



TRA Technical Requirements

National Age Group Competition

2023

Trampoline National Technical Committee
Updated 27th October 2022

British
Gymnastics

Please refer to the National Competition Handbook for further information

National Age Group Competition 2023

Requirements

10 years

First exercise

Prescribed routine	FIG
Back s/s (s)	4-/
Barani (s)	41/
Straddle Jump	v
Back s/s (p)	4-<
Barani (p)	41<
Tuck Jump	0
Barani (t)	410
Back s/s (t)	4-0
Pike Jump	<
Front s/s)	<

Second exercise requirements

1. The minimum exercise degree of difficulty is 4.1 for male and female gymnasts.
2. The exercise must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption to the exercise.
3. The degree of difficulty is capped at **1.3** per element.
4. A penalty of 2.0 will be applied for each complete exercise (10 elements) which, fails to meet the minimum difficulty requirements.
5. The performing of triple and quadruple somersaults is prohibited and will result in disqualification.

11-12 years

First exercise with special requirements

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 minimum exercise degree of difficulty is 5.8 for male and female gymnasts.
2. The exercise must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption to the exercise.
3. The degree of difficulty is capped at 1.6 per element.
4. A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements.
5. The performing of triple and quadruple somersaults is prohibited and will result in disqualification.

13–14 years

First exercise with special requirements

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 minimum exercise degree of difficulty is 7.8 for male gymnasts & 7.1 for female gymnasts.
2. The exercise must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption to the exercise.
3. The degree of difficulty is capped at 1.8 per element.
4. A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements.
5. The performing of quadruple somersaults is prohibited and will result in disqualification.

15-16 years

First exercise with special requirements

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 minimum exercise degree of difficulty is 9.5 for male gymnasts and 8.3 for female gymnasts.
2. The exercise must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption to the exercise.
3. The degree of difficulty is capped at 1.8 per element.
4. A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements.
5. The performing of quadruple somersaults is prohibited and will result in disqualification.

17-21 years

Two (2) voluntary exercises. The highest score of the two (2) exercises will determine the qualification to the Final.

Exercise requirements

1. The minimum exercise degree of difficulty is 10.6 for male gymnasts and 9.1 for female gymnasts.
2. The exercise must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption to the exercise.
3. The degree of difficulty is capped at 2.0 per element.
4. A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements
5. The performing of quadruple somersaults is prohibited and will result in disqualification.

Senior (17yrs+)

Two (2) voluntary exercises. The highest score of the two (2) exercises will determine the qualification to the Final.

Exercise requirements

1. The minimum exercise degree of difficulty is 12.0 for male gymnasts and 10.5 for female gymnasts (for both voluntary exercises).
2. The exercises must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption to the exercise.
3. A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements.

Competition Format

National Age Group Competition

- Qualification (1st & 2nd exercise)
- Final – Top 8 (1 voluntary exercise)
- FIG rules will be applied other than:
 - Gymnasts who do not demonstrate the minimum difficulty performance standard will not incur any penalties but will:
 - not be awarded a medal
 - not be eligible to qualify for the British Championships

The recommended performance standards to enter the National Age Group Competition are:

- 1st exercise 16.0 execution
- 2nd exercise 15.0 execution
- Minimum degree of difficulty as per second exercise requirements as listed

At all British Gymnastics events, a nominated panel (Member of TC, Chair of Panel and 1 x national or pathway coach) reserves the right but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time. If a gymnast is deemed unsafe or falls unacceptably below the standards required, a Member of the panel will approach the personal coach to discuss the matter to reinforce standards and, where appropriate, this will be followed up in writing.

Qualification to the British Championships

The top ranked 24 gymnasts from the National Age Group Competition in the following categories will be eligible to compete at the British Championships: Youth (10-12yrs), Junior (13-16yrs), Senior (17+yrs). The ranking will be based on each gymnast's total Q 1 score from the NAGC. Additional automatic places will be provided to medallists from the NAGC who do not qualify by right. A full list of qualifiers will be published within 4 weeks of the NAGC. All GBR national squad gymnasts that don't qualify by right may apply to the Technical Committee for a 'wild card'.

The Technical Committee may consider additional Wild Card applications. Deadline for these applications 9th June 2023.

Synchronised

The groups and criteria for the Synchronised events:

1. Youth – 10-12yrs

2. Junior – 13-16yrs
3. Senior – 17+yrs

Requirements:

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 determine the qualification to the Final.
2. Performing more than 1 body landing in a exercise will be deemed an interruption to the exercise.

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

Competition Format

National Age Group Competition

- Qualification (1st & 2nd exercise)

Qualification to the British Championships

The top ranked 12 pairs from each of the age categories, will qualify to compete at the British Championships.

Entry to the British Championships 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.