



ENGLISH GYMNASTICS



Disabilities Trampoline and Double Mini Trampoline
Competition Handbook 2022

Routine Criteria

Version 2.0

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 2.0

Title	Amendment	Page range
DMT Exercise Criteria	Changes to DMT competition criteria	5
Trampoline Exercise Criteria	Changes to Trampoline competition criteria	6

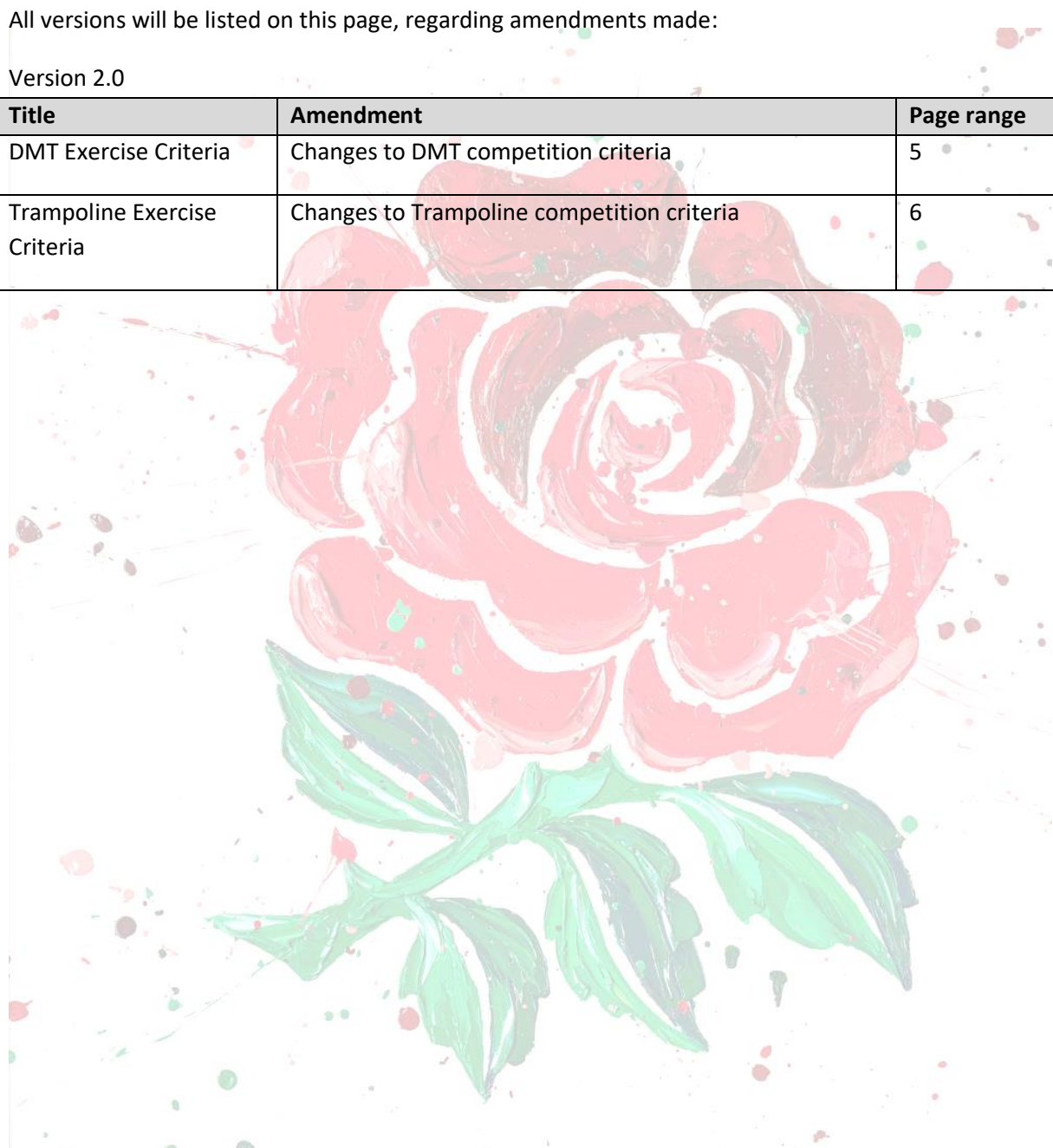
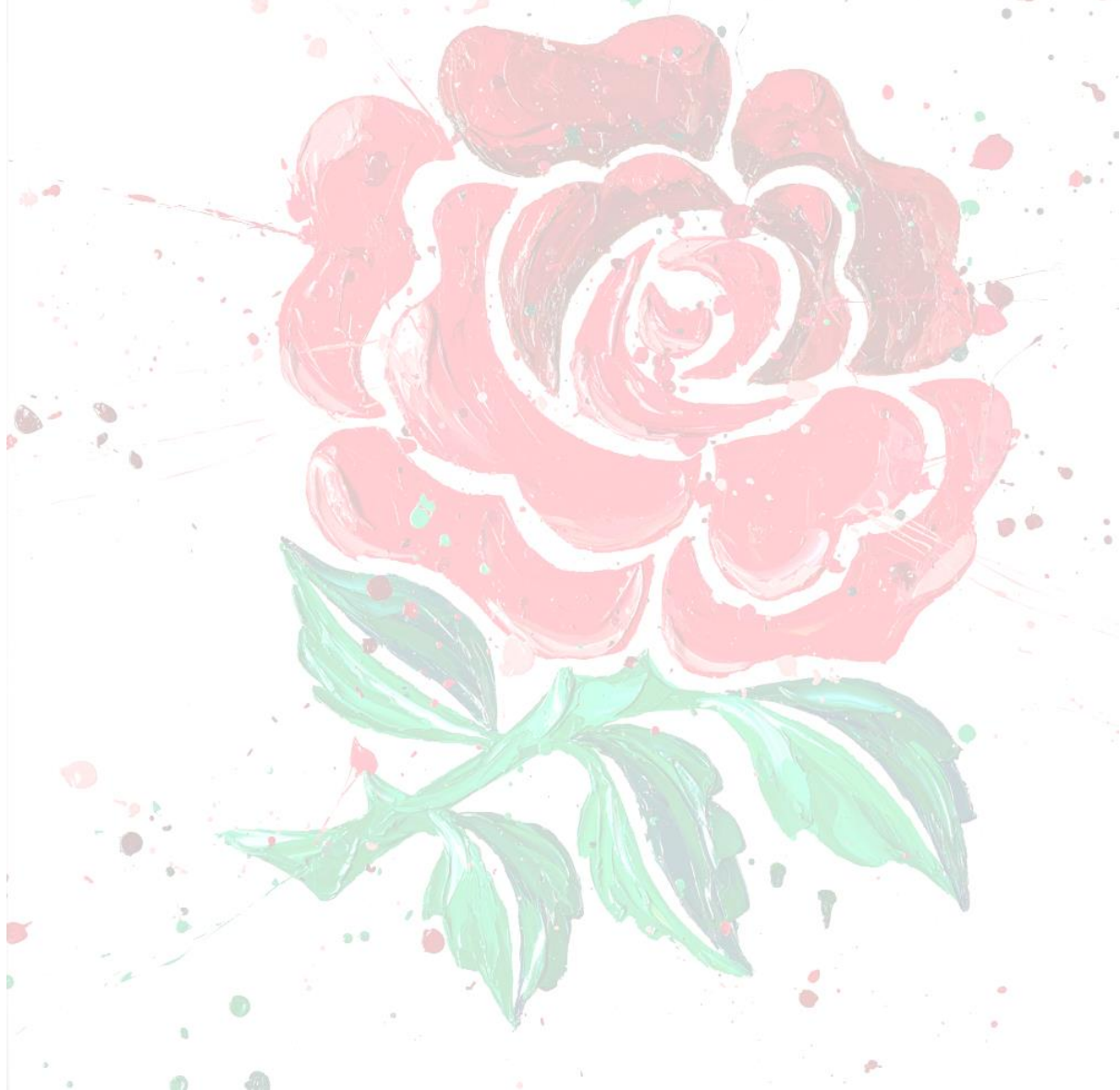


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Welcome Letter

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

Update:

During consultations it was noted that the criteria set out was difficult and restrictive. Due to the want to increase Disability entries and give greater access, I have agreed a raft of changes to the disability programme that I hope will help encourage greater participation.

Disabilities Double Mini Trampoline

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 and Final 1 round which will be comprised of the top 8 Gymnasts from Qualification round. There will be no Final 2 in the disability competition.

The Qualification rounds will consist of 2 exercises (See tables on page 5 for criteria) scores will be accumulative.

Final 1 (F1) will be comprised of the top 8 gymnasts from the qualification round. F1 will be scored from Zero, and will consist of 1 voluntary exercise, elements from the qualification round can be performed in F1 but not in the same zone of the DMT.

Tie breaks will be resolved by the procedures set out in the main English handbook

Championship Qualification

A maximum of 16 gymnasts per category, age group and gender will be invited to attend the English Championships. See main handbook for publication of qualification results.

Ranking will be based on the scores from the qualification round only. Gymnasts need to complete both qualification exercises at a single qualification event to be eligible for the English Championships.

Gymnasts at the qualification series, who exceed difficulty limits for an individual skill, (silver level only) will not be eligible to compete at the English Championships.

The championship 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.

DMT Exercise Criteria

Disabilities DMT Silver	
Qualification Round	
<ul style="list-style-type: none"> • Qualification round will consist of 2 voluntary exercises, 'No' individual skill should exceed 0.7 • During the qualification round you are not permitted to repeat any element in any zone of the DMT. 	
Final	
<ul style="list-style-type: none"> • Final 1 will consist of a 3rd voluntary exercise, 'No' individual skill should exceed 0.7 • During this round you can repeat a skill from the qualification round but NOT in the same zone of the DMT 	
Notes:	
<ul style="list-style-type: none"> • If you exceed the difficulty limit for an individual element you will receive a 2.0 penalty taken from the CJP. • If you exceed the difficulty limit for an individual element you will not be eligible to qualify to the English Championships. • For Repeated elements offences either in the qualification round or F1 the gymnast will receive a 2.0 penalty taken from CJP 	
Disabilities DMT Gold	
Qualification Round	
<ul style="list-style-type: none"> • Qualification round will consist of 2 voluntary exercises. There are no minimum or maximum DD requirements • During the qualification round you are not permitted to repeat any element in any zone of the DMT. 	
Final	
<ul style="list-style-type: none"> • Final 1 will consist of a 3rd voluntary exercise. • During this round you can repeat a skill from the qualification round but NOT in the same zone of the DMT 	
Notes:	
<ul style="list-style-type: none"> • If you exceed the difficulty limit for an individual element you will receive a 2.0 penalty taken from the CJP. • If you exceed the difficulty limit for an individual element you will not be eligible to qualify to the English Championships. • For Repeated elements offences either in the qualification round or F1 the gymnast will receive a 2.0 penalty taken from CJP 	

Disabilities Trampoline

Disabilities Individual Trampoline

All TRI English Qualification Series will consist of, 2 voluntary exercises, (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 requirements will not be eligible to qualify for the English Championships. If the gymnast exceeds the maximum DD (Silver only) they will not be eligible for the English Championships or receive a medal. (Where a gymnast that has exceeded the maximum DD, the medal will be given to the next eligible gymnast).

- 2 round cumulative score will determine the ranking for English Championships
- 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 at the same qualification event to be eligible to compete in the English Championships.
- The penalty for exceeding the maximum difficulty requirement will result in a 2.0 penalty from the CJP 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 3.0. The penalty for gymnasts exceeding the 3.0 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 voluntary 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

Trampoline Exercise Criteria

Disability TRI Silver 9 – 14 and 15+	
Cat 1 & 2	
Gender:	Male and Female
Maximum DD:	3.0
Exercise Criteria:	
Exercise requirements: <ul style="list-style-type: none"> • Qualification round consists of 2 voluntary exercises. • Maximum DD of 3.0 • The Final consists of a 3rd Voluntary exercise (Only at English Championships) 	
Notes:	
<ul style="list-style-type: none"> • Exceeding the maximum DD will result in a 2.0 penalty from the CJP, 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 	

Disability TRI Gold 9 – 14 and 15+	
Cat 1 & 2	
Gender:	Male and Female
Maximum DD:	No minimum or maximum DD
Exercise Criteria:	
Exercise requirements: <ul style="list-style-type: none"> • Qualification round consists of 2 voluntary exercises. • No minimum and maximum DD • The Final consists of a 3rd Voluntary exercise (Only at English Championships) 	
Notes:	
<ul style="list-style-type: none"> • There are NO minimum or maximum DD in the Gold event. • Gymnasts must complete exercises at a single event to be eligible for the English Championships 	

Disabilities Synchronised Trampolining

- 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.