



# ENGLISH GYMNASTICS

## Disabilities Competition Handbook 2022

Version 1.0

DIS

[www.english-gymnastics.org.uk](http://www.english-gymnastics.org.uk)

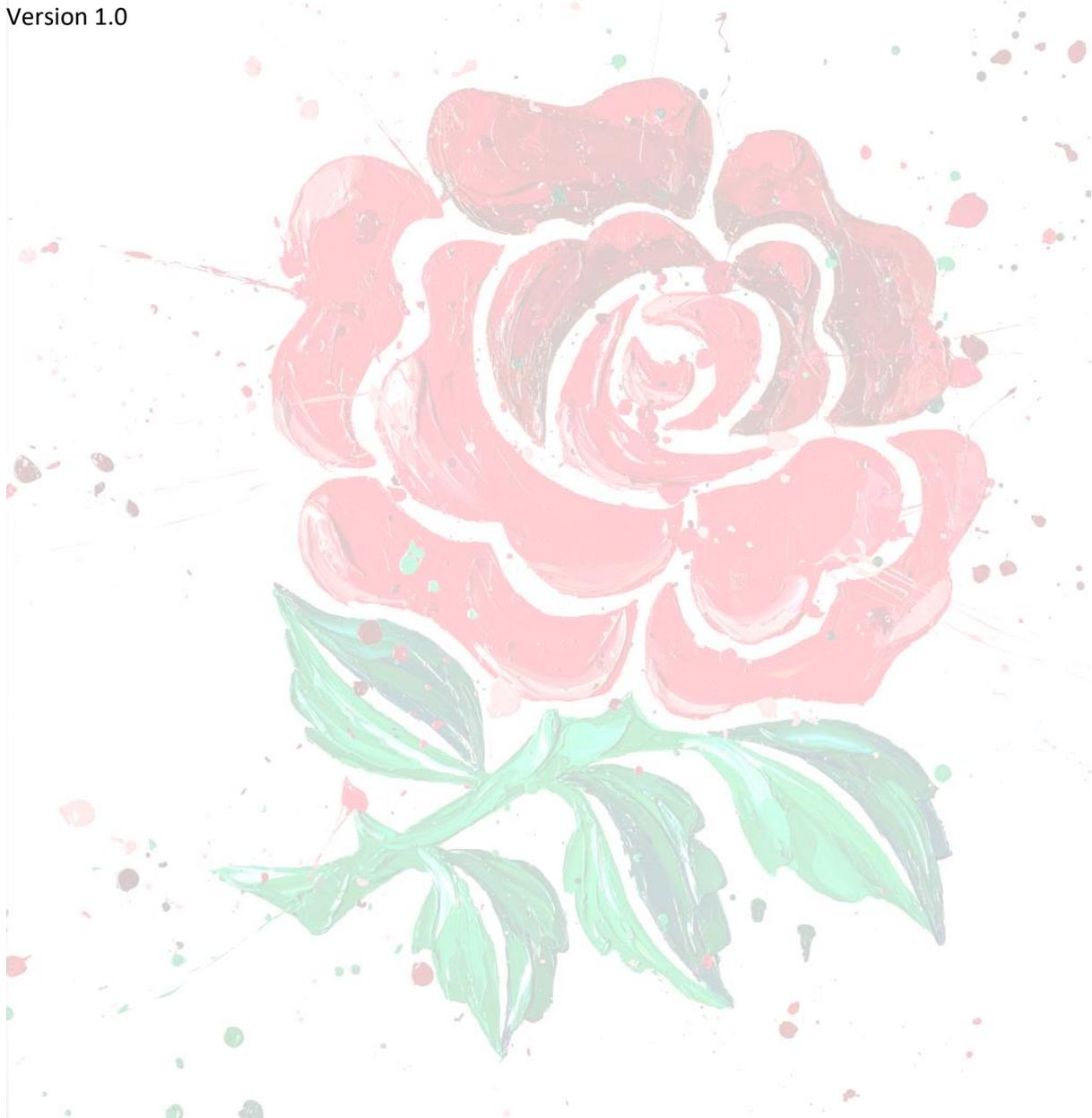
**Version History:**

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.

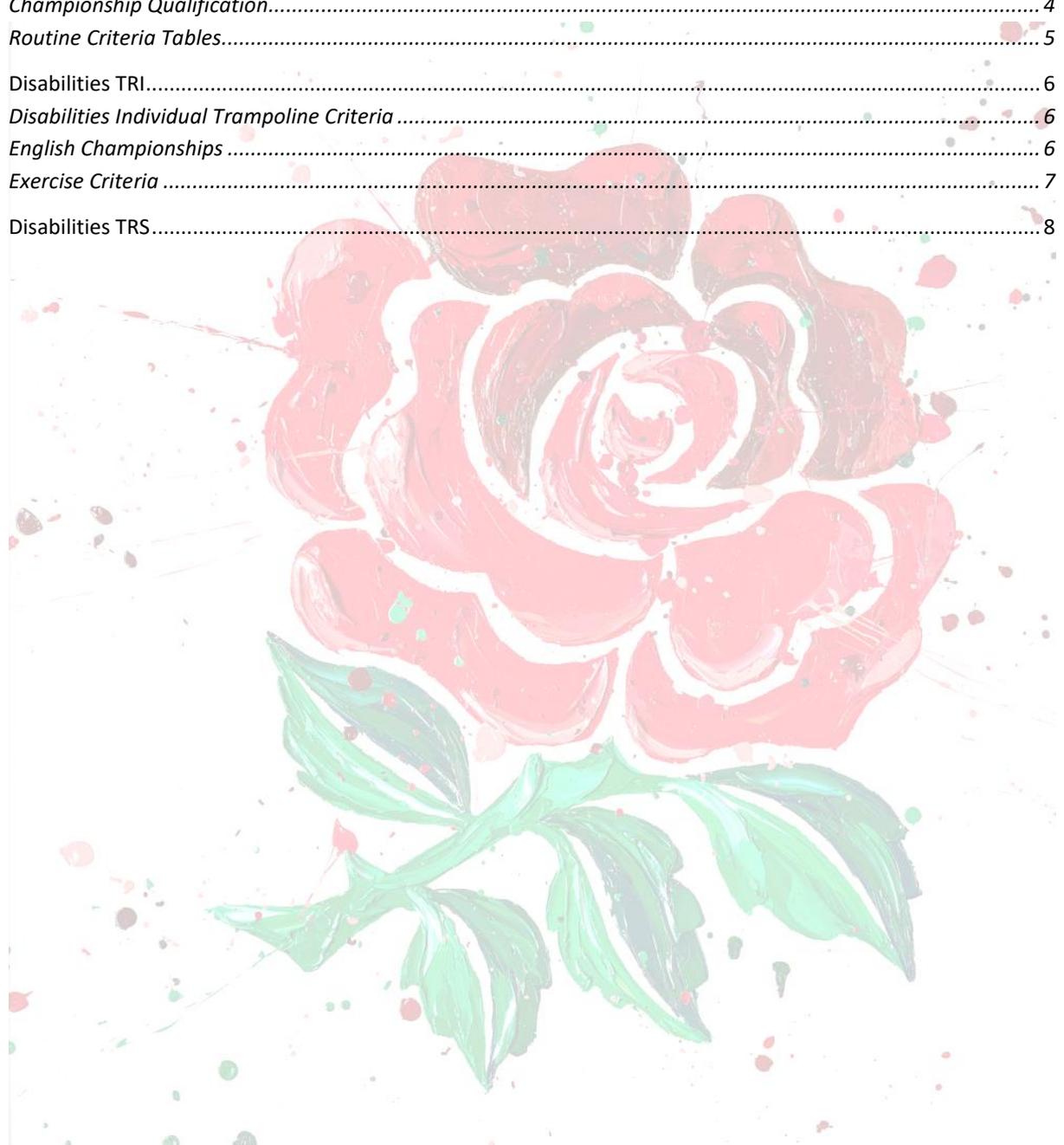
All versions will be listed on this page, regarding amendments made:

Version 1.0



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## Welcome Letter

Dear All

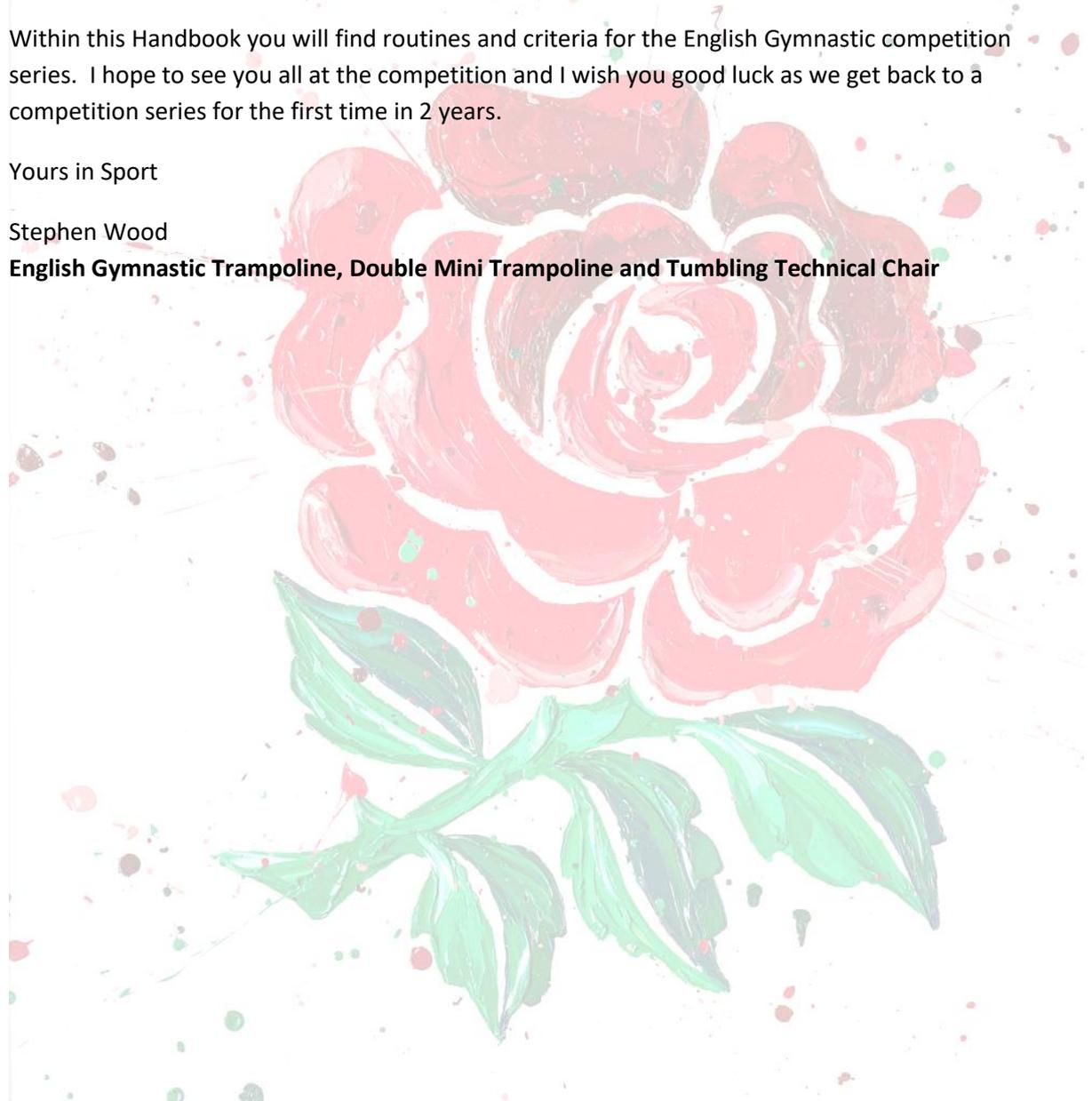
Due to changes with disabilities, I have created this as a separate document to help find the information easier. For all event dates and information, please seek these details from the main Handbook posted on the English Gymnastic website.

Within this Handbook you will find routines and criteria for the English Gymnastic competition series. I hope to see you all at the competition and I wish you good luck as we get back to a competition series for the first time in 2 years.

Yours in Sport

Stephen Wood

**English Gymnastic Trampoline, Double Mini Trampoline and Tumbling Technical Chair**



## Disabilities DMT

The English Series will consist of silver and gold levels with groups separated into male and female, Cat 1 and Cat 2 categories. Age groups will be 9-14 years and 15+.

### England Series and Championship Criteria

DIS DMT Qualification and Championship competitions will consist of a Qualification round, Final 1 (Top 8 gymnasts from Qualification round) and Final 2 (Top 4 gymnasts from Final 1).

Qualification rounds will consist of 2 exercises (See tables below for compulsory exercises) - scores will be accumulative.

Final 1 is for the top 12 competitors from Qualification; this round will be scored from Zero. Final 1 will consist of 1 voluntary exercise, elements from the Qualification round can be performed in Final 1 but not in the same zone as the Qualification rounds (see table below for the minimum round DD). (Repeating a skill from the Qualification round in the same Zone will result in loss of DD for the skill or exercise).

Final 2 is for the top 4 competitors from Final 1 and will be scored from Zero. Final 2 will follow the same running order as Final 1 and will consist of 1 voluntary exercise of your choice (see table below for the minimum round DD).

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 Handbook for publication of qualification result date.

Gymnasts at the qualification series, that do not demonstrate the minimum difficulty and fail to complete both exercises within a single competition, will not be eligible to compete at the English Championships.

The Championships will follow the same layout as the Qualification competitions.

Medals will be awarded to the top 3 gymnasts from Final 2; interrupted exercises will NOT result in the loss of the medal.

## Routine Criteria Tables

Disabilities England Silver				
Compulsory 1				
	Mount	Spotter	Dismount	DD
1.	Barani (T) (4 1 o)	Barani (T) (4 1 o)	BSS (T) (4 – o)	1.2
2.	-	BSS (T) (4 – o)	Barani (T) (4 1 o)	1.2
Final 1 is a voluntary exercise with a minimum round DD that must equal or exceed 1.2 (remember you can repeat a skill from the Qualification round but NOT in the same Zone)				
Final 2 is a voluntary exercise with a minimum round DD that must equal or exceed 1.2 (you can repeat any skills you wish as long as you are equal to or above the 1.2 minimum round DD)				

- Where elements are indicated in red, the gymnast can choose to use either a mount skill or spotter skill. Please see above for repeat skills.

Disabilities England Gold				
Compulsory 1				
	Mount	Spotter	Dismount	DD
1.	Barani (S) (4 1 /)	Barani (S) (4 1 /)	BSS (S) (4 – /)	1.3
2.	-	BSS (S) (4 - /)	Barani (S) (4 1 /)	1.3
Final 1 is a voluntary exercise with a minimum round DD of 1.3 (remember you can repeat a skill from the Qualification round but NOT in the same Zone)				
Final 2 is a voluntary exercise with a minimum round DD of 1.3 (you can repeat any skills you wish as long as you are equal to or above the 1.3 minimum round DD)				

- Where elements are indicated in red, the gymnast can choose to use either a mount skill or spotter skill. Please see above for repeat skills.

## Disabilities TRI

### Disabilities Individual Trampoline Criteria

All TRI English Qualification Series will consist of 1 compulsory exercise and 1 voluntary exercise, (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 minimum standards, will not be eligible to qualify for the English Championships. Gymnasts who don't hit minimum standards will also not be eligible to receive a medal. (Where a gymnast that hasn't hit the required standards finishes ahead of another gymnast that has, the medal will be given to the next eligible gymnast).

- 2 round cumulative score will determine the ranking - there are no Finals in the Qualification events.
- Time of Flight will not be included.
- Execution, difficulty, and horizontal displacement scores will be awarded.
- Difficulty cards are required.
- The top 16 highest scores from English Qualification Series will qualify for English Championships at both Gold and Silver levels.
- Gymnasts must complete both exercises and hit minimum targets in the Qualification Series to be eligible to compete in the English Championships.
- The penalty for failing to meet the minimum difficulty requirements will be a 2.0 penalty from the Chair of judges and the gymnast will not be eligible to qualify for the English Championships. At the English Championships, the gymnasts will NOT be eligible to receive a medal
- The Silver level voluntary routine will have a MAXIMUM difficulty limit of 4.0. The penalty for gymnasts exceeding the 4.0 difficulty will be a 2.0 penalty from the Chair of Judges 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

### English Championships

At the English Championships, gymnasts will compete 2 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

**Exercise Criteria**

<b>Disabilities England Silver</b>			
<b>Compulsory Exercise 1</b>			
<b>Age Groups</b> 9 -14 years and 15 +  <b>Cat 1 and 2</b> Male and Female	<b>1.</b>	BSS (T)	4 – o
	<b>2.</b>	Straddle Jump	^
	<b>3.</b>	Barani (T)	4 1 o
	<b>4.</b>	Tuck Jump	o
	<b>5.</b>	BSS (T) to Seat Landing	4 – o S
	<b>6.</b>	½ Twist to Feet	- 1
	<b>7.</b>	½ Twist Jump	- 1
	<b>8.</b>	Pike Jump	<
	<b>9.</b>	½ Twist to Front Landing	1 1 F
	<b>10.</b>	To Feet	1 -
<b>Second Exercise Requirements</b>			
<b>Second Exercise minimum degree of difficulty 3.0</b>			

\* The penalty for failing to meet the minimum difficulty requirements will be a 2.0 penalty from the Chair of Judges and the gymnast will not be eligible to qualify for the English Championships. At the English Championships the gymnasts will NOT be eligible to receive a medal.

\*\*The voluntary routine will have a MAXIMUM difficulty limit of 4.0. The penalty for gymnasts exceeding the 4.0 difficulty will be a 2.0 penalty from the Chair of Judges 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.

<b>Disabilities England Gold</b>			
<b>Compulsory Exercise 1</b>			
<b>Age Groups</b> 9 -14 years and 15 +  <b>Cat 1 and 2</b> <b>Male and</b> <b>Female</b>	<b>1.</b>	BSS (S)	4 - /
	<b>2.</b>	Straddle Jump	^
	<b>3.</b>	BSS (T)	4 - o
	<b>4.</b>	Barani (T)	4 1 o
	<b>5.</b>	½ Twist Jump	- 1
	<b>6.</b>	Tuck Jump	o
	<b>7.</b>	BSS (T) to Seat Landing	4 - o S
	<b>8.</b>	½ Twist to Feet	- 1
	<b>9.</b>	Pike Jump	<
	<b>10.</b>	FSS (P)	4 - <
<b>Second Exercise Requirements</b>			
<b>Second Exercise minimum degree of difficulty 4.0</b>			

\* The penalty for failing to meet the minimum difficulty requirements will be a 2.0 penalty from the Chair of Judges and the gymnast will not be eligible to qualify for the English Championships. At the English Championships the gymnasts will NOT be eligible to receive a medal.

### **Disabilities TRS**

- We, once again, have offered the option of mixed gender and mixed classification to all pairings if required. You can have Cat 1's with Cat 2's and boys with girls; there can be any pairings and any age groups. For Routines and requirements (see above).
- All DIS (TRS) will take place on the Silver day's competition and will consist of 2 exercises but no Final this includes the English Championships.
- Gymnasts are required to complete both exercises at a single event to be eligible for the English Championships.