



TUM Technical Requirements

British Championships

2023

National Trampoline Technical Committee

British
Gymnastics



British
Gymnastics

Please refer to the National Competition Handbook for further information

British Championships 2023

Categories

The groups and criteria for the Individual events:

Youth (10-12yrs)

Junior (13-16yrs)

Senior (17+yrs)

Competition Format

Qualification Round 1 (Q1)

2 exercises, cumulative score

Qualification Round 2 (Q2) – Junior & Senior

(providing there are a minimum of 16 gymnasts in the group when start lists are produced)

- Q2 (top 12) – 1 exercise, score from zero

Final (Youth)

- Final 1 (top 8) – 1 exercise, scores starting from zero

Final (Junior & Senior)

- Final 1 (top 8) – 1 exercise, scores starting from zero
- Final 2 (top 4) – 1 exercise, scores starting from zero

Rules

FIG Rules (including Junior and WAGC rules for age groups) apply for all events.

1. Each exercise consists of eight (8) elements.
2. With the exception of flic flacs, whipbacks round offs and full twist backs, no element may be repeated during the two (2) exercises of Q1, otherwise the difficulty of the repeated element will not be counted.
3. With the exception of flic flacs, whipbacks round offs and full twist backs, no element may be repeated during the two (2) exercises of F1 & F2, otherwise the difficulty of the repeated element will not be counted.
4. A tumbling exercise must move in one direction only; however, a single element in the reverse direction is allowed at the end of the exercise (8th element).
5. All completed exercises must end with a somersault, otherwise a penalty of 2.0 will be applied.

The following difficulty limits apply:

Category	DD limit per element
Youth	2.8
Junior	4.3

Senior	No limit
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For **Youth** gymnasts, the performing of triple somersaults is strictly prohibited and will result in disqualification.

For **all age groups** the performing of quadruple somersaults is strictly prohibited and will result in disqualification.