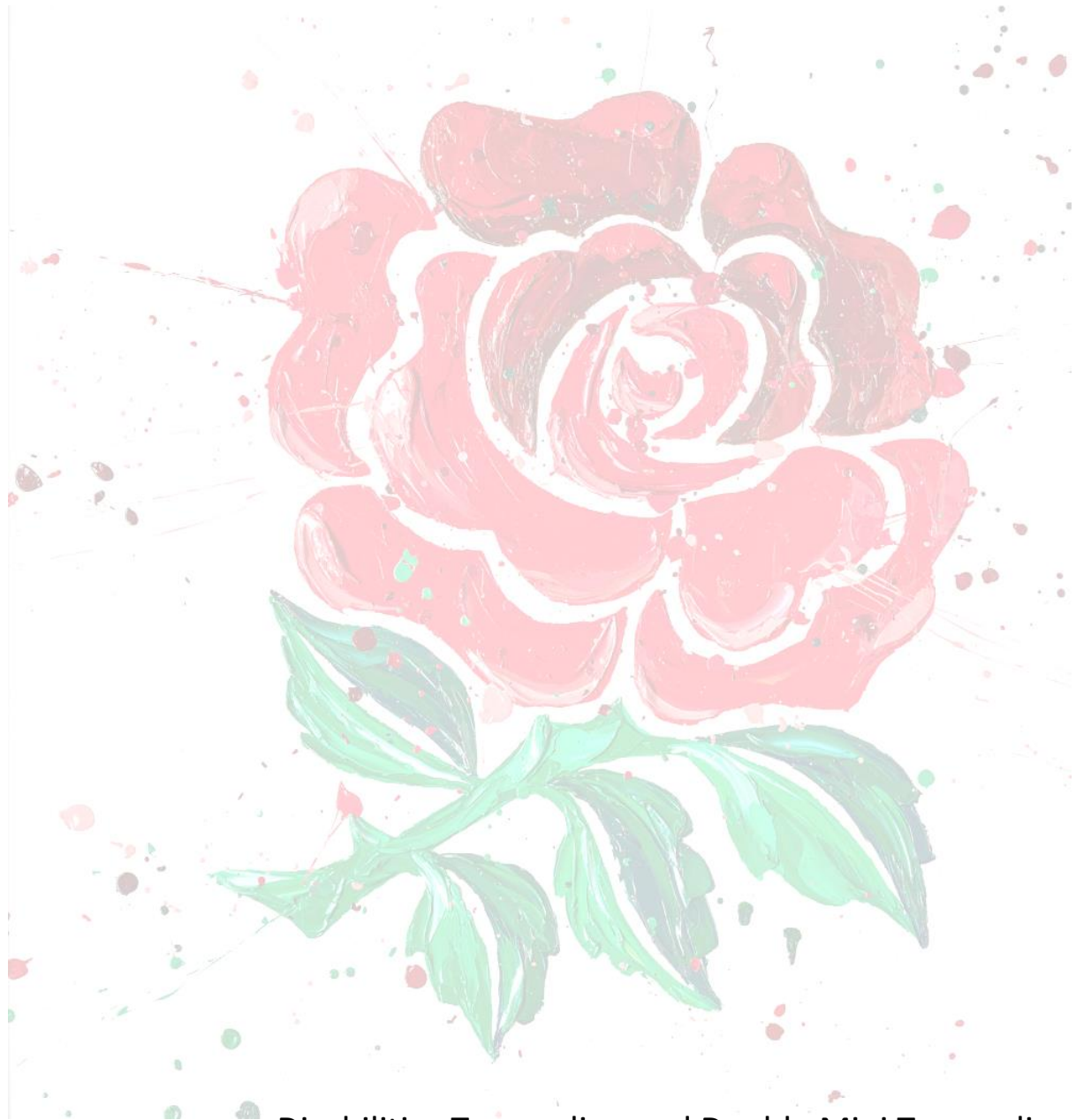




ENGLISH GYMNASTICS



Disabilities Trampoline and Double Mini Trampoline
Competition Handbook 2023

Routine Criteria

Version 2.0

www.english-gymnastics.org.uk

Version History:

English Gymnastics reserves the right to make amendments to this handbook.

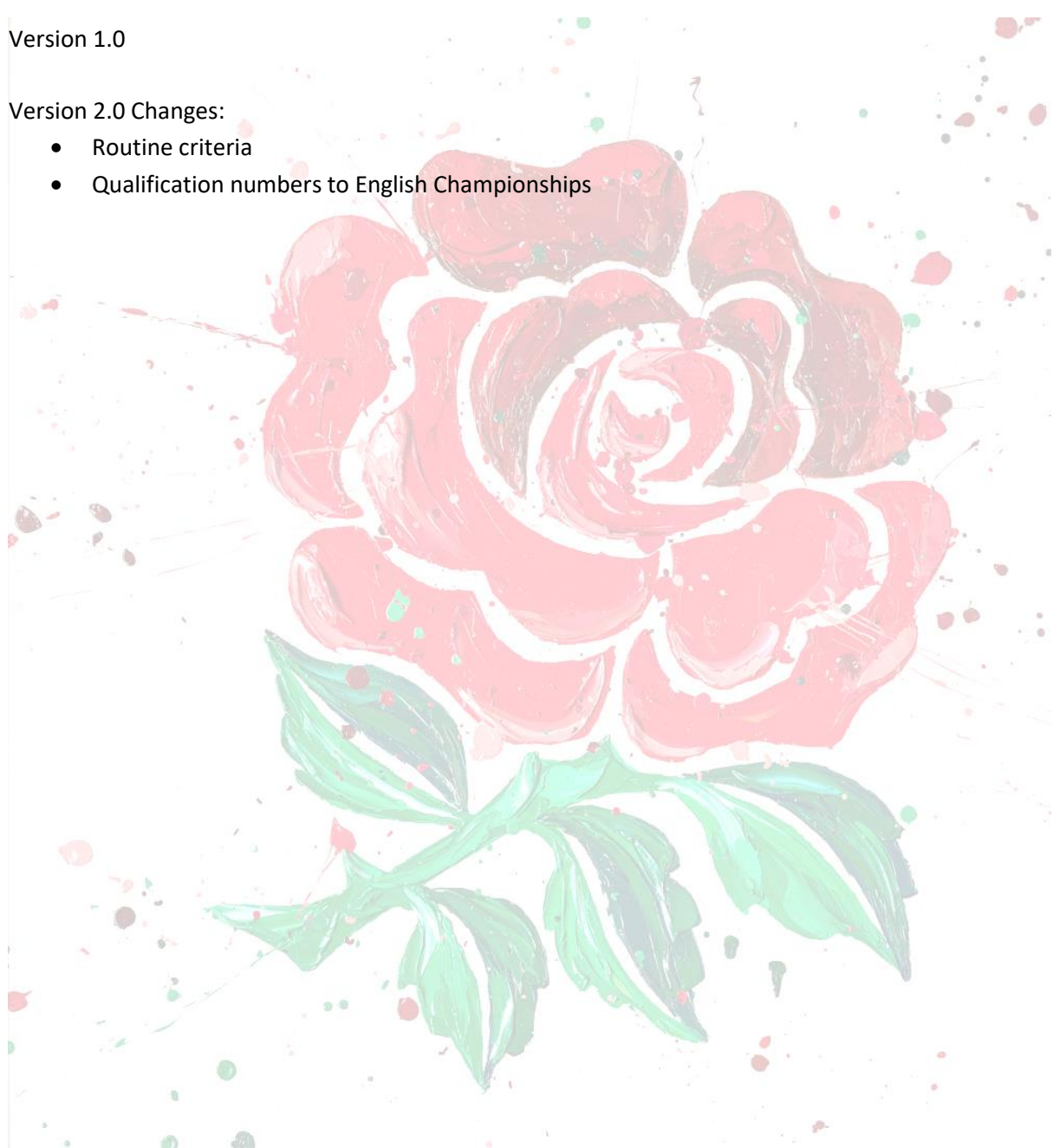
Notification of a change to the handbook will be communicated through the [EGA Gymnastics Website](#). All updated versions will be made available to download at the time of change.

All versions will be listed on this page, regarding amendments made:

Version 1.0

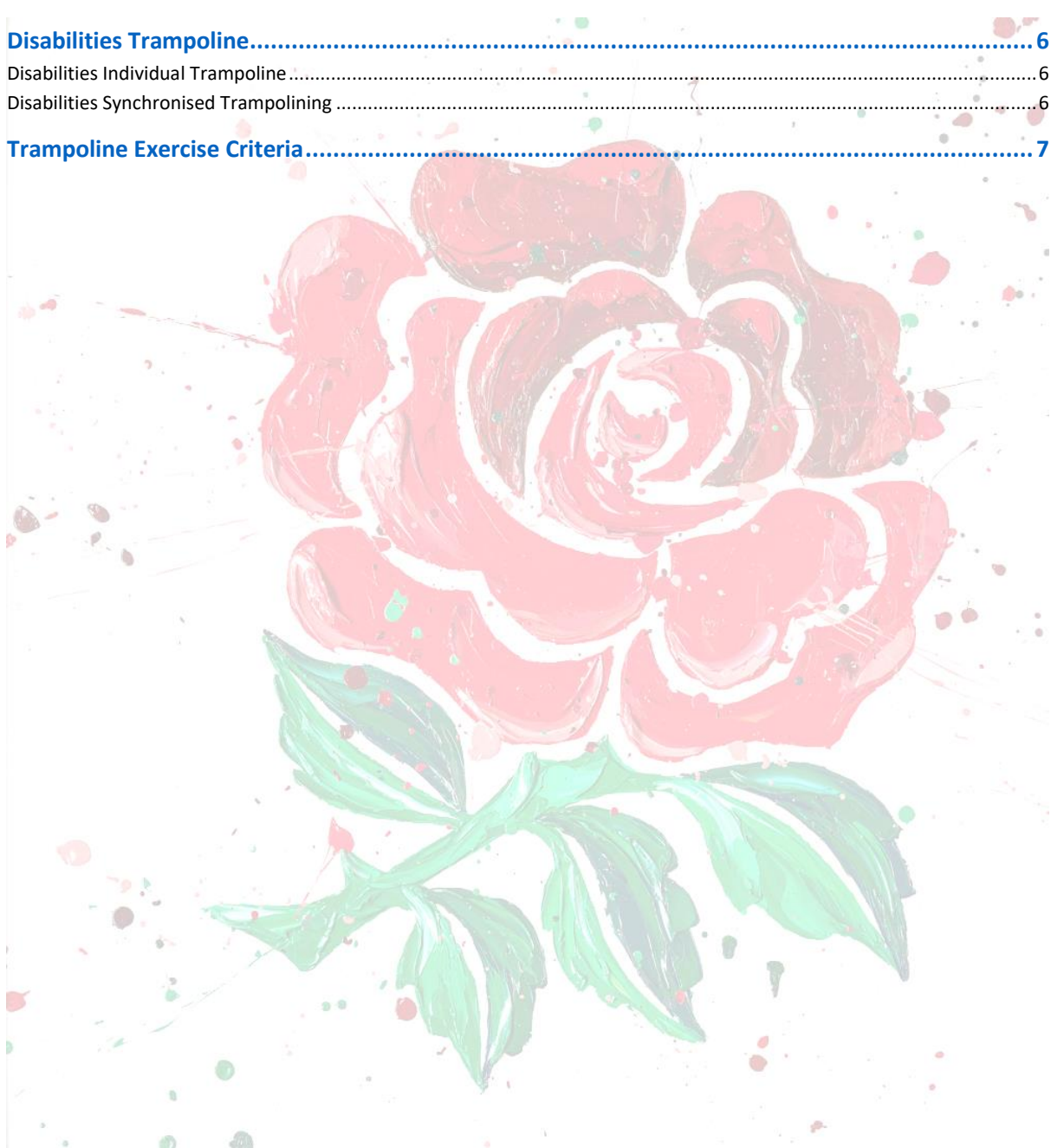
Version 2.0 Changes:

- Routine criteria
- Qualification numbers to English Championships



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Welcome Letter

Dear Clubs,

Due to the major changes we decided to make during the 2022 season, we thought it would be best to create this as a separate document to help find the information easier. For all event Dates and information please reference the Competition Handbook 2023, posted on the English Gymnastic website.

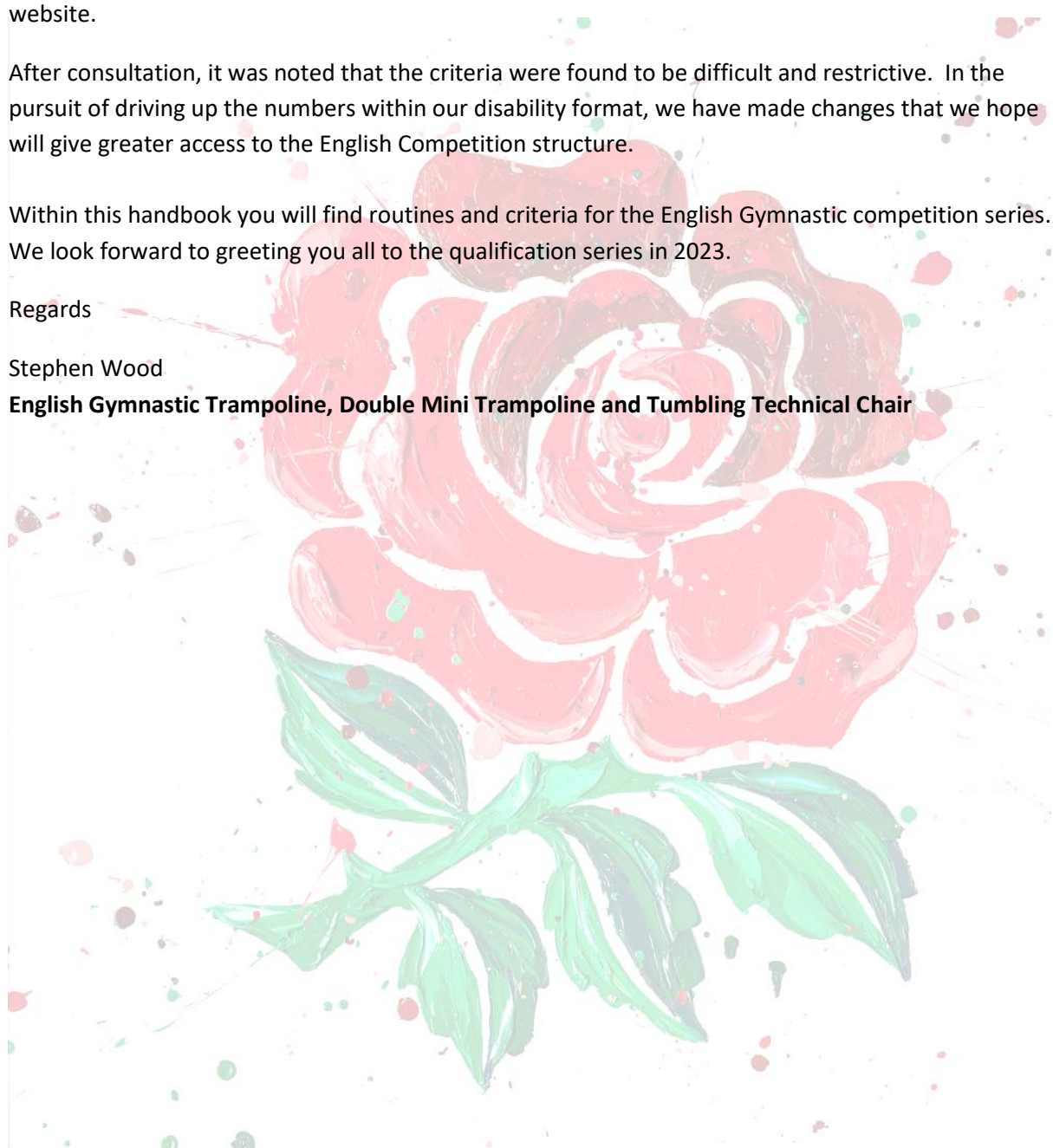
After consultation, it was noted that the criteria were found to be difficult and restrictive. In the pursuit of driving up the numbers within our disability format, we have made changes that we hope will give greater access to the English Competition structure.

Within this handbook you will find routines and criteria for the English Gymnastic competition series. We look forward to greeting you all to the qualification series in 2023.

Regards

Stephen Wood

English Gymnastic Trampoline, Double Mini Trampoline and Tumbling Technical Chair



Disabilities Double Mini Trampoline

The English Qualification Series (EQS) will consist of 'Silver and Gold' levels. Groups will be separated into the follow, male and female, Categories 1 and 2. Age groups will be 9-14 years and 15+.

Qualification Series

DIS DMT will consist of a qualification round of two (2) Voluntary passes, scores in the qualification round are cumulative. In the qualification round there are no repeated skills in any zone of the DMT. The top 8 ranked gymnasts will then perform in the Final, this round will be cumulative. In the Final gymnasts will be required to perform one (1) voluntary pass in which, elements from the qualification round can be performed but not in the same zone of the DMT. There will be no Final 2 in any of the disability competition.

Tie breaks will be resolved by the procedures set out in the main English handbook

Championship Qualification

A maximum of 12 gymnasts per category, age group and gender will be invited to attend the English Championships. See main Competition Handbook 2023 for publication of qualification results.

Ranking will be based on the scores from the qualification round only. Gymnasts need to complete both qualification exercises at a single qualification event to be eligible for the English Championships.

Gymnasts at the qualification series, who exceed difficulty limits for an individual skill, (silver level only) will not be eligible to compete at the English Championships.

The championship will follow the same layout as the qualification competitions.

Medals will be awarded to the top 3 gymnasts; interrupted exercises will NOT result in the loss of the medal.

DMT Exercise Criteria

Disabilities DMT Silver	
Qualification Round	
<ul style="list-style-type: none"> • Qualification round will consist of two (2) voluntary exercises, 'No' individual skill should exceed 0.7 • During the qualification round you are not permitted to repeat any element in any zone of the DMT. 	
Final	
<ul style="list-style-type: none"> • The final will consist of a 3rd voluntary exercise, 'No' individual skill should exceed 0.7 • During this round you can repeat a skill from the qualification round but NOT in the same zone of the DMT 	
Notes:	
<ul style="list-style-type: none"> • If you exceed the difficulty limit for an individual element you will receive a 2.0 penalty taken from the CJP. • If you exceed the difficulty limit for an individual element you will not be eligible to qualify to the English Championships. • For repeated elements offences either in the qualification round or the final, the gymnast will receive a 2.0 penalty taken from CJP 	

Disabilities DMT Gold	
Qualification Round	
<ul style="list-style-type: none"> • Qualification round will consist of two (2) voluntary exercises. There are no minimum or maximum DD requirements • During the qualification round you are not permitted to repeat any element in any zone of the DMT. 	
Final	
<ul style="list-style-type: none"> • The final will consist of a 3rd voluntary exercise. • During this round you can repeat a skill from the qualification round but NOT in the same zone of the DMT 	
Notes:	
<ul style="list-style-type: none"> • If you exceed the difficulty limit for an individual element you will receive a 2.0 penalty taken from the CJP. • If you exceed the difficulty limit for an individual element you will not be eligible to qualify to the English Championships. • For Repeated elements offences either in the qualification round or the final, the gymnast will receive a 2.0 penalty taken from CJP 	

Disabilities Trampoline

Disabilities Individual Trampoline

All TRI English Qualification Series will consist of, 2 voluntary exercises, (please see minimum standards within this document). Gymnasts must complete both exercises in the qualification round to be eligible to qualify for the English Championships. Ranking will be based on the highest scores after the qualification rounds have taken place.

Gymnasts that don't meet the requirements will not be eligible to qualify for the English Championships. If the gymnast exceeds the maximum DD (Silver only) they will not be eligible for the English Championships or receive a medal. (Where a gymnast that has exceeded the maximum DD, the medal will be given to the next eligible gymnast).

The top 16 highest scoring gymnasts from English qualification series will qualify for English Championships at both Gold and Silver levels.

English Championships

At the English Championships, gymnasts will compete 2 voluntary exercises with the top 8 ranked gymnasts performing a final voluntary exercise.

- At the English Championships only, the Final round will be a 'Zero Final'
- For all Tie break rules please refer to the main Handbook

Disabilities Synchronised Trampolining

- All DIS TRS will consist of mixed gender and mixed classification pairings. (You can have Cat 1's with Cat 2's and boys with girls, there can be any pairings and any age groups).
- Routines will follow the DIS Gold criteria below.
- All DIS (TRS) will take place alongside the silver competition, it will consist of 2 exercises but no Final, this includes the English Championships.
- Gymnasts are required to complete both exercises at a single qualification event to be eligible to compete at the English Championships.

Trampoline Exercise Criteria

Disability TRI Silver 9 – 14 and 15+			
Category 1		Category 2	
Gender:	Male and Female	Gender:	Male and Female
Exercise Criteria:			
<p>Exercise requirements:</p> <ul style="list-style-type: none"> • Qualification round consists of 2 voluntary exercises. • Difficulty will not be awarded for exercise 1 • Scores will be cumulative • Maximum difficulty of 3.0 • The Final consists of a 3rd Voluntary exercise (Only at English Championships) 			
Notes:			
<ul style="list-style-type: none"> • Scores from the qualification rounds will be cumulative and determine the ranking for the English Championships. • There are no Finals in the qualification events. • Execution, difficulty, and horizontal displacement scores will be awarded. (No difficulty will be awarded for routine 1) • Time of Flight will not be included. • Difficulty cards are required. • The Silver level voluntary routine will have a MAXIMUM difficulty limit of 3.0. The penalty for gymnasts exceeding the 3.0 difficulty will be a 2.0 penalty from the CJP and they will also not be eligible to qualify for the English Championships. At the English Championships the gymnasts will NOT be eligible to receive a medal 			

Disability TRI Gold 9 – 14 and 15+			
Category 1		Category 2	
Gender:	Male and Female	Gender:	Male and Female
Exercise Criteria:			
<p>Exercise requirements:</p> <ul style="list-style-type: none"> • Qualification round consists of 2 voluntary exercises. • There are NO minimum or maximum difficulty in the Gold event. • No difficulty will be awarded for exercise 1. • The Final consists of a 3rd Voluntary exercise (Only at English Championships) 			
Notes:			
<ul style="list-style-type: none"> • Scores from the qualification round will be cumulative and determine the ranking for the English Championships. • There are no Finals in the qualification events. • Execution, difficulty, and horizontal displacement scores will be awarded. (No difficulty will be awarded for routine 1). • Time of Flight will not be included. • Difficulty cards are required. 			