

# English Gymnastics

## National Competition Handbook 2025

English Trampoline, Double Mini Tramp, Tumbling  
Exercise Criteria Handbook



# Section 1 – About

## 1.1 – Introductory Letter

Welcome to the new English handbook. This document will make it easier to access all the competition exercises & criteria. The dates and venue information we've added to this document, to make it easier to plan your year.

Orientation sessions will **NOT** be held at English Qualification events. Unless otherwise stated, all Silver gymnasts will compete on a Sunday, Gold will compete on a Saturday.

### **Please Note the following changes made for 2025:**

There are big changes happening this year and the last for some time we hope, as we allow these changes to take hold and hopefully create a competition that develops the gymnast from the Home Nation standards to the new National standards.

As you will have noticed, British Gymnastics (BG) in 2024 have adopted the use of England's much loved Masters series. England introduced this as it was a missing element within our competition structure that helps people prepare for FIG events. It is fantastic that BG have now introduced this into their national events. This has left us with once again having a duplicated format from Home Nation and national level competition, and although in many ways this is needed to have alignment within the competition structure, we are now looking at how we can develop gymnasts and use the home nation to enhance their competition experience and help them deliver to their potential.

To this end, we are introducing a bronze level to our disability program, to give more opportunity to the gymnasts with disabilities that until now have been unable to reach the silver level. We have also made alterations to the score and minimum requirements in silver and gold levels, so please read carefully.

In Trampoline, we decided that if groups get too big in a specific age group, we will split that age group into individual groups (9-10 would become 9 and 10). We anticipate that this will mainly affect silver and gold girls' groups, so please be mindful of this. There are some routine alterations in certain age groups which we hope will be more progressive and allow for better development.

Synchronised Trampoline, we have decided to make all groups mixed pairings, this should hopefully increase popularity in what we feel is one of the most impressive elements of our sport. So, enjoy it and we look forward to seeing if gymnasts like the opportunity to compete with whomever they like.

DMT main change is adding in to silver execution minimums and DD maximums. This is aimed at creating a stronger developmental pathway. We are also adding the most exciting program to DMT in generations, we are introducing in 2025 **'SYNCHRONISED DMT'**, yes, it's here and we are trialing this in 2025 in the Qualifiers only there will be no championships in 2025 and we will see its popularity and if it can be introduced to the championships in 2026.

Good luck to you all and thank you for your continued support of the England project.

Stephen Wood  
**English Gymnastic.**



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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	Links updates throughout.	Whole document
Competition Handbook	Rule updates. Please take time to check over appropriate categories relating to you & your gymnasts.	Whole document







## 1.3 – English Events Calendar 2025


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

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



## 1.4 – English Events Calendar 2026

<b>Event Name:</b>	English Qualification Series 1	
<b>Event Date:</b>	<b>4<sup>th</sup> – 5<sup>th</sup> April 2026</b>	
<b>Entry Opening Date:</b>		
<b>Entry Closing Date:</b>		
<b>Event Location:</b>	<b>To be confirmed</b>	
<b>Disciplines:</b>	TRI, TRS, DMT & DIS	
<b>Levels and age groups:</b>	Gold, Silver all age groups	
<b>Find an Event link:</b>	<b>TRA/ DMT – Online entry link</b> 	
<b>Event Name:</b>	English Qualification Series 2 & Tumbling Silver and Gold Championships	
<b>Event Date:</b>	29 <sup>th</sup> – 31 <sup>st</sup> May 2026	
<b>Entry Opening Date:</b>		
<b>Entry Closing Date:</b>		
<b>Event Location:</b>	Telford International Centre	TF3 4JH <a href="#">Google link</a> 
		what3words – <a href="https://www.what3words.com/#!/tutorial.denote.hurls">//tutorial.denote.hurls</a>
<b>Disciplines:</b>	TRI, TRS, DMT, DIS, and TUM (Silver & Gold)	
<b>Levels and age groups:</b>	Gold, Silver all age groups	
<b>Find an Event link:</b>	<b>TRA/ DMT – Online entry link</b> 	<b>TUM – Online entry link</b> 
<b>Event Name:</b>	English Championships	
<b>Event Date:</b>	17 <sup>th</sup> – 19 <sup>th</sup> July 2026	
<b>Entry Opening Date:</b>		
<b>Entry Closing Date 1:</b>		
<b>Entry Closing Date 2:</b>		
<b>Event Location:</b>	<b>To be confirmed</b>	
<b>Disciplines:</b>	TRI, TRS, DMT, and DIS	
<b>Levels and age groups:</b>	Gold, Silver all age groups (those qualified from Q1 and Q2)	
<b>Find an Event link:</b>	<b>TRA/ DMT – Online entry link</b> 	

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



## Section 2– English Trampoline Qualification Series

### 2.1 – Individual Trampoline

All TRI English Qualification Series will consist of the qualification round comprising of two (2) exercises, (please see minimum standards within this document). There are no finals at the qualification event for TRI.

Gymnasts competing in Gold/ Silver age groups must complete both exercises at a single qualification event to be eligible for qualification to the English Championships. In all Age Group categories, the two (2) scores from the compulsory and voluntary exercises will be combined to create an overall score, this will be used to rank the gymnasts.

In the Senior TRI Gold event the gymnasts will perform two (2) exercises with the highest score from those two (2) exercises counting towards their ranking. If the gymnast competes in more than one qualification event the highest of the two (2) qualification scores will count towards the final ranking.

In the event of a group amassing greater than 50 gymnasts, the group will be split into year of birth, this will continue throughout the competition season (e.g., 9 – 10 years splitting into 9-years and 10-years).

### 2.2 – Synchronised Trampoline

All TRS groups can compete as same-gender pairings or mixed-gender pairings. All pairings (mixed or same gender) will compete in the appropriate age group event.

The TRS competition will consist of two (2) exercises only (see exercise criteria in the tables below). There will be no Finals for TRS at the qualification series or the English Championships. Youth and Junior TRS Gymnasts must complete both exercises at a single qualification event to be eligible to qualify for English Championships. Senior TRS must complete one (1) of the two (2) exercises (see exercise criteria in the tables below).

TRS Silver has no minimum DD but will follow the maximum DD's set out in the document below. TRS Gold will have set minimum DD, the minimum requirements are set out in the document below.

You will NOT be allowed to compete outside your age bracket set out in this document. Clubs may pair with a gymnast from another club. The pair will be required to compete in matching attire, (mix gender pairings must have similar themed attire when competing). Gymnasts may move up a level if they competed at Silver in TRI and they want to partner someone who has performed at TRI Gold. The gymnast will only be allowed to move up from Silver to Gold, NOT down.



# Section 3 – Silver TRA / TRS





<b>Silver TRA 9-10</b>	
<b>Gender:</b>	Male and Female
<b>Max DD Male:</b>	6.0
<b>Max DD Female:</b>	6.0
<b>Routine Criteria:</b>	
<p>The routine consists of 10 different elements, only four (4) elements allowed with less than 270° of somersault rotation.</p> <ol style="list-style-type: none"> <li>One (1) element landing on the front or back of the body with a minimum of 270° of somersault rotation</li> <li>One (1) element from front or back must contain 450° of somersault rotation - in combination with requirement No. 1</li> </ol> <p>Second exercise requirements:</p> <ul style="list-style-type: none"> <li>See maximum DD cap for Silver competitions</li> <li>The degree of difficulty is capped at 1.1 per element</li> </ul>	
<b>Notes:</b>	
<ul style="list-style-type: none"> <li>There is no minimum DD in the Silver level of competition</li> <li>If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event</li> </ul>	

<b>Silver TRA 11-12</b>	
<b>Gender:</b>	Male and Female
<b>Max DD Male:</b>	7.0
<b>Max DD Female:</b>	7.0
<b>Routine Criteria:</b>	
<p>The routine consists of 10 different elements, only three (3) elements allowed with less than 270° of somersault rotation.</p> <p>Must include:</p> <ul style="list-style-type: none"> <li>One (1) element landing on the front or back of the body with a minimum of 270° of somersault rotation.</li> </ul> <p>In combination with one (1) of the following options:</p> <ul style="list-style-type: none"> <li>One (1) element from front - in combination with requirement No. 1 with a minimum of 450° of somersault rotation</li> <li>One (1) element from back - in combination with requirement No. 1 with a minimum of 450° of somersault rotation and a minimum of 180° of twist</li> </ul> <p>Second exercise requirements:</p> <ul style="list-style-type: none"> <li>See maximum DD Cap for Silver competitions</li> <li>The degree of difficulty is capped at 1.3 per element</li> </ul>	
<b>Notes:</b>	
<ul style="list-style-type: none"> <li>There is no minimum DD in the Silver level of competition</li> <li>If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event</li> </ul>	



<b>Silver TRA 13-14</b>	
<b>Gender:</b>	Male and Female
<b>Max DD Male:</b>	8.8
<b>Max DD Female:</b>	7.8
<b>Routine Criteria:</b>	
<p>The routine consists of 10 different elements, only two (2) elements allowed with less than 270° of somersault rotation. These requirements cannot be fulfilled by combining them into one element, but must be performed as separate elements:</p> <p>Must include:</p> <ul style="list-style-type: none"> <li>• One (1) element with a minimum of 360° twist and minimum of 360° somersault rotation</li> <li>• One (1) element landing on the front or back of the body with a minimum of 270° of somersault rotation</li> </ul> <p>In combination with one (1) of the following options:</p> <ul style="list-style-type: none"> <li>• One (1) element from front - in combination with requirement No. 1 with a minimum of 450° of somersault rotation</li> <li>• One (1) element from back - in combination with requirement No. 1 with a minimum of 450° of somersault rotation and a minimum of 180° of twist</li> </ul> <p>Second exercise requirements:</p> <ul style="list-style-type: none"> <li>• See maximum DD cap for Silver competitions</li> <li>• The degree of difficulty is capped at 1.3 per element</li> </ul>	
<b>Notes:</b>	
<ul style="list-style-type: none"> <li>• There is no minimum DD in the Silver level of competition</li> <li>• If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event</li> </ul>	

<b>Silver TRA 15-16</b>	
<b>Gender:</b>	Male and Female
<b>Max DD Male:</b>	9.6
<b>Max DD Female:</b>	8.8
<b>Routine Criteria:</b>	
<p>The routine consists of ten (10) different elements, only one (1) element allowed with less than 270° somersault rotation. These requirements cannot be fulfilled by combining them into one (1) element, but must be performed as separate elements:</p> <ul style="list-style-type: none"> <li>• One (1) element to front or back of the body</li> <li>• One (1) element from front or back - in combination with requirement No. 1</li> <li>• One (1) double front or back somersault with or without twist and</li> <li>• One (1) element with a minimum of 540° twist and minimum of 360° somersault rotation</li> </ul> <p>Second exercise requirements:</p> <ul style="list-style-type: none"> <li>• See maximum DD cap for Silver competitions</li> <li>• The degree of difficulty is capped at 1.5 per element</li> </ul>	
<b>Notes:</b>	
<ul style="list-style-type: none"> <li>• There is no minimum DD in the Silver level of competition</li> <li>• If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event</li> </ul>	



## Silver TRA 17+

<b>Gender:</b>	Male and Female
<b>Max DD Male:</b>	10.2
<b>Max DD Female:</b>	9.6

### Routine Criteria:

#### First Exercise requirements:

The exercise consists of 10 different elements, all of them with at least 270° of somersault rotation. Each element meeting the two requirements below 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.

- One (1) element to front or back of the body
- One (1) element from front or back – in combination with requirement No. 1

Two (2) elements in the first exercise will be counted for D-scoring in this age group:

- These two (2) elements must include the D-values on the competition card; otherwise, no difficulty score will be entered
- If any of these two (2) elements are performed in the second exercise, the repeated element will not have difficulty value
- The total D score for the above cannot exceed 3.0

#### Second Exercise requirements:

- See maximum DD cap for Silver competitions.
- The degree of difficulty is capped at 1.5 per element.

### Notes:

- There is no minimum DD in the Silver level of competition.
- If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event.



<b>Silver TRS Youth</b>	
<b>Gender:</b>	Can be Male, Female and Mixed (9-12 years)
<b>Max DD Male:</b>	7.0
<b>Max DD Female:</b>	7.0
<b>Routine Criteria:</b>	
<p>The routine consists of 10 different elements, only three (3) elements allowed with less than 270° of somersault rotation.</p> <p>Must include:</p> <ul style="list-style-type: none"> <li>One (1) element landing on the front or back of the body with a minimum of 270° of somersault rotation</li> </ul> <p>In combination with one (1) of the following options:</p> <ul style="list-style-type: none"> <li>One (1) element from front - in combination with requirement No. 1 with a minimum of 450° of somersault rotation</li> <li>One (1) element from back - in combination with requirement No. 1 with a minimum of 450° of somersault rotation and a minimum of 180° of twist</li> </ul> <p>Second exercise requirements:</p> <ul style="list-style-type: none"> <li>See maximum DD Cap for Silver competitions</li> <li>The degree of difficulty is capped at 1.3 per element</li> </ul>	
<b>Notes:</b>	
<ul style="list-style-type: none"> <li>There is no minimum DD in the Silver level of competition</li> <li>If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event</li> </ul>	

<b>Silver TRS Junior</b>	
<b>Gender:</b>	Male, Female, and Mixed (13-16 years)
<b>Max DD Male:</b>	9.6
<b>Max DD Female:</b>	8.8
<b>Routine Criteria:</b>	
<p>The routine consists of ten (10) different elements, only one (1) element allowed with less than 270° somersault rotation. These requirements cannot be fulfilled by combining them into one (1) element, but must be performed as separate elements:</p> <ul style="list-style-type: none"> <li>One (1) element to front or back</li> <li>One (1) element from front or back - in combination with requirement No. 1</li> <li>One (1) double front or back somersault with or without twist and</li> <li>One (1) element with a minimum of 540° twist and minimum of 360° somersault rotation</li> </ul> <p>Second exercise requirements:</p> <ul style="list-style-type: none"> <li>See maximum DD cap for Silver competitions</li> <li>The degree of difficulty is capped at 1.5 per element</li> </ul>	
<b>Notes:</b>	
<ul style="list-style-type: none"> <li>There is no minimum DD in the Silver level of competition.</li> <li>If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event.</li> </ul>	



# Section 4 – Gold TRA / TRS



## Gold TRA 9-10

**Gender:** Male and Female

**Minimum DD Male:** 5.6

**Minimum DD Female:** 5.6

### Routine Criteria:

The routine consists of ten (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.

- One (1) element to front or back of the body
- One (1) element from front or back - in combination with requirement No. 1

Second exercise requirements:

- The degree of difficulty is capped at 1.3 per element. Elements performed over the capped limit will result in disqualification
- The performing of quadruple somersaults is prohibited and will result in disqualification.

### Notes:

- A penalty of 2.0 will be applied by the Chair of Judges for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements (This penalty will be applied at the Qualification Series as well as the Championships).
- If you have received the 2.0 penalty by the COJ's, you will not be eligible to qualify for the English Championships event.
- If you fail to complete either of the compulsory or voluntary routine during the qualification series, you will not be eligible to qualify for the English Championships event.

## Gold TRA 11-12

**Gender:** Male and Female

**Minimum DD Male:** 6.6

**Minimum DD Female:** 6.6

### Routine Criteria:

The routine consists of ten (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 (1) element, but must be performed as separate elements:

- One (1) element to front or back of the body
- One (1) element from front or back - in combination with requirement No. 1
- One (1) element with a minimum of 360° somersault rotation and minimum of 360° of twist.

Second exercise requirements:

- The degree of difficulty is capped at 1.8 per element. Elements performed over the capped limit will result in disqualification
- The performing of quadruple somersaults is prohibited and will result in disqualification.

### Notes:

- A penalty of 2.0 will be applied by the Chair of Judges for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements (This penalty will be applied at the Qualification Series as well as the Championships).
- If you have received the 2.0 penalty by the COJ's, you will not be eligible to qualify for the English Championships event.
- If you fail to complete either of the compulsory or voluntary routine during the qualification series, you will not be eligible to qualify for the English Championships event.



## Gold TRA 13-14

<b>Gender:</b>	Male and Female
<b>Minimum DD Male:</b>	8.4
<b>Minimum DD Female:</b>	7.4

### Routine Criteria:

The routine consists of ten (10) different elements, only one (1) element 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 (1) element, but must be performed as separate elements:

- One (1) element to front or back of the body
- One (1) element from front or back - in combination with requirement No. 1
- One (1) double front or back somersault with or without twist and
- One (1) element with a minimum of 540° twist and minimum of 360° somersault rotation

Second exercise requirements:

- The degree of difficulty is capped at 2.1 per element. Elements performed over the capped limit will result in disqualification
- The performing of quadruple somersaults is prohibited and will result in disqualification.

### Notes:

- A penalty of 2.0 will be applied by the Chair of Judges for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements (This penalty will be applied at the Qualification Series as well as the Championships).
- If you have received the 2.0 penalty by the COJ's, you will not be eligible to qualify for the English Championships event.
- If you fail to complete either of the compulsory or voluntary routine during the qualification series, you will not be eligible to qualify for the English Championships event.



## Gold TRA 15-16

**Gender:** Male and Female

**Minimum DD Male:** 9.0

**Minimum DD Female:** 8.4

### Routine Criteria:

The routine consists of ten (10) different elements, only one (1) element 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 (1) element but must be performed as separate elements:

- One (1) element to front or back of the body
- One (1) element from front or back - in combination with requirement No. 1
- One (1) double front or double back somersault with or without twist and
- One (1) element with a minimum of 540° twist and minimum of 360° somersault rotation

Second exercise requirements:

- The degree of difficulty is capped at 2.1 per element. Elements performed over the capped limit will result in disqualification
- The performing of quadruple somersaults is prohibited and will result in disqualification.

### Notes:

- A penalty of 2.0 will be applied by the Chair of Judges for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements (This penalty will be applied at the Qualification Series as well as the Championships).
- If you have received the 2.0 penalty by the COJ's, you will not be eligible to qualify for the English Championships event.
- If you fail to complete either of the compulsory or voluntary routine during the qualification series, you will not be eligible to qualify for the English Championships event.

## Senior TRA

**Gender:** Male and Female

**Age:** 16+

**Minimum DD Male:** 9.6

**Minimum DD Female:** 9.0

### Routine Criteria:

The Gymnasts will perform two (2) Voluntary exercises which must contain ten (10) different elements, each with a minimum of 360° somersault rotation.

- Maximum of one (1) body landing allowed, performing more than one (1) body landing will be deemed an interruption.
- A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements

### Notes:

- Highest scored exercise out of the two (2) routines will be used to rank the gymnasts for qualification to the English Championships
- A penalty of 2.0 will be applied by the Chair of Judges for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements (This penalty will be applied at the Qualification Series as well as the Championships).
- If you have received the 2.0 penalty by the COJ's, you will not be eligible to qualify for the English Championships event.
- If you fail to complete either of the compulsory or voluntary routine during the qualification series you will not be eligible to qualify for the English Championships event.





## TRS Youth

<b>Gender:</b>	Male/Female/Mixed
<b>Age Range:</b>	10 – 12 Years
<b>Minimum DD Male:</b>	5.2
<b>Minimum DD Female:</b>	5.2

### Routine Criteria:

The routine consists of ten (10) different elements, only two (2) elements allowed with less than 270° of somersault rotation. Each element meeting the requirements 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:

- One (1) element landing on the front of the body.
- One (1) element landing on the back of the body.
- One (1) element with a minimum of 360° twist and minimum of 360° somersault rotation

Second exercise requirements:

- The degree of difficulty is capped at 1.8 per element.
- The performing of triple and/or quadruple somersaults is prohibited and will result in disqualification.

### Notes:

- To compete in this competition level, you must be Ten (10) in the year of competition.
- A penalty of 2.0 will be applied by the Chair of Judges for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements (This penalty will be applied at the Qualification Series as well as the Championships).
- If you have received the 2.0 penalty by the COJ's, you will not be eligible to qualify for the English Championships event.
- If you fail to complete either of the compulsory or voluntary routine during the qualification series you will not be eligible to qualify for the English Championships event.
- There are no finals for TRS in the qualification series or the Championships



## TRS Junior

<b>Gender:</b>	Male/Female/Mixed
<b>Age:</b>	13-16
<b>Minimum DD Male:</b>	8.5
<b>Minimum DD Female:</b>	8.0

### TRI Routine Criteria:

The routine consists of ten (10) different elements, only one (1) element 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 (1) element but must be performed as separate elements:

- One (1) element to front or back of the body
- One (1) element from front or back - in combination with requirement No. 1
- One (1) double front or double back somersault with or without twist and
- One (1) element with a minimum of 540° twist and minimum of 360° somersault rotation

Second exercise requirements:

- The degree of difficulty is capped at 2.1 per element. Elements performed over the capped limit will result in disqualification
- The performing of quadruple somersaults is prohibited and will result in disqualification.

### Notes:

- To compete in this competition level, you must be Ten (10) in the year of competition.
- A penalty of 2.0 will be applied by the Chair of Judges for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements (This penalty will be applied at the Qualification Series as well as the Championships).
- If you have received the 2.0 penalty by the COJ's, you will not be eligible to qualify for the English Championships event.
- If you fail to complete either of the compulsory or voluntary routine during the qualification series, you will not be eligible to qualify for the English Championships event.
- There are no finals for TRS in the qualification series or the Championships



TRS Senior	
<b>Gender:</b>	Male/Female/Mixed
<b>Age:</b>	16+
<b>Minimum DD Male:</b>	9.0
<b>Minimum DD Female:</b>	8.5
TRS Routine Criteria:	
<p>The Gymnasts will perform two (2) Voluntary exercises which must contain ten (10) different elements, each with a minimum of 360° somersault rotation.</p> <ul style="list-style-type: none"> <li>• Maximum of one (1) body landing allowed, performing more than one (1) body landing will be deemed an interruption.</li> <li>• A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements</li> </ul>	
Notes:	
<ul style="list-style-type: none"> <li>• Highest scored exercise out of the two (2) routines will be used to rank the gymnasts for qualification to the English Championships</li> <li>• To compete in this competition level, you must be Ten (10) in the year of competition.</li> <li>• A penalty of 2.0 will be applied by the Chair of Judges for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements (This penalty will be applied at the Qualification Series as well as the Championships).</li> <li>• If you have received the 2.0 penalty by the COJ's, you will not be eligible to qualify for the English Championships event.</li> <li>• If you fail to complete either of the compulsory or voluntary routine during the qualification series, you will not be eligible to qualify for the English Championships event.</li> <li>• There are no finals for TRS in the qualification series or the Championships.</li> </ul>	



## Section 5 – English Double Mini Trampoline

DMT competitions are composed by Qualifications and Finals, according to the following structure:

Competition Phase	Who Competes	Exercises	Starting Order
Qualification 1	All Gymnasts	2 Exercises	Draw
Qualification 2	Top 24, if 48 entries or more. Top 16, if 32-47 entries. None, if less than 31 entries	1 exercise	Draw
Final 1	Top 8	1 exercise	Draw
Final 2	Top 4, if 10 or more entries at Q1	1 exercise	Keep F1 order

### 5.1 – DMT Qualifications

Qualifications are divided in two rounds: Qualification 1 (Q1) with all registered gymnasts competing, and Qualification 2 (Q2) with the number of gymnasts depending on the entries:

- 1-31 entries No Q2
- 32-47 entries Q2 with 16 gymnasts
- 48+ entries Q2 with 24 gymnasts

Q1 is composed by two voluntary exercises with no repetition of elements allowed in either exercise. The highest sum of the scores of the two exercises will determine the qualification to Q2 or to the Final. The starting order for Qualifications (Q1 and Q2) is decided by a draw. The gymnasts will be divided in groups, as evenly distributed as possible, of no more than sixteen (16) per group, with each group performing their first and second exercises prior to the next group starting the Qualifying Round.


The winner of each competition group will qualify to Q2 or to the final. The remaining places for Q2, up to 16 or 24 places, or for the final, up to 8 places, will be granted according to the final ranking of the first round of qualification.

Q2 Gymnasts will start Q2 with a score of zero. Elements from Q1 can be performed in Q2, but not in the same zone of the DMT as in Q1. The winner of each competition group will qualify for the Final. The remaining six (6) places for the Final will be granted according to the final ranking of all gymnasts.

### 5.2 – DMT Finals

The starting order for Finals is decided by draw. Starting order for F2 will follow the same order as F1 with the four (4) qualified gymnasts.

Finals are divided into two rounds Final 1 (F1) and Final 2 (F2) with no repetition of elements allowed in either exercise:

- In F1, the eight (8) gymnasts will perform one (1) voluntary exercise. Gymnasts start F1 with a score of zero. The best 4 (four) gymnasts will qualify to F2, while the remaining four (4) will be ranked from 5th to 8th position according to their results in F1.
- In F2, four (4) gymnasts will perform one (1) voluntary exercise. Gymnasts start F2 with a score of zero. The winner is the gymnast with the highest score in F2.
- In case of any tie, then tie break rules will apply (see Appendix 2 of the [English TRA, DMT, TUM Competition Handbook](#) .



# Section 6 – Silver DMT



## Silver DMT 9-10

<b>Gender:</b>	Male and Female		
<b>Maximum DD Male:</b>	2.0	<b>Minimum Execution:</b>	9.3
<b>Maximum DD Female:</b>	2.0	<b>Minimum Execution:</b>	9.3

### Pass Criteria:

**Exercise requirements:**

- Q1 consists of two (2) set exercises. Scores will accumulate.
  - Pass 1: 4 1 o Mount/Spotter, 4 – o Dismount
  - Pass 2: 4 - / Spotter, 4 1 / Dismount
- Q2 (where required), will consist of one (1) voluntary exercise of your choice.
- Final 1 (Top 8), will consist of one (1) voluntary exercise of your choice which must stay within the maximum difficulty requirement stated in the table above.
- Final 2 will consist of one (1) voluntary exercise, no repetition of elements in F1 and must stay within the maximum difficulty requirement stated in the table above.

**Notes:**

- Minimum execution scores are only applicable to Q1 passes.
- Passes within Q1 which exceed the maximum difficulty requirement will receive a penalty of 2.0 from the Chair of Judging Panel
- Passes within Q1 which exceed the maximum difficulty requirements will not be elidable to reach the English Championships.
- Gymnasts in the F1 and F2 who exceed the maximum difficulty score will receive a 2.0 penalty from the CJP.
- English Championship qualification is based on Q1 passes and will be accumulative.
- Gymnasts must complete both passes in a singular competition to achieve the possibility of qualification to the English Championships.
- Gymnasts in the F1 and F2 who exceed the maximum difficulty score will receive a 2.0 penalty from the CJP.
- Gymnasts must stay within the maximum difficulty requirement stated in the table above in all exercises.
- All finals will be zero finals.



## Silver DMT 11-12

<b>Gender:</b>	Male and Female		
<b>Maximum DD Male:</b>	3.5	<b>Minimum Execution:</b>	9.3
<b>Maximum DD Female:</b>	3.5	<b>Minimum Execution:</b>	9.3

### Routine Criteria:

**Exercise requirements:**

- Q1 consists of two (2) set exercises. Scores will accumulate.
  - Pass 1: 4 1 / Mount/Spotter, 4 2 / Dismount
  - Pass 2: 4 - o Spotter, 4 3 / Dismount
- Q2 (where required), will consist of one (1) voluntary exercise of your choice.
- Final 1 (Top 8), will consist of one (1) voluntary exercise of your choice which must stay within the maximum difficulty requirement stated in the table above.
- Final 2 will consist of one (1) voluntary exercise no repetition of elements in F1 and must stay within the maximum difficulty requirement stated in the table above.

**Notes:**

- Minimum execution scores are only applicable to Q1 passes.
- Passes within Q1 which exceed the maximum difficulty requirement will receive a penalty of 2.0 from the Chair of Judging Panel
- Passes within Q1 which exceed the maximum difficulty requirements will not be elidable to reach the English Championships.
- Gymnasts in the F1 and F2 who exceed the maximum difficulty score will receive a 2.0 penalty from the CJP.
- English Championship qualification is based on Q1 passes and will be accumulative.
- Gymnasts must complete both passes in a singular competition to achieve the possibility of qualification to the English Championships.
- Gymnasts in the F1 and F2 who exceed the maximum difficulty score will receive a 2.0 penalty from the CJP.
- Gymnasts must stay within the maximum difficulty requirement stated in the table above in all exercises.
- All finals will be zero finals.



## Silver DMT 13-14

<b>Gender:</b>	Male and Female		
<b>Maximum DD Male:</b>	4.4	<b>Minimum Execution:</b>	9.3
<b>Maximum DD Female:</b>	4.4	<b>Minimum Execution:</b>	9.3

### Routine Criteria:

#### Exercise requirements:

- Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will accumulate.
- Q2 (where required), will consist of one (1) voluntary exercise of your choice.
- Final 1 (Top 8), will consist of one (1) voluntary exercise of your choice which must stay within the maximum difficulty requirement stated in the table above.
- Final 2 will consist of one (1) voluntary exercise, no repetition of elements in F1 and must stay within the maximum difficulty requirement stated in the table above.

#### Notes:

- Minimum execution scores are only applicable to Q1 passes.
- Passes within Q1 which exceed the maximum difficulty requirement will receive a penalty of 2.0 from the Chair of Judging Panel
- Passes within Q1 which exceed the maximum difficulty requirements will not be elidable to reach the English Championships.
- Gymnasts in the F1 and F2 who exceed the maximum difficulty score will receive a 2.0 penalty from the CJP.
- English Championship qualification is based on Q1 passes and will be accumulative.
- Gymnasts must complete both passes in a singular competition to achieve the possibility of qualification to the English Championships.
- Gymnasts in the F1 and F2 who exceed the maximum difficulty score will receive a 2.0 penalty from the CJP.
- Gymnasts must stay within the maximum difficulty requirement stated in the table above in all exercises.
- All finals will be zero finals.





## Silver DMT 15-16

<b>Gender:</b>	Male and Female		
<b>Minimum DD Male:</b>	5.6	<b>Minimum Execution:</b>	9.3
<b>Minimum DD Female:</b>	5.6	<b>Minimum Execution:</b>	9.3

### Routine Criteria:

#### Exercise requirements:

- Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will accumulate.
- Q2 (where required), will consist of one (1) voluntary exercise of your choice.
- Final 1 (Top 8), will consist of one (1) voluntary exercise of your choice which must stay within the maximum difficulty requirement stated in the table above.
- Final 2 will consist of one (1) voluntary exercise, no repetition of elements in F1 and must stay within the maximum difficulty requirement stated in the table above.

#### Notes:

- Minimum execution scores are only applicable to Q1 passes.
- Passes within Q1 which exceed the maximum difficulty requirement will receive a penalty of 2.0 from the Chair of Judging Panel
- Passes within Q1 which exceed the maximum difficulty requirements will not be eligible to reach the English Championships.
- Gymnasts in the F1 and F2 who exceed the maximum difficulty score will receive a 2.0 penalty from the CJP.
- English Championship qualification is based on Q1 passes and will be accumulative.
- Gymnasts must complete both passes in a singular competition to achieve the possibility of qualification to the English Championships.
- Gymnasts in the F1 and F2 who exceed the maximum difficulty score will receive a 2.0 penalty from the CJP.
- Gymnasts must stay within the maximum difficulty requirement stated in the table above in all exercises.
- All finals will be zero finals.



## Silver DMT 17+

<b>Gender:</b>	Male and Female		
<b>Minimum DD Male:</b>	5.6	<b>Minimum Execution:</b>	9.3
<b>Minimum DD Female:</b>	5.6	<b>Minimum Execution:</b>	9.3

### Routine Criteria:

#### Exercise requirements:

- Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will accumulate.
- Q2 (where required), will consist of one (1) voluntary exercise of your choice.
- Final 1 (Top 8), will consist of one (1) voluntary exercise of your choice which must stay within the maximum difficulty requirement stated in the table above.
- Final 2 will consist of one (1) voluntary exercise no repetition of elements in F1 and must stay within the maximum difficulty requirement stated in the table above.

#### Notes:

- Minimum execution scores are only applicable to Q1 passes.
- Passes within Q1 which exceed the maximum difficulty requirement will receive a penalty of 2.0 from the Chair of Judging Panel
- Passes within Q1 which exceed the maximum difficulty requirements will not be eligible to reach the English Championships.
- Gymnasts in the F1 and F2 who exceed the maximum difficulty score will receive a 2.0 penalty from the CJP.
- English Championship qualification is based on Q1 passes and will be accumulative.
- Gymnasts must complete both passes in a singular competition to achieve the possibility of qualification to the English Championships.
- Gymnasts in the F1 and F2 who exceed the maximum difficulty score will receive a 2.0 penalty from the CJP.
- Gymnasts must stay within the maximum difficulty requirement stated in the table above in all exercises.
- All finals will be zero finals.



# Section 7 – Gold DMT



## Gold DMT 11-12

**Gender:** Male and Female

**Minimum DD Male:** 2.1

**Minimum DD Female:** 2.1

### Pass Criteria:

#### Exercise requirements:

- Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will accumulate.
- Q2 (where required), will consist of one (1) voluntary exercise of your choice.
- Final 1 (F1) consisting of the top 8, will consist of one (1) voluntary exercise of your choice, which must meet the minimum difficulty requirement stated in the table above.
- Final 2 (F2) consisting of the top 4 at the end of F1, will consist of one (1) voluntary exercise no repetition of elements in F1 and meet the minimum difficulty requirement stated in the table above.

#### Notes:

- Passes within Q1 which do not meet the minimum difficulty requirement will receive a penalty of 2.0 from the Chair of Judging Panel
- Passes within Q1 which do not meet the minimum difficulty requirements will not be elidable to reach the English Championships.
- Gymnasts in the F1 and F2 who do not hit the minimum difficulty score will receive a 2.0 penalty from the CJP.
- English Championship qualification is based on Q1 passes and will be accumulative.
- Gymnasts must complete both passes in a singular competition to achieve the possibility of qualification to the English Championships.
- Gymnasts must meet the minimum difficulty requirement stated in the table above in all exercises.
- All finals will be zero finals.



## Gold DMT 13-14

**Gender:** Male and Female

**Minimum DD Male:** 3.1

**Minimum DD Female:** 3.1

### Pass Criteria:

#### Exercise requirements:

- Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will accumulate.
- Q2 (where required), will consist of one (1) voluntary exercise of your choice.
- Final 1 (F1) consisting of the top 8, will consist of one (1) voluntary exercise of your choice, which must meet the minimum difficulty requirement stated in the table above.
- Final 2 (F2) consisting of the top 4 at the end of F1, will consist of one (1) voluntary exercise no repetition of elements in F1 and meet the minimum difficulty requirement stated in the table above.

#### Notes:

- Passes within Q1 which do not meet the minimum difficulty requirement will receive a penalty of 2.0 from the Chair of Judging Panel
- Passes within Q1 which do not meet the minimum difficulty requirements will not be eligible to reach the English Championships.
- Gymnasts in the F1 and F2 who do not hit the minimum difficulty score will receive a 2.0 penalty from the CJP.
- English Championship qualification is based on Q1 passes and will be accumulative.
- Gymnasts must complete both passes in a singular competition to achieve the possibility of qualification to the English Championships.
- Gymnasts must meet the minimum difficulty requirement stated in the table above in all exercises.
- All finals will be zero finals.



## Gold DMT 15-16

**Gender:** Male and Female

**Minimum DD Male:** 4.4

**Minimum DD Female:** 4.4

### Routine Criteria:

#### Exercise requirements:

- Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will accumulate.
- Q2 (where required), will consist of one (1) voluntary exercise of your choice.
- Final 1 (F1) consisting of the top 8, will consist of one (1) voluntary exercise of your choice, which must meet the minimum difficulty requirement stated in the table above.
- Final 2 (F2) consisting of the top 4 at the end of F1, will consist of one (1) voluntary exercise no repetition of elements in F1 and meet the minimum difficulty requirement stated in the table above.

#### Notes:

- Passes within Q1 which do not meet the minimum difficulty requirement will receive a penalty of 2.0 from the Chair of Judging Panel
- Passes within Q1 which do not meet the minimum difficulty requirements will not be eligible to reach the English Championships.
- Gymnasts in the F1 and F2 who do not hit the minimum difficulty score will receive a 2.0 penalty from the CJP.
- English Championship qualification is based on Q1 passes and will be accumulative.
- Gymnasts must complete both passes in a singular competition to achieve the possibility of qualification to the English Championships.
- Gymnasts must meet the minimum difficulty requirement stated in the table above in all exercises.
- All finals will be zero finals.



## Gold DMT 17-21

**Gender:** Male and Female

**Minimum DD Male:** 4.4

**Minimum DD Female:** 4.4

### Routine Criteria:

#### Exercise requirements:

- Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will accumulate.
- Q2 (where required), will consist of one (1) voluntary exercise of your choice.
- Final 1 (F1) consisting of the top 8, will consist of one (1) voluntary exercise of your choice, which must meet the minimum difficulty requirement stated in the table above.
- Final 2 (F2) consisting of the top 4 at the end of F1, will consist of one (1) voluntary exercise no repetition of elements in F1 and meet the minimum difficulty requirement stated in the table above.

#### Notes:

- Passes within Q1 which do not meet the minimum difficulty requirement will receive a penalty of 2.0 from the Chair of Judging Panel
- Passes within Q1 which do not meet the minimum difficulty requirements will not be eligible to reach the English Championships.
- Gymnasts in the F1 and F2 who do not hit the minimum difficulty score will receive a 2.0 penalty from the CJP.
- English Championship qualification is based on Q1 passes and will be accumulative.
- Gymnasts must complete both passes in a singular competition to achieve the possibility of qualification to the English Championships.
- Gymnasts must meet the minimum difficulty requirement stated in the table above in all exercises.
- All finals will be zero finals.



Senior DMT		
<b>Gender:</b>	Male and Female	<b>Age:</b> 16+
<b>Minimum DD Male:</b>	4.4	
<b>Minimum DD Female:</b>	4.4	
Routine Criteria:		
<p>Exercise requirements:</p> <ul style="list-style-type: none"> <li>• Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will accumulate.</li> <li>• Q2 (where required), will consist of one (1) voluntary exercise of your choice.</li> <li>• Final 1 (F1) consisting of the top 8, will consist of one (1) voluntary exercise of your choice, which must meet the minimum difficulty requirement stated in the table above.</li> <li>• Final 2 (F2) consisting of the top 4 at the end of F1, will consist of one (1) voluntary exercise no repetition of elements in F1 and meet the minimum difficulty requirement stated in the table above.</li> </ul>		
Notes:		
<ul style="list-style-type: none"> <li>• Passes within Q1 which do not meet the minimum difficulty requirement will receive a penalty of 2.0 from the Chair of Judging Panel</li> <li>• Passes within Q1 which do not meet the minimum difficulty requirements will not be elidable to reach the English Championships.</li> <li>• Gymnasts in the F1 and F2 who do not hit the minimum difficulty score will receive a 2.0 penalty from the CJP.</li> <li>• English Championship qualification is based on Q1 passes and will be accumulative.</li> <li>• Gymnasts must complete both passes in a singular competition to achieve the possibility of qualification to the English Championships.</li> <li>• Gymnasts must meet the minimum difficulty requirement stated in the table above in all exercises.</li> <li>• All finals will be zero finals.</li> </ul>		





# Section 8 – Synchronised DMT



Synchronised DMT Youth			
<b>Gender:</b>	Mixed	<b>Age:</b>	Youth (10-12)
<b>Minimum DD Male:</b>	1.2		
<b>Minimum DD Female:</b>	1.2		
Routine Criteria:			
Exercise requirements: <ul style="list-style-type: none"> <li>The event will consist of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will accumulate.</li> <li>All elements must have a minimum of 360 degrees of somersault rotation.</li> </ul>			
Notes:			
<ul style="list-style-type: none"> <li>Passes which do not meet the minimum difficulty requirement will receive a penalty of 2.0 from the Chair of Judging Panel.</li> <li>Passes which do not meet the minimum requirements for somersaults will receive a 2.0 penalty from the CJP</li> <li>Where both difficulty requirements and somersault requirements are not met only one penalty of 2.0 will be awarded by the CJP.</li> <li>There is no qualification to the English Championships in 2025, this is a standalone event at the qualification rounds of the English series.</li> <li>DD's and landing deductions will follow the 2025-2028 FIG code of points for each gymnast.</li> <li>Teams must wear the same attire and where we have a male and female teams their attire must be the same colors'; the penalty will be 1.0 from the CJP.</li> <li>Pairing can be any gender and from any club but cannot be from outside of the age grouping.</li> </ul>			

Synchronised DMT Junior			
<b>Gender:</b>	Mixed	<b>Age:</b>	Junior (13-16)
<b>Minimum DD Male:</b>	1.6		
<b>Minimum DD Female:</b>	1.6		
Routine Criteria:			
Exercise requirements: <ul style="list-style-type: none"> <li>The event will consist of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will accumulate.</li> <li>All elements must have a minimum of 360 degrees of somersault rotation.</li> </ul>			
Notes:			
<ul style="list-style-type: none"> <li>Passes which do not meet the minimum difficulty requirement will receive a penalty of 2.0 from the Chair of Judging Panel.</li> <li>Passes which do not meet the minimum requirements for somersaults will receive a 2.0 penalty from the CJP</li> <li>Where both difficulty requirements and somersault requirements are not met only one penalty of 2.0 will be awarded by the CJP.</li> <li>There is no qualification to the English Championships in 2025, this is a standalone event at the qualification rounds of the English series.</li> <li>DD's and landing deductions will follow the 2025-2028 FIG code of points for each gymnast.</li> <li>Teams must wear the same attire and where we have a male and female teams their attire must be the same colors'; the penalty will be 1.0 from the CJP.</li> <li>Pairing can be any gender and from any club but cannot be from outside of the age grouping.</li> </ul>			



## Synchronised DMT Senior

<b>Gender:</b>	Mixed	<b>Age:</b>	Senior (16+)
<b>Minimum DD Male:</b>	1.9		
<b>Minimum DD Female:</b>	1.9		

### Routine Criteria:

#### Exercise requirements:

- The event will consist of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will accumulate.
- All elements must have a minimum of 360 degrees of somersault rotation.

### Notes:

- Passes which do not meet the minimum difficulty requirement will receive a penalty of 2.0 from the Chair of Judging Panel.
- Passes which do not meet the minimum requirements for somersaults will receive a 2.0 penalty from the CJP
- Where both difficulty requirements and somersault requirements are not met only one penalty of 2.0 will be awarded by the CJP.
- There is no qualification to the English Championships in 2025, this is a standalone event at the qualification rounds of the English series.
- DD's and landing deductions will follow the 2025-2028 FIG code of points for each gymnast.
- Teams must wear the same attire and where we have a male and female teams their attire must be the same colors'; the penalty will be 1.0 from the CJP.
- Pairing can be any gender and from any club but cannot be from outside of the age grouping.



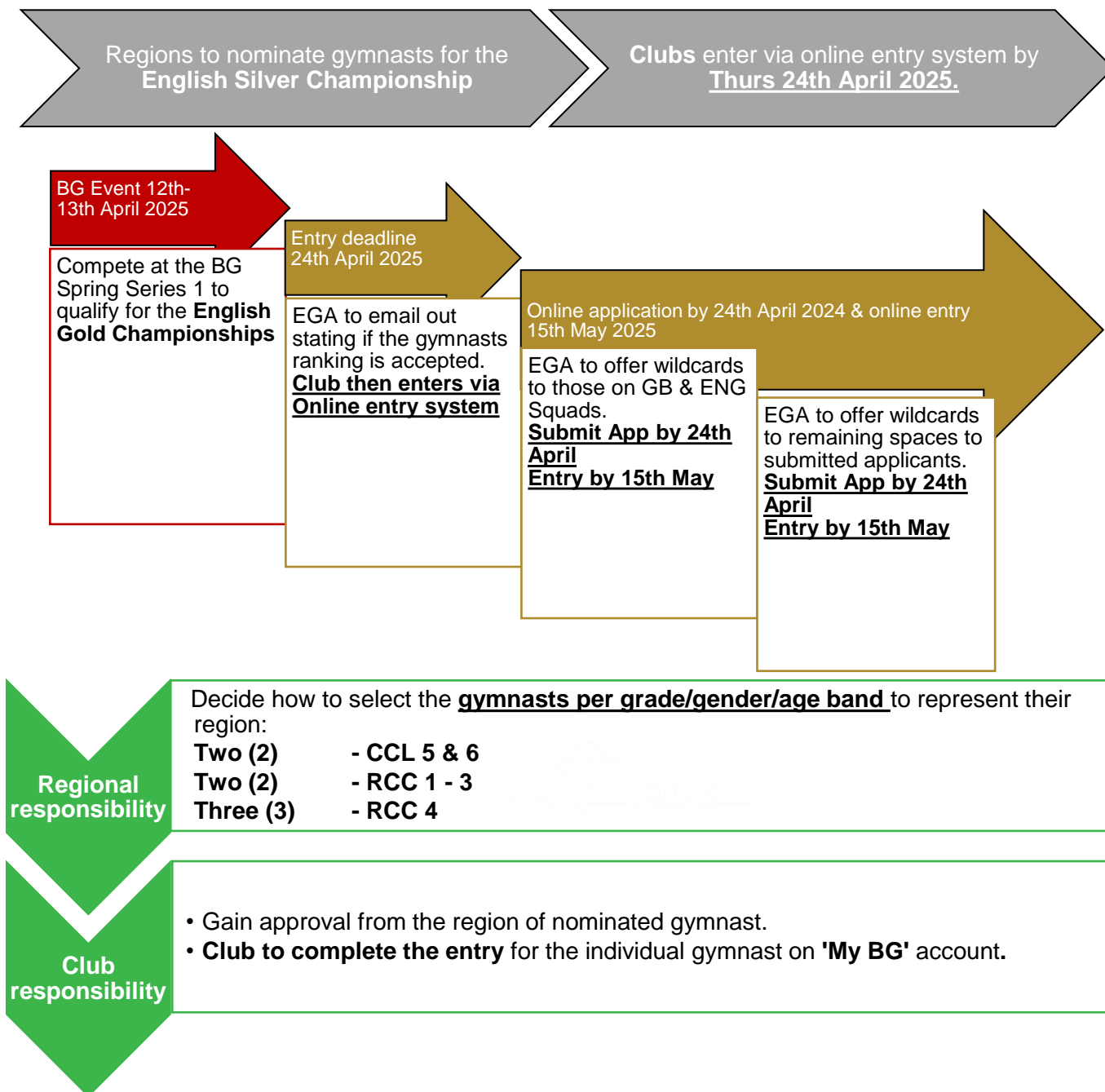
# Section 9 – Silver TUM



## 9.1 – Tumbling Silver Objective

The English Silver competition will offer gymnasts the chance to taste FIG competition while relying largely on the NDP base they are coming from. This competition is for gymnasts from the NDP section of the tumbling discipline.

## 9.2 – Tumbling Silver and Gold Entry Process



**Recommendation:** Regions run one or more selection events between 1<sup>st</sup> January 2024 and 24<sup>th</sup> April 2024. Direct nomination by the TC/Regional selection panel is acceptable. Regions can also select from their squad program if they wish.

### 9.2.1 – Tumbling Gold Wildcard Application Process

As outlined in the above entry process, **all those** wishing to be considered as a Wild Card must be submitted by the deadlines above. You can do this by completing the [Microsoft Form](#).



### 9.3 – Tumbling Silver Grades & Age Bands



Event Grades and Age Bands				
Grades	Age Bands			
Club 5	9 - 10	11 - 12	13+	
Club 6	9 - 10	11 - 12	13 - 14	15+
Regional 1	U13	O13		
Regional 2	10 - 12	13 - 14	15+	
Regional 3	U15	O15		
Regional 4	9 - 10	11 - 12	13 - 14	15+

### 9.4 – Tumbling Silver and Gold Competition Format

Day of Event	Podium Training	Competing
Friday	Club grades 5 & 6 Regional grades 1, 2, 3 (Evening)	N/A
Saturday	Regional grade 4 (Evening) All Gold	Club grades 5 & 6 Regional grades 1, 2, 3
Sunday	N/A	Regional grade 4 All Gold

EGA reserves the right to make any changes to the running order of the competition, this is for guidance.


### 9.5 – Tumbling Silver Pass Criteria

Club Levels 5 & 6
Gymnasts from Club Levels 5 & 6 will compete: <ul style="list-style-type: none"> <li>Exercise 1 &amp; 2 as specified in the <b>Tumbling Club Cup series &amp; Finals 2025</b>, found in the <a href="#">British Gymnastics 'Technical Requirements 2025 – Regional Pathway handbook'</a> .</li> </ul>
3rd Exercise Requirements
<ul style="list-style-type: none"> <li>In addition, they will perform a third voluntary exercise. Exercise 3 will have 6 elements, and the elements will use FIG values.</li> <li>Exercise 3 will be marked from 10, the same as exercise 1 &amp; 2.</li> <li>The voluntary exercise can reuse an ending element from a previous exercise without penalty.</li> </ul>
Notes
<ul style="list-style-type: none"> <li><a href="#">British Gymnastics website &gt; Technical Information &gt; Competition Handbook</a> </li> <li>All 3 exercises will now have a D value.</li> <li>The medalists will be determined by using the cumulative E scores from all 3 exercises and the D value of all 3 exercises.</li> <li>For all events, coaches must submit a tariff sheet on the day of the competition.</li> </ul>



## Regional Challenge Cup Levels 1-3


Gymnasts from Regional Challenge Cup Levels 1 – 3 will compete:

- Exercises 1 & 2 as specified in the **Tumbling Club Cup series & Finals 2025**, found in the [British Gymnastics 'Technical Requirements 2025 – Regional Pathway handbook'](#) .

### 3rd Exercise Requirements

- Exercise 3 for regional 1 will have 6 elements, the elements will use FIG values. Exercise 3 will be marked from 10.
- Exercise 3 for regional 2-3 will have 8 elements, the elements will use FIG values. Exercise 3 will be marked from 10.
- The voluntary exercise can reuse an ending element from a previous exercise without penalty.

### Notes


- [British Gymnastics website > Technical Information > Competition Handbook](#) 
- The medalists will be determined using the cumulative E scores from all 3 exercises and the individual D values of all 3 exercises.
- For all events, coaches must submit a tariff sheet on the day of the competition.

## Regional Challenge Cup Level 4


Gymnasts from Regional Challenge Cup Level 4 will compete:

- Exercise 1 of the set exercises, set out in the **Tumbling Club Cup series & Finals 2025**, found in the [British Gymnastics 'Technical Requirements 2025 – Regional Pathway handbook'](#) .

### 2nd & 3rd Exercise Requirements

- Exercises 2 & 3 are voluntary exercises, as per **Tumbling Club Cup series & Finals 2025**, found in the [British Gymnastics 'Technical Requirements 2025 – Regional Pathway handbook'](#) .
- Exercises 2 and 3 for regional 4 will have 8 elements, the elements will use FIG values. Exercises 2 and 3 will be marked from 10.
- Voluntary exercises 2 and 3 cannot reuse the ending element from exercise 1. The only ending element repeat allowed is full twist.

### Notes

- [British Gymnastics website > Technical Information > Competition Handbook](#) 
- Medalists will be determined using the cumulative E scores from all 3 exercises & D value of all 3 exercises.
- For all events, coaches must submit a tariff sheet on the day of the competition.



# Section 10 – Gold TUM





## Competition Entry Details

<b>Age Groups:</b>	10	11 – 12	13 – 14	15 – 16	17+
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### Notes

- Invitation to the competition will be based on the results of Spring Series 1, then invitations offered to GB and English squad gymnasts. Additional wildcards can be applied for, these will be considered by the English Gymnastics Technical Committee.
- Gymnasts must perform the following minimum difficulty.
- Guests can apply to enter the event, but they won't be awarded a top three medal and will not take the place of an English Gymnasts for the final.
- Guests will need to be approved by the English Gymnastics Technical Committee prior to the competition.

## Competition Exercise Criteria

### Age Group: 10

- Gymnasts will perform 2 preliminary passes.
- No repeat of elements as per FIG CoP.
- Men and women: minimum difficulty 3.4 for two completed passes combined.
- The top 8 gymnasts will progress to a Zero start one exercise final.

### Preliminaries: 11 – 12, 13 – 14, 15 – 16, and 17+

- Gymnasts will perform 2 preliminary passes.
- No repeat of elements as per FIG CoP.
- 11 – 12 men and women: minimum difficulty 4.1 for two completed passes combined.
- 13 – 14 men and women: minimum difficulty 5.5 for two completed passes combined.
- 15 – 16, 17+ men: minimum difficulty 7.6 for two completed passes combined.
- 15 – 16, 17+ women: minimum difficulty 7.1 for two completed passes combined.

### Finals: 11 – 12, 13 – 14, 15 – 16, 15 – 16, and 17+

- **Top 8 Final:** Gymnasts with the top eight (8) best combined preliminary round scores will progress to compete in Final. Where the gymnasts perform one voluntary pass from a zero start.

The competition organisers reserve the right to make any changes needed to the running order of the competition and the following is for guidance only.

## Tumbling Gold Competition Format

Sunday age group, 10, will perform 2 voluntary passes. The top 8 go on to the Final. All finals are from Zero start.

Sunday age groups, 11 – 12, 13 – 14, 15 – 16, and 17+ will perform 2 voluntary passes. The top 8 go on to the Final. All finals are from Zero start.

Day of Event	Podium Training	Competing
<b>Saturday</b>	Regional grade 4 (Evening) All Gold	Club grades 5 & 6 Regional grades 1, 2, 3
<b>Sunday</b>	N/A	Regional grade 4 All Gold



## **Section 11 – Disability Individual Trampoline Criteria**

A separate document contains the full DIS Programme.

## **Section 12 – Disability Double Mini Trampoline Criteria**

A separate document contains the full DIS Programme.

## **Section 13 – Disability Synchronised Trampoline Criteria**

A separate document contains the full DIS Programme.

