

2026

Technical Requirements

Trampoline | Disabilities Pathway

National Trampoline Technical Committee

Version 1.0
August 2025

CLUB SERIES

Technical Requirements

Club Level 1	Club Level 2
9-14 years / 15+ CAT 1 Male/Female CAT 2 Male/Female	9-14 years / 15+ CAT 1 Male/Female CAT 2 Male/Female
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)

Competition Format

Club Series & Final

- Q1 (2 exercises, repeat each exercise)
- FIG rules will apply other than:
 - o Time of Flight will not be included
 - o No penalty shall be applied for communication by a coach to a gymnast

Qualification to Club Final

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

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

First Exercise

Regional Level 1	Regional Level 2
9-14 years / 15+ CAT 1 Male/Female CAT 2 Male/Female	9-14 years / 15+ CAT 1 Male/Female CAT 2 Male/Female
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 (T) Straddle Jump Barani (T) Tuck Jump BSS (T) to Seat Landing ½ Twist to feet ½ Twist Jump Pike Jump ½ Twist to Front Landing To Feet

Second Exercise

	Level 1	Level 2
Minimum degree of difficulty	2.0	3.0

Competition Format

Regional Series

- Q1 (2 exercises)
- FIG rules will apply, other than:
 - Time of Flight will not be included
 - No penalty shall be applied for communication by a coach to a gymnast
- 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 other than:
 - Time of Flight will not be included
 - No penalty shall be applied for communication by a coach to a gymnast
- 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 Championships & 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 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.

TIE BREAKS

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

1. The gymnast with the highest sum of all E scores of both exercises

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

CERTIFICATION

All gymnasts entering the Disabilities Pathway need to obtain a completed disabilities classification certificate at least 6 weeks prior to competing.

SPECIFIC REQUIREMENTS

Any gymnasts with specific requirements for competition (e.g. gymnasts with Cystic Fibrosis requiring to compete in flights without other CF gymnasts, or gymnasts requiring markers on apparatus) must notify the Events Team and Technical Committee of those requirements at the point of entry to each event.

NATIONAL QUALIFICATION EVENTS & BRITISH CHAMPIONSHIPS

Technical Requirements

NATIONAL DISABILITIES LEVEL

Age Groups: 9 – 14 Years / 15+

Levels: Category 1 Men / Women

Levels: Category 2 Men / Women

9-14 YEARS:

First exercise

1	BSS (S)
2	Straddle Jump
3	BSS (T)
4	Barani (T)
5	½ Twist jump
6	Tuck Jump
7	BSS to seat landing
8	½ Twist to feet
9	Pike Jump
10	FSS (P)

Second exercise requirements

Minimum degree of difficulty of 4.0

15+ YEARS:

First Exercise

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

Second Exercise

Minimum degree of difficulty of 4.5

Competition Format

National Qualification Events

- Q1 (2 exercises)
- FIG rules will be applied other than:
 - Time of Flight will not be included
 - No penalty shall be applied for communication by a coach to a gymnast
- Gymnasts who do not demonstrate the minimum difficulty requirements will not be eligible to qualify for the British Championships

British Championships

- Q1 (2 exercises)
- FIG rules will be applied other than:
 - Time of Flight will not be included
 - No penalty shall be applied for communication by a coach to a gymnast

Qualification to British Championships

The top **8** ranked gymnasts from each category at the National Qualification Events will qualify to the British Championships. 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 1 reserve place for eligible gymnasts. The procedure for reserve entries is set out in the National Competition Handbook.

CERTIFICATION

All gymnasts entering the Disabilities Pathway need to obtain a completed disabilities classification certificate at least 6 weeks prior to competing.

SPECIFIC REQUIREMENTS

Any gymnasts with specific requirements for competition (e.g. gymnasts with Cystic Fibrosis requiring to compete in flights without other CF gymnasts, or gymnasts requiring markers on apparatus) must notify the Events Team and Technical Committee of those requirements at the point of entry to each event

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.