



USA Gymnastics Trampoline & Tumbling HUGS Skills 2018-2021

HUGS Level 1	Trampoline	Tumbling
General Information	Coaches must submit a competition card to the Superior Judge prior to general warm-up of the event. Judges will base scores on all skills listed in order on the competition card.	
Special Requirements	<p>5-SKILL PASS</p> <ul style="list-style-type: none"> • Routine is scored out of 10.0 pts • Athletes may include a maximum of one preparatory jump prior to each skill with no interruption of routine. More than one preparatory jump will result in an interruption • Normal Landing and CJP deductions would apply • Must contain 5 of the following skills (skills may be repeated) <ul style="list-style-type: none"> - Tuck Jump - Straddle Jump - Eagle Jump - Seat Drop - Jump 1/2 Turn - 2 Execution scores - 1 BONUS Difficulty score - Two consecutive skills 1.0 - Three consecutive skills 2.0 - Four consecutive skills 3.0 - Five consecutive skills 4.0 	<p>5-SKILL PASS</p> <p>Must contain 5 of the following skills Routine is scored out of 10.0 pts Normal Landing and CJP deductions would apply</p> <ul style="list-style-type: none"> - skill - Lunge-hold 3 seconds - skill - Jump to squat - skill - Bear Walk - skill - Inch Worm - skill - Rebound stick - skill - Jump 1/2 turn - skill - Forward roll - skill - Candle stick - skill - Scale (t hold or lever) - skill - Cartwheel <p>2 Execution scores 1 BONUS Difficulty score based on the following Two consecutive ** skills 1.0 Three consecutive ** skills 2.0 Four consecutive ** skills 3.0</p>
Additional Information	<ul style="list-style-type: none"> • Coaches may direct gymnast during exercise with no deduction 	



Please refer to USA Gymnastics Trampoline & Tumbling Rules and Policies for further information.

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USA Gymnastics Trampoline & Tumbling HUGS Skills 2018-2021

HUGS Level 2	Trampoline	Tumbling
General Information	Coaches must submit a competition card to the Superior Judge prior to general warm-up of the event. Judges will base scores on all skills listed in order on the competition card.	
Special Requirements	<p>10-SKILL PASS</p> <ul style="list-style-type: none"> • Routine is score out of 10.0 pts • Normal Landing & CJP deductions would apply • Athletes may include a maximum of one preparatory jump prior to each skill with no interruption of routine. More than one preparatory jump will result in an interruption <p>*Must contain 6 of the following skills (skills may be repeated)</p> <ul style="list-style-type: none"> - Tuck Jump - Straddle Jump - Eagle Jump - Seat Drop - Jump 1/2 Turn - Jump Full turn - Seat drop 1/2 turn seat drop (swivel hips) - Hands and knees drop (doggie drop) <ul style="list-style-type: none"> • 2 Execution scores • 1 BONUS Difficulty score • Two consecutive skills 1.0 • Three consecutive skills 2.0 • Four consecutive skills 3.0 • Five consecutive skills 4.0 	<p>8-SKILL PASS</p> <p>Must contain 8 of the following skills Routine is scored out of 10.0 pts Normal Landing and CJP deductions would apply</p> <ul style="list-style-type: none"> - Cartwheel - Teeter totter - Candlestick - Jump Full turn - Round off – rebound - Handstand feet together step down - Forward Roll - Power Hurdle Cartwheel - One arm Cartwheel - Straddle Front Roll - Straddle Back Roll - Back Roll <p>2 Execution scores 1 BONUS Difficulty score based on the following</p> <ul style="list-style-type: none"> Two consecutive ** skills 1.0 Three consecutive ** skills 2.0 Four consecutive ** skills 3.0 Five consecutive ** skills 4.0
Additional Information	<ul style="list-style-type: none"> • Coaches may direct gymnast during exercise with no deduction 	



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