



## USA Gymnastics Trampoline and Tumbling HUGS Skills 2019-2021

HUGS Level 1	Trampoline	Tumbling
General Information	Coaches must submit a competition card to the Chair of Panel Judge prior to general warm up of the event. Judges will base scores off of skills listed in the order on the competition card. <b>Age Groups are 11-U, 12-15, 16-21, 22-29, 30-Over.</b>	
Routine Requirements	<p><b>5-Skill Pass</b></p> <ul style="list-style-type: none"> <li>● Routine is scored out of 10.0 points.</li> <li>● Athletes may include unlimited intermittent jumps between each skill with no interruption of routine.</li> <li>● Normal landing deductions will apply.</li> <li>● Must contain a minimum of 3 different skills from the following list.</li> <li>● May repeat 2 skills.               <ul style="list-style-type: none"> <li>○ Tuck Jump</li> <li>○ Straddle Jump</li> <li>○ Seat Drop</li> <li>○ ½ turn</li> </ul> </li> <li>● 2 Execution scores</li> <li>● 1 Bonus Difficulty score               <ul style="list-style-type: none"> <li>○ Two consecutive skills 1.0</li> <li>○ Three consecutive skills 2.0</li> <li>○ Four consecutive skills 3.0</li> <li>○ Five consecutive skills 4.0</li> </ul> </li> </ul>	<p><b>5-Skill Pass</b></p> <ul style="list-style-type: none"> <li>● Routine is scored out of 10.0 points.</li> <li>● There are no interruptions at this level.</li> <li>● Must contain 5 different skills from the following list.               <ul style="list-style-type: none"> <li>○ Lunge-hold 3 seconds</li> <li>○ Bear Walk</li> <li>○ Inch Worm</li> <li>○ Rebound Stick</li> <li>○ Jump ½ turn</li> <li>○ Forward roll</li> <li>○ Candle Stick</li> <li>○ Scale (t hold or lever)</li> <li>○ Cartwheel</li> <li>○ <b>Jump to squat</b></li> </ul> </li> <li>● 2 Execution scores</li> <li>● 1 Bonus Difficulty score               <ul style="list-style-type: none"> <li>○ Two consecutive skills 1.0</li> <li>○ Three consecutive skills 2.0</li> <li>○ Four consecutive skills 3.0</li> <li>○ Five consecutive skills 4.0</li> </ul> </li> </ul>
Additional Information	No deduction for coaches talking to or signaling to athletes. <b>Use of panel mat permitted without deduction. Maximum entry fee for events \$25.</b>	



## USA Gymnastics Trampoline and Tumbling HUGS Skills 2019-2021

HUGS Level 2	Trampoline	Tumbling
General Information	Coaches must submit a competition card to the Chair of Panel Judge prior to general warm up of the event. Judges will base scores off of skills listed in the order on the competition card. <b>Age Groups are 11-U, 12-15, 16-21, 22-29, 30-Over.</b>	
Routine Requirements	<p><b>10-Skill Pass</b></p> <ul style="list-style-type: none"> <li>● Routine is scored out of 10.0 points.</li> <li>● Athletes may include unlimited intermittent jumps between each skill with no interruption of routine.</li> <li>● Normal landing deductions will apply.</li> <li>● Must contain 6 different skills or combinations from the following list.</li> <li>● May repeat 4 skills.               <ul style="list-style-type: none"> <li>○ Tuck Jump</li> <li>○ Straddle Jump</li> <li>○ Pike Jump</li> <li>○ Seat Drop</li> <li>○ ½ turn</li> <li>○ Full turn</li> <li>○ Seat drop, ½ turn seat drop (swivel hips)</li> <li>○ Seat drop, hands and knees drop, stomach drop</li> </ul> </li> <li>● 2 Execution scores</li> <li>● 1 Bonus Difficulty score               <ul style="list-style-type: none"> <li>○ Two consecutive skills 1.0</li> <li>○ Three consecutive skills 2.0</li> <li>○ Four consecutive skills 3.0</li> <li>○ Five consecutive skills 4.0</li> </ul> </li> </ul>	<p><b>8-Skill Pass</b></p> <ul style="list-style-type: none"> <li>● Routine is scored out of 10.0 points.</li> <li>● There are no interruptions at this level.</li> <li>● Must contain 6 different skills from the following list.</li> <li>● May repeat 2 skills.               <ul style="list-style-type: none"> <li>○ Cartwheel</li> <li>○ Candlestick</li> <li>○ Jump ½ turn</li> <li>○ Jump full turn</li> <li>○ Handstand feet together step down</li> <li>○ Tuck forward roll</li> <li>○ Pike forward roll</li> <li>○ Straddle forward roll</li> <li>○ Power hurdle</li> <li>○ Tuck backward roll</li> <li>○ Straddle backward</li> <li>○ Bridge hold 3 sec</li> </ul> </li> <li>● 2 Execution scores</li> <li>● 1 Bonus Difficulty score               <ul style="list-style-type: none"> <li>○ Two consecutive skills 1.0</li> <li>○ Three consecutive skills 2.0</li> <li>○ Four consecutive skills 3.0</li> <li>○ Five consecutive skills 4.0</li> </ul> </li> </ul>
Additional Information	No deduction for coaches talking to or signaling to athletes. <b>Use of panel mat permitted but will incur a deduction. Maximum entry fee for events \$25.</b>	



## USA Gymnastics Trampoline and Tumbling HUGS Skills 2019-2021

HUGS Level 3	Trampoline	Tumbling
General Information	Coaches must submit a competition card to the Chair of Panel Judge prior to general warm up of the event. Judges will base scores off of skills listed in the order on the competition card. <b>Age Groups are 11-U, 12-15, 16-21, 22-29, 30-Over.</b>	
Routine Requirements	<p><b>10-Skill Pass</b></p> <ul style="list-style-type: none"> <li>● Routine is scored out of 10.0 points.</li> <li>● Athletes may include a maximum of one intermittent jump between each skill with no interruption of routine. More than one intermittent jump will result in interruption.</li> <li>● Normal landing deductions will apply.</li> <li>● Must contain a of 6 different skills and 1 combination from the following lists.</li> <li>● No repeats of any skills.</li> <li>● Skills: <ul style="list-style-type: none"> <li>○ Tuck Jump</li> <li>○ Straddle Jump</li> <li>○ Pike Jump</li> <li>○ ½ turn</li> <li>○ Full turn</li> <li>○ Back Drp</li> <li>○ Stomach drop</li> </ul> </li> <li>● Combinations: <ul style="list-style-type: none"> <li>○ Seat drop, hands and knees, stomach drop, return to feet.</li> <li>○ Seat drop, hands and knees drop, 180 degree rotation to back, return to feet.</li> <li>○ Seat drop, ½ turn seat drop, stomach drop, return to feet.</li> </ul> </li> <li>● 2 Execution scores</li> <li>● 1 Bonus Difficulty score <ul style="list-style-type: none"> <li>○ Rotation of 360 degrees 2.0</li> <li>○ No talking or signals from coach 1.0</li> </ul> </li> </ul>	<p><b>Pass 1- 5-Skills</b> <b>Pass 2- 8-Skills</b></p> <ul style="list-style-type: none"> <li>● Routines are scored out of 10.0 points.</li> <li>● Pass 1 must include a minimum of 3 different skills from the following list.</li> <li>● Pass 2 must include a minimum of 4 different skills from the following list.</li> <li>● May repeat skills within a pass.</li> <li>● Required skills from pass 1 may not be used as a required skill in pass 2. <ul style="list-style-type: none"> <li>○ Handstand forward roll</li> <li>○ Handstand to bridge stand up (two skills)</li> <li>○ Front walkover</li> <li>○ Cartwheel</li> <li>○ One handed cartwheel</li> <li>○ Cartwheel step in</li> <li>○ Back bend</li> <li>○ Kick over</li> <li>○ Backward roll</li> <li>○ Power hurdle</li> <li>○ Round off</li> </ul> </li> <li>● 2 Execution scores</li> <li>● 1 Bonus Difficulty score <ul style="list-style-type: none"> <li>○ Handstand forward roll step out 1.0</li> <li>○ Backward extension roll to handstand with bent arms 1.0</li> <li>○ Back extension roll to handstands with straight arms 2.0</li> </ul> </li> </ul>
Additional Information	Athletes can be interrupted at this level. No matting aids permitted at this level. <b>Maximum entry fee for events \$25.</b>	The 5-skill pass can be replaced with a power hurdle or run round off backhandspring rebound and receive a 3.0 bonus.