 2. Pullover to back (360 of rotation) 3. Pullover with 180 of twist 4. Back somersault tuck 5. Back somersault pike 6. Front somersault tuck to flat back drop(mat) 7. ¾ Front somersault (mat) 8. Front somersault tuck, jump ½ twist 9. Full twist to back drop (mat) 10. Back drop ½ twist to back drop	1. ¾ back tuck 2. ¾ back pike 3. Front straight to flat back drop 4. Back somersault straight 5. Barani tuck 6. Barani pike 7. Back drop full twist to stomach 8. Stomach drop to back drop straight 9. ½ Twist to back drop 10. Porpoise	1. ¾ Back somersault straight 2. Cruise (stomach ½ twist to stomach) 3. Stomach full twist to back drop 4. Barani straight 5. Back drop 1 ½ twist to back drop 6. Porpoise pike 7. Ballout tuck 8. Cody tuck 9. Back tuck to back drop (mat) 10. Back straight with ½ twist

Tumbling Mobility Scores

Level	Total Score
5 to 6	53.8
6 to 7	52.7
7 to 8	54.0
8 to 9	54.3
9 to 10	53.7

Double Mini Mobility Scores

Level	Total Score
5 to 6	56.6
6 to 7	56.6
7 to 8	57.7
8 to 9	58.1
9 to 10	58.4

J. Downward Mobility

1. Under certain circumstances, an athlete may move down a level.
 - a. Coach must submit a formal written request to the State Chair.
 - b. State Chair must approve the request.
2. If a Level 9 or above athlete does not compete for over one (1) year, they must re-enter the competitive system at Level 8.
3. If a Level 8 or below athlete does not compete for over one (1) year, they must re-enter the competitive system at Level 7 or below.
4. State Chair can approve re-entry at Level 10 for athletes who previously competed at the Junior or Senior Elite level.

V. J.O. National Championships

- A. The J. O. National Championships are for athletes competing at Levels 5-10.
1. Only athletes who have met the eligibility and qualifying requirements may enter the competition.
 2. Only Level 10 competitors may enter by petition, upon approval, if all petition requirements are met as stated in *D. PETITIONS* later in the Section.
- B. Eligibility Competitions
1. An eligibility competition is any USA Gymnastics Trampoline & Tumbling sanctioned competition an athlete attends prior to the State or Regional Championships.
 2. Competitors must compete in at least two (2) USA Gymnastics Trampoline & Tumbling sanctioned competitions during the current competition season.
 - a. Level 10: Eligibility competitions must be prior to State or Regional Championships.
 - b. Junior or Senior Elite: Eligibility competitions must be other than the two qualifying competitors.
 3. The State and/or Regional Championships may not be used as an eligibility competition.
 - a. Athletes may participate in State and Regional Championships without meeting eligibility requirements, but cannot qualify to National Championships.
 - b. A State Chair may waive eligibility requirements for athletes who are unable to compete in the two required competitions prior to State and Regional Championships. Proof of injury, illness or family emergency is required. The State Chair is under no obligation to waive eligibility requirements if he/she feels it is not in the best interest of the athlete.
 4. The competitive season begins August 1 of each year.
 5. The athlete must compete in at least one (1) event at eligibility competitions. He/She does not have to compete in every event that may eventually be entered at the National Championships. An athlete must perform at least one element, a salute alone does not fulfill the requirement.
 6. Competition results and reports submitted by head coaches from USA Gymnastics Trampoline & Tumbling events and current membership rolls will be reviewed by the State Chair to determine eligibility.
- C. Qualifying Procedures
1. Only USA Gymnastics member athletes, competing at Levels 5-10, who have met the eligibility and qualifying requirements may enter the competition.
 2. Only Level 10 competitors may enter by petition, upon approval, if all petition requirements are met as stated in *D. PETITIONS* later in the Section.
 3. Members of the JumpStart National Team automatically qualify to National Championships in the discipline for which they were named to the team, provided they meet eligibility requirements.
 4. The competitor must qualify in the State Championships or Regional Championships for the state/region in which the competitor's club is a member. It is not permissible to qualify in any state or regional competition, other than the competitor's own.
 - a. Exception: If a Synchronized Trampoline pair is from two different clubs that are in two different states, the pair may qualify in one of the athlete's home state. The pair does not have to qualify in both states. However, the pair member from out-of-state may only use the competition as a qualifying competition for Synchronized Trampoline.
 5. The competitor must compete in his/her own age group or, in the case of Synchronized Trampoline, the age group of the oldest partner.

6. The competitor must compete in only one (1) level per discipline. For example, an athlete can compete at Level 7 in Trampoline and Level 8 in Tumbling, but never Level 7 AND Level 8 in Tumbling.
7. Entries to the National Championships must be at the same level at which the athlete qualified at the last competition he/she attended. For example, if an athlete qualified at Level 8 in the first competition, but competed at Level 9 in the next competition and did not reach the qualifying score, then the athlete cannot enter the National Championships.
8. Athletes may enter the National Championships if they meet the requirements for eligibility and meet the qualifying scores, as set by the Trampoline & Tumbling J. O. Program Committee, at either the State Championships or Regional Championships.

J. O. National Qualifying Scores
(based on preliminary scores)

Level	Trampoline	Tumbling	Double Mini	Synchro
5	22.8	52.4	56.3	N/A
6	22.8	51.2	56.3	N/A
7	22.8	53.0	57.4	N/A
8	49.1	53.2	57.8	N/A
9	50.1	51.6	58.1	N/A
10	51.3	78.8	59.2 (min. DD 4.8)	70.0

NOTE: All scores are total scores. Scores are for all age groups, boys and girls.

D. Petitions

1. There are no petitions for Levels 5-9 to the J. O. National Championships.
2. Level 10
 - a. Athletes who were Level 10 in the previous season and who are currently Level 10 are eligible to petition to the National Championships.
 - b. Athletes who are unable to qualify due to illness, injury or unforeseen circumstances may petition to enter the National Championships. The petition must be submitted in accordance with the approved petition procedure.
 - c. Only athletes who placed 1st, 2nd or 3rd in the same event at the previous National Championships or who were in the top fifty (50) percent of those who competed in the last National Championships will be allowed to petition to participate in the current National Championship.
 - d. Before a petition may be granted, the athlete must demonstrate that an injury, illness or other unforeseen circumstance exists which prevents the athlete from competing in or completing one or more of the qualifying events. The petition must be submitted as soon as the athlete becomes aware that he/she cannot compete in or complete such events. Petitions will not be accepted if the athlete did not attend qualifiers in order to participate in another sport or event.
 - e. Petitions must be submitted in writing to the National Office as soon as possible after the athlete determines his/her inability to compete and before the entry deadline for the National Championships. The petition must be in the form of a letter stating the reason for and the rationale behind the petition. In the case of injury or illness, a medical doctor's certificate is required. A recent competition history must be included with the petition. A \$25.00 non-refundable administrative fee must accompany the petition.
 - f. The Chair of the J. O. Program Committee and the Senior Program Director will decide petitions. They will be considered as expeditiously as possible. The petitioner will be immediately notified, once a decision has been reached. The decision of the J. O. Program Committee Chair and the Senior Program Director is final.

VI. Communicable Disease Statement

- A. In order to prevent the transference of communicable diseases:
1. Athletes with open lesions, wounds, dermatitis, and so forth should cover the area with a dressing that will prevent contamination.
 2. Competition should be interrupted if an athlete has a wound in which blood is present to allow the bleeding to be stopped and the wound to be cleaned.
 3. Surfaces contaminated with blood or bodily fluid should be cleaned with a solution of sodium hypochlorite (household bleach) at 1:10 dilution.
 4. For more information, please refer to the USA Gymnastics Safety Handbook.

Contact USA Gymnastics Member Services at 800-345-4719 for purchase of the Guide to the Junior Olympic Program, videos and other materials.