

**U.S.T.A.
BRONZE LEVEL
TRAMPOLINE/DOUBLE-MINI CERTIFICATION TRAMPOLINE**

Beginner, Novice Divisions

TRAMPOLINE

What is the U.S.T.A. and what does it offer?

The official name of the corporation is the UNITED STATES TRAMPOLINE AND TUMBLING ASSOCIATION. The purpose of the corporation is to establish, perpetuate, and improve the sport of Trampoline, Tumbling, and Double-Mini. When a club becomes a member of the USTA they receive an official handbook and a bi-monthly Newsletter. The Handbook contains organizational information, bylaws, policies and procedures, safety guidelines, rules of competition, ethics rules and important forms. Following the Handbook, reading the Newsletters and networking with other coaches provides excellent resources to help you build a successful Trampoline and tumbling club.

Learn the Rules.

Taking and passing this course is a great step in showing your desire to become a competent coach. However, this course does not cover all the rules and guidelines of this competitive sport. The USTA strongly encourages you to read your entire Handbook and seek guidance from other professional, experienced and successful coaches. Before entering any competition, coaches should know the rules of the event they are coaching. Never coach beyond your knowledge - if you feel uncomfortable, get more training or have a more advanced coach work with you and your athlete(s).

Competitive Trampoline Equipment.

The trampoline bed should be a 7'x14' string or web bed. All springs should be covered with tramp pads. All hooks should be fastened facing down (no hook ends up). End decks 5'x10' should be used at the ends of the trampoline and be covered with landing mats at least 4" thick. Padded wedges can be added to the end decks for additional safety. Mats should be used on the floor around the sides of the trampoline to cover the floor. Landing Mats should be placed on the floor around the end decks. The USTA requires the ceiling height of all sanctioned trampoline competitions to be a minimum of 25'(some special conditions can be altered to fit the situation). It is important to make sure the ceiling above the trampoline is clear of fans, lights, basketball goals, etc.

There should be four "spotters" (The USTA recommends having six "spotters" - adding one at the end of each end deck for the upper levels) placed at each corner of the trampoline at all times while in use. These spotters must be alert and watching the athlete constantly. If an athlete does start to fall off the trampoline, a spotter should push the athlete back onto the trampoline. In some cases the spotter may have to catch the athlete. Protecting the head and upper body is the priority in catching or breaking an athletes fall. Cell phones are not allowed.

Safety Guidelines.

Safety guidelines that are used in the Bronze Level follow through the Silver and Gold Levels.

Make sure you have your athletes warm-up properly before they start jumping on the trampoline or double-mini. You should begin with a light aerobics and general head to toe flexibility routine. Developing a strength and conditioning routine will help the athletes in performance and injury prevention.

- » Always check the safety of the equipment.
- » No more than one athlete should ever be allowed to bounce on the same trampoline at one time.
- » No one should be allowed to sit on the sides or end decks of the trampoline.
- » Never allow an athlete to start bouncing unless they are facing one of the end decks.
- » Do not allow anyone under the influence of alcohol, drugs, or medication that will dull or inhibit perception or coordination.

Do not use a chair or any other hard object by the trampoline for athletes to get on or off the trampoline. The USTA recommends the use of stacked mats or padded steps for this purpose. Do not allow athletes to pull on the springs or step on the chains to climb onto the trampoline. They may jump with their arms straight supporting their body weight, swing their legs over the side, stand, and walk slowly to the middle of the trampoline. Never allow athletes to jump off the side of the trampoline when exiting - instead, they should walk slowly to the side of the trampoline and climb down.

Trampoline routines must start facing one of the end decks. All skills must begin and end facing one of the end decks.

Trampoline Dress Code.

Female: A leotard must be worn. It may be long sleeve, short sleeve, or sleeveless. Matching briefs are recommended. Ribbons, clips or scrunchies that fall off during competition result in a 0.3 pt. deduction. Hair beads are not allowed and will result in 2.0 pt. deduction.

Male: A gymnastic step-in is required. Trampoline competitors (only) may wear long white or solid team color trousers or team uniform gym shorts. If shorts are worn, they cannot be sweat material, cut-offs, boxers, jean shorts, or baggie-oversized, and must be finger-tip length or shorter. If long white or solid team color trousers are worn, they must come from a gymnastics supply company (no sweatpants allowed).

Footwear: To prevent injuries, rules require that white gym shoes and/or white foot covering must be worn. Males may wear colored foot covering that matches their long trampoline pants.

The wearing of jewelry or watches in competition will result in a 1.0pt. deduction. Covering jewelry with tape will still result in the same deduction.

Interruption of Scoring - Scoring will be interrupted when an athlete:

1. touches the pads, springs or frame with any part of the body. (This includes ponytails)
2. leaves the trampoline/double-mini.
3. is touched by a spotter.

4. does not use the elasticity of the bed (stops the bounce, kills the bed).
5. uses an illegal skill.
6. does not face one of the end decks while starting routine
7. landing on one foot during the execution of a skill (also results in a 0.3 pt. deduction)
8. Skills that begin or end facing the side of the trampoline will result in loss of skill and termination except if it is the last skill.

Important Beginning Trampoline Techniques.

It is very important for athletes to learn how to stop “kill the bounce” on the trampoline bed. This should be practiced and perfected! Starting at a low bounce, increasing their height - when the athlete is ready to stop, they should bend their ankles, knees, and hips while the bed is completely depressed. Constantly remind your athletes that if they get out of control to try to land on two feet and kill the bounce. If they cannot land on their feet they should keep their arms and legs close to each other and slightly bent to absorb the shock and always protect the head. A shoulder roll or side-ways (safety side roll) is similar to a log roll, tucked up and can be used if the athlete falls out of a skill. Stopping your bounce and knowing how to roll in a variety of ways are very important injury preventative skills.

Trampolinists will tend to take a lot of bounces before initiating a routine. Discourage this practice in the beginning because as an athlete progresses, the more difficult the skill, the more bounces they seem to take. Beginner skills should be taught with little or no bounce.

When jumping, the body should be tight at all times. The arms should be straight and held up close to the head [shoulders should be extended and pressing up against the head in the straight body positions] whenever possible. During the execution of skills, the arms should remain straight and come into the body. In all positions, the feet and legs should be kept together (except straddle jumps) and the toes pointed. Stretch jumps, tuck jumps, straddle jumps, pike jumps and seat drops should be consistent and in control before moving on to turns and body contacts.

At this time, you should make sure you help your athlete determine their prominent side for twisting - have them twist (½'s and full turns) right and left. Once you know their prominent side, make sure they always twist in that direction (swivel hips, ½turn to feet, etc.)

The use of a soft mat on the trampoline bed can be very helpful during the learning of skills. A mat can also be thrown in during the landing of a skill to reduce the landing force. A mat used for this purpose can vary in size, but should be light enough to enable the coach to slide it in quickly. Usually any mat 3' to 4' wide, 5' or 6' long, and 3" - 4" thick can be used for this purpose. Increasing height and putting together combinations of skills should be done only after the athlete demonstrates consistency and control. The athlete should not try new combinations or skills without the permission and supervision of their coach.

Front and Back Drops are essential beginner skills. During practices, it is a good idea for beginners to wear sweatpants and long sleeves. Constant repetition and long practices on basics and proper progression can cause abrasions.

When teaching Front Drops it is best to teach a hands and knees drop from a stand first and then progress to the front drop. Always remind the athlete to land on their belly button first. The athlete's stomach should land where the feet took off from (i.e. the cross). The head should be neutral with their face turned toward their twisting side when the body contacts the trampoline. The athlete's arms should be above their shoulders with their elbows bent, forearms and hands flat on the bed beside their head ready to push off. Just as the body contacts the trampoline, the legs should bend to about 90° angle. This is to allow the athlete to "kick" the lower leg straight and push off with their hands to generate rotational power to return to the feet.

When teaching Back Drops – The arms should begin straight and beside the head. The head position should be neutral and may contact the bed at the same time as the body. The athlete needs to land in the middle of the back just below their shoulder blades. Like the front drop it should not travel backward. Begin learning a Back Drop from a stand. You may have the athlete hold an object (like a beach ball or a foam block) so they are not tempted to flip or put their hands down. It is also safer to start on a soft mat.

Beginner athletes should be taught both back and front body contacts. They are important to body control, air awareness, progression of skills, and injury prevention. Learning these skills can be dangerous. It is recommended to start without bouncing and pay special attention to body position on contact with the bed. Once the athlete starts bouncing using throw-in mats can also help prevent injuries and build confidence. There should be no traveling during the performance of these skills. . The middle of the athlete's back or stomach should land where their feet took off from (i.e., the cross).

These and other fundamental skills should continue to be reviewed as athletes progress to the upper levels.

Skills Allowed in Beginner Trampoline.

Jumps - Tuck, * Straddle, Pike,

Drops - Front, Back, Seat

Turns - ½, 1/1 (Full Turn, 1½, 2/1 (Double Full Turn) Combinations (swivel hips)

* Straddle - the angle of the athlete's upper body and thigh should be (pike) less than 135° with the legs straddled to the sides at an angle greater than 90° between the legs. Refer to TR-p24

Skills Not Allowed in Beginner Trampoline.

Somersaulting, 3/4 front or back skills, back drop pull-over skills are not allowed at the Beginner level. Knee drops (doggie drops) are not allowed at any level of trampoline.

The Beginner level routine

A trampoline routine begins with a succession of what the U.S.T.A. refers to as *straight jumps*. Arms should be straight and close to the head (if you want your athletes to swing their arms up and down - always have them start their first skill with their arms up). An athlete may take as many *straight jumps* as they choose. A good trampoline routine should be executed with

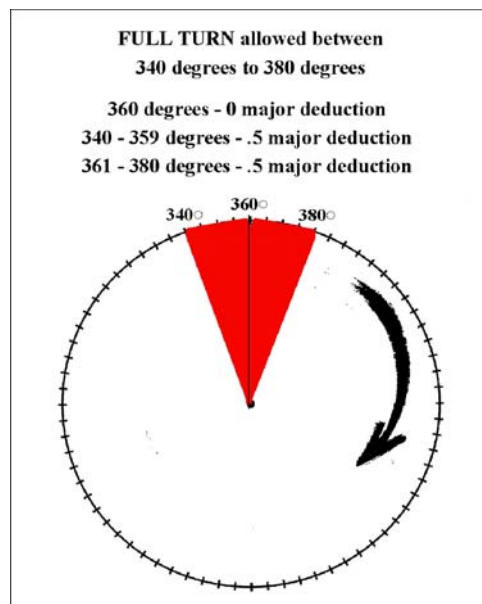
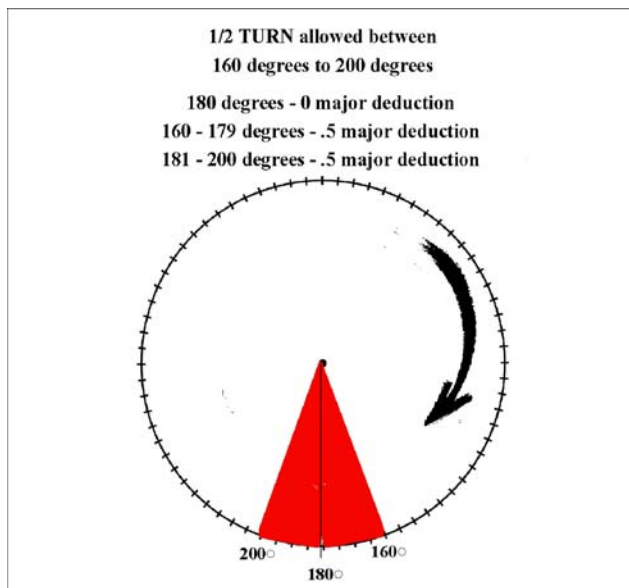
amplitude, control, and maintenance of height in the center of the bed. Your athlete should focus their eyes at the end of the trampoline bed. If your athlete gets tired or feels uncomfortable, have them stop jumping and start over. As long as they do not initiate a skill (i.e., tuck jump, pike jump, ½ turn), they are allowed to start and stop as many times as needed. Make sure your athlete jumps high enough to prepare for a nice routine but remember, control is the most important factor.

A routine at the Beginner Level of trampoline consists of a 10 bounce (contact) routine with three compulsory contact skills and seven optional contact skills. The compulsory skills are; 1) a tuck or pike jump, 2) a ½ twisting straight jump (these skills must start from the feet and end on the feet), and 3) a front or a back contact which does not have to originate from the feet. If an athlete fails to perform a compulsory skill, a 2.0 pt deduction will be taken. There is no difficulty score(s) awarded in beginner through intermediate trampoline levels. Repetition of a skill will result in a 0.5 pt. deduction by each aesthetic judge. (A skill may be performed in a combination without being considered a repeat, i.e., swivel hips & seat drop, return to feet would not be considered a repeat). All U.S.T.A. trampoline levels consist of a ten skill (bounce) routine with no intermediate straight jumps or stops between skills. A 1.0 pt deduction will be taken if an athlete performs more than ten contacts during their routine.

Each ½ and 1/1 turn (feet to feet) that is short or long by 20° will receive a 0.5 pt major deduction.

A jump ½ turn will be accepted between 160 and 200 degrees. Short or long will result in a 0.5 pt major deduction. Anything shorter or longer will be called a straight jump. If the skill begins or ends facing the side pad, the pass will be terminated.

A jump 1/1 turn will be accepted between 340 and 380 degrees. Short or long will result in a 0.5 pt major deduction. Anything shorter or longer will be called a ½ turn. If the skill begins or ends facing the side pad, the pass will be terminated.



NOVICE LEVEL.

At the novice level of Double-Mini and Trampoline the athlete is beginning to “flip” or somersault in the air. Before an athlete is allowed to start somis they should be able to do front and back drops on the trampoline and front and back rolls on the floor. The act of rotating the weight of the body (torso and legs) above the head and shoulders increases the potential for serious injury. All precautions should be taken to make sure the athlete is in control and does not land on their head, neck, or shoulder area. The USTA recommends the use of an overhead rig and spotting belt or hands-on spotting for beginning somis. The athlete should be weaned of the spotting and special methods only when (1) they demonstrate consistency and control, (2) the coach believes the athlete is ready both mentally and physically, and (3) the athlete not only believes that he/she is ready, but also wants to. Remember, never coach beyond your knowledge. Get more training or have a more advanced coach work with your athletes.

Determining of Positions.

Tuck - the angle between the upper body and the thigh should be less than 135° and the angle between the thigh and lower legs are less than 135°

Pike - the angle between the upper body and thigh are equal to or less than 135° and the angle between the thigh and lower legs greater than 135°

Layout (Straight) - the angle between the upper body and the thighs is greater than 135° and the angle between the thigh and lower legs are greater than 135° -the body should be *open* or straight.

Scoring Information.

Kick-outs - The deduction for failing to kick-out (opening) of a pike or tuck somersault is based on the position of the body when the opening occurs without regard to the style of the kick-out or other aesthetic deductions. Refer to the body position against the face of a clock.

Kick-out between 12:00 & 1:00 o'clock	0.0 pt deduction
Kick-out between 1:00 and 3:00 o'clock	0.1 pt deduction
Kick-out after 3:00 o'clock	0.2 pt deduction

Novice Trampoline Competition.

Trampoline competition consists of one routine of ten (10) contacts with the bed. There are four (4) compulsory skills* and six (6) optional skills within the ten (10) skills with no particular order with a maximum of two (2) somersaults. A routine with more than two somersaults will result in a 1.0 pt. deduction per somi and mandate to the Intermediate Level of Trampoline. The four (4) compulsory skills are 1) a Front Somersault (any position) **or** a Back Somersault (any position), 2) a $\frac{1}{2}$ turn, 3) a pike jump, 4) a Front or Back Contact (this could include, but is not limited to: airplane ($\frac{1}{2}$ turn to a front drop), front drop, back drop). The front or back contact does not have to start from the feet.

Skills Allowed in Novice Trampoline.

All skills allowed in the Beginner Level.

Back Somersaults (Tuck, Pike, or Layout [straight] positions)

Front Somersaults (Tuck, Pike, or Layout [straight] positions)

Skill Not Allowed in Novice Trampoline.

All skills that involve landing on the knees.

Twisting somis.

3/4 Front Somis and 3/4 Back Somis

Warm-up time

Beginner - one (1) turn, 45 seconds

Novice - two (2) turns, 30 seconds each.

DOUBLE-MINI TRAMPOLINE

Double-Mini Dress Code

Men may not wear trampoline pants or matching color footwear. All other dress code deductions for improper dress, hair, jewelry etc... are the same as trampoline.

Double-Mini Equipment.

All springs should be covered with tramp pads. All hooks should be fastened facing down (no hook ends up). Mats should cover the floor all around the double-mini. The landing mat or dismount mat should be a minimum of 6'x12'x12" - if a larger landing mat is used, the landing zone must be marked with a white or yellow outline to mark "out-of-bounds." The landing zone cannot be deeper than 12" unless a "sting mat" (or tumbling mat) is used to prevent the athletes from bottoming out. The USTA requires the ceiling height of all sanctioned trampoline competitions to be 20'(some special conditions can be altered to fit the situation). It is important to make sure the ceiling above the trampoline is clear of fans, lights, basketball hoops, etc.

Important Beginner and Novice Double-Mini Trampoline Techniques.

A double-mini routine begins with a run up to the double-mini. It is important that an athlete runs from the same distance each time! Once an athlete touches the double-mini, scoring begins. Therefore, if an athlete runs, trips, touches the edge of the double-mini, and stops - the athlete will receive a "0" score. It is important to inform your athletes to stop before they reach the double-mini if they "mess up" their run, so they can begin their approach again. The hurdle onto the double-mini is **very** important! When jumping (or mounting) onto the double-mini, an athlete should try from at least 2' - 6' away. The further - the better. A 6'x12'x1¼" folded panel mat may be placed vertical to the double-mini for use as a ramp to help 6 and under athletes

mount the double-mini if needed. Handicap athletes whose coach submits a letter to the National office may use the mat without a deduction. All other athletes who choose to use the mat will receive a 0.5 pt. deduction per use. If an athlete mounts with one foot, they will receive a "0" for the pass. If an athlete mounts with one foot and then the other in the mounter bed, they will receive a 0.1 - 0.5 pt deduction. A repeated skill in the same part of the pass (mount, spotter, dismount) will result in a 1.0 pt. aesthetic deduction taken on the advice of the Superior Judge.

For take-off of all skills from the feet and straight jumps, the body should be held straight with arms up(except mounting straight jumps) and shoulders extended. For all tucked, piked, and straddled skills the arms should press down to the sides after the tuck, pike, or straddle position is attained.

Dismount skills should land close to the double-mini without deviation. Dismount landing deductions for distance from the double-mini range from 0.1 - 0.3 pts. Dismount landing deductions for deviation from center range from 0.1-0.2. Refer to the *GUIDE TO JUDGING DOUBLE-MINI LANDING* located at the end of this document.

BEGINNER DOUBLE-MINI

Routines consist of two (2) passes of two or three contacts which may include a *mounter*, *spotter*, or *dismount* skill. A *dismounter* skill should always end with a solid, controlled landing - as close to the double-mini as safety allows.

Each pass consists of two (2) skills. Each skill is scored out off 5.0 points. If the athlete initiates a skill on the first bed, it is a *mounter* skill and must dismount with a *dismounter* skill as soon as they jump to the second bed (spotter bed). In a double-mini pass, the dismounted skill should be performed with greater height that the preceding mounter and spotter skill.

If the athlete performs a straight jump as a *mounter* to the second bed (spotter bed), the athlete must perform a *spotter* skill on the second bed and then *dismount* with a skill. The athletes dismount skill should land with their legs slightly bent (chair position) and land as close to the double-mini as safely possible.

Skills Allowed in Beginner Double-Mini.

Jumps:	Tuck, *Pike Straddle, Pike
Turns:	½ 0.1 pt DD (½ twisting straight jump)
	Full 0.2 pt DD
	1½ 0.3 pt DD
	2/1 0.4 pt DD

Remember, in double-mini, an athlete can mount with a Tuck Jump, do a Spotter Tuck Jump, and Dismount with a Tuck Jump in their routines without being called for a repeat as long as they are done in a different area of the double-mini in the execution of their different passes(i.e., 1st pass: mounter tuck jump and dismount tuck jump; 2nd pass: spotter tuck jump and straddle pike dismount). A 1.0 pt deduction will be taken for any repeated skill plus loss of difficulty if a

difficulty skill. An inward tuck jump is the same as a dismount tuck jump.

Difficulty is awarded at all levels of double-mini.

Skills Not Allowed in Beginner Double-Mini.

Somersaulting Skills

NOVICE DOUBLE-MINI

Routines consist of three (3) passes of two or three contacts which may include a *mounter*, *spotter*, or *dismount* skill. A *dismounter* skill should always end with a solid, controlled landing - as close to the double-mini as safety allows. Two (2) of the (3) passes must have difficulty. One pass must include a Somi, one pass must not include a Somi, and the other pass must have difficulty (a somi and/or other difficulty skill). A repeated skill in the same part of the pass (mount, spotter, dismount) will result in a 1.0 pt. aesthetic deduction taken on the advice of the Superior Judge plus loss of difficulty, if a difficulty skill..

Skills Allowed in Novice Double-Mini.

All skills allowed in Beginner Double-Mini

Front Somis:	Tuck	0.5 pt DD
	Pike and Layout [straight]	0.6 pt DD
Back Somis:	Tuck	0.5 pt DD
	Pike and Layout [straight]	0.6 pt DD

Skills Not Allowed in Novice Double-Mini.

Somis with twists

Somis exceeding 360° rotation

Gainers or inwards somis

Passes with a twisting somi, gainer, inward somi, somi exceeding 360° rotation, or more than one somi per pass will result in 2.0 aesthetic deduction and mandate to the Intermediate Level. Performing a somi in all three passes will result in 2.0 aesthetic deduction and mandate to the Intermediate Level. Failure to have a pass with a somi in it will result in loss of difficulty and a 2.0 pt deduction.

GENERAL COACHING INFORMATION

- » Communicate with your athletes and evaluate them fairly. Communication is sharing information and checking for understanding.
- » Listen to your athletes (it is not important for you to talk all of the time). Have them tell you what they understand they are to do.
- » Be positive and precise in your verbal messages.
- » Remind athletes to be in control and stay focused. Have them learn a skill under control before they increase their height.

- » Be tough on safety, rules, respect and sportsmanship.
You can be tough in conditioning, drills and repetition and perfection of learned skills.
- » Never force a new or dangerous skill. Build confidence, encourage, praise and protect your athletes.
- » Be enthusiastic when coaching - if you act bored, your athletes will become bored. Have contests, set individual challenges, and praise or reward!
- » Last of all, (food for thought) try the COACH SANDWICH - "2" slices of positive with a correction between.

Double-mini Landing Mat

Deviation from center ↑↑↑↑↑		Distance from d-mini ↑↑↑↑↑	Deviation from center ↑↑↑↑↑	
.2	.1	.0	.1	.2
.3	.2	.1	.2	.3
.4 (2+2)	.3 (2+1)	.2	.3 (2+1)	.4 (2+2)
.5 (3+2)	.4 (1+3)	.3	.4 (1+3)	.5 (3+2)

The deductions shown include a combination of these two deductions listed.

DEDUCTIONS: Excessive deviation from the center - 0.1 - 0.2 pts
 Excessive distance on dismount - 0.1 - 0.3 pts