



# ENGLISH GYMNASTICS



Trampoline, Double Mini Trampoline and Tumbling

Exercise Criteria Handbook

Version 1.0

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

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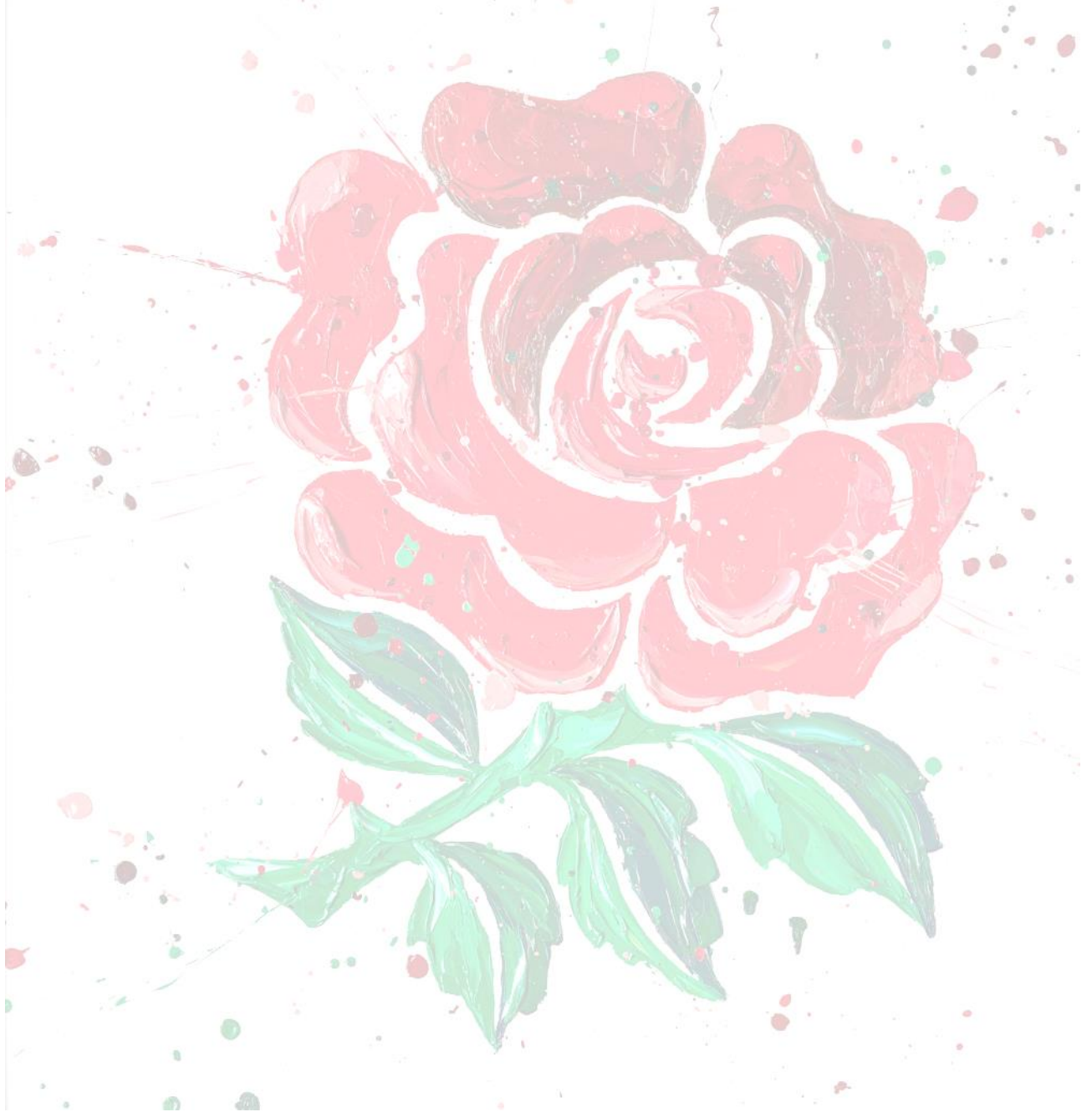
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## Introduction:

Welcome to our new document layout. We are hoping to make finding information easier and more efficient with this new layout. Within this document you will find easy fast access to all the competition routines and criteria. Dates and venue information has been added to this document for ease.

Orientation sessions will **NOT** be held at English Qualification events. Unless otherwise stated, all Silver Level gymnasts will compete on a Saturday and Gold level will compete on a Sunday.



## Competition Event Calendar 2022

### Series Dates and Venues 2022

Event Name:	English Qualification Series 1
Event Date:	23 <sup>rd</sup> & 24 <sup>th</sup> April 2022
Entry Opening Date:	21 <sup>st</sup> February 2022
Entry Closing Date:	Noon on the: 30 <sup>th</sup> March 2022
Event Location:	Telford International Centre
Disciplines:	TRI, TRS, DMT and DIS
Levels and age groups:	Gold, Silver all age groups
Event Name:	English Qualification Series 2 & <b>Tumbling Silver Championships</b>
Event Date:	16 <sup>th</sup> & 17 <sup>th</sup> July 2022 (15 <sup>th</sup> only for Silver TUM Champs)
Entry Opening Date:	25 <sup>th</sup> April 2022
Entry Closing Date:	Noon on the: 9 <sup>th</sup> June 2022
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 & <b>Tumbling Gold Championships</b>
Event Date:	14 <sup>th</sup> , 15 <sup>th</sup> and 16 <sup>th</sup> October 2022
Entry Opening Date:	18 <sup>th</sup> July 2022
1 <sup>st</sup> Entry Closing Date:	Noon on the: 8 <sup>th</sup> September 2022
2 <sup>nd</sup> Entry Closing Date:	Noon on the: 16 <sup>th</sup> September 2022
Event Location:	Sheffield EIS
Disciplines:	TRI, TRS, DMT, DIS and TUM (Gold Only)
Levels and age groups:	Gold, Silver all age groups

## Competition Events Calendar 2023

### Series Dates and Venues 2023

Event Name:	English Qualification Series 1
Event Date:	22 <sup>nd</sup> , 23 <sup>rd</sup> April 2023
Entry Opening Date:	20 <sup>th</sup> February 2023
Entry Closing Date:	Noon on the: 10 <sup>th</sup> 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 & <b>Tumbling Silver Championships</b>
Event Date:	23 <sup>rd</sup> , 24 <sup>th</sup> and 25 <sup>th</sup> June 2023 (23 <sup>rd</sup> Only for Silver TUM Champs)
Entry Opening Date:	31 <sup>st</sup> March 2023
Entry Closing Date:	Noon on the: 12 <sup>th</sup> 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 & <b>Tumbling Gold Championships</b>
Event Date:	13 <sup>th</sup> , 14 <sup>th</sup> and 15 <sup>th</sup> October 2023
Entry Opening Date:	30 <sup>th</sup> June 2023
1 <sup>st</sup> Entry Closing Date:	Noon on the: 30 <sup>th</sup> March 2022
2 <sup>nd</sup> Entry Closing Date:	Noon on the: 8 <sup>th</sup> September 2023
Event Location:	Sheffield EIS
Disciplines:	TRI, TRS, DMT, DIS and TUM (Gold Only)
Levels and age groups:	Gold, Silver all age groups

# 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).

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. The two scores from the compulsory and voluntary routines will be combined to create an overall score, this will be used to rank the gymnasts. If the gymnast competes in more than one qualification event the highest of the two qualification scores will count towards the final ranking.

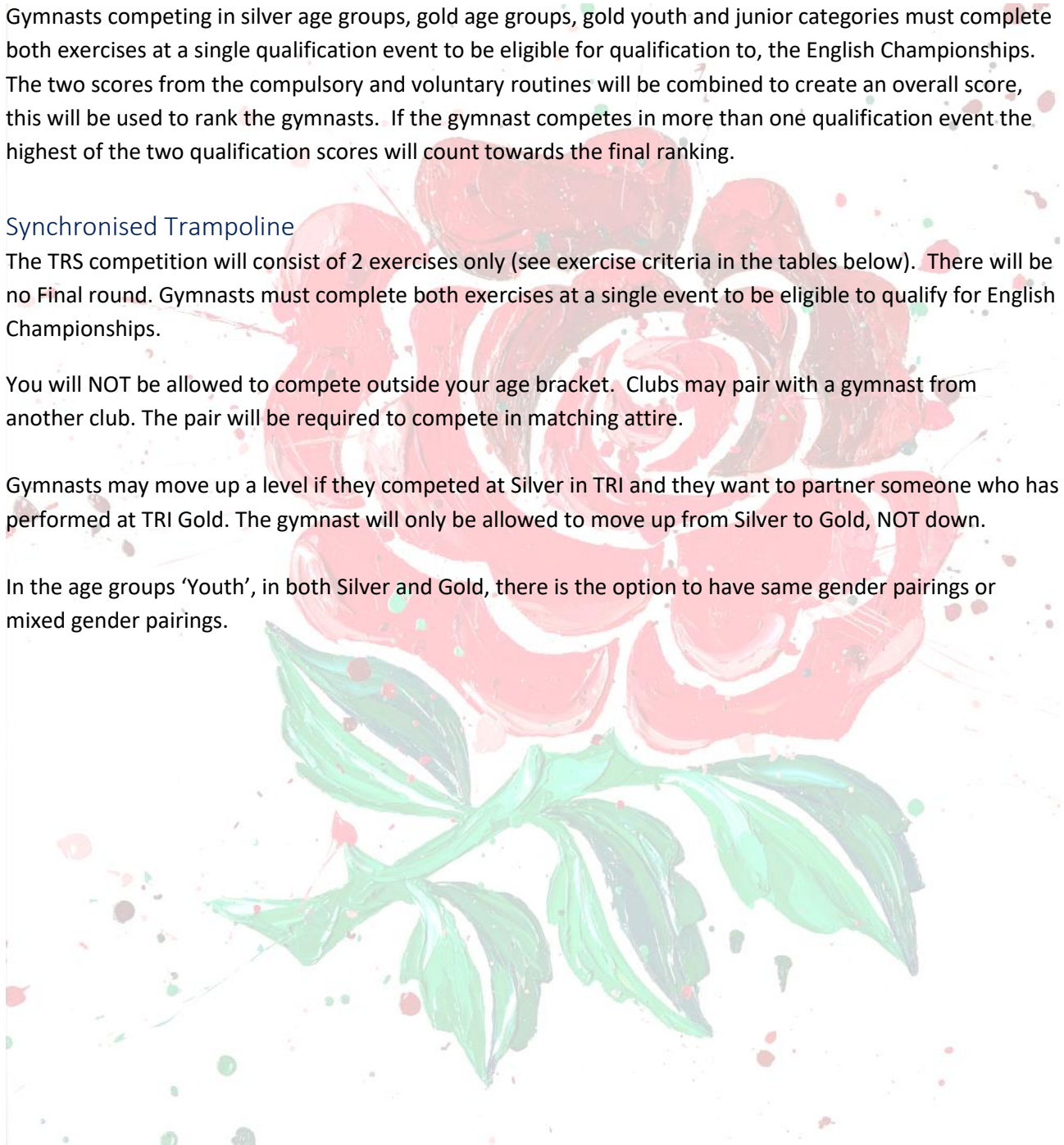
## Synchronised Trampoline

The TRS competition will consist of 2 exercises only (see exercise criteria in the tables below). There will be no Final round. Gymnasts must complete both exercises at a single event to be eligible to qualify for English Championships.

You will NOT be allowed to compete outside your age bracket. Clubs may pair with a gymnast from another club. The pair will be required to compete in matching attire.

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.

In the age groups 'Youth', in both Silver and Gold, there is the option to have same gender pairings or mixed gender pairings.



Silver  
TRA/TRS

## Silver Trampoline Criteria

<b>Silver Level TRI - 9-10/ TRS - Youth</b>	
<b>Gender:</b>	Male and Female (TRS can be Mixed)
<b>Max DD Male:</b>	5.8
<b>Max DD Female:</b>	5.8
<b>Routine Criteria:</b>	
<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 combining them into one element, but must be performed as separate elements:</p> <ol style="list-style-type: none"> <li>1. One (1) element landing on the front or back of the body with a minimum of 270° of somersault rotation</li> <li>2. One (1) element from front or back - in combination with requirement No. 1</li> </ol> <p>Second exercise requirements:</p> <ul style="list-style-type: none"> <li>• See maximum DD cap for silver competitions.</li> </ul>	
<b>Notes:</b>	
<ul style="list-style-type: none"> <li>• There is no minimum DD in the Silver level of competition.</li> <li>• 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.</li> </ul>	
<b>Silver Level TRI - 11-12/ TRS - Junior</b>	
<b>Gender:</b>	Male and Female
<b>Max DD Male:</b>	7.8
<b>Max DD Female:</b>	7.8
<b>Routine Criteria:</b>	
<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> <ol style="list-style-type: none"> <li>1. One (1) element landing on the front or back of the body with a minimum of 270° of somersault rotation</li> <li>2. one (1) element from front or back - in combination with requirement No. 1 with a minimum of 450° of somersault rotation</li> </ol> <p>Second exercise requirements: See maximum DD Cap for Silver competitions.</p>	
<b>Notes:</b>	
<ul style="list-style-type: none"> <li>• There is no minimum DD in the Silver level of competition.</li> <li>• 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.</li> </ul>	

### Silver Level TRI, 13-14

<b>Gender:</b>	Male and Female
<b>Max DD Male:</b>	9.5
<b>Max DD Female:</b>	8.8
<b>Routine Criteria:</b>	
<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"><li>One (1) element landing on the front of the body</li><li>One (1) element landing on the back of the body</li><li>One (1) element with a minimum of 360° twist and minimum of 360° somersault rotation</li></ul> <p>Second exercise requirements:</p> <ul style="list-style-type: none"><li>• See maximum DD cap for silver competitions.</li><li>• Maximum of 1 body landing allowed, performing more than 1 body landing will be deemed an interruption.</li><li>• The degree of difficulty is capped at 1.3 per element.</li></ul>	
<b>Notes:</b>	
<ul style="list-style-type: none"><li>• There is no minimum DD in the Silver level of competition.</li><li>• 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.</li></ul>	

### Silver Level TRI, 15-16

<b>Gender:</b>	Male and Female
<b>Max DD Male:</b>	10.5
<b>Max DD Female:</b>	9.5
<b>Routine Criteria:</b>	
<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"><li>One (1) element to front or back</li><li>One (1) element from front or back - in combination with requirement No. 1</li><li>One (1) double front or back somersault with or without twist and</li><li>One (1) element with a minimum of 540° twist and minimum of 360° somersault rotation</li></ul> <p>Second exercise requirements:</p> <ul style="list-style-type: none"><li>• See maximum DD cap for silver competitions.</li><li>• Maximum of 1 body landing allowed, performing more than 1 body landing will be deemed an interruption.</li><li>• The degree of difficulty is capped at 2.0 per element.</li></ul>	
<b>Notes:</b>	
<ul style="list-style-type: none"><li>• There is no minimum DD in the Silver level of competition.</li><li>• 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.</li></ul>	



## Silver Level TRI, 17+

<b>Gender:</b>	Male and Female
<b>Max DD Male:</b>	12.0
<b>Max DD Female:</b>	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 2.0 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

Gold Level TRI, 13-14	
<b>Gender:</b>	Male and Female
<b>Minimum DD Male:</b>	7.0
<b>Minimum DD Female:</b>	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"> <li>One (1) element to front or back</li> <li>One (1) element from front or back - in combination with requirement No. 1</li> <li>One (1) double front or back somersault with or without twist and</li> <li>One (1) element with a minimum of 540° twist and minimum of 360° somersault rotation</li> </ul> <p>Second exercise requirements:</p> <ul style="list-style-type: none"> <li>• Maximum of 1 body landing allowed, performing more than 1 body landing will be deemed an interruption.</li> </ul>	
Notes:	
<ul style="list-style-type: none"> <li>• The degree of difficulty is capped at 2.0 per element.</li> <li>• A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements</li> <li>• The performing of quadruple somersaults is prohibited and will result in disqualification.</li> </ul>	

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

### Gold Masters Youth TRI & TRS

<b>Gender:</b>	Male and Female (TRS can be Mixed)
<b>Minimum DD Male:</b>	5.2
<b>Minimum DD Female:</b>	5.2

#### 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:

- 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 1 body landing allowed, performing more than 1 body landing will be deemed an interruption.

#### Notes:

- The degree of difficulty is capped at 1.3 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 triple and/ or quadruple somersaults is prohibited and will result in disqualification.

### Gold Masters Junior TRI & TRS

<b>Gender:</b>	Male and Female
<b>Minimum DD Male:</b>	9.0
<b>Minimum DD Female:</b>	9.0

#### 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 1 body landing allowed, performing more than 1 body landing will be deemed an interruption.

#### Notes:

- The degree of difficulty is capped at 2.0 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.

Gold Masters Senior TRI & TRS	
<b>Gender:</b>	Male and Female
<b>Minimum DD Male:</b>	9.6
<b>Minimum DD Female:</b>	9.6
Routine Criteria:	
<p>The Gymnasts will perform 2 Voluntary exercises which must contain ten (10) different elements, each with a minimum of 360° somersault rotation.</p> <ul style="list-style-type: none"> <li>• Maximum of 1 body landing allowed, performing more than 1 body landing will be deemed an interruption.</li> </ul>	
Notes:	
<ul style="list-style-type: none"> <li>• Highest scored exercise will be used to rank the gymnasts for qualification.</li> <li>• There is no difficulty cap at English events for senior gymnasts.</li> <li>• A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements</li> </ul>	

## Double Mini Trampoline

DMT will consist of a Qualification round, Final 1 (Top 8 Gymnasts from Qualification round) and Final 2 (Top 4 Gymnasts from Final 1).

Qualification round consists of 2 exercises with NO repetition of elements allowed in either exercise. Scores will be accumulative.

Final 1 is for the top 8 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' of the DMT as per the qualification round.

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, (as long as it meets the minimum difficulty requirement stated in the table below).

Silver

DMT

## Silver Double Mini Trampoline Criteria

<b>Silver Level DMT 9-10</b>	
<b>Gender:</b>	Male and Female (TRS can be Mixed)
<b>Minimum DD Male:</b>	1.3
<b>Minimum DD Female:</b>	1.3
<b>Pass Criteria:</b>	
<p>Exercise requirements:</p> <ul style="list-style-type: none"> <li>• Qualification round consists of 2 exercises with NO repetition of elements allowed in either exercise. Scores will be accumulative.</li> <li>• 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' of the DMT as per the qualification round.</li> <li>• Final 2 will consist of 1 voluntary exercise of your choice, (as long as it meets the minimum difficulty requirement stated in the table below).</li> </ul>	
<b>Notes:</b>	
<ul style="list-style-type: none"> <li>• Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges.</li> <li>• In the qualification Series, groups that have 8 or less in the qualification round will not perform Final 2.</li> <li>• All finals will be zero finals.</li> </ul>	

<b>Silver Level DMT 11-12</b>	
<b>Gender:</b>	Male and Female
<b>Minimum DD Male:</b>	1.3
<b>Minimum DD Female:</b>	1.3
<b>Routine Criteria:</b>	
<p>Exercise requirements:</p> <ul style="list-style-type: none"> <li>• Qualification round consists of 2 exercises with NO repetition of elements allowed in either exercise. Scores will be accumulative.</li> <li>• 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' of the DMT as per the qualification round.</li> <li>• Final 2 will consist of 1 voluntary exercise of your choice, (as long as it meets the minimum difficulty requirement stated in the table below).</li> </ul>	
<b>Notes:</b>	
<ul style="list-style-type: none"> <li>• Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges.</li> <li>• In the qualification Series, groups that have 8 or less in the qualification round will not perform Final 2.</li> <li>• All finals will be zero finals.</li> </ul>	

### Silver Level DMT, 13-14

<b>Gender:</b>	Male and Female
<b>Minimum DD Male:</b>	1.6
<b>Minimum DD Female:</b>	1.6

#### Routine Criteria:

##### Exercise requirements:

- Qualification round consists of 2 exercises with NO repetition of elements allowed in either exercise. Scores will be accumulative.
- 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' of the DMT as per the qualification round.
- Final 2 will consist of 1 voluntary exercise of your choice, (as long as it meets the minimum difficulty requirement stated in the table below).

##### Notes:

- Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges.
- In the qualification Series, groups that have 8 or less in the qualification round will not perform Final 2.
- All finals will be zero finals.

### Silver Level DMT, 15-16

<b>Gender:</b>	Male and Female
<b>Minimum DD Male:</b>	1.7
<b>Minimum DD Female:</b>	1.7

#### Routine Criteria:

##### Exercise requirements:

- Qualification round consists of 2 exercises with NO repetition of elements allowed in either exercise. Scores will be accumulative.
- 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' of the DMT as per the qualification round.
- Final 2 will consist of 1 voluntary exercise of your choice, (as long as it meets the minimum difficulty requirement stated in the table below).

##### Notes:

- Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges.
- In the qualification Series, groups that have 8 or less in the qualification round will not perform Final 2.
- All finals will be zero finals.



## Silver Level TRI, 17+

<b>Gender:</b>	Male and Female
<b>Minimum DD Male:</b>	2.1
<b>Minimum DD Female:</b>	2.1
<b>Routine Criteria:</b>	
Exercise requirements:	
<ul style="list-style-type: none"><li>• Qualification round consists of 2 exercises with NO repetition of elements allowed in either exercise. Scores will be accumulative.</li><li>• 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' of the DMT as per the qualification round.</li><li>• Final 2 will consist of 1 voluntary exercise of your choice, (as long as it meets the minimum difficulty requirement stated in the table below).</li></ul>	
<b>Notes:</b>	
<ul style="list-style-type: none"><li>• Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges.</li><li>• In the qualification Series, groups that have 8 or less in the qualification round will not perform Final 2.</li><li>• All finals will be zero finals.</li></ul>	



Gold

DMT

## Gold Double Mini Trampoline Criteria

Gold Level DMT 13-14	
<b>Gender:</b>	Male and Female
<b>Minimum DD Male:</b>	2.1
<b>Minimum DD Female:</b>	2.1
Pass Criteria:	
<p>Exercise requirements:</p> <ul style="list-style-type: none"> <li>• Qualification round consists of 2 exercises with NO repetition of elements allowed in either exercise. Scores will be accumulative.</li> <li>• 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' of the DMT as per the qualification round.</li> <li>• Final 2 will consist of 1 voluntary exercise of your choice, (as long as it meets the minimum difficulty requirement stated in the table below).</li> </ul>	
Notes:	
<ul style="list-style-type: none"> <li>• Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges.</li> <li>• In the qualification Series, groups that have 8 or less in the qualification round will not perform Final 2.</li> <li>• All finals will be zero finals.</li> </ul>	

Gold Level DMT 15-16	
<b>Gender:</b>	Male and Female
<b>Minimum DD Male:</b>	2.1
<b>Minimum DD Female:</b>	2.1
Routine Criteria:	
<p>Exercise requirements:</p> <ul style="list-style-type: none"> <li>• Qualification round consists of 2 exercises with NO repetition of elements allowed in either exercise. Scores will be accumulative.</li> <li>• 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' of the DMT as per the qualification round.</li> <li>• Final 2 will consist of 1 voluntary exercise of your choice, (as long as it meets the minimum difficulty requirement stated in the table below).</li> </ul>	
Notes:	
<ul style="list-style-type: none"> <li>• Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges.</li> <li>• In the qualification Series, groups that have 8 or less in the qualification round will not perform Final 2.</li> <li>• All finals will be zero finals.</li> </ul>	

Masters DMT Youth	
<b>Gender:</b>	Male and Female
<b>Minimum DD Male:</b>	1.6
<b>Minimum DD Female:</b>	1.6
Routine Criteria:	
<p>Exercise requirements:</p> <ul style="list-style-type: none"> <li>• Qualification round consists of 2 exercises with NO repetition of elements allowed in either exercise. Scores will be accumulative.</li> <li>• 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' of the DMT as per the qualification round.</li> <li>• Final 2 will consist of 1 voluntary exercise of your choice, (as long as it meets the minimum difficulty requirement stated in the table below).</li> </ul>	
Notes:	
<ul style="list-style-type: none"> <li>• Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges.</li> <li>• In the qualification Series, groups that have 8 or less in the qualification round will not perform Final 2.</li> <li>• All finals will be zero finals.</li> </ul>	

Masters DMT Junior	
<b>Gender:</b>	Male and Female
<b>Minimum DD Male:</b>	2.7
<b>Minimum DD Female:</b>	2.7
Routine Criteria:	
<p>Exercise requirements:</p> <ul style="list-style-type: none"> <li>• Qualification round consists of 2 exercises with NO repetition of elements allowed in either exercise. Scores will be accumulative.</li> <li>• 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' of the DMT as per the qualification round.</li> <li>• Final 2 will consist of 1 voluntary exercise of your choice, (as long as it meets the minimum difficulty requirement stated in the table below).</li> </ul>	
Notes:	
<ul style="list-style-type: none"> <li>• Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges.</li> <li>• In the qualification Series, groups that have 8 or less in the qualification round will not perform Final 2.</li> <li>• All finals will be zero finals.</li> </ul>	

## Masters DMT Senior

<b>Gender:</b>	Male and Female
<b>Minimum DD Male:</b>	4.4
<b>Minimum DD Female:</b>	3.0

### Routine Criteria:

#### Exercise requirements:

- Qualification round consists of 2 exercises with NO repetition of elements allowed in either exercise. Scores will be accumulative.
- 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' of the DMT as per the qualification round.
- Final 2 will consist of 1 voluntary exercise of your choice, (as long as it meets the minimum difficulty requirement stated in the table below).

#### Notes:

- Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges.
- In the qualification Series, groups that have 8 or less in the qualification round will not perform Final 2.
- All finals will be zero finals.



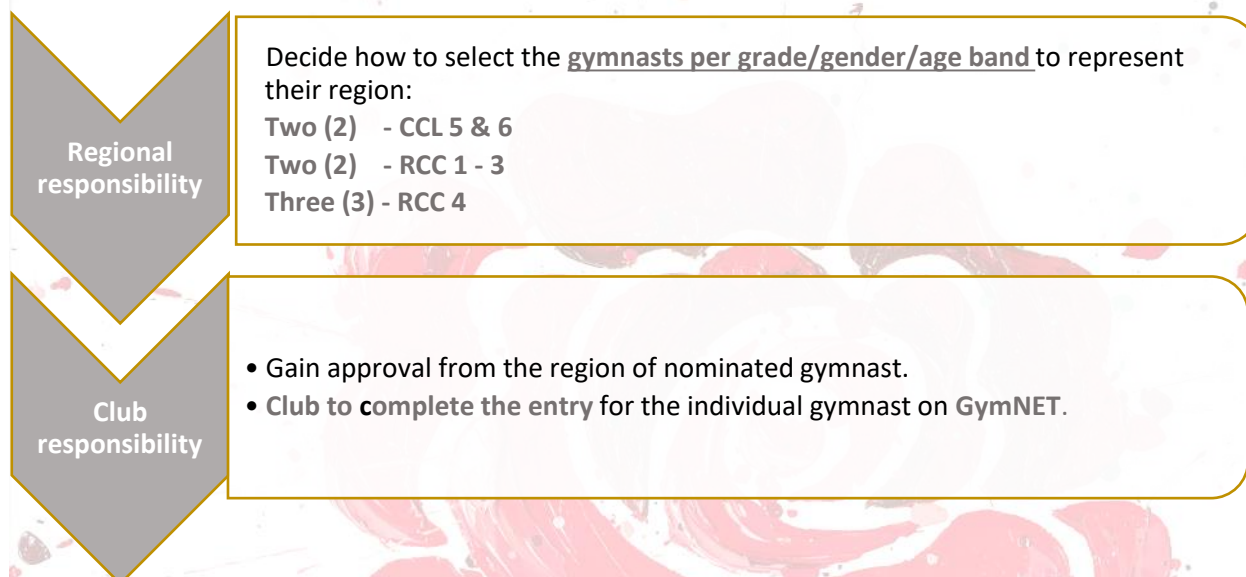
Silver

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 **18<sup>th</sup> May 2022**.



**Recommendation:** Regions run one or more selection event between 01/01/22 and 17/05/22. Direct nomination by the TC/Regional selection panel is acceptable. Regions can also select from their squad programme if they wish.

Event grades and age bands:				
Grades	Age Bands			
Club 5	9 - 10	11 - 12	13+	
Club 6	9 - 10	11 - 12	13+	
Regional 1	9 - 10	11 - 12	13+	
Regional 2	10 - 12	13 - 14	15+	
Regional 3	U13	O13		
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. Below is for guidance only.

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

## Tumbling Silver Pass Criteria

Club Levels 5 & 6
<ul style="list-style-type: none"><li>Gymnasts will complete runs 1 &amp; 2 as specified in the Tumbling Club Cup series &amp; Finals 2022. This can be found in the British Gymnastic handbook at the link below.</li></ul>
3 <sup>rd</sup> Run Requirements
<ul style="list-style-type: none"><li>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 &amp; 2, but will carry an additional difficulty value.</li></ul>
Notes
<ul style="list-style-type: none"><li><a href="#">British Gymnastics website &gt; Technical Information &gt; Competition Handbook</a></li><li>The medalists will be determined by using the cumulative E scores from all 3 runs + the D value of run 3.</li><li>For all events, coaches should submit a tariff sheet on the day of the competition.</li></ul>
Regional Challenge Cup Levels 1-3
Gymnasts from Regional Challenge Cup Levels 1 – 3 will compete:
<ul style="list-style-type: none"><li>Regional 1-3 Gymnasts will complete runs 1 &amp; 2 as specified in the <b>TUM Regional Challenge Cup Series &amp; Final 2022</b> handbook</li></ul>
3 <sup>rd</sup> Run Requirements
<ul style="list-style-type: none"><li>Run 3 for regional 1 will have 6 elements, the elements will use FIG values. Run 3 will be marked from 10</li><li>Run 3 for regional 2-3 will have 8 elements, the elements will use FIG values. Run 3 will be marked from 10</li></ul>
Notes
<ul style="list-style-type: none"><li><a href="#">British Gymnastics website &gt; Technical Information &gt; Competition Handbook.</a></li><li>The medalists will be determined using the cumulative E scores from all 3 runs + the D value of runs 2 &amp; 3.</li><li>For all events, coaches should submit a tariff sheet on the day of the competition.</li></ul>
Regional Challenge Cup Level 4
Gymnasts from Regional Challenge Cup Level 4 will compete:
<ul style="list-style-type: none"><li>Regional 4 gymnasts will complete run 1 of the set runs, set out in the <b>TUM Regional Challenge Cup Series &amp; Final 2022</b> handbook</li></ul>
2 <sup>nd</sup> & 3 <sup>rd</sup> Run Requirements
<ul style="list-style-type: none"><li>Runs 2 and 3 are voluntary runs as per <b>TUM Regional Challenge Cup Series &amp; Final 2022</b> handbook</li><li>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</li></ul>
Notes
<ul style="list-style-type: none"><li><a href="#">British Gymnastics website &gt; Technical Information &gt; Competition Handbook.</a></li><li>The medalists will be determined using the cumulative E scores from all 3 runs + the D value of runs 2 &amp; 3.</li><li>For all events, coaches should submit a tariff sheet on the day of the competition.</li></ul>



Gold  
TUM

**Object:** We will adopt a similar format to the WAG and World Championships to help prepare the GB teams. It will be the only domestic competition that offers the gymnasts and coaches the opportunity to duplicate the competition pattern gymnasts will experience at the World events.

<b>Competition Entry</b>						
Age Groups:	10	11 – 12	13 – 14	15 – 16	17 - 21	Senior
<b>Notes</b>						
<ul style="list-style-type: none"> <li>Limited to the top 16 English Gymnasts of each gender and age group listed above, ranked from the <b>'Spring Event Series'</b>.</li> <li>Guests can apply to enter the event, but they won't take the place of an English Gymnasts</li> <li>Guests will need to be approved by the English Gymnastic Technical Committee prior to the competition.</li> </ul>						
<b>Competition Run Criteria</b>						
<b>Age Group: 10</b>						
<ul style="list-style-type: none"> <li>10 age group gymnasts will perform 2 voluntary exercises; all skills will use FIG values.</li> <li><b>There will be no final run.</b></li> <li>Medals will be awarded for the top 3 based on the combined total score of the two runs.</li> </ul>						
<b>Preliminaries: 11 – 12, 13 – 14, 15 – 16, 17 -21, and Senior</b>						
<ul style="list-style-type: none"> <li>Gymnasts will perform 2 voluntary exercises in the preliminary round</li> <li>No repeat of elements within and/or between the two passes, irrespective of preceding element.</li> <li>The only repeatable elements are: round offs, whips, flics and single Salto with single twist.</li> </ul>						
<b>Finals: 11 – 12, 13 – 14, and 15 – 16</b>						
<ul style="list-style-type: none"> <li><b>Top 8 Final 1 (F1):</b> Gymnasts with the top <u>eight</u> (8) best scores from a single exercise in the preliminary round will progress to compete in 'Final 1' (F1), where gymnasts perform one voluntary exercise from a Zero start.</li> <li>The only repeatable elements are: round offs, whips, flics and single Salto with single twist.</li> </ul>						
<b>Finals: 17 -21, and Senior</b>						
<ul style="list-style-type: none"> <li><b>Top 8 Final 1 (F1):</b> Gymnasts with the top <u>eight</u> (8) best scores from a single exercise in the preliminary round will progress to compete in 'Final 1' (F1), where gymnasts perform one voluntary exercise from a Zero start.</li> <li><b>Top 4 Final 2 (F2):</b> 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.</li> <li>The only repeatable elements are: round offs, whips, flics and single Salto with single twist.</li> </ul>						

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 & 13 – 14 and Senior (prelims only)**. Age groups 10, 11 – 12 and 13 – 14 will perform their preliminary runs and final 1 (F1) and final 2 (F2). All finals are from **Zero**.

**Senior** competitors will compete their preliminary rounds during Saturday and finals 1 & 2 will be completed on the Sunday.

Sunday will contain age groups **15-16 & 17 – 21 and Senior (F1 & F2)**. Age groups 15 – 16 and 17 – 21 will perform their preliminary runs and final 1 (F1) and final 2 (F2). All finals are from **Zero**.

**Senior** competitors will compete their final 1 (F1) and final 2 (F2) runs. All finals are from **Zero**.

There will be podium training using a similar format to the Silver Championships.

#### 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.

