



TUM Technical Requirements

British Championships

2022

Trampoline National Technical Committee

British
Gymnastics

Please refer to the National Competition Handbook for further information

British Championships 2022

YOUTH 10-12yrs and JUNIOR 13-16yrs

Competition Format

- Qualification Round – 2 exercises, cumulative score
- Final (top 8) – 1 exercise, scores starting from zero

FIG Elite Age Group (WAGC) Requirement			
Age Groups	Exercise 1	Exercise 2	Exercise 3 (Final)
Youth Junior	Voluntary exercise of 8 skills	Voluntary exercise of 8 skills	Voluntary exercise of 8 skills
	FIG Repeat Rule applies – no repeated somersaults within the exercise except for RO, Flics, Whips & Whip 360.	FIG Repeat Rule applies – no repeated somersaults within this exercise or between exercise 1 & exercise 2 except for RO, Flics, Whips & Whip 360.	FIG Repeat Rule applies – no repeated somersaults within the exercise, except for RO, Flics, Whips & Whip 360
	Must end with a somersault, otherwise a penalty of 2.0 will be applied	Must end with a somersault, otherwise a penalty of 2.0 will be applied	Must end with a somersault, otherwise a penalty of 2.0 will be applied
			Can be same as Exercise 1 or Exercise 2 or completely different

The following difficulty limits for an individual element apply at all age group events

YOUTH: 2.8

JUNIOR: 4.3

For 10yrs & 11-12 years, triple somersaults are prohibited. For all age groups, quadruple somersaults are prohibited. Any abuse of this rule will result in disqualification

SENIOR

Competition Format

- Qualification Round – 2 exercises, cumulative score
- Final 1 (top 8) – 1 exercise, scores starting from zero
- Final 2 (top 4) – 1 exercise, scores starting from zero

Senior				
Age Groups	Exercise 1	Exercise 2	Exercise 3 (Final 1)	Exercise 4 (Final 2)
Senior	Voluntary exercise of 8 skills	Voluntary exercise of 8 skills	Voluntary exercise of 8 skills	Voluntary exercise of 8 skills
	FIG Repeat Rule applies – no repeated somersault within the exercise except for RO, Flics, Whips & Whip 360.	FIG Repeat Rule applies – no repeated somersault within this exercise or between Exercise 1 & Exercise 2 except for RO, Flics, Whips & Whip 360.	FIG Repeat Rule applies – no repeated somersault within the exercise except for RO, Flics, Whips & Whip 360 Skills from exercise 1 & 2 can be used as this is a zero start final	FIG Repeat Rule applies – no repeated somersault within this exercise or between Exercise 3 & Exercise 4 except for RO, Flics, Whips & Whip 360.
	Must end with a somersault, otherwise a penalty of 2.0 will be applied	Must end with a somersault, otherwise a penalty of 2.0 will be applied	Must end with a somersault, otherwise a penalty of 2.0 will be applied	Must end with a somersault, otherwise a penalty of 2.0 will be applied

FIG rules will be applied other than;

- o In the combined age groups, Youth, Junior & Senior, the skill difficulty cap will be set at that of the older limit.
- o No Semi final.
- o The starting order for the Final will be in order of merit, the gymnast with the lowest total score in the Qualifying Round going first.

Qualification to the British Championships

A maximum number of gymnasts per age group (Youth, Junior, Senior), per gender will be invited to attend the British Championships (number of gymnasts to be confirmed) made up of the following:

- Current members of the GBR Senior and Junior National Squad will be invited to enter the British Championships.
- The remaining places will be allocated in rank order from the combined Age Groups at the National Age Group Final
 - YOUTH (10yrs & 11-12yrs)
 - JUNIOR (13-14yrs & 15-16yrs)
 - SENIOR (17-21yrs & Senior 17yrs+)

When selecting the qualifying gymnasts to the Youth section, all 10yr old gymnasts will have their difficulty score recalculated with the bonus for whips removed to give a level playing field with the 11-12 gymnasts in the age band.

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

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.