

2024

Technical Requirements

DMT | Regional Pathway

National Trampoline Technical Committee

CLUB CUP & REGIONAL CHALLENGE CUP

Technical Requirements

CLUB CUP

Club Cup Level 1 Age Groups: 7-8yrs, 9-10yrs, 11-12yrs, 13+yrs									
Compulsory Round 1					Compulsory Round 2				
	Mount	Spotter	Dismount	DD		Mount	Spotter	Dismount	DD
1	-	Tuck Jump	Straddle Jump	0.0	1	Tuck Jump	-	Pike Jump	0.0
2	-	Straddle Jump	½ Twist Jump	0.2	2	-	1/1 Twist Jump	Tuck Jump	0.4
Combined round DD				0.2	Combined round DD				0.4

Club Cup Level 2 Age Groups: 9-10yrs, 11-12yrs, 13-14yrs, 15+yrs									
Compulsory Round 1					Compulsory Round 2				
	Mount	Spotter	Dismount	DD		Mount	Spotter	Dismount	DD
1	Tuck Jump	-	1/1 Twist Jump	0.4	1	-	Tuck Jump	Front S/S (P)	0.6
2	Pike Jump	-	½ Twist Jump	0.2	2	-	Pike Jump	Front S/S (T)	0.5
Combined round DD				0.6	Combined round DD				1.1

REGIONAL CHALLENGE CUP

Regional Challenge Cup Level 1 Age Groups: 9-12yrs, 13+yrs								
Compulsory Round 1					Optional Round 2			
	Mount	Spotter	Dismount	DD	Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Failure to do so will result in a penalty of 2.0 being applied to the second optional exercise. Exercises and skills cannot be repeated from the compulsory round exercises, unless in different place on the DMT. Repeat exercises or skills will result in a loss of DD for that skill or exercise.			
1	Tuck Jump	-	Barani (T)	0.7				
2	-	Back S/S (T)	Front S/S (T)	1.0				
Combined round DD				1.7	Minimum Combined Round DD		1.7	
					Maximum Element DD (Cap)		0.7	

Regional Challenge Cup Level 2 Age Groups: 9-10yrs, 11-12yrs, 13+yrs						
Compulsory Round 1					Optional Round 2	
	Mount	Spotter	Dismount	DD		
1	Barani (T)	-	Back S/S (T)	1.2	Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Failure to do so will result in a penalty of 2.0 being applied to the second optional exercise. Exercises and skills cannot be repeated from the compulsory round exercises, unless in different place on the DMT. Repeat exercises or skills will result in a loss of DD for that skill or exercise.	
2	-	Back S/S (T)	Barani (P)	1.2		
Combined round DD				2.4		

Regional Challenge Cup Level 3 Age Group: 13-14yrs						
Compulsory Round 1					Optional Round 2	
	Mount	Spotter	Dismount	DD		
1	Barani (T)	-	Back S/S (S)	1.3	Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Failure to do so will result in a penalty of 2.0 being applied to the second optional exercise. Exercises and skills cannot be repeated from the compulsory round exercises, unless in different place on the DMT. Repeat exercises or skills will result in a loss of DD for that skill or exercise.	
2	Barani (P)	-	Back S/S (T)	1.2		
Combined round DD				2.5		

Regional Challenge Cup Level 3 Age Groups: 15-16yrs, 17+yrs						
Compulsory Round 1					Optional Round 2	
	Mount	Spotter	Dismount	DD		
1	Barani (S)		Back s/s (S)	1.3	Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Failure to do so will result in a penalty of 2.0 being applied to the second optional exercise. Exercises and skills cannot be repeated from the compulsory round exercises, unless in different place on the DMT. Repeat exercises or skills will result in a loss of DD for that skill or exercise.	
2	Barani (P)	-	Full (S)	1.6		
Combined round DD				2.9		

Regional Challenge Cup Level 4 Age Group: 9-10yrs						
Compulsory Round 1					Optional Round 2	
	Mount	Spotter	Dismount	DD		
1	Barani (P)	-	Back S/S (P)	1.3	Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Failure to do so will result in a penalty of 2.0 being applied to the second optional exercise. Exercises and skills cannot be repeated from the compulsory round exercises, unless in different place on the DMT. Repeat exercises or skills will result in a loss of DD for that skill or exercise.	
2	Barani (T)	-	Back S/S (S)	1.3		
Combined round DD				2.6		

Regional Challenge Cup Level 4 Age Group: 11-12yrs						
Compulsory Round 1					Optional Round 2	
	Mount	Spotter	Dismount	DD		
1	Barani (S)	-	Back S/S (S)	1.3	Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Failure to do so will result in a penalty of 2.0 being applied to the second optional exercise. Exercises and skills cannot be repeated from the compulsory round exercises, unless in different place on the DMT. Repeat exercises or skills will result in a loss of DD for that skill or exercise.	
2	Barani (T)	-	Full (S)	1.6		
Combined round DD				2.9		

Regional Challenge Cup Level 4 Age Group: 13-14yrs						
Compulsory Round 1					Optional Round 2	
	Mount	Spotter	Dismount	DD		
1	Barani (S)	-	Full (S)	1.6	Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Failure to do so will result in a penalty of 2.0 being applied to the second optional exercise. Exercises and skills cannot be repeated from the compulsory round exercises, unless in different place on the DMT. Repeat exercises or skills will result in a loss of DD for that skill or exercise.	
2	Barani (T)	-	Double Back s/s (T)	2.7		
Combined round DD				4.3		

Regional Challenge Cup Level 4 Age Group: 15+yrs						
Compulsory Round 1					Optional Round 2	
	Mount	Spotter	Dismount	DD		
1	Barani (S)	-	Double Back s/s (P)	3.1	Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Failure to do so will result in a penalty of 2.0 being applied to the second optional exercise. Exercises and skills cannot be repeated from the compulsory round exercises, unless in different place on the DMT. Repeat exercises or skills will result in a loss of DD for that skill or exercise..	
2	Rudi	-	Full (S)	2.1		
Combined round DD				5.2		

Regions may run out of age events, but gymnasts are not eligible to qualify to the Inter-Regional Challenge Cup Final

Competition Format

Club Cup Series & Championships

- Compulsory Rounds 1 and 2
- FIG rules will apply

Regional Challenge Cup Series

- Compulsory Round 1 and Optional Round 2
- FIG rules will apply other than:
 - Gymnasts who do not demonstrate the minimum difficulty performance standard or compete four complete exercises will not be eligible to qualify for the Regional Challenge Cup Championships, but may be awarded a medal at the region's discretion

Regional Challenge Cup Championships & Inter-Regional Challenge Cup Final

- Compulsory Round 1 and Optional Round 2
- FIG rules will apply

Qualification

Qualification to Club Cup Championships

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.

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.

Qualification to Regional Challenge Cup Championships & Inter-Regional Challenge Cup Final

- Regional events should take place between September and March, with the Regional Challenge Cup Championships held, and the regional team selected, by the end of March 2024
- Regions have the responsibility and autonomy to determine the selection process within the Regional Challenge Cup Series and Regional Challenge Cup Championships and this should be communicated to all clubs by the Region
- A maximum of two gymnasts per category from each region will qualify to the Inter-Regional Challenge Cup Final
- Places will be allocated in rank order from the Regional Challenge Cup Championships
- In the event of a tied position the tie break rule will apply (see below)
- All Regions must submit the list of the gymnasts that have qualified to British Gymnastics

For Regions that intend to hold any qualifying events between October and December 2023, the gymnast should enter the age group that they will be eligible for in 2024.

Level 4 – Subject to capacity, the third ranked gymnast from each region may be invited to attend following the closing date. All regions will be notified following the closing date and entries for the 3rd gymnast can be made via the entry portal.

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 D Scores of all exercises will prevail
2. The gymnast with the highest sum of all the E scores of all exercises will prevail
3. The gymnast with the highest sum of all E scores per skill of all exercises minus the lower E score per skill prevails

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

ELIGIBILITY

Gymnasts who have competed in a Regional Challenge Cup series (but not the Regional Challenge Cup Championships) are eligible for entry at a FIG Qualification Event. Any gymnast that has competed in a Regional Challenge Cup Championships is not eligible to compete at a FIG Qualification event in the same year

Regions are reminded to adhere to the British Gymnastics [Health & Safety Guidance](#), including in relation to age and level of participation requirements.

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 or falls unacceptably below the standards required, 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.

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.