

English Gymnastics

National Competition Handbook 2025

English Disability Trampoline, Double Mini Tramp

Disability Routine Criteria



Section 1 – About

1.1 – Introduction Letter

Dear Clubs,

Welcome to the 2025 handbook for the disability competitions for England in 2025. There have been no changes to the criteria this year.

Yours in Sport

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1.2 – Version History

EGA reserves the right to make amendments to this handbook.








Updates are communicated via the [English Gymnastics website](#) & [EGA Facebook pages](#).


Version 1.0

Heading/ Subtitle	Amendment	Page range
Competition Handbook	An exciting new category has been included – DIS TRI Bronze – for the qualification competitions (only).	10
Competition Handbook	Rule & category updates. Please take time to check over appropriate categories relating to you & your gymnasts.	Whole document






1.3 – English Events Calendar 2025


Event Name:	English Qualification Series 1	
Event Date:	5 th – 6 th April 2025	
Entry Opening Date:	Noon on the Monday 27 th January 2025	
Entry Closing Date:	Noon on the Thursday 27 th February 2025	
Event Location:	Birmingham University	B15 2TT Google link  what3words – ///could.pack.piano
Disciplines:	TRI, TRS, DMT, DIS	
Levels and age groups:	Gold, Silver all age groups	
Find an Event link:	TRA/ DMT – Online entry link 	
Event Name:	English Qualification Series 2 & Tumbling Silver and Gold Championships	
Event Date:	30 th May – 1 st June 2025	
Entry Opening Date:	Noon on the Monday 24 th March 2025	
Entry Closing Date:	Noon on the Thursday 24 th April 2025	
Event Location:	Telford International Centre	TF3 4JH Google link  what3words – ///tutorial.denote.hurls
Disciplines:	TRI, TRS, DMT, DIS, and TUM (Silver & Gold)	
Levels and age groups:	Gold, Silver all age groups	
Find an Event link:	TRA – Online entry link 	TUM – Online entry link 
Event Name:	English Championships	
Event Date:	4 th – 6 th July 2025	
Entry Opening Date:	Noon on the Tuesday 3 rd June 2025	
Entry Closing Date 1:	Noon on the Thursday 12 th June 2025	
Entry Closing Date 2:	To be confirmed	
Event Location:	Coventry Building Society Arena	CV6 6AQ Google link  what3words – ///bridge.rainy.looked
Disciplines:	TRI, TRS, DMT, and DIS	
Levels and age groups:	Gold, Silver all age groups (those qualified from Q1 and Q2)	
Find an Event link:	TRA/ DMT – Online entry link 	

A complete domestic and international events calendar can be found [online](#) 



1.4 – English Events Calendar 2026

Event Name:	English Qualification Series 1	
Event Date:	To be confirmed	
Entry Opening Date:		
Entry Closing Date:		
Event Location:	To be confirmed	
Disciplines:	TRI, TRS, DMT & DIS	
Levels and age groups:	Gold, Silver all age groups	
Find an Event link:	TRA/ DMT – Online entry link 	
Event Name:	English Qualification Series 2 & Tumbling Silver and Gold Championships	
Event Date:	29 th – 31 st May 2026	
Entry Opening Date:		
Entry Closing Date:		
Event Location:	Telford International Centre	TF3 4JH Google link 
		what3words – //tutorial.denote.hurls
Disciplines:	TRI, TRS, DMT, DIS, and TUM (Silver & Gold)	
Levels and age groups:	Gold, Silver all age groups	
Find an Event link:	TRA/ DMT – Online entry link 	TUM – Online entry link 
Event Name:	English Championships	
Event Date:	17 th – 19 th July 2026	
Entry Opening Date:		
Entry Closing Date 1:		
Entry Closing Date 2:		
Event Location:	To be confirmed	
Disciplines:	TRI, TRS, DMT, and DIS	
Levels and age groups:	Gold, Silver all age groups (those qualified from Q1 and Q2)	
Find an Event link:	TRA/ DMT – Online entry link 	

A complete domestic and international events calendar can be found [online](#) 



Section 2.0 – English Trampoline Qualification Series

Note: From this point the English Trampoline Qualification Series will be labelled as English Qualification Competition 1 & 2.

2.1 – Disabilities Individual Trampoline

All DIS TRI **English Qualification Competitions 1 & 2** will consist of qualification rounds comprising of 2 exercises, (please see minimum standards within this document). Gymnasts must complete both exercises in the English Qualification competitions 1 and/or 2 to be eligible to qualify for the English Championships. There are no finals at the qualification events for DIS TRI. The highest-ranking cumulative score from either the English Qualification competitions 1 and/or 2 will determine the ranking for the English Championships.

At either English Qualification competitions 1 and/or 2, where 20 elements have not been completed or criteria met (please see minimum standards within this document), the gymnast will not be eligible to receive a medal and qualify to the English Championships.

2.2 – English Championships

English Championships will consist of qualification round comprising of 2 exercises, (please see minimum standards within this document) and a final round comprising of the top 8 Gymnasts from the English Championships qualification round.

Where 20 elements have not been completed or criteria met (please see minimum standards within this document), the gymnast will not be eligible to participate in the Final round of the English Championships and will not be eligible to receive a medal.

The Finals for DIS TRI at the English Championships will immediately follow the qualification round (within the same flight).

- At the English Championships only, the Final round will be a 'Zero Final.'
- For all Tie break rules please refer to the main Handbook.
- For the English Championships there will be an orientation. This will be announced once the timetable has been established after entries have closed.

2.3 – Disabilities Synchronised Trampolining

- All DIS TRS will consist of mixed gender and mixed classification pairings. (You can have Cat 1's with Cat 2's and boys with girls, there can be any pairings and any age group).
- Routines will follow the DIS Gold criteria below.
- Each competition will consist of 2 exercises but no Final, this includes the English Championships.
- Gymnasts are required to complete both exercises at English Qualification competitions 1 and/or 2 to be eligible to compete at the English Championships.
- All DIS TRS will take place alongside the silver competition.



Section 3.0 – Disabilities Double Mini Trampoline

The English Qualification Series (EQS) will consist of 'Silver and Gold' levels. Groups will be separated into the follow, male and female, Categories 1 and 2. Age groups will be 9-14 years and 15+.

3.1 – Qualification Series

DIS DMT will consist of a qualification round of two (2) Voluntary passes, scores in the qualification round are cumulative. In the qualification round there are no repeated skills in any zone of the DMT. The top 8 ranked gymnasts will then perform in the Final, this round will be cumulative. In the Final gymnasts will be required to perform one (1) voluntary pass in which, elements from the qualification round can be performed but not in the same zone of the DMT. There will be no Final 2 in any of the disability competition.

Tie breaks will be resolved by the procedures set out in the main English handbook.

3.2 – Championship Qualification

A maximum of 12 gymnasts per category, age group and gender will be invited to attend the English Championships. See the main Competition Handbook 2025 for publication of qualification results.

Ranking will be based on the scores from the qualification round only. Gymnasts need to complete both qualification exercises at a single qualification event to be eligible for the English Championships.

Gymnasts at the qualification series, who exceed difficulty limits for an individual skill, (silver level only) will not be eligible to compete at the English Championships.

The championship will follow the same layout as the qualification competitions.

Medals will be awarded to the top 3 gymnasts; interrupted exercises will NOT result in the loss of the medal.



Section 4.0 – Double Mini Trampoline Exercise Criteria

Disability DMT Silver	
Qualification Round	
<ul style="list-style-type: none">• Qualification round will consist of two (2) voluntary exercises, 'No' individual skill should exceed 0.7• During the qualification round you are not permitted to repeat any element in any zone of the DMT.	
Final	
<ul style="list-style-type: none">• The final will consist of a 3rd voluntary exercise, 'No' individual skill should exceed 0.7• During this round you can repeat a skill from the qualification round but NOT in the same zone of the DMT	
Notes:	
<ul style="list-style-type: none">• If you exceed the difficulty limit for an individual element you will receive a 2.0 penalty taken from the CJP.• If you exceed the difficulty limit for an individual element you will not be eligible to qualify to the English Championships.• For repeated elements offences either in the qualification round or the final, the gymnast will receive a 2.0 penalty taken from CJP	

Disability DMT Gold	
Qualification Round	
<ul style="list-style-type: none">• Qualification round will consist of two (2) voluntary exercises. There are no minimum or maximum DD requirements.• During the qualification round you are not permitted to repeat any element in any zone of the DMT.	
Final	
<ul style="list-style-type: none">• The final will consist of a 3rd voluntary exercise.• During this round you can repeat a skill from the qualification round but NOT in the same zone of the DMT	
Notes:	
<ul style="list-style-type: none">• If you exceed the difficulty limit for an individual element you will receive a 2.0 penalty taken from the CJP.• If you exceed the difficulty limit for an individual element you will not be eligible to qualify to the English Championships.• For Repeated elements offences either in the qualification round or the final, the gymnast will receive a 2.0 penalty taken from CJP	



Section 5.0 – Trampoline Exercise Criteria

Disability TRI Bronze 9 – 14 and 15+			
Category 1		Category 2	
Gender:	Mixed	Gender:	Mixed
Exercise Criteria:			
<p>Exercise requirements:</p> <ul style="list-style-type: none"> English Qualification competitions 1 & 2 will consist of only one (1) voluntary exercise, competed twice (2). Routine 1 & 2 must not contain any element containing more than 90° of somersault rotation. Maximum difficulty of 1.2 Maximum of three (3) seat landings. No other elements can be repeated. Difficulty will be awarded for exercise 1 & 2. Bronze level will not be eligible to compete at the English Championships. 			
Notes:			
<ul style="list-style-type: none"> In category 1 – Execution, horizontal displacement, and ToF scores will be awarded. In addition, Difficulty will be awarded. In category 2 – Execution and horizontal displacement scores will be awarded. In addition, Difficulty will be awarded. Difficulty cards are not required. The Bronze level voluntary routines will have a MAXIMUM difficulty limit of 1.2. The penalty for gymnasts exceeding the 1.2 difficulty will be given a 2.0 penalty from the CJP. Bronze Voluntary level routines 1 & 2 must not contain any somersault rotation more than 90°, Maximum of three (3) seat landings. No other elements can be repeated. The penalty for gymnasts not fulfilling the compulsory criteria will be given a 2.0 penalty from the CJP. Where 20 elements have not been completed at either English Qualification competitions 1 and/or 2 the gymnasts will not be eligible to receive a medal. There will be no orientation at English Qualification competitions 1 & 2. For all Tie break rules please refer to the main Handbook. 			



Disability TRI Silver 9 – 14 and 15+

Category 1

Category 2

Gender:

Male

Female

Gender:

Male

Female

Exercise Criteria:

Exercise requirements:

- English Qualification competitions 1 & 2 will consist of **only** two (2) voluntary exercises.
- Routine 1 & 2 must contain at least one (1) element with 360° of somersault rotation.
- Maximum difficulty of 4.0
- **No difficulty** will be awarded for **exercise 1**.
- **Difficulty** will be awarded for **exercise 2**.
- There will be no Final at the English Qualification competitions 1 & 2.

Notes:

- The highest-ranking cumulative score from either the English Qualification competitions 1 and/or 2 will determine the ranking for the English Championships.
- In category 1 – Execution, horizontal displacement, and ToF scores will be awarded. In addition, Difficulty for Exercise 2 (only) will be awarded.
- In category 2 – Execution and horizontal displacement scores will be awarded. In addition, Difficulty for Exercise 2 (only) will be awarded.
- Difficulty cards are required.
- The Silver level voluntary routines will have a MAXIMUM difficulty limit of 4.0. The penalty for gymnasts exceeding the 4.0 difficulty will be given a 2.0 penalty from the CJP.
- Silver Voluntary level routines 1 & 2 must contain at least one (1) element with 360° of somersault rotation. The penalty for gymnasts not fulfilling the compulsory criteria will be given a 2.0 penalty from the CJP.
- Where the criteria are not met or maximum difficulty is exceeded, the gymnasts will not be eligible to receive a medal and qualify to the English Championships.
- Where 20 elements have not been completed at either English Qualification competitions 1 and/or 2 the gymnasts will not be eligible to receive a medal and qualify to the English Championships.
- There will be no orientation at English Qualification competitions 1 & 2.
- For all Tie break rules please refer to the main Handbook.



Disability TRI Gold 9 – 14 and 15+

Category 1

Category 2

Gender:

Male

Female

Gender:

Male

Female

Exercise Criteria:

Exercise requirements:

- English Qualification competitions 1 & 2 will consist of **only** two (2) voluntary exercises.
- There are NO minimum or maximum difficulty in the Gold event.
- **No difficulty** will be awarded for **exercise 1**.
- **Difficulty** will be awarded for **exercise 2**.
- There will be no Final at the English Qualification competitions 1 & 2.

Notes:

- The highest-ranking cumulative score from either the English Qualification competitions 1 and/or 2 will determine the ranking for the English Championships.
- In category 1 – Execution, horizontal displacement, and ToF scores will be awarded. In addition, Difficulty for Exercise 2 (only) will be awarded.
- In category 2 – Execution and horizontal displacement scores will be awarded. In addition, Difficulty for Exercise 2 (only) will be awarded.
- Difficulty cards are required.
- Where 20 elements have not been completed at either English Qualification competitions 1 and/or 2 the gymnasts will not be eligible to receive a medal and qualify to the English Championships.
- There will be no orientation at English Qualification competitions 1 & 2.
- For all Tie break rules please refer to the main Handbook.

