

HUGS

Program Guide





Competition for Athletes with Special Needs

Age Groups

- 6 & Under
- 7-11
- 12-15
- 16-21
- 22-29
- 30+

Upon the 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 and level

Competition Cards



- Coaches must submit a competition card to the Chair of Judges Panel prior to flight warm up for all events and all levels.
- Elements performed in the order they are written on the competition card will be awarded a difficulty bonus



TRAMPOLINE

Trampoline



Coaches are allowed to be on the end deck, for athletes who need visual cues to help in the performance of their routine.

There are no deductions for coaching assistance.



HUGS TRAMPOLINE

LEVEL 1



2 Touch

WARM UP

General Information



- Judges will judge the first 5 Elements performed.
Straight jumps are not judged
- Matting aids are allowed on trampoline
- Normal landing deductions will apply
- No Interruptions at this level

5-Element Pass Routine Requirements

- Routine is scored out of 10.0 points.
- Athletes may include unlimited straight jumps between each element, with no interruption of routine.



Level 1: Element List

- Tuck Jump
- Straddle Jump
- Seat Drop
- $\frac{1}{2}$ turn
- Return to feet



Judging Panel

4 Judges Total

2 Execution Judges

Execution judges will take
aesthetic deductions from 10.0 pts,
based on the guidelines in the

USA Gymnastics

Trampoline & Tumbling

JO code of points.

Maximum deduction per

Element is 0.5 pts

Maximum of 20.0 pts total for

E-Score



Consecutive Element Bonus

1 Judge will be responsible for awarding a consecutive element difficulty bonus

Bonus is earned when there are no straight jumps performed in between elements

- Two consecutive elements = 1.0 pt.
- Three consecutive elements = 2.0 pts.
- Four consecutive elements = 3.0 pts.
- Five consecutive elements = 4.0 pts.

Maximum Consecutive element
Difficulty Bonus 4.0 pts



Different Element Bonus

1 Chair of the Judges Panel

The chair will add an additional
Difficulty Bonus for the
performance of different
elements

- 3 different elements = 1.0 pt.
- 4 different elements = 2.0 pts
- 5+ different elements = 3.0
pts

Maximum Different Element
Bonus 3.0 pts



Routine Performance

An additional difficulty bonus
for the performance of the
routine as written on the
competition card

- 2.0

All bonuses will be combined as
the total difficulty score.



Score Calculation

**E score = Maximum 20.0 pts
Total**

**D Score = Maximum 9.0 pts
Total**

**Penalties taken for the
appropriate level**

**E + E + D - penalties = Total
Score**

Ties will not be broken





HUGS TRAMPOLINE

LEVEL 2



2 Touch

WARM UP

General Information



- Judges will judge the first 10 elements performed.
Straight jumps are not judged
- Normal landing deductions will apply
- No deductions for coaches assistance

10-Element Pass

- Routine is scored out of 10.0 points
- Athletes may include unlimited straight jumps between each element with no interruption of routine



Level 2: Element List

- Tuck Jump
- Straddle Jump
- Pike Jump
- Seat Drop
- 1/2 turn
- Full turn
- Return to feet



Judging Panel

4 Judges Total

2 Execution Judges

Execution judges will take aesthetic deductions from 10.0 pts, based on the guidelines in the

USA Gymnastics

Trampoline & Tumbling JO code of points.

Maximum deduction per

Element is 0.5 pts

Maximum of 20.0 pts total for

E-Score



Consecutive Element Bonus

1 Judge will be responsible for awarding a consecutive element difficulty bonus

Bonus is earned when there are no straight jumps performed in between Elements

- Two consecutive elements = 1.0 pt.
- Three consecutive elements = 2.0 pts.
- Four consecutive elements = 3.0 pts.
- Five consecutive elements = 4.0 pts.

Maximum Consecutive Element Difficulty
Bonus 4.0 pts.



Different Element Bonus

1 Chair of the Judges Panel

The chair will add an additional difficulty bonus, for the performance of different elements

- 3 different elements = 1.0 pt.
- 4 different elements = 2.0 pts.
- 5+ different elements = 3.0 pts.

Maximum Different Element Bonus 3.0
pts



Routine Performance Bonus

An additional difficulty bonus
for the performance of the
routine as written on the
competition card

- 2.0

All bonuses will be combined as
the total difficulty score.



Score Calculation

**E score = Maximum 20.0 pts
Total**

**D Score = Maximum 9.0 pts
Total**

**Penalties taken for the
appropriate level**

**E + E + D - penalties = Total
Score**

Ties will not be broken





HUGS TRAMPOLINE

LEVEL 3



2 Touch

WARM UP

General Information



- Judges will judge the first 10 elements performed.
- No matting aids are allowed at this level
- Routines can be interrupted per the T&T Code of Points Rules
- Normal landing deductions apply
- Normal coaches assistance deductions apply



10-Element Pass

- Routine is scored out of 10.0 points.
- Athletes may include a maximum of one straight jump between each element with no interruption of routine. More than one straight jump will result in interruption.

Level 3: Element List

- Return to feet
- Tuck Jump
- Straddle Jump
- Pike Jump
- Seat Drop
- 1/2 turn
- Full turn
- Back Drop
- Stomach drop
- 1/2 turn to seat drop
- 180° rotation to back (only from hands and knees)
- Front somersault



Judging Panel

4 Judges Total

2 Execution Judges

Execution judges will take aesthetic deductions from 10.0 pts, based on the guidelines in the

USA Gymnastics

Trampoline & Tumbling JO code of points.

Maximum deduction per

Element is 0.5 pts

Maximum of 20.0 pts total for

E-Score



Consecutive Element Bonus

1 judge will be responsible for awarding a consecutive element difficulty bonus

Bonus is earned when there are no straight jumps performed in between elements

- Two consecutive elements = 1.0 pt.
- Three consecutive elements = 2.0 pts
- Four consecutive elements = 3.0 pts
- Five consecutive elements = 4.0 pts

Maximum Consecutive Element Difficulty Bonus 4.0
pts



Different Element Bonus

1 Chair of the Judges Panel

The chair will add an additional difficulty bonus for the performance of different elements

- 3 different elements = 1.0 pt.
- 4 different elements = 2.0 pts
- 5+ different elements = 3.0 pts

Maximum Different Element
Bonus 3.0 pts

All bonuses will be combined as
the total difficulty score.



Routine Performance Bonus

Bonus Difficulty Score

- Rotation of 360° degrees = 2.0 pts.
- Routine performed as written on the competition card = 2.0 pts



Score Calculation

**E score = Maximum 20.0 pts
Total**

**D Score = Maximum 11.0 pts
Total**

**Penalties taken for the
appropriate level**

**E + E + D - penalties = Total
Score**

Ties will not be broken





TUMBLING

Tumbling



- Coaches must submit a competition card to the Chair of Judges Panel prior to flight warm up of the event.
- Elements performed in the order written on the competition card will be awarded a bonus
- Coaches are allowed to stand up on the tumbling floor for athletes who need visual cues to help in the performance of their routine.



HUGS Tumbling

LEVEL 1



2 Touch

WARM UP

General Information

- Use of panel mat is permitted without deduction
- No deduction for spotting
- No Interruptions at this level
- Normal landing deductions apply



5-Element Pass

- Routine is scored out of 10.0 points



Level 1: Element List

- Lunge-hold 3 seconds
- Bear Walk
- Inch Worm
- Rebound Stick
- Jump $\frac{1}{2}$ turn
- Forward roll
- Candle Stick
- Scale (T hold or lever)
- Cartwheel
- Jump to Squat



Judging Panel

4 Judges Total

3 Execution Judges

Execution judges will take aesthetic deductions from 10.0 pts, based on the guidelines in the

USA Gymnastics

Trampoline & Tumbling

JO code of points.

Maximum deduction per Element is 0.5 pts

Maximum of 30.0 pts total for
E-Score



Consecutive Element Bonus

One Judge will be responsible for awarding a consecutive element difficulty bonus

Bonus is earned when Elements are performed with two or less steps or no pause in between Elements

- Two consecutive elements = 1.0 pt.
- Three consecutive elements = 2.0 pts
- Four consecutive elements = 3.0 pts
- Five consecutive elements = 4.0 pts

Maximum Consecutive Element

Difficulty Bonus 4.0 pts



Different Element Bonus

One Chair of the Judges Panel

The chair will add an additional difficulty bonus for the performance of different elements

- 3 different elements = 1.0 pt.
- 4 different elements = 2.0 pts
- 5+ different elements = 3.0 pts

Maximum Different Element
Bonus 3.0 pts

All bonuses will be combined as
the total difficulty score.



Routine Performance Bonus

Bonus Difficulty Score

- Routine performed as written on the competition card = 2.0 pts



Score Calculation

E score = Maximum 30.0 pts Total

D Score = Maximum 9.0 pts Total

Penalties taken for the appropriate
level

$E + E + E + D - \text{penalties} = \text{Total Score}$

Ties will not be broken





HUGS Tumbling

LEVEL 2



2 Touch

WARM UP

General Information

- Use of panel mat is permitted but will incur a 1.0 CJP penalty
- Safety spots are allowed with no deduction
 - There was no assistance in the performance of the element.
- No Interruptions of a routine
- Normal landing deductions apply



8-Element Pass

- Routine is scored out of 10.0 pts.



Level 2: Element List

- Cartwheel
- Candlestick
- Jump $\frac{1}{2}$ turn
- Jump full turn
- Handstand feet together step down
- Tuck forward roll
- Pike forward roll
- Straddle forward roll
- Power hurdle
- Tuck back roll
- Straddle roll backward
- Bridge hold 3 sec



Judging Panel



4 Judges Total

3 Execution Judges

Execution judges will take aesthetic deductions from 10.0 pts, based on the guidelines in the USA Gymnastics Trampoline & Tumbling JO code of points.

Maximum deduction per element is 0.5 pts

Maximum of 30.0 pts total for
E-Score

Consecutive Element Bonus

One Judge will be responsible for awarding a consecutive element difficulty bonus

Bonus is earned when element are performed with two or less steps or no pause in between elements

- Two consecutive elements = 1.0 pt.
- Three consecutive elements = 2.0 pts
- Four consecutive elements = 3.0 pts
- Five consecutive elements = 4.0 pts

Maximum Consecutive Element

Difficulty Bonus 4.0 pts



Different Element Bonus

One Chair of the Judges Panel

The chair will add an additional difficulty bonus for the performance of different elements

- 3 different elements = 1.0 pt.
- 4 different elements = 2.0 pts
- 5+ different elements = 3.0 pts

Maximum Different Element
Bonus 3.0 pts

- All bonuses will be combined as the total difficulty score.



Routine Performance Bonus

Bonus Difficulty Score

- Routine performed as written on the competition card = 2.0 pts



Score Calculation

E score = Maximum 30.0 pts Total

D Score = Maximum 9.0 pts Total

Penalties taken for the appropriate
level

$E + E + E + D - \text{penalties} = \text{Total Score}$

Ties will not be broken





HUGS Tumbling

LEVEL 3



2 Touch

WARM UP

General Information

- Use of panel mat is permitted, but will incur a 1.0 pt. penalty
- Normal spotting deductions apply
- Normal landing deductions apply



Spotting



Safety spots are allowed with no deductions

A safety spot is used to ensure safety, not for aiding the athlete with the performance of a element.

Elements which are spotted at this level will result in an interruption of the routine.

Level 3: Element List

- Handstand forward roll
- Front walkover
- Cartwheel
- Handstand to bridge stand up (two Elements)
- One arm cartwheel
- Cartwheel step in
- Backbend
- Kickover
- Back roll
- Power hurdle
- Round off
- Round off, back handspring with safety spot



Judging Panel



4 Judges Total

3 Execution Judges

Execution judges will take aesthetic deductions from 10.0 pts, based on the guidelines in the

USA Gymnastics

Trampoline & Tumbling

JO code of points.

Maximum deduction per Element is 0.5 pts

Maximum of 30.0 pts total for
E-Score

Consecutive Element Bonus

One Judge will be responsible for awarding a consecutive element difficulty bonus

Bonus for consecutive elements:

Bonus is earned when element are performed with two or less steps or no pause in between elements

- Two consecutive elements = 1.0 pt.
- Three consecutive elements = 2.0 pts
- Four consecutive elements = 3.0 pts
- Five consecutive elements = 4.0 pts

Maximum Consecutive Element

Difficulty Bonus 4.0 pts



Difficulty Element Bonus



1 Difficulty Bonus Score

- Handstand forward roll step out = 1.0 pt.
- Backward extension roll to handstand with bent arms = 1.0 pt.
- Back extension roll to handstands with straight arms = 2.0 pts
- Round off, back handspring pass = 3.0 pts
- Round off, back handspring with light spot 2.0 pts

Routine Performance Bonus

Bonus Difficulty Score

- Routine performed as written on the competition card = 2.0 pts



Score Calculation

E score = Maximum 30.0 pts
Total

D Score = Maximum 9.0 pts
Total

Penalties taken for the
appropriate level

E + E + E + D-penalties = Total
Score

Ties will not be broken





Double Mini

Double Mini



Straight jumps are allowed with no deduction



HUGS Double Mini

LEVEL 1



2 Touch

WARM UP

General Information



- Athletes may include unlimited straight jumps between each element with no interruption of routine.
- Incline required
- Straight jumps prior to spotter element required
- Dismount straight jump required
- May stop bouncing with no penalty/ deduction

General Information

- All judged elements are spotter elements
- Coaches may assist with dismount jump with no penalty
- No Interruptions at this level





- 2 Passes - 1 element each
- Routines are scores out of 10.0 pts
- Performance of different elements in pass 1 and pass 2 will result in a difficulty bonus
- May include straight jumps with no deduction or interruption

Level 1: Element List

- Tuck jump
- Pike Jump
- Straddle Jump
- Straight Jump Dismount



Judging Panel

4 Judges Total

3 Execution Judges

Execution judges will take aesthetic deductions from 10.0 pts, based on the guidelines in the USA Gymnastics

Trampoline & Tumbling

JO code of points.

Maximum deduction per element is 0.5 pts

Maximum of 30.0 pts total for
E-Score



Difficulty Element Bonus

- Element Bonus Score
 - Running mount 1.0 pt.
 - Different element in pass 1 and pass 2 1.0 pt.

Maximum Difficulty Bonus 2.0 pt.



Routine Performance Bonus

Bonus Difficulty Score

- Routine performed as written on the competition card = 2.0 pts



Score Calculation

E score = Maximum 30.0 pts
Total

D Score = Maximum 4.0 pts
Total

Penalties taken for the
appropriate level

$E + E + E + D - \text{penalties} = \text{Total Score}$

Ties will not be broken





HUGS Double Mini

LEVEL 2



2 Touch

WARM UP

General Information

- Athletes may include unlimited straight jumps between each element with no interruption of routine.
- Run required, incline allowed
- Normal coaches assistance deductions apply
- Normal landing deductions apply



General Information

- First spotter element may not be a straight jump
- Coaches may assist with dismount element with no penalty
- No Interruptions of a routine





- 2 Passes - 2 elements each
- Routines are scores out of 10.0 pts
- No repeats from pass 1 to pass 2 will be awarded a difficulty bonus
- Dismount may be a straight jump
- Run required

Level 2: Element List

- Tuck Jump
- Pike Jump
- Straddle Jump
- Jump $\frac{1}{2}$ turn spotter
- Dismount straight jump



Judging Panel

4 Judges Total

3 Execution Judges

Execution judges will take aesthetic deductions from 10.0 pts, based on the guidelines in the

USA Gymnastics

Trampoline & Tumbling

JO code of points.

Maximum deduction per element is 0.5 pts

Maximum of 30.0 pts total for
E-Score



Difficulty Element Bonus

1 Difficulty Judge

- Consecutive Elements Bonus (Max 1.0)
 - Two consecutive elements 1.0 pt.
- Element Bonus (Max 6.0)
 - 2 Different elements in the same pass 1.0 pt.
 - Different elements in pass 1 and pass 2 1.0 pt.
 - 2 foot mount 2.0 pts
 - Hurdle mount 2.0 pts



Routine Performance Bonus

Bonus Difficulty Score

- Routine performed as written on the competition card = 2.0 pts



Score Calculation

E score = Maximum 30.0 pts
Total

D Score = Maximum 9.0 pts
Total

Penalties taken for the
appropriate level

$E + E + E + D - \text{penalties} = \text{Total Score}$

Ties will not be broken





HUGS Double Mini

LEVEL 3



2 Touch

WARM UP

General Information

- Run required
- Athletes may include unlimited straight jumps between each element with no interruption of routine.
- Incline allowed
- Spotter element may not be a straight jump
- Passes performed in the order as written on the competition card will be awarded a bonus
- Mounter passes are allowed
- Normal coaches assistance penalties apply
- Normal landing deductions apply





- 2 Passes - 2 elements each
- Routines are scores out of 10.0 pts
- Passes with no repeat of elements from pass 1 to pass 2 will be awarded a bonus
- Straight jumps allowed as dismount element
- Run required

Level 3: Element List

- Tuck Jump
- Pike Jump
- Straddle Jump
- Jump $\frac{1}{2}$ turn spotter
- Dismount straight jump
- Front somersault tuck



Judging Panel



4 Judges Total

3 Execution Judges

Execution judges will take aesthetic deductions from 10.0 pts, based on the guidelines in the USA Gymnastics Trampoline & Tumbling JO code of points.

Maximum deduction per element is 0.5 pts

Maximum of 30.0 pts total for E-Score

Difficulty Element Bonus



- 1 Judge
- Consecutive Elements Bonus (Max 1.0)
 - Two consecutive elements 1.0 pt.
- Element Bonus (Max 7.0)
 - 2 Different elements 1.0 pt.
 - Different elements in pass 1 and pass 2 pt. 1.0
 - 2 foot mount 2.0 pts
 - Hurdle mount 2.0 pts
 - 360° somersault rotation 2.0 pts

Routine Performance Bonus

Bonus Difficulty Score

- Routine performed as written on the competition card = 2.0 pts



Score Calculation

E score = Maximum 30.0 pts
Total

D Score = Maximum 11.0 pts
Total

Penalties taken for the
appropriate level

$E + E + E + D - \text{penalties} = \text{Total Score}$

Ties will not be broken



National Qualification

All HUGS athletes will be required to attend one USA Gymnastics sanctioned competition each year prior to attending Stars and Stripes Championships



For Complete Rules
See
USA Gymnastics
Trampoline & Tumbling
JO Code of Points/HUGS
Exceptions to the Code of
Points



Get Ready for a Competition Experience
that will warm your heart!