



TRA Technical Requirements
Club Cup Series & Championships
2023

TRA Physical Preparation Requirements

Range & Conditioning – (Encouraged at Club Levels)	
All Age Groups	
Forward Roll to Dish Shape (SL) - hold for 2 seconds	
4 x 1 Leg Alternate V Sit (2 x left & 2 x right)	
Back Support – hold for 2 seconds	
Straddle Fold – hold for 2 seconds	
Pike Fold – hold for 2 seconds	
Left Splits, Right Splits	
Back Arch – hold for 2 seconds	
Press up to Front Support – hold for 2 seconds	
Burpee to Long Stand with Arms Overhead	
Standing Shoulder Flexibility – hold for 2 seconds	
Target mark	70%

TRA Technical Requirements

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

Qualification to the Club Cup Championships should be based on one or more objective, predetermined criteria. It is for the regions to determine their qualifying criteria and 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.

Competition Format

Levels 1-3 for Clubs & Regions to host

Club Cup Series

- Qualification – 2 exercises (repeat each exercise)

Club Cup Championships

- Qualification – 2 exercises (repeat each exercise)