



TUM Technical Requirements

Club Cup Series & Championships

2023

National Trampoline Technical Committee

British
Gymnastics

Range & Conditioning – (Encouraged at Club Levels)	
1	Kick to handstand (1sec) forwards roll to stand →
2	Straight leg forwards roll through pike to L-Sit →
3	Lower to pike fold (3secs) lift back to L-Sit →
4	Lower backwards to long arm dish (3secs) lower to flat →
5	Arched hip lift with arms flat (3secs) lower to flat →
6	Push up to bridge (3secs) lower and sit up to tuck →
7	Backwards roll to front support (3secs) →
8	Straight leg snap up to standing dish →
9	Straight arm drive to head height and return →
10	Jump half turn with arms lifted straight up by ears to land.
TARGET MARK 70%	

TUM Regional Club Level Requirements

NB: Club Levels 1 - 6 compete at regional events only and may be used for club competitions

Club Cup Level 1									
Age Groups	Exercise 1			Exercise 2			Exercise 3		
			D			D		D	
7-8yrs 9-10yrs 11yrs,	1	Forward Roll	0.1	1	Cartwheel (From standing start, facing sideways)	0.1	1	Straight Jump (walk out) (From a standing start on floor)	0.1
	2	Straight Jump	0.1	2	Cartwheel	0.1	2	Cartwheel 1/4 turn in	0.1
	3	Forward Roll	0.1	3	Cartwheel (Finish facing sideways)	0.1	3	Fall to Dish onto mat	0.1
	4	Tuck Jump	0.1				4	Hold Dish (3 secs)	0.1
	5	Forward Roll	0.1						
	6	Jump 180	0.1						
			0.6				0.3		
								0.4	

Club Cup Level 2									
Age Groups	Exercise 1			Exercise 2			Exercise 3		
			D			D		D	
7-8yrs 9-10yrs 11yrs	1	Straight Jump (walk out) (From a standing start on floor)	0.1	1	Straight Jump (walk out) (From a standing start on floor)	0.1	1	Straight Jump (walk out) (From a standing start on floor)	0.1
	2	Cartwheel	0.1	2	Cartwheel	0.1	2	Round Off	0.1
	3	Chasse	0.1	3	Round Off	0.1	3	Jump to Dish onto mat	0.1
	4	Cartwheel	0.1	4	Straight Jump	0.1	4	Hold Dish (3 secs)	0.1
	5	Chasse	0.1	5	Backward Roll	0.1			
	6	Cartwheel	0.1						
			0.6				0.5		
								0.4	

Club Cup Level 3									
Age Groups	Exercise 1		D	Exercise 2		D	Exercise 3		D
	8yrs	1		Straight Jump (walk out)			1	Straight Jump (walk out)	
9-10yrs		(From a standing start on floor)	0.1		(From a standing start on floor)	0.1		(From a standing start on floor)	0.1
11-12yrs	2	Cartwheel	0.1	2	Round Off	0.1	2	Round Off	0.1
13yrs	3	Chasse	0.1	3	Jump 180 (walk out)	0.1	3	Flic	0.1
	4	Round Off	0.1	4	Round Off	0.1	4	Jump to Dish onto mat	0.1
	5	Jump 180	0.1	5	Straight Jump	0.1	5	Hold Dish (3 secs)	0.1
			0.5			0.5			0.5

Club Cup Level 4									
Age Groups	Exercise 1		D	Exercise 2		D	Exercise 3		D
	8yrs								
9-10yrs	1	Round Off	0.1	1	Handspring	0.1		(From a standing start on floor)	0.1
11-12yrs	2	Flic	0.1	2	Straight Jump (walk out)	0.1	2	Round Off	0.1
13-14yrs	3	Jump 180	0.1	3	Round Off	0.1	3	Flic	0.1
15+yrs				4	Straight Jump	0.1	4	Flic	0.1
							5	Jump to Dish onto mat (hold for 3 seconds)	0.1
			0.3			0.4			0.5

Club Cup Level 5									
Age Groups	Exercise 1		D	Exercise 2		D	Exercise 3		D
	9-10yrs	1		Round Off	0.1		1	Round Off	
11-12yrs	2	Flic	0.1	2	Flic	0.1	2	Flic	0.1
13+yrs	3	½ turn (walk out)	0.1	3	Flic	0.1	3	Tuck Back Somersault	0.5
	4	Round Off	0.1	4	Flic	0.1	15 metres of Track only		
	5	Flic	0.1	5	Flic	0.1			
	6	Straight Jump	0.1	6	Straight jump	0.1			
			0.6			0.6			0.7

Club Cup Level 6									
Age Groups	Exercise 1		D	Exercise 2		D	Exercise 3		D
	9-10yrs	1		Round Off	0.1		1	Round Off	
11-12yrs	2	Flic	0.1	2	Flic	0.1	2	Flic	0.1
13-14yrs	3	Flic	0.1	3	Whip	0.2	3	Pike Back Somersault	0.6
15+yrs	4	Flic	0.1	4	Flic	0.1	15 metres of Track only		
	5	Flic	0.1	5	Flic	0.1			
	6	Tuck Back Somersault	0.5	6	Straight Jump	0.1			
			1.0			0.7			0.8

Failure to complete a prescribed exercise as published above will result in an **interruption** to the exercise (e.g. for performing an incorrect element). The maximum mark will be determined according to the number of correct, complete elements performed (ten (10) less any elements not correctly/completely performed).

Landing on one foot at the end of an exercise will be deemed as an interruption, therefore that move will not be counted and the gymnasts will lose 1 mark from execution and the difficulty of the element.

Arms should come into the chest on a half turn jump, failure to do this will result in a technical error of 0.1 for arm position from the execution judges.

Please note the changes in some of the levels, **(e.g. club 5 exercise 1 is now a continued tumble and should not have any stops or pauses in)**.

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 and the TC would suggest an average execution score of 7.7 for three exercises at one of the qualifying events.

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.

Competition Format

Levels 1-6 for Clubs / Regions to host

Club Cup Series

- Qualification – 3 exercises, cumulative score

Club Cup Championships

- Qualification – 3 exercises, cumulative score