



# **TRA Technical Requirements**

## **British Championships**

### **2023**

Trampoline National Technical Committee

**British**  
**Gymnastics**

Please refer to the National Competition Handbook for further information

## British Championships 2023

### YOUTH 10-12 years

The exercise consists of 10 different elements, only two (2) elements 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 element but must be performed as separate elements.

1. one (1) element landing on the front of the body,
2. one (1) element landing on the back of the body,
3. one (1) element with 360° somersault rotation, at least, 360° of twist.

### **Second exercise requirements**

1. The exercise must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption to the exercise.
2. The degree of difficulty is capped at 1.6 per element.
3. The performing of triple and quadruple somersaults is prohibited and will result in disqualification.

### JUNIOR 13-16 years

The exercise consists of 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 element but must be performed as separate elements.

1. one (1) element to front or back,
2. one (1) element from front or back – in combination with requirement N°1,
3. one (1) double front or back somersault with or without twist and
4. one (1) element with a minimum of 540° twist and minimum 360° somersault rotation.

### **Second exercise requirements**

1. The exercise must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption to the exercise.
2. The degree of difficulty is capped at 1.8 per element.
3. The performing of quadruple somersaults is prohibited and will result in disqualification.

### SENIOR

1. Two (2) voluntary exercises. The highest score of the two (2) exercises will count.
2. Performing more than 1 body landing in a exercise will be deemed an interruption to the exercise.

### **Competition Format**

All Gymnasts will compete 2 exercises in the Qualifying Round. Top 8 will qualify to the Final Round.

FIG rules will be applied

### SYNCHRONISED

The groups and criteria for the Synchronised events shall mirror the above Individual events.

Gymnasts may only compete in the age category they are eligible for in any pair.

**Competition Format**

All Gymnasts will compete 2 exercises in the Qualifying Round. Top 8 will qualify to the Final Round.

FIG rules will be applied.

The final list of qualifiers for the British Championships will be published no later than 4 weeks from the National Age Group Competition.

Entry to the event must be completed by clubs via British Gymnastics' GymNET online Entry Portal by the published closing date.

**PLEASE NOTE: If there are any amendments to the FIG Code of Points the TC reserve the right to amend these Technical Requirements.**