

2026

Technical Requirements

Trampoline | Regional Pathway

National Trampoline Technical Committee

Version 1.0
August 2025

CLUB SERIES

Technical Requirements

Level 1	Level 2	Level 3
Age Groups	Age Groups	Age Groups
7-8yrs, 9-10yrs, 11-12yrs, 13-14yrs, 15+yrs	7-8yrs, 9-10yrs, 11-12yrs, 13-14yrs, 15+yrs	7-8yrs, 9-10yrs, 11-12yrs, 13-14yrs, 15+yrs
Front Landing	½ Twist to Front Landing	Full Twist
To Feet	To Feet	Straddle Jump
Straddle Jump	Straddle Jump	Seat Landing
Seat Landing	Seat Landing	½ Twist to Seat
To Feet	½ Twist to Seat Landing	½ Twist to Feet
½ Twist Jump	½ Twist to Feet	Pike Jump
Tuck Jump	Tuck Jump	Back Landing
Pike Jump	Pike Jump	½ Twist to Feet
Back Landing	Back Landing	Tuck Jump
To feet	½ Twist to Feet	Front s/s (T)

Competition Format

Club Series & Final

- Q1 (2 exercises, repeat each exercise)
- FIG rules will apply

Qualification to Club Final

Qualification to the Club Final should be based on one or more objective, predetermined criteria. It is up to the regions to determine their qualifying criteria – the TC would suggest an execution score of 28.0 for two exercises at one of the qualifying events.

There are no nationally prescribed qualification criteria and this is to allow regions appropriate flexibility to meet their needs. These technical requirements may also be used for Club competitions.

REGIONAL SERIES

Technical Requirements

LEVELS 1 – 3:

First Exercise

Level 1	Level 2	Level 3
Age Groups	Age Groups	Age Groups
9-10yrs, 11-12yrs, 13-17yrs	9-10, 11-12yrs, 13-14yrs, 15+yrs	9-10yrs, 11-12yrs, 13-14yrs, 15+yrs
Back s/s (T) Straddle jump Seat landing ½ twist to feet ½ twist jump Pike jump Back landing ½ twist to feet Tuck jump Front s/s (P)	Back s/s (S) Straddle jump Back s/s (T) Barani (T) ½ Twist jump Tuck jump Back s/s to seat landing (T) ½ twist to feet Pike jump Front s/s (P)	Back s/s (S) Barani (S) Straddle jump Back s/s (P) Barani (P) Tuck jump Barani (T) Back s/s (T) Pike jump Front s/s (P)

Second Exercise

Level 1 to 3	Level 1	Level 2	Level 3 (9-10yrs, 11-12yrs)	Level 3 (13-14yrs, 15+yrs)
Minimum degree of difficulty per exercise	2.0	3.3	4.3	4.3
Degree of difficulty per element is capped	0.6	0.7	0.8	1.1
1. The performing of double somersaults is prohibited for all Level 1 & 2 as well as for the 9-10yrs and 11-12yrs age groups in Level 3. Performing these elements will result in disqualification. The performing of triple, quadruple somersaults is prohibited and will result in disqualification.				

Regions may run out of age events, but gymnasts are not eligible to qualify to the Inter-Regional Final. However, the TC would strongly recommend gymnasts competing in 'out of age' groups (e.g. 18+yrs level 1) consider entering the Adult British Championships.

LEVEL 4

First Exercise

10 years

The exercise consists of 10 different elements, only three (3) elements allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.

1. one (1) element landing on the back of the body,

11-12 years

The exercise consists of 10 different elements, only three (3) elements allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.

1. one (1) element landing on the front of the body,
2. one (1) element landing on the back of the body,

13–14 years

The exercise consists of 10 different elements, only two (2) elements allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.

1. one (1) element landing on the front of the body,
2. one (1) element landing on the back of the body,

3. one (1) element with 360° somersault rotation, at least, 360° of twist.

15–16 years

The exercise consists of 10 different elements, only two (2) elements allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.

1. one (1) element landing on the front of the body,
2. one (1) element landing on the back of the body,

3. one (1) element with 360° somersault rotation, at least, 360° of twist.

17 years +

The exercise consists of 10 different elements, only two (2) elements allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.

1. one (1) element landing on the front of the body,
2. one (1) element landing on the back of the body,

3. one (1) element with 360° somersault rotation, at least, 360° of twist.

Second Exercise

Level 4	10yrs	11-12yrs	13-14yrs	15-16yrs	17yrs+
Minimum degree of difficulty	4.2	4.2	4.8	4.8	5.0
Degree of difficulty per element is capped	0.8	1.1	1.3	1.5	1.5
1. The performing of triple, quadruple somersaults is prohibited and will result in disqualification.					

Competition Format

Regional Series

- Q1 (2 exercises)
- FIG rules will apply
- Gymnasts who do not demonstrate the minimum difficulty performance standard will not be eligible to qualify for the Regional Final

Regional Final & Inter-Regional Final

- Q1 (2 exercises)
- FIG rules will apply
- Gymnasts who do not demonstrate the minimum difficulty performance standard will not be eligible to qualify for the Inter-Regional Final
- Ties at the Inter-Regional Final will not be broken

Qualification to Regional Final & Inter-Regional Final

- Regional events should take place between October and April, with the Regional Final held, and the regional team for the Inter-Regional Final selected, by the end of April
- Qualification criteria for the Regional Series into the Regional Final is at the region's discretion
- A maximum of two gymnasts per category from each region will qualify from the Regional Final to the Inter-Regional Final
- Places to enter each category of the Inter-Regional Final will be allocated in rank order from the results of each category at the Regional Final
 - Gymnasts who do not demonstrate the minimum difficulty performance standard at the Regional Final will not be eligible (and should be skipped over in favour of the next qualifying gymnast in the event they rank in the top two)
- In the event of a tied position at the Regional Final, the tie break rule set out below will apply for qualification, but not for medals
- All Regions must submit the list of the gymnasts that have qualified to the Inter-Regional Finals to British Gymnastics
- Additional places will not be offered to regions in the event of errors in results
- Ties at the Inter-Regional Final will not be broken

For regions that intend to hold any qualifying events between October and December, the gymnast should enter the age group that they will be eligible for in the following year.

Level 4 – Subject to capacity, the third ranked gymnast from each region may be invited to attend following the closing date. All regions will be notified following the closing date and entries for the third gymnast can be made via the entry portal.

TIE BREAKS – REGIONAL SERIES AND REGIONAL FINAL

In case of a tie at any place, the qualification ranking will be determined by the following criteria:

1. The gymnast with the highest T-Score of the second exercise prevails;
2. The gymnast with the highest H-Scores of the second exercise prevails;
3. The gymnast with the highest D Score of the second exercise prevails.

If there is still a tie, the tie will not be broken.

ELIGIBILITY

Gymnasts who have competed in a Regional Series event (but not the Regional Final) are eligible for entry at a National Qualification Event. Any gymnast that has competed in a Regional Final is not eligible to compete at a National Qualification event in the same year.

NOTE

Regions are reminded to adhere to the British Gymnastics [Health & Safety Guidance](#), including in relation to age and level of participation requirements.

At all British Gymnastics events, a nominated panel (member of TC, Chair of Panel and 1 x national or pathway coach) reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time.

If a gymnast is deemed unsafe, a member of the panel will approach the personal coach to discuss the matter to reinforce standards and, where appropriate, this will be followed up in writing.

The Technical Committee may, at its discretion during post-competition analysis, indicate to a club or coach that a gymnast is deemed to have been entered at a level below expected performance standards.

Please refer to the National Competition Handbook for further event information.

If there are any amendments to the FIG Code of Points, the TC reserves the right to amend these Technical Requirements.