

ACRO FOR AUTISM
Wiregrass Ranch Sports Complex
Wesley Chapel, Florida
January 27, 2024



Coaches & Judges' Meeting - 7:30 am

March In - 7:45 am

TIME	TUMBLING	DOUBLE-MINI	TRAMPOLINE
8:00 a	S-BEG ALL BEG ALL	ADV B ALL AGE EL ALL	
8:30 a	A-BEG ALL	ADV G ALL	
9:00 a	S-NOV ALL	S-ADV G 14&U	
9:30 a	NOV ALL	S-ADV G 15&O S-ADV B ALL	
10:00 a	INT G 11-12 INT B 11&O	BEG ALL	
10:30 a	INT G 13&O	NOV ALL	
11:00 a	S-ADV ALL	INT G 12&U	
11:30 a	ADV ALL AGE EL ALL	INT G 13&O INT B ALL	
12:00 p	LUNCH	LUNCH	INT G 12&U
12:30 p			INT G 13&O INT B ALL
1:00 p			S-ADV G 12&U S-ADV B ALL
1:30 p			S-ADV G 13&O
2:00 p			BEG ALL NOV G 8&U
2:30 p			NOV G 9&O NOV B ALL
3:00 p			ADV G ALL
3:30 p			ADV B ALL AGE EL ALL

USTA - ACRO FOR AUTISM

Trampoline Spotters

TRAMPOLINE SPOTTERS (Please wear Team Shirts if possible)

12:00 - 1:30 p.m.

1. GLORIA'S TUMBLING (2)
2. JUMP TNT (2)

1:30 - 3:00 p.m.

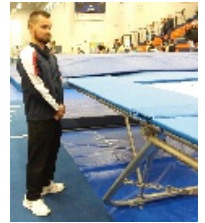
1. FUNTASTIC GYMNASTICS (2)
2. REFLEX GYMNASTICS (2)

3:00 - 4:30 p.m.

1. XTREME AIR ACADEMY (1)
2. DYNAMITE TWISTERS (2)
3. 360I GYM (1)
4. TUMBLEMANIA (2)

TRAMPOLINE SPOTTING GUIDELINES - PLEASE read to spotters!

No one should ever use a trampoline unless there are a minimum of four qualified spotters placed properly about the trampoline (unless the trampolines are in pits). Trampoline spotters must be at least 18 years old and 5' tall. The U.S.T.A. recommends using six (6) spotters for advanced and elite competitors with two (2) on each side and one (1) on each end. The USTA Sport of T&T requires every Trampoline Club supply two spotters from their club for every competition entered.



As a trampoline spotter, you are the last line of defense between the athlete and the ground. It is uncommon for an athlete to leave or fall off of the trampoline surface, but when it occurs, the result can be catastrophic without trampoline spotters around to lessen the impact. Your role as a trampoline spotter is likely to be uneventful, but please remain alert and vigilant as athletes may lose control and fall with very little warning. The following guidelines are intended to keep both you and athlete as safe as possible.

NEVER walk away from the trampoline while an athlete is on the trampoline or before being relieved by another spotter.

Attire

- Acceptable attire includes comfortable sneakers, athletic style shirts, and athletic style pants.
- Unacceptable attire includes, *βυτίσ, ντόπι, λυμπεδ το συνγλασσεσ, εαρυδσ, ηατσ, συνγλασσεσ/γλασσεσ προπεδ ον ηατσ, σανδαλσ, οπεν-τοεδ σηοεσ, βαρε φεετ, ηεελσ, σκυρτσ, ετχ.*
- Remove jewelry that may be caught up when spotting, especially hoop piercings, bracelets, etc.
- Be sure your hands are free and nothing is laying on the trampoline or on the floor in front of you.

Standing

- Stand roughly one arm length away from the beginning of the end deck mat and turn in 45 degrees to face the trampoline.
- While an athlete is on the apparatus, keep your arms by your sides or clasped in front of your body. Do not put your hands in your pockets, clasp your hands behind your back, or lean on the trampoline.
- Keep your eyes on the athlete at all times and refrain from using your cell phone, watching athletes on other apparatuses, or talking to other spotters, coaches, judges, and athletes.
- Be present, yet invisible. During the performance, refrain from talking, making noises, moving back and forth excessively, or waving your arms. These actions are distracting to the athletes and may interrupt his or her focus.
- If you enjoy the routine, please clap for the athlete following the out bounce after the final skill.
- Be confident.

Catching

- You must be willing to step in and slow down or catch an athlete before he or she makes contact with the ground. Please do not volunteer if you are unable or unwilling to perform this task.
- If an athlete exceeds your catching ability due to height, weight, or skill level, please ask a nearby coach or other qualified spotter to step in for you temporarily.
- Keep an eye on the athlete's hips to determine where they will land.
- Your top priority is to protect the athlete from fatal or catastrophic injury. When an athlete is falling and you are their only safety net, the most important part of his or her body to protect is the head and neck.