



ENGLISH GYMNASTICS



Trampoline, Double Mini Trampoline and Tumbling

Exercise Criteria Handbook

Version 2.3

www.english-gymnastics.org.uk

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Introduction:

Welcome to the new English handbook. The change in layout of these documents will make it easier to find information and more efficiently. Within this document you will find easy fast access to all the competition exercises and criteria. The dates and venue information were added to this document, to make it easier to plan your competition year.

Orientation sessions will **NOT** be held at English Qualification events. Unless otherwise stated, all Silver gymnasts will compete on a Saturday, Gold and Masters will compete on a Sunday. Championships will run differently to the qualification series.

Please Note the following changes made for 2023:

After consultation with the England programme coaches, it has been decided that from 2023, we will allow those 10-, 11- and 12-year-old, who compete in the Silver age group, to also compete at Masters Youth, in both TRA & DMT. It is believed this will offer much-needed experience for those who wish to push themselves towards a higher level, whilst maintaining the quality of their age group exercises. We hope that this will help provide a quality platform for those younger age groups to thrive and perform more taxing DD's in the correct environment. In DMT, England will now adopt the full FIG rules to help prepare gymnasts for future FIG events.

Please make sure you read this handbook through, so you understand all changes made.

No changes have been made to Tumbling.

Competition Event Calendar 2023

Series Dates and Venues 2023	
Event Name:	English Qualification Series 1
Event Date:	22 nd & 23 rd April 2023
Entry Opening Date:	22 nd February 2023
Entry Closing Date:	Noon on the: 15 th March 2023
Event Location:	Medway Park Gillingham
Disciplines:	TRI, TRS, DMT and DIS
Levels and age groups:	Gold, Silver all age groups
Event Name:	English Qualification Series 2 & Tumbling Silver Championships
Event Date:	9 th to 11 th June 2023 (9 th only for Silver TUM Champs)
Entry Opening Date:	17 th April 2023
Entry Closing Date:	Noon on the: 3 rd May 2023
Event Location:	Telford International Centre
Disciplines:	TRI, TRS, DMT, DIS and TUM (Silver Only)
Levels and age groups:	Gold, Silver all age groups
Event Name:	English Championships & Tumbling Gold Championships
Event Date:	14 th to 16 th July 2023
Entry Opening Date:	12 th June 2023
1st Entry Closing Date:	Noon on the: 21 st June 2023
2nd Entry Closing Date:	Noon on the: 28 th June 2023
Event Location:	Telford International Centre
Disciplines:	TRI, TRS, DMT, DIS and TUM (Gold Only)
Levels and age groups:	Gold, Silver (TRI, DMT & DIS Only) all age groups

Competition Event Calendar 2024

The 2024 Calendar will be released once the programme has been completed and confirmed.

English Trampoline Qualification Series

Individual Trampoline

All TRI English Qualification Series will consist of the qualification round comprising of 2 exercises, (please see minimum standards within this document). There are no finals at the qualification event for TRI. Finals for TRI groups will only be used at the English Championships (EC), comprising of the top 8 Gymnasts from the competition's qualification round.

Gymnasts competing in silver age groups, gold age groups, gold youth and junior categories must complete both exercises at a single qualification event to be eligible for qualification to the English Championships. In all categories (excluding Individual Junior and Senior Gold and Senior TRS), the two scores from the compulsory and voluntary exercises will be combined to create an overall score, this will be used to rank the gymnasts. In the Junior, Senior and Senior TRS Gold event the gymnasts will perform 2 exercises with the highest score from those two exercises counting towards their ranking. If the gymnast competes in more than one qualification event the highest of the two qualification scores will count towards the final ranking.

Synchronised Trampoline

The TRS competition will consist of two (2) exercises only (see exercise criteria in the tables below). There will be no Finals for TRS at the qualification series or the English Championships. Youth and junior TRS Gymnasts must complete both exercises at a single qualification event to be eligible to qualify for English Championships. Senior TRS must complete one (1) of the two (2) exercises (see exercise criteria in the tables below).

In the age groups 'Youth', in both Silver and Gold, there is the option to have same gender pairings or mixed gender pairings. In Junior only same gender pairings will be accepted. TRS Silver has no minimum DD but will follow the maximum DD's set out in the document below. TRS Gold will have set minimum DD, the minimum requirements are set out in the document below.

You will NOT be allowed to compete outside your age bracket set out in this document. Clubs may pair with a gymnast from another club. The pair will be required to compete in matching attire, (mix gender pairings must have similar themed attire when competing). Gymnasts may move up a level if they competed at Silver in TRI and they want to partner someone who has performed at TRI Gold. The gymnast will only be allowed to move up from Silver to Gold, NOT down.

Tumbling Gold

The competition will be limited to the top 16 gymnasts of each gender ranked from the Northern Open competitions, April 1st and 2nd at Cheshire Gymnastic Centre and Southern Open competition, 6th May at Milton Keynes GC. The competition is being run by Tumble Events Ltd. Entry forms will be available from Tumble Events website: [Tumble Events](#)

Silver

TRA/TRS

Silver Trampoline Criteria

TRA Silver, 9-10	
Gender:	Male and Female
Max DD Male:	6.1
Max DD Female:	6.1
Routine Criteria:	
<p>The routine consists of 10 different elements, only three (3) elements allowed with less than 270° of somersault rotation. Each element meeting the requirements must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combing them into one element, but must be performed as separate elements:</p> <ol style="list-style-type: none"> 1. One (1) element landing on the front or back of the body with a minimum of 270° of somersault rotation 2. One (1) element from front or back - in combination with requirement No. 1 <p>Second exercise requirements:</p> <ul style="list-style-type: none"> • See maximum DD cap for silver competitions. • The degree of difficulty is capped at 1.1 per element. 	
Notes:	
<ul style="list-style-type: none"> • There is no minimum DD in the Silver level of competition. • If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event. 	
TRA Silver, 11-12	
Gender:	Male and Female
Max DD Male:	7.9
Max DD Female:	7.9
Routine Criteria:	
<p>The routine consists of 10 different elements, only two (2) elements allowed with less than 270° of somersault rotation. Each element meeting the requirements must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combing them into one element, but must be performed as separate elements:</p> <ul style="list-style-type: none"> • One (1) element landing on the front or back of the body with a minimum of 270° of somersault rotation • one (1) element from front or back - in combination with requirement No. 1 with a minimum of 450° of somersault rotation <p>Second exercise requirements:</p> <ul style="list-style-type: none"> • See maximum DD Cap for Silver competitions. • Maximum of 1 body landing allowed, performing more than 1 body landing will be deemed an interruption. • The degree of difficulty is capped at 1.3 per element. 	
Notes:	
<ul style="list-style-type: none"> • There is no minimum DD in the Silver level of competition. • If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event. 	

TRA Silver, 13-14

Gender:	Male and Female
Max DD Male:	9.5
Max DD Female:	8.8
Routine Criteria:	
<p>The routine consists of 10 different elements, only two (2) elements allowed with less than 270° of somersault rotation. Each element meeting the requirements 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:</p> <ul style="list-style-type: none">One (1) element landing on the front of the bodyOne (1) element landing on the back of the bodyOne (1) element with a minimum of 360° twist and minimum of 360° somersault rotation <p>Second exercise requirements:</p> <ul style="list-style-type: none">• See maximum DD cap for silver competitions.• Maximum of 1 body landing allowed, performing more than 1 body landing will be deemed an interruption.• The degree of difficulty is capped at 1.3 per element.	
Notes:	
<ul style="list-style-type: none">• There is no minimum DD in the Silver level of competition.• If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event.	

TRA Silver, 15-16

Gender:	Male and Female
Max DD Male:	10.5
Max DD Female:	9.5
Routine Criteria:	
<p>The routine consists of ten (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 (1) element, but must be performed as separate elements:</p> <ul style="list-style-type: none">One (1) element to front or backOne (1) element from front or back - in combination with requirement No. 1One (1) double front or back somersault with or without twist andOne (1) element with a minimum of 540° twist and minimum of 360° somersault rotation <p>Second exercise requirements:</p> <ul style="list-style-type: none">• See maximum DD cap for silver competitions.• Maximum of 1 body landing allowed, performing more than 1 body landing will be deemed an interruption.• The degree of difficulty is capped at 1.5 per element.	
Notes:	
<ul style="list-style-type: none">• There is no minimum DD in the Silver level of competition.• If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event.	

TRA Silver, 17+

Gender:	Male and Female
Max DD Male:	12.0
Max DD Female:	10.8

Routine Criteria:

The routine consists of ten (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 (1) element but must be performed as separate elements:

- One (1) element to front or back
- One (1) element from front or back - in combination with requirement No. 1
- One (1) double front or double back somersault with or without twist and
- One (1) element with a minimum of 540° twist and minimum of 360° somersault rotation

Second exercise requirements:

- See maximum DD cap for silver competitions.
- Maximum of 1 body landing allowed, performing more than 1 body landing will be deemed an interruption.
- The degree of difficulty is capped at 1.5 per element.

Notes:

- There is no minimum DD in the Silver level of competition.
- If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event.

Silver TRS Youth

Gender:	Can be Male, Female and Mixed (9-12)
Max DD Male:	7.9
Max DD Female:	7.9

Routine Criteria:

The routine consists of 10 different elements, only two (2) elements allowed with less than 270° of somersault rotation. Each element meeting the requirements 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 or back of the body with a minimum of 270° of somersault rotation
2. one (1) element from front or back - in combination with requirement No. 1 with a minimum of 450° of somersault rotation

Second exercise requirements:

- See maximum DD Cap for Silver competitions.
- Maximum of 1 body landing allowed, performing more than 1 body landing will be deemed an interruption.
- The degree of difficulty is capped at 1.3 per element.

Notes:

- There is no minimum DD in the Silver level of competition.
- If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event.
- Groups in TRS Youth can be mixed gender groups

Silver TRS - Junior

Gender:	Male and Female (13-16)
Max DD Male:	10.5
Max DD Female:	9.5

Routine Criteria:

The routine consists of ten (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 (1) element, but must be performed as separate elements:

- One (1) element to front or back
- One (1) element from front or back - in combination with requirement No. 1
- One (1) double front or back somersault with or without twist and
- One (1) element with a minimum of 540° twist and minimum of 360° somersault rotation

Second exercise requirements:

- See maximum DD cap for silver competitions.
- Maximum of 1 body landing allowed, performing more than 1 body landing will be deemed an interruption.
- The degree of difficulty is capped at 1.5 per element.

Notes:

- There is no minimum DD in the Silver level of competition.
- If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event.

Gold

TRA/TRS

Gold Trampoline Criteria

TRA Gold, 13-14	
Gender:	Male and Female
Minimum DD Male:	6.3
Minimum DD Female:	5.6
Routine Criteria:	
<p>The routine consists of ten (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 (1) element, but must be performed as separate elements:</p> <ul style="list-style-type: none"> One (1) element to front or back One (1) element from front or back - in combination with requirement No. 1 One (1) double front or back somersault with or without twist and One (1) element with a minimum of 540° twist and minimum of 360° somersault rotation <p>Second exercise requirements:</p> <ul style="list-style-type: none"> • Maximum of one (1) body landing allowed, performing more than one (1) body landing will be deemed an interruption. 	
Notes:	
<ul style="list-style-type: none"> • The degree of difficulty is capped at 1.8 per element. If an element is performed over the capped limit will result in disqualification. • A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements • The performing of quadruple somersaults is prohibited and will result in disqualification. 	

TRA Gold, 15-16	
Gender:	Male and Female
Minimum DD Male:	7.6
Minimum DD Female:	7.0
Routine Criteria:	
<p>The routine consists of ten (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 (1) element but must be performed as separate elements:</p> <ul style="list-style-type: none"> One (1) element to front or back One (1) element from front or back - in combination with requirement No. 1 One (1) double front or double back somersault with or without twist and One (1) element with a minimum of 540° twist and minimum of 360° somersault rotation <p>Second exercise requirements:</p> <ul style="list-style-type: none"> • Maximum of one (1) body landing allowed, performing more than one (1) body landing will be deemed an interruption. 	
Notes:	
<ul style="list-style-type: none"> • The degree of difficulty is capped at 1.8 per element. If an element is performed over the capped limit will result in disqualification. • A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements • The performing of quadruple somersaults is prohibited and will result in disqualification. 	

Masters Youth TRA & TRS

Gender:	Male and Female (TRS can be Mixed)
Age Range:	10 – 12 Years
Minimum DD Male:	5.2
Minimum DD Female:	5.2

Routine Criteria:

The routine consists of ten (10) different elements, only two (2) elements allowed with less than 270° of somersault rotation. Each element meeting the requirements must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combing them into one element, but must be performed as separate elements:

- One (1) element landing on the front of the body
- One (1) element landing on the back of the body
- One (1) element with a minimum of 360° twist and minimum of 360° somersault rotation

Second exercise requirements:

- Maximum of one (1) body landing allowed, performing more than one (1) body landing will be deemed an interruption.

Notes:

- To compete in this competition level, you must be Ten (10) in the year of competition.
- Competitors who compete 9-10 Silver and meet the above criteria may also compete at Masters Youth competition.
- The degree of difficulty is capped at 1.6 per element.
- Minimum DD's apply to TRS at this level.
- A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements
- The performing of triple and/or quadruple somersaults is prohibited and will result in disqualification.

Masters Junior TRA & TRS

Gender:	TRI Male and Female	Gender:	TRS Male and Female
Age:	13-16	Age:	13-16
Minimum DD Male:	9.0	Minimum DD Male:	7.6
Minimum DD Female:	8.5	Minimum DD Female:	7.0

TRI Routine Criteria:

The Gymnasts will perform two (2) Voluntary exercises which must contain ten (10) different elements, each with a minimum of 360° somersault rotation.

- Maximum of one (1) body landing allowed, performing more than one (1) body landing will be deemed an interruption.

Notes:

- Highest scored exercise out of the two (2) routines will be used to rank the gymnasts for qualification to the English Championships
- The degree of difficulty is capped at 1.8 per element.
- A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements
- The performing of quadruple somersaults is prohibited and will result in disqualification.
- **TRS Criteria on Page 14.**

Masters Junior

TRS Routine Criteria:

The routine consists of ten (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 (1) element but must be performed as separate elements:

One (1) element to front or back

One (1) element from front or back - in combination with requirement No. 1

One (1) double front or double back somersault with or without twist and

One (1) element with a minimum of 540° twist and minimum of 360° somersault rotation

Second exercise requirements:

- Maximum of one (1) body landing allowed, performing more than one (1) body landing will be deemed an interruption.

Notes:

- The degree of difficulty is capped at 1.8 per element. If an element is performed over the capped limit will result in disqualification.
- A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements
- The performing of quadruple somersaults is prohibited and will result in disqualification.

Masters Senior TRA & TRS

Gender:	TRI Male and Female	Gender:	TRS Male and Female
Age:	16+	Age:	16+
Minimum DD Male:	9.6	Minimum DD Male:	8.5
Minimum DD Female:	9.0	Minimum DD Female:	8.0

Routine Criteria:

The Gymnasts will perform two (2) Voluntary exercises which must contain ten (10) different elements, each with a minimum of 360° somersault rotation.

- Maximum of one (1) body landing allowed, performing more than one (1) body landing will be deemed an interruption.

Notes:

- Highest scored exercise out of the two (2) routines will be used to rank the gymnasts for qualification to the English Championships
- There is no difficulty cap at English events for senior gymnasts.
- A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements

Double Mini Trampoline

DMT competitions are composed by Qualifications and Finals, according to the following structure:

Competition Phase	Who Competes	Exercises	Starting Order
Qualification 1	All Gymnasts	2 Exercises	Draw
Qualification 2	Top 24, if 48 entries or more. Top 16, if 32-47 entries. None, if less than 31 entries	1 exercise	Draw
Final 1	Top 8	1 exercise	Draw
Final 2	Top 4, if 10 or more entries at Q1	1 exercise	Keep F1 order

DMT Qualifications

Qualifications are divided in two rounds: Qualification 1 (Q1) with all registered gymnasts competing, and Qualification 2 (Q2) with the number of gymnasts depending on the entries:

- 1-31 entries No Q2
- 32-47 entries Q2 with 16 gymnasts
- 48+ entries Q2 with 24 gymnasts

Q1 is composed by two voluntary exercises with no repetition of elements allowed in either exercise. The highest sum of the scores of the two exercises will determine the qualification to Q2 or to the Final. The starting order for Qualifications (Q1 and Q2) is decided by a draw. The gymnasts will be divided in groups, as evenly distributed as possible, of no more than sixteen (16) per group, with each group performing their first and second exercises prior to the next group starting the Qualifying Round.

The winner of each competition group will qualify to Q2 or to the final. The remaining places for Q2, up to 16 or 24 places, or for the final, up to 8 places, will be granted according to the final ranking of the first round of qualification.

Q2 Gymnasts will start Q2 with a score of zero. Elements from Q1 can be performed in Q2, but not in the same zone of the DMT as in Q1. The winner of each competition group will qualify for the Final. The remaining six (6) places for the Final will be granted according to the final ranking of all gymnasts.

DMT Finals

The starting order for Finals is decided by draw. Starting order for F2 will follow the same order as F1 with the four (4) qualified gymnasts.

Finals are divided into two rounds Final 1 (F1) and Final 2 (F2) with no repetition of elements allowed in either exercise:

- In F1, the eight (8) gymnasts will perform one (1) voluntary exercise. Gymnasts start F1 with a score of zero. The best 4 (four) gymnasts will qualify to F2, while the remaining four (4) will be ranked from 5th to 8th position according to their results in F1.
- In F2, four (4) gymnasts will perform one (1) voluntary exercise. Gymnasts start F2 with a score of zero. The winner is the gymnast with the highest score in F2.
- In case of any tie, then tie break rules will apply (see Appendix 2 page 35 of the Competition Handbook 2023).

Silver

DMT

Silver Double Mini Trampoline Criteria

DMT Silver, 9-10	
Gender:	Male and Female
Minimum DD Male:	1.3
Minimum DD Female:	1.3
Pass Criteria:	
<p>Exercise requirements:</p> <ul style="list-style-type: none"> • Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will be cumulative. • Q2 (where required), will consist of one (1) voluntary exercise, elements from the Q1 can be performed in Q2 but not in the same 'zone' of the DMT as Q1. • Final 1 (Top 8), will consist of one (1) voluntary exercise of your choice (as long as it meets the minimum difficulty requirement stated in the table above). • Final 2 will consist of one (1) voluntary exercise, no repeat skills from F1, • Gymnasts must meet minimum difficulty requirement stated in the table above in all exercises. 	
Notes:	
<ul style="list-style-type: none"> • Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges. • All finals will be zero finals. 	

DMT Silver, 11-12	
Gender:	Male and Female
Minimum DD Male:	1.3
Minimum DD Female:	1.3
Routine Criteria:	
<p>Exercise requirements:</p> <ul style="list-style-type: none"> • Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will be cumulative. • Q2 (where required), will consist of one (1) voluntary exercise, elements from the Q1 can be performed in Q2 but not in the same 'zone' of the DMT as Q1. • Final 1 (Top 8), will consist of one (1) voluntary exercise of your choice (as long as it meets the minimum difficulty requirement stated in the table above). • Final 2 will consist of one (1) voluntary exercise, no repeat skills from F1, • Gymnasts must meet minimum difficulty requirement stated in the table above in all exercises. 	
Notes:	
<ul style="list-style-type: none"> • Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges. • All finals will be zero finals. 	

DMT Silver, 13-14

Gender:	Male and Female
Minimum DD Male:	1.6
Minimum DD Female:	1.6
Routine Criteria:	
Exercise requirements:	
<ul style="list-style-type: none">• Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will be cumulative.• Q2 (where required), will consist of one (1) voluntary exercise, elements from the Q1 can be performed in Q2 but not in the same 'zone' of the DMT as Q1.• Final 1 (Top 8), will consist of one (1) voluntary exercise of your choice (as long as it meets the minimum difficulty requirement stated in the table above).• Final 2 will consist of one (1) voluntary exercise, no repeat skills from F1,• Gymnasts must meet minimum difficulty requirement stated in the table above in all exercises.	
Notes:	
<ul style="list-style-type: none">• Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges.• All finals will be zero finals.	

DMT Silver, 15-16

Gender:	Male and Female
Minimum DD Male:	1.7
Minimum DD Female:	1.7
Routine Criteria:	
Exercise requirements:	
<ul style="list-style-type: none">• Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will be cumulative.• Q2 (where required), will consist of one (1) voluntary exercise, elements from the Q1 can be performed in Q2 but not in the same 'zone' of the DMT as Q1.• Final 1 (Top 8), will consist of one (1) voluntary exercise of your choice (as long as it meets the minimum difficulty requirement stated in the table above).• Final 2 will consist of one (1) voluntary exercise, no repeat skills from F1,• Gymnasts must meet minimum difficulty requirement stated in the table above in all exercises.	
Notes:	
<ul style="list-style-type: none">• Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges.• All finals will be zero finals.	

DMT Silver, 17+

Gender:	Male and Female
Minimum DD Male:	2.1
Minimum DD Female:	2.1

Routine Criteria:

Exercise requirements:

Exercise requirements:

- Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will be cumulative.
- Q2 (where required), will consist of one (1) voluntary exercise, elements from the Q1 can be performed in Q2 but not in the same 'zone' of the DMT as Q1.
- Final 1 (Top 8), will consist of one (1) voluntary exercise of your choice (as long as it meets the minimum difficulty requirement stated in the table above).
- Final 2 will consist of one (1) voluntary exercise, no repeat skills from F1,
- Gymnasts must meet minimum difficulty requirement stated in the table above in all exercises.

Notes:

- Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges.
- All finals will be zero finals.



Gold

DMT

Gold Double Mini Trampoline Criteria

DMT Gold, 13-14	
Gender:	Male and Female
Minimum DD Male:	2.1
Minimum DD Female:	2.1
Pass Criteria:	
<p>Exercise requirements:</p> <ul style="list-style-type: none"> • Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will be accumulative. • Q2 (where required), will consist of one (1) voluntary exercise, elements from the Q1 can be performed in Q2 but not in the same 'zone' of the DMT as Q1. • Final 1 (Top 8), will consist of one (1) voluntary exercise of your choice (as long as it meets the minimum difficulty requirement stated in the table above). • Final 2 will consist of one (1) voluntary exercise, no repeat skills from F1, • Gymnasts must meet minimum difficulty requirement stated in the table above in all exercises. 	
Notes:	
<ul style="list-style-type: none"> • Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges. • All finals will be zero finals. 	

DMT Gold, 15-16	
Gender:	Male and Female
Minimum DD Male:	2.1
Minimum DD Female:	2.1
Routine Criteria:	
<p>Exercise requirements:</p> <ul style="list-style-type: none"> • Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will be accumulative. • Q2 (where required), will consist of one (1) voluntary exercise, elements from the Q1 can be performed in Q2 but not in the same 'zone' of the DMT as Q1. • Final 1 (Top 8), will consist of one (1) voluntary exercise of your choice (as long as it meets the minimum difficulty requirement stated in the table above). • Final 2 will consist of one (1) voluntary exercise, no repeat skills from F1, • Gymnasts must meet minimum difficulty requirement stated in the table above in all exercises. 	
Notes:	
<ul style="list-style-type: none"> • Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges. • All finals will be zero finals. 	

DMT Masters Youth			
Gender:	Male and Female	Age:	10 - 12
Minimum DD Male:	1.6		
Minimum DD Female:	1.6		
Routine Criteria:			
<p>Exercise requirements:</p> <ul style="list-style-type: none"> • Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will be accumulative. • Q2 (where required), will consist of one (1) voluntary exercise, elements from the Q1 can be performed in Q2 but not in the same 'zone' of the DMT as Q1. • Final 1 (Top 8), will consist of one (1) voluntary exercise of your choice (as long as it meets the minimum difficulty requirement stated in the table above). • Final 2 will consist of one (1) voluntary exercise, no repeat skills from F1, • Gymnasts must meet minimum difficulty requirement stated in the table above in all exercises. 			
Notes:			
<ul style="list-style-type: none"> • To compete in this competition level, you must be Ten (10) in the year of competition. • Competitors who compete 9-10 Silver and meet the above criteria may also compete at Masters Youth competition. • Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges. • All finals will be zero finals. 			

DMT Masters Junior			
Gender:	Male and Female	Age:	13-16
Minimum DD Male:	2.7		
Minimum DD Female:	2.7		
Routine Criteria:			
<p>Exercise requirements:</p> <ul style="list-style-type: none"> • Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will be accumulative. • Q2 (where required), will consist of one (1) voluntary exercise, elements from the Q1 can be performed in Q2 but not in the same 'zone' of the DMT as Q1. • Final 1 (Top 8), will consist of one (1) voluntary exercise of your choice (as long as it meets the minimum difficulty requirement stated in the table above). • Final 2 will consist of one (1) voluntary exercise, no repeat skills from F1, • Gymnasts must meet minimum difficulty requirement stated in the table above in all exercises. 			
Notes:			
<ul style="list-style-type: none"> • Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges. • All finals will be zero finals. 			

DMT Masters Senior

Gender:	Male and Female	Age:	16+
Minimum DD Male:	4.4		
Minimum DD Female:	3.0		

Routine Criteria:

Exercise requirements:

- Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will be accumulative.
- Q2 (where required), will consist of one (1) voluntary exercise, elements from the Q1 can be performed in Q2 but not in the same 'zone' of the DMT as Q1.
- Final 1 (Top 8), will consist of one (1) voluntary exercise of your choice (as long as it meets the minimum difficulty requirement stated in the table above).
- Final 2 will consist of one (1) voluntary exercise, no repeat skills from F1,
- Gymnasts must meet minimum difficulty requirement stated in the table above in all exercises.

Notes:

- To compete in this competition level, you must be Sixteen (16) in the year of competition.
- Competitors who compete 15-16 Gold and meet the above criteria may also compete at Master's Senior competition.
- Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges.
- All finals will be zero finals.

Silver

TUM

Tumbling Silver English Championships

Object: The English Silver competition will offer gymnasts the chance to taste FIG competition while relying largely on the NDP base they are coming from. This competition is for gymnasts from the NDP section of the tumbling discipline.

Entry: Regions will need to nominate gymnasts to the English Silver Championship by **3rd May 2023**.

**Regional
responsibility**

Decide how to select the **gymnasts per grade/gender/age band** to represent their region:

Two (2) - CCL 5 & 6

Two (2) - RCC 1 - 3

Three (3) - RCC 4

**Club
responsibility**

- Gain approval from the region of nominated gymnast.
- Club to complete the entry** for the individual gymnast on **GymNET**.

Recommendation: Regions run one or more selection events between 1st January 2023 and 30th April 2023. Direct nomination by the TC/Regional selection panel is acceptable. Regions can also select from their squad programme if they wish. **Where this is not possible, we will accept a number only entry from the region with name gymnasts being added within 2 weeks of closing date.**

Event Grades and Age Bands				
Grades	Age Bands			
Club 5	9 - 10	11 - 12	13+	
Club 6	9 - 10	11 - 12	13 - 14	15+
Regional 1	U13	O13		
Regional 2	10 - 12	13 - 14	15+	
Regional 3	U15	O15		
Regional 4	9 - 10	11 - 12	13 - 14	15+

The competition organisers reserve the right to make any changes needed to the running order of the competition, and the below is for guidance only.

Day of Event	Podium Training	Competing
Friday	Club grades 5 & 6 and Regional grade 1 (Evening)	N/A
Saturday	Regional grades 2, 3 & 4 (Evening)	Club grades 5 & 6, Regional grade 1
Sunday	N/A	Regional grades 2, 3 & 4

Tumbling Silver Pass Criteria

Club Levels 5 & 6
<ul style="list-style-type: none">Gymnasts will complete runs 1 & 2 as specified in the Tumbling Club Cup series & Finals 2023. This can be found in the British Gymnastic handbook at the link below.
3rd Run Requirements
<ul style="list-style-type: none">In addition, they will perform a third voluntary run. Run 3 will have 6 elements, the elements will use FIG values.Run 3 will be marked from 10, the same as runs 1 & 2.Voluntary run can reuse an ending element from a previous run without penalty.
Notes
<ul style="list-style-type: none">British Gymnastics website > Technical Information > Competition HandbookAll 3 runs will now have a D value.The medalists will be determined by using the cumulative E scores from all 3 runs and the D value of all 3 runs.For all events, coaches should submit a tariff sheet on the day of the competition.

Regional Challenge Cup Levels 1-3
Gymnasts from Regional Challenge Cup Levels 1 – 3 will compete: <ul style="list-style-type: none">Regional 1-3 Gymnasts will complete runs 1 & 2 as specified in the TUM Regional Challenge Cup Series & Final 2022 handbook
3rd Run Requirements
<ul style="list-style-type: none">Run 3 for regional 1 will have 6 elements, the elements will use FIG values. Run 3 will be marked from 10.Run 3 for regional 2-3 will have 8 elements, the elements will use FIG values. Run 3 will be marked from 10.Voluntary run can reuse an ending element from a previous run without penalty.
Notes
<ul style="list-style-type: none">British Gymnastics website > Technical Information > Competition Handbook.The medalists will be determined using the cumulative E scores from all 3 runs and the individual D values of all 3 runs.For all events, coaches should submit a tariff sheet on the day of the competition.

Regional Challenge Cup Level 4

Gymnasts from Regional Challenge Cup Level 4 will compete:

- Regional 4 gymnasts will complete run 1 of the set runs, set out in the **TUM Regional Challenge Cup Series & Final 2022** handbook

2nd & 3rd Run Requirements

- Runs 2 and 3 are voluntary runs as per **TUM Regional Challenge Cup Series & Final 2022** handbook.
- Runs 2 and 3 for regional 4 will have 8 elements, the elements will use FIG values. Runs 2 and 3 will be marked from 10.
- Voluntary run can reuse an ending element from a previous run without penalty.

Notes

- [British Gymnastics website > Technical Information > Competition Handbook](#).
- The medalists will be determined using the cumulative E scores from all 3 runs and D value of all 3 runs.
- For all events, coaches should submit a tariff sheet on the day of the competition.



Gold TUM

Tumbling Gold Pass Criteria

Competition Entry						
Age Groups:	10	11 – 12	13 – 14	15 – 16	17 - 21	Senior
Notes						
<ul style="list-style-type: none"> Limited to the top 16 English Gymnasts of each gender and age group listed above, ranked from the <u>'Northern and Southern Open Events held by Tumble Events'</u>. Guests can apply to enter the event, but they won't be awarded a top three medal and will not take the place of an English Gymnasts for the final. Guests will need to be approved by the English Gymnastic Technical Committee prior to the competition. 						
Competition Run Criteria						
Age Group: 10						
<ul style="list-style-type: none"> Aged 10 gymnasts will perform 2 preliminary exercises, with no repeat of elements as per FIG CoP. The top 8 gymnasts will progress to a Zero start one run final. Medals will be awarded for the top 3 based on the combined total score of the two runs. 						
Preliminaries: 11 – 12, 13 – 14, 15 – 16, 17 -21, and Senior						
<ul style="list-style-type: none"> Gymnasts will perform 2 voluntary exercises in the preliminary round No repeat of elements as per FIG CoP. The only repeatable elements are: round offs, whips, flics and full twisting whips. 						
Finals: 11 – 12, 13 – 14, 15 – 16, 17 – 21 and Senior						
<ul style="list-style-type: none"> Top 8 Final 1 (F1): Gymnasts with the top <u>eight</u> (8) best combined preliminary round scores will progress to compete in Final 1 (F1). Where the gymnasts perform one voluntary pass from a zero start. Top 4 Final 2 (F2): Gymnasts with the top <u>four</u> (4) F1 scores qualify to Final 2 (F2), where the gymnasts perform one voluntary exercise from a Zero start. No elements may be repeated within and/or between F1 and F2. 						

The competition organisers reserve the right to make any changes needed to the running order of the competition and the below is for guidance only.

Competition Format:

Saturday will contain age groups, **10, 11 – 12, and 13 – 14**. Age 10 gymnasts will perform their preliminary exercises in the morning. The top 8 progress to the Finals held in the afternoon/evening. Age groups 11 – 12 and 13 – 14, will perform 2 voluntary exercises in the morning, with the top 8 progressing to Final 1 and top 4 progressing to Final 2 in the afternoon/evening. All finals are a **Zero start**.

Sunday will contain age groups, **15 – 16, 17 – 21 and Senior**. All groups will perform 2 voluntary exercises in the morning. The top 8 progress to Final 1 (F1) and top 4 progressing to Final 2 (F2). All finals are from Zero start.

Podium Training will be on Friday Evening for 10, 11-12, 13-14 age groups and Saturday night for 15-16, 17-21 and Senior age groups.

Disability Individual Trampoline Criteria

A separate document contains the full DIS Programme.

Disability Double Mini Trampoline Criteria

A separate document contains the full DIS Programme.

Disability Synchronised Trampoline Criteria

A separate document contains the full DIS Programme.

