

Adult Gymnastics British Championships 2024

Trampoline Competition Structure

Entry Instructions

All entries are to be made via a BG registered club using the Online Entry System on the GymNET portal. Only club secretaries and coaches who have been granted the correct entry permissions will be able to submit an entry. An online entry guide can be found on the British Gymnastics website; www.british-gymnastics.org under **Find an event or result>Adult Gymnastics British Championships**.

Categories – Ability Levels

Introductory

For beginners who are capable of performing a exercise of difficulty between **0.5 and 1.1**.

Novice

For competitors who are capable of performing a exercise of difficulty between **1.2 and 2.0**.

Intermediate

For experienced competitors who are capable of performing a exercise of difficulty between **2.1 and 3.8**.

Pro

For experienced competitors who are capable of performing a exercise of difficulty between **3.9 and 6.2**.

Open

For experienced competitors who are capable of performing a exercise of difficulty **6.3 or above**.

Categories - Age Bands

Each category shall be further subdivided into the following age bands:

18 and over

30 and over

40 and over

Competitors are required to enter the correct level according to their age and ability level.

Age Bonus

All competitors will be given a bonus of 0.1 per two years above the base year of the age group. A competitors' age will be calculated as the age reached in the year of the competition. The age bonus will be added to the total score.

Please note: 18, 19 & 20 year olds will not receive any age bonus.

Over 18

Age	18-20	21	22	23	24	25	26	27	28	29
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9

Over 30

Age	30	31	32	33	34	35	36	37	38	39
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9

Over 40

Age	40-41	42-43	44-45	46-47	48-49	50-51	52-53	54-55	56-57	58-59
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9

Age	60-61	62-63	64-65	66-67	68-69	70-71	72-73	74-75	76-77	78-79
Age bonus	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9

Exercise Requirements

Each competitor must complete two exercises:

- Compulsory exercise
- Voluntary exercise

To ensure transparency and fairness of competition; if a gymnast exploits the level of competition and competes a exercise considerably outside of the difficulty banding of the category in which they're competing, the competitor will be disqualified.

If the minimum difficulty isn't met in the voluntary exercise (excluding Introductory), a penalty of 2.0 will be applied for not meeting the requirements.

If the maximum difficulty is exceeded in the voluntary exercise, the difficulty applied to the competitors score will be capped at the maximum for the category.

Introductory

Competitors must choose a **compulsory exercise** from the options below:

Option 1	Option 2
½ twist jump	Full twist jump
Straddle jump	Straddle jump
Seat landing	Seat landing
To feet	½ twist to feet
½ twist jump	Pike jump

Pike jump	Seat landing
½ twist to seat	To feet
½ twist to feet	Tuck jump
Tuck jump	Front landing
Full twist jump	To feet

The **voluntary exercise** must consist of 10 skills (skills may be repeated once) totalling a difficulty value between 0.5 and 1.1. Any repeated skills will not be awarded for difficulty.

Novice

Competitors must choose a **compulsory exercise** from the options below:

Option 1	Option 2
Full twist jump	Back s/s (T)
Straddle jump	Straddle jump
Seat landing	Seat landing
½ twist to seat	½ twist to seat
½ twist to feet	½ twist to feet
Pike jump	Tuck jump
Back landing	½ twist to front
½ twist to feet	To feet
Tuck jump	Pike jump
Front s/s (T)	Full twist jump

The **voluntary exercise** must consist of 10 skills totalling a difficulty value between 1.2 and 2.0.

Intermediate

Competitors must choose a **compulsory exercise** from the options below:

Option 1	Option 2
Back s/s (S)	Back s/s (P)
Straddle jump	Straddle jump
Barani (T)	Back s/s (T)
Tuck jump	Pike jump
½ twist jump	½ twist jump
Pike jump	Tuck jump
Back landing	½ twist to front landing
½ twist to feet	To feet
Tuck jump	Tuck jump
Front s/s (T)	Barani (P)

The **voluntary exercise** must consist of 10 skills totalling a difficulty value between 2.1 and 3.8.

Pro

Competitors must construct their own **compulsory exercise** to meet the following requirements:

10 different elements with at least 7 somersaults of at least 270° somersault rotation to include at least one of the following requirements/elements:

- An element of 270° somersault rotation, landing on front or back, followed by an element of 450° somersault rotation
- Full
- Rudi

The **voluntary exercise** must consist of 10 skills totalling a difficulty value of between 3.9 to 6.2.

Open

Competitors must construct their own **compulsory exercise** to meet the following requirements:

- The exercise must consist of 10 different elements, each with a minimum of 270° somersault rotation.
- Two elements marked with an asterisk (*) on the competition card, will have difficulty ratings. The difficulty will be added to the execution, time of flight and horizontal displacement scores to give a total exercise score.

Neither of these two elements marked with an asterisk in the first exercise may be repeated in the second exercise otherwise the difficulty will not be counted in the second exercise.

The **compulsory exercise** must consist of 10 skills totalling a difficulty value of at least **6.3**.

Teams

Team rules be as per below:

- A minimum of three gymnasts and maximum of six gymnasts per team
- All gymnasts within the team must be members of the same club
- Non-British citizens competing as guests can form part of a team but the team will not be eligible to rank in the official competition results
- Teams may comprise of members of mixed gender
- Competitors may only represent one team each

Competitors in mixed age and ability levels are encouraged.

Apparatus Specification

The competition apparatus shall be per FIG and/or British Gymnastics specifications.

Competition and Technical Rules

Shall be per the [FIG Code of Points 2022-2024](#), except where varied in this document or associated event regulations.

All competitors shall be judged on Time of Flight (ToF) and Horizontal Displacement (HD) in accordance with the FIG code.

For support or assistance with your entry please contact the Events department at events@british-gymnastics.org