

# 2026

## Technical Requirements

### Trampoline | National Pathway

National Trampoline Technical Committee

Version 1  
August 2025

# NATIONAL QUALIFICATION EVENTS

## Technical Requirements

### MINIMUM PERFORMANCE CRITERIA

	MEN		WOMEN	
	Difficulty	Total Score	Difficulty	Total Score
10 years	4.7	71.0	4.7	71.0
11 – 12 years	6.3	73.0	6.3	73.0
13 – 14 years	8.3	76.0	7.8	75.0
15 – 16 years	10.0	81.0	9.0	80.0
17 – 21 years	11.0	86.0	10.0	85.0
Senior	13.0	52.5	11.0	49.2

The minimum difficulty criteria (second exercise/Senior counting exercise) and the minimum total score shall apply for qualification to the National Age Group Finals.

### INDIVIDUAL

#### 10 YEARS

##### First Exercise

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 to front or back, and
2. one (1) element from front or back – in combination with requirement 1.

##### Second Exercise

1. The degree of difficulty is capped at 1.3 per element.
2. The performing of triple and quadruple somersaults is prohibited and will result in disqualification.

## 11-12 YEARS

### First Exercise

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

### Second Exercise

1. The degree of difficulty is capped at 1.7 per element.
  2. The performing of triple and quadruple somersaults is prohibited and will result in disqualification.
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## 13–14 YEARS

### First Exercise

The exercise consists of 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 element but must be performed as separate elements.

1. one (1) element to front or back,
2. one (1) element from front or back – in combination with requirement N°1,
3. one (1) double front or back somersault with or without twist, and
4. one (1) element with a minimum of 540° twist and maximum 450° somersault rotation.

### Second Exercise

1. The degree of difficulty is capped at 2.1 per element.
  2. The performing of quadruple somersaults is prohibited and will result in disqualification.
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## 15-16 YEARS

### First Exercise

The exercise consists of 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 element but must be performed as separate elements.

1. one (1) element to front or back,
2. one (1) element from front or back – in combination with requirement N°1,
3. one (1) double front or back somersault with or without twist and
4. one (1) element with a minimum of 540° twist and maximum 450° somersault rotation.

### Second Exercise

1. The degree of difficulty is capped at 2.1 per element.
2. The performing of quadruple somersaults is prohibited and will result in disqualification.

## 17-21 YEARS

### First Exercise

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.

1. one (1) element to front or back, and
2. one (1) element from front or back – in combination with requirement N°1.

Two (2) elements in the first exercise will be counted for difficulty scoring:

- These two (2) elements must include the difficulty values in the competition cards; otherwise, no difficulty score will be entered
- If any of these two (2) elements is performed in the second exercise as well, the repeated element(s) will not be awarded difficulty in the second exercise
- There is no minimum difficulty for the first exercise

### Second Exercise

1. The degree of difficulty is capped at 2.2 per element.
2. The performing of quadruple somersaults is prohibited and will result in disqualification.

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## SENIOR | 17+ YEARS

Two (2) voluntary exercises. The highest score of the two (2) exercises will count.

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## SYNCHRONISED

## YOUTH | 10-12 YEARS

### First Exercise

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 to front or back, and
2. one (1) element from front or back – in combination with requirement 1.

### Second Exercise

1. The degree of difficulty is capped at 1.7 per element.
2. The performing of triple and quadruple somersaults is prohibited and will result in disqualification.

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## **JUNIOR | 13–16 YEARS**

### **First Exercise**

The exercise consists of 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 element but must be performed as separate elements.

3. one (1) element to front or back,
4. one (1) element from front or back – in combination with requirement N°1,
5. one (1) double front or back somersault with or without twist, and
6. one (1) element with a minimum of 540° twist and maximum 450° somersault rotation.

### **Second Exercise**

1. The degree of difficulty is capped at 2.1 per element.
2. The performing of quadruple somersaults is prohibited and will result in disqualification.

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## **SENIOR | 17+ YEARS**

Two (2) voluntary exercises. The highest score of the two (2) exercises will count.

# Competition Format

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## National Qualification Events

### INDIVIDUAL

- Age Categories: 10 years, 11-12 years, 13-14 years, 15-16 years, 17-21 years, Senior
- Q1 (2 exercises)
- FIG rules will be applied
- Gymnasts who do not demonstrate the minimum difficulty requirements and the minimum total score will not be eligible to qualify for the British Championships
- No penalties shall be applied for failing to meet minimum difficulty requirements

### SYNCHRONISED

- Age Categories: Youth, Junior, Senior
- Q1 (2 exercises)
- FIG rules will be applied
- No minimum performance criteria shall apply, though pairs are strongly encouraged to enter where their performance capability is at or above the minimum performance criteria for the individual events (in accordance with the lowest aged gymnast in each pair)

## National Age Group Finals

### INDIVIDUAL

- Q1 (2 exercises)
- FIG rules will be applied
- No penalties or qualification restrictions shall be applied for failing to meet minimum performance criteria

# Qualification

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## Qualification to National Age Group Finals

### INDIVIDUAL

The top **24** ranked gymnasts from each category at the National Qualification Events will qualify to the National Age Group Finals. The ranking will be based on each gymnast's highest Q1 score across the National Qualification Events.

Qualifier lists will be published by no later than **6 July 2026**. Any category containing a number of ranked gymnasts in excess of the maximum qualification quota will include up to 4 reserve places for eligible gymnasts (i.e. only those gymnasts that have otherwise met the qualification requirements). The procedure for reserve entries is set out in the National Competition Handbook.

### SYNCHRONISED

Synchronised categories will not compete at the National Age Group Finals, but will instead qualify to the British Championships in accordance with the process set out below.

#### INDIVIDUAL WILD CARDS

In addition to the top 14 ranked gymnasts, gymnasts may be offered wild card places only due to medical exemptions. These wildcard places are at the sole discretion of the TC and GBR National Coaches.

In the absence of extenuating circumstances (including but not limited to other GBR squad activities and international qualification processes), GBR squad members are expected to participate in at least one National Qualification Event.

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### Qualification to British Championships

#### INDIVIDUAL

The top **16** ranked gymnasts from the combined age groups at the National Age Group Finals will qualify to the British Championships. Gymnasts will be consolidated into each of Youth, Junior, and Senior categories, and ranked by total scores. When consolidating groups from the National Age Group Finals to the British Championships, FIG Q1 tie breaking rules will be used in the event of a tie. The qualifiers to the Senior category will be determined by combining the ranking of the top 8 in the 17-21 category and the top 8 in the Senior category of the National Age Group Finals.

Qualifier lists will be published throughout the day of the National Age Group Finals. Each category will include up to 1 reserve place.

#### SYNCHRONISED

The top **8** ranked gymnasts from the National Qualification Events will qualify to the British Championships. Gymnasts will be ranked by each pair's highest Q1 score across the National Qualification Events.

Qualifier lists will be published by no later than **6 July 2026**. Any category containing a number of ranked gymnasts in excess of the maximum qualification quota will include up to 2 reserve places for eligible gymnasts (i.e. only those gymnasts that have otherwise met the qualification requirements). The procedure for reserve entries is set out in the National Competition Handbook.

#### SYNCHRONISED WILD CARDS

In addition to the top 8 ranked gymnasts, GBR Junior and Senior squad gymnasts may be offered synchronised wild card places at the sole discretion of the TC and GBR National Coaches.

## Technical Requirements

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### YOUTH | 10-12 YEARS

1. The degree of difficulty is capped at 1.7 per element.
  2. The performing of triple and quadruple somersaults is prohibited and will result in disqualification.
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### JUNIOR | 13–16 YEARS

1. The degree of difficulty is capped at 2.1 per element.
  2. The performing of quadruple somersaults is prohibited and will result in disqualification.
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### SENIOR | 17+ YEARS

1. FIG rules will be applied.
  2. The top eight gymnasts from both the 17-21 and Senior categories will compete together as 16 in Q2.
  3. The eight highest-ranked gymnasts from Q2 will go through to F1, regardless of which age group they were in previously.
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### SYNCHRONISED

The synchronised requirements shall mirror those in the individual events.

## Competition Format

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### INDIVIDUAL

- Q2 (1 exercise) & F1 (1 exercise)
- FIG rules will be applied

The top 8 ranked gymnasts from Q2 will qualify to F1.

### SYNCHRONISED

- F1 (1 exercise)
- FIG rules will be applied



**NOTE:**

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.*