



# **TUM Technical Requirements**

Regional Challenge Cup Series & Final

2023

National Trampoline Technical Committee

**British**  
**Gymnastics**

Range & Conditioning will be assessed at Regional Challenge Cup Championships only.

Range & Conditioning	
1	Kick to handstand (1sec) forwards roll to stand →
2	Straight leg forwards roll through pike to L-Sit →
3	Lower to pike fold (3secs) lift back to L-Sit →
4	Lower backwards to long arm dish (3secs) lower to flat →
5	Arched hip lift with arms flat (3secs) lower to flat →
6	Push up to bridge (3secs) lower and sit up to tuck →
7	Backwards roll to front support (3secs) →
8	Straight leg snap up to standing dish →
9	Straight arm drive to head height and return →
10	Jump half turn with arms lifted straight up by ears to land.
Minimum standard to qualify to Inter-Regional Challenge Cup Final   70%	

### TUM Technical requirements

Regional Challenge Cup Level 1										
Age Groups	Exercise 1		D	Exercise 2		D	Exercise 3			
	Under 13yrs	1		Round Off	0.1		1	Round Off	0.1	1
Over 13yrs	2	Flic	0.1	2	Flic	0.1	2	Flic	0.1	
	3	Flic	0.1	3	Whip	0.2	3	Back s/s (S)	0.6	
	4	Flic	0.1	4	Flic	0.1	<b>15 metres of Track only</b>			
	5	Flic	0.1	5	Flic	0.1				
	6	Back s/s (P)	0.6	6	Back s/s (T)	0.5				
			1.1				1.1			0.8

Minimum Qualifying Standard Level 1	3 Exercise Score
	49.2

Regional Challenge Cup Level 2										
Age Groups	Exercise 1		D	Exercise 2		D	Exercise 3			
	10-12yrs	1		Round Off	0.1		1	Round Off	0.1	1
13-14yrs	2	Flic	0.1	2	Flic	0.1	2	Flic	0.1	
	3	Flic	0.1	3	Whip	0.2	3	Full Twisting Back s/s	0.9	
	4	Flic	0.1	4	Flic	0.1	<b>15 metres of Track only</b>			
	5	Flic	0.1	5	Flic	0.1				
	6	Flic	0.1	6	Flic	0.1				
	7	Flic	0.1	7	Flic	0.1				
	8	Back s/s (S)	0.6	8	Back s/s (T)	0.5				
			1.3				1.3			1.1

Minimum Qualifying Standard Level 2	3 Exercise Score
	49.9

Regional Challenge Cup Level 3									
Age Groups	Exercise 1		D	Exercise 2		D	Exercise 3		
	Under 15yrs	1		Round Off	0.1		1	Round Off	0.1
Over 15yrs	2	Whip	0.2	2	Whip	0.2	2	Flic	0.1
	3	Flic	0.1	3	Whip	0.2	3	Double Twisting Back s/s <u>or</u> 1 ½ Twisting Back s/s	1.3/ 1.1
	4	Flic	0.1	4	Flic	0.1	<b>15 metres of Track only</b>		
	5	Whip	0.2	5	Flic	0.1			
	6	Flic	0.1	6	Flic	0.1			
	7	Flic	0.1	7	Flic	0.1			
	8	Back s/s (S)	0.6	8	Full Twisting Back s/s	0.9			
			1.5			1.8			1.5/ 1.3

Minimum Qualifying Standard Level 3	3 Exercise Score
	50.8

#### Regional Challenge Cup Level 4

Age groups: 9-10yrs, 11-12yrs, 13-14yrs, 15+yrs

Regional Challenge Cup Level 4							
Age Groups	Exercise 1		D	Exercise 2		Exercise 3	
	9-10yrs	1		Round Off	0.1	8 Skill Free Exercise	
2		Flic	0.1				
3		Flic	0.1	Minimum Difficulty over two free exercises 2.6			
4		Flic	0.1				
5		Flic	0.1				
6		Flic	0.1				
7		Flic	0.1				
8		Back s/s (T)	0.5	Maximum Difficulty over 2 free exercises 3.3			
		1.2					
			No skill repetition across all 3 exercises in accordance with FIG rules				
			A penalty of 2.0 will be applied to complete (8 element) exercises that do not meet the minimum DD requirements				

Minimum Qualifying Standard 9-10yrs	3 Exercise Score
	50.0

Regional Challenge Cup Level 4						
Age Groups		Exercise 1	D	Exercise 2	Exercise 3	
11-12yrs	1	Round Off	0.1	8 Skill Free Exercise	8 Skill Free Exercise	
	2	Whip	0.2			
	3	Flic	0.1	Minimum Difficulty over two free exercises 2.8  Maximum Difficulty over 2 free exercises 4.0  No skill repetition across all 3 exercises in accordance with FIG rules  A penalty of 2.0 will be applied to complete (8 element) exercises that do not meet the minimum DD requirements		
	4	Flic	0.1			
	5	Whip	0.2			
	6	Flic	0.1			
	7	Flic	0.1			
	8	Back s/s (T)	0.5			
			1.4			

Minimum Qualifying Standard	3 Exercise Score
11-12yrs	50.4

Regional Challenge Cup Level 4						
Age Groups		Exercise 1	D	Exercise 2	Exercise 3	
13-14yrs	1	Round Off	0.1	8 Skill Free Exercise	8 Skill Free Exercise	
	2	Whip	0.2			
	3	Flic	0.1	Minimum Difficulty over two free exercises 3.3  Maximum Difficulty over 2 free exercises 5.4  No skill repetition across all 3 exercises in accordance with FIG rules  A penalty of 2.0 will be applied to complete (8 element) exercises that do not meet the minimum DD requirements		
	4	Whip	0.2			
	5	Whip	0.2			
	6	Flic	0.1			
	7	Flic	0.1			
	8	Back s/s (T)	0.5			
			1.5			

Minimum Qualifying Standard	3 Exercise Score
13-14yrs	51.0

Regional Challenge Cup Level 4					
Age Groups		Exercise 1	D	Exercise 2	Exercise 3
15+yrs	1	Round Off	0.1	8 Skill Free Exercise	8 Skill Free Exercise
	2	Whip	0.2		
	3	Whip	0.2	Minimum Difficulty over two free exercises Women 3.6 Men 4.0  Maximum Difficulty over 2 free exercises Women 7.0 Men 7.5  No skill repetition across all 3 exercises in accordance with FIG rules  A penalty of 2.0 will be applied to complete (8 element) exercises that do not meet the minimum DD requirements	
	4	Whip	0.2		
	5	Whip	0.2		
	6	Flic	0.1		
	7	Flic	0.1		
	8	Back s/s (T)	0.5		
			1.6		

Minimum Qualifying Standard	3 Exercise Score
15+yrs	Women 51.4 Men 51.8

Failure to complete a prescribed exercise as published above will result in an **interruption** to the exercise (e.g. for performing an incorrect element). The maximum mark will be determined according to the number of correct, complete elements performed (ten (10) less any elements not correctly/completely performed).

Landing on one foot at the end of an exercise will be deemed as an interruption, therefore that move will not be counted and the gymnasts will lose 1 mark from execution and the difficulty of the element.

Please note there are some changes to levels (e.g. regional 3, exercise 3, the gymnast may perform a double or 1 ½ Twisting Back s/s as long as the element is completed both will be marked from 10 and they will receive the difficulty for the one they have done). The minimum qualifying scores have also been amended in line with the added difficulty.

\* Regions may exercise out of age events, but gymnasts are not eligible to qualify to the Inter-Regional Challenge Cup Final. However, the TC would strongly recommend gymnasts competing in 'out of age' groups (18+yrs) consider entering into the Adult British Championships.

## Competition Format

### Regional Challenge Cup Series

- Qualification (all 3 exercises)
- FIG rules will apply for the qualification round other than:
  - o Gymnasts who do not demonstrate the minimum difficulty performance standard or compete 3 complete exercises will not be eligible to qualify for the Regional Challenge Cup Championships but may be awarded a medal at the Region's discretion.

### Regional Challenge Cup Championships

- Qualification (all 3 exercises) cumulative score
- FIG rules will apply for the qualification round

## Qualification to the Inter-Regional Challenge Cup Final

- A maximum of two gymnasts per category from each region will qualify to the Inter-Regional Challenge Cup Final.
- Places will be allocated in rank order from the Regional Challenge Cup Series events (max 3).
  - o Gymnasts must have achieved the 70% range & conditioning minimum score
- In the event of a tied position the tie break rule will apply (see below)
- Regions have the responsibility and autonomy to determine the selection process within the Regional Challenge Cup Series and Regional Challenge Cup Championships and this should be communicated to all clubs by the Region.
- All Regions must submit the list of the gymnasts that have qualified to BG

**Level 4** – Subject to capacity, the 3<sup>rd</sup> ranked gymnast from each region may be invited to attend following the closing date. All regions will be notified following the closing date and entries for the 3<sup>rd</sup> gymnast can be made via the entry portal.

These gymnasts will be made up of the following:

- Places will be allocated in rank order from the Regional Challenge Cup Series/Championships events (max 3).
  - o Gymnasts must have achieved the 70% range & conditioning minimum score
- In the event of a tied position the tie break rule will apply (see below)
- All Regions must submit the list of the gymnasts that have qualified to BG

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

### Tie Breaks

In case of a tie at any place, the ranking will be determined by the following criteria:

1. The gymnast with the highest sum of D scores of all exercises prevails
2. The gymnast with the highest sum of E scores of all exercises prevails
3. The gymnast with the highest sum of all E scores per skill of all exercises minus the lower E score per skill prevails