



# 2024

## Technical Requirements

Trampoline & DMT

# COMPETITION INFORMATION

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<b>Date</b>	Saturday 9 November 2024	
<b>Venue</b>	Sedbergh Sports and Leisure Centre Cleckheaton Rd, Low Moor, Bradford BD12 0HQ	
<b>Entry Fees</b>	First event:	£25
	Additional events:	£15
<b>Closing date</b>	Monday 14th October 2024	
<b>Disciplines</b>	Trampoline individual, Disabilities Trampoline and DMT	
<b>Membership</b>	Novice Intermediate and Elite	Community membership Competitive membership
<b>Dress code</b>		
<b>Novice</b>	As Intermediate or Club T-shirt and shorts (No buttons)	
<b>Intermediate &amp; Elite</b>	Female - leotard, shorts may be worn (must be skin tight) and match the leotard with no logos (eg Gymshark, Nike etc.) Male - leotard and competition trousers/gym shorts <b>All</b> - Trampoline shoes and/or white foot covering	
<b>Awards:</b>	Trophies for top 3 individuals Medals for top 3 teams Perennial trophies for Elite only	
<b>Rachel Crowther Trophy</b>	Awarded to the highest form + HD scores for both routines added together from <b>any</b> category.	
<b>Officials</b>	Based on number of gymnasts not number of entries, i.e. additional events don't count. Volunteers must be prepared to operate time of flight	
	1 - 3 gymnasts	1 volunteer
	4 - 8 gymnasts	1 judge + 1 volunteer
	9 - 16 gymnasts	2 judges + 1 volunteer
	16 - 24 gymnasts	3 judges + 1 volunteer
	24+ gymnasts	4 judges + 1 volunteer

**If a club fails to provide their nominated official or a suitable replacement, a fine will be incurred of £150.00 (up to a maximum of £450.00) which will be paid to the club providing the replacement.**

# TRAMPOLINE

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## NOVICE

Mixed Age Groups: 5-8, 9-12, 13+

No Time of Flight.

### First exercise

#### Option 1

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

#### Option 2

Full twist  
Straddle jump  
Seat landing  
Half twist to seat landing  
Half twist to feet  
Pike jump  
Back landing  
Half twist to feet  
Tuck jump  
Half twist jump

### Second exercise

A routine of **ten** skills with no more than **one** skill with a maximum difficulty of **0.6**.

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## INTERMEDIATE

Male and female age groups: 6-8, 9-11, 12-14, 15+

### First exercise

#### Option 1

Full twist  
Straddle jump  
Seat landing  
Half twist to seat landing  
Half twist to feet  
Pike jump  
Back landing  
Half twist to feet  
Tuck jump  
Front somersault (tucked)

#### Option 2

Back somersault (tucked)  
Straddle jump  
Seat landing  
Half twist to seat landing  
Half twist to feet  
Pike jump  
Back landing  
Half twist to feet  
Tuck jump  
Full twist jump

### Second exercise

Age group	6-8	9-11	12-14	15+
Maximum difficulty	2.5	3.5	4.5	5.5
Element cap	0.6	0.6	0.7	0.8

## ELITE

Male and female age groups: 7-8, 9-10, 11-12, 13-14, 15-16, 17+

### First exercise

The exercise will comprise of **10** different elements with a minimum number of somersaults per age group that have at least 270° of somersault rotation, see the table below.

Age group	7-8	9-10	11-12	13-14	15-16	17+
Min. No. of somersaults	4	5	6	7	8	8

### Second exercise

Age group	7-8	9-10	11-12	13-14	15-16	17+
Element Cap	0.9	1.1	1.5	1.7	-	-
Prohibited skills	Double, Triple & Quad	Triple & Quad	Triple & Quad	Quad	Quad	Quad

The second exercise must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption to the exercise. The performance of any prohibited skill will result in disqualification.

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## OPEN

Male & Female

Two (2) voluntary exercises, 10 different elements, each with a minimum of 360° somersault rotation.

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## DISABILITIES

Male & female age groups: Under 15 and 15+

### First exercise

A routine that consists of 10 skills, 8 of which must be different (two repeated skills are allowed).

### Second exercise

There is no difficulty cap on the voluntary routine.

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## Competition Format

2 exercises.

FIG rules (2024) will apply with the exception of no time of flight in the novice categories.

**Teams**      **Novice** - 3 or 4 gymnasts in a team, best 3 scores count. Gymnasts can be male and/or female.

**Intermediate/Elite** - 3 or 4 gymnasts in a team, best 3 scores count.

# DMT

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## Foundation Level – maximum requirements

Under 11 (7-10)	No somersault
Under 15 (11-14)	1 somersault in each pass
Over 15 (15+)	1 somersault in each pass

**Note:** Routines performed with a higher difficulty than the maximum requirements will not receive a penalty but will be limited to the difficulty value of the maximum requirement

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## Elite Level – minimum requirements

Under 9 (7-8)	1 somersault in each pass
Under 11 (9-10)	1 somersault in each pass
Under 13 (11-12)	2 somersault in each pass
Under 15 (13-14)	2 somersaults in each pass
Under 17 (15-16)	2 somersaults in each pass
Over 17 (17+)	2 somersaults in each pass

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## Open

Gymnasts will perform 2 voluntary passes of their choice.

Repeat passes or skills will result in a loss of DD for that skill or pass.

All skills must have at least 360° of somersault rotation.

Each pass must include one element of a double somersault or 360° somersault rotation and at least 360° of twist.