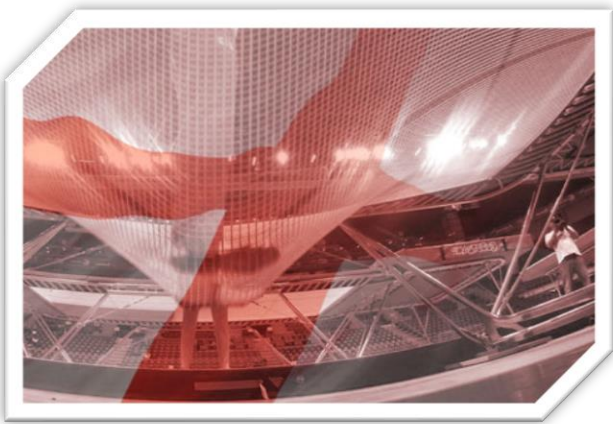


English Gymnastics

National Competition Handbook 2024

English Trampoline, Double Mini Tramp, Tumbling
Exercise Criteria Handbook



Section 1 – About

1.1 – Introduction Letter

Welcome to the new English handbook. This document will make it easier to access all the competition exercises & criteria. The dates and venue information we've added to this document, to make it easier to plan your year.

Orientation sessions will **NOT** be held at English Qualification events. Unless otherwise stated, all Silver gymnasts will compete on a Sunday, Gold and Masters will compete on a Saturday.

Please Note the following changes made for 2024:

The one big change in 2024 is the restriction on how many entries a single individual can make in this year's series. Due to the impossible nature of timetabling gymnasts who enter 5 events within the series, we have taken the decision to restrict that to three individual events and TRS. For example, you can do Masters and an age group in one discipline and select to do either the masters or the age group in the second discipline.

The changes to 2024 qualification process is aiming at maximising as many places possible at the English Championships, to give as much experience to as many gymnasts as possible. At the English Championships, groups that don't have full numbers, England will use these spaces within other groups. For example: 13-14 Boys have 20 in the final we will have 12 spaces extra that we will offer in the 13-14 girls where all 32 spaces were already taken up. The gymnasts would only be offered that space if they have met the required criteria set out in this handbook. We will only offer this to the following groups: Masters Youth, 13-14, 15-16 age groups. This will not be extended to Junior and Senior Masters.

One of the most exciting introductions to 2024 is the team event series. This year we are going to trail a team event series. This is a new concept and needs a trail year to help refine what works and remove what doesn't and introduce and more complete concept in 2025. To this end in 2024 there will be no prize money, but we will aim to award medals at the championships. Upgrades will come in 2025 and 2026 but by then we are hoping this will prove to be a popular and energetic competition. I will be sending this out separately to all other handbooks shortly.

We have made changes to Gold entry in Tumbling, please make sure you read through the criteria in this document.

Aim for introduction in 2025:

We would like to introduce a score-based qualification system in 2025. To do this we will track the scores over 2024, so that we can get the correct required scores and rules surrounding qualification correct. We hope then this will complete the change made to qualification process in 2024.

Judge provision, due to the losses we have had over the past few years due to COVID and the vast price increases of the cost-of-living crisis has placed on our budgets, we are still unsure in 2024 if we can sustain funding judges through a centralised system as British Gymnastic do. We are hoping that with stability returning we will be able to bring this provision into our structure in 2025, so please keep the faith we are looking at ways we can provide this provision.

Yours in Sport

Stephen Wood

English Gymnastic Trampoline, Double Mini Trampoline and Tumbling Technical Chair.



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1.2 – Version History

EGA reserves the right to make amendments to this handbook.

Updates are communicated via the [English Gymnastics website](#) & [EGA Facebook pages](#).

Version 1.0

Heading/ Subtitle	Amendment	Page range
Competition Handbook	Branding update, grammatical alterations, links, page numbers	Whole document
Competition Handbook	Formatting, alignment of both English Gymnastics & British Gymnastics policies & processes.	Whole document
Competition Dates Update	Alterations to original dates for 2024. Publication of the 2025 dates	Page 5 - 6

Version 1.1








Heading/ Subtitle	Amendment	Page range
Silver TUM	Gold tumbling performance days added to the proposed timetable alongside the Silver program.	Page 27

Version 2.0

Heading/ Subtitle	Amendment	Page range
Section 1.3 2024 Calendar	English TRA/DMT Qualification 2 closing date has been moved back to support clubs.	Page 5



1.3 – English Events Calendar 2024

Event Name:	English Qualification Series 1 & Tumbling Silver and Gold Championships		
Event Date:	7 th – 9 th June 2024		
Entry Opening Date:	Monday 11 th March 2024		
Entry Closing Date:	Noon on Thursday 25 th April 2024		
Event Location:	Telford International Centre	TF3 4JH	Google link 
Disciplines:	TRI, TRS, DMT, DIS, and TUM (Silver & Gold)		
Levels and age groups:	Gold, Silver all age groups		
GymNET link:	TRA/ DMT – Online entry link 	TUM – Online entry link 	
Event Name:	English Qualification Series 2		
Event Date:	13 th – 14 th July 2024		
Entry Opening Date:	Monday 29 th April 2024		
Entry Closing Date:	Noon on Tuesday 11 th June 2024		
Event Location:	Birmingham University	B15 2TT	Google link 
Disciplines:	TRI, TRS, DMT, and DIS		
Levels and age groups:	Gold, Silver all age groups		
GymNET link:	Online entry link 		
Event Name:	English Championships		
Event Date:	18 th to 20 th October 2024		
Entry Opening Date:	1 st August 2024		
Entry Closing Date 1:	9 th September 2024		
Entry Closing Date 2:	16 th September 2024		
Event Location:	Telford International Centre	TF3 4JH	Google link 
Disciplines:	TRI, TRS, DMT, and DIS		
Levels and age groups:	Gold, Silver all age groups (those qualified from Q1 and Q2)		
GymNET link:	Online entry link 		



1.4 – English Events Calendar 2025

Event Name:	English Qualification Series 1	
Event Date:	5 th – 6 th April 2025	
Entry Opening Date:	Monday 27 th January 2025	
Entry Closing Date:	Noon on Thursday 20 th February 2025	
Event Location:	To be confirmed	Google link 🔗
Disciplines:	TRI, TRS, DMT & DIS	
Levels and age groups:	Gold, Silver all age groups	
GymNET link:	TRA/ DMT – Online entry link 🔗	
Event Name:	English Qualification Series 2 & Tumbling Silver and Gold Championships	
Event Date:	30 th , 31 st May – 1 st June 2025	
Entry Opening Date:	Monday 24 th March 2025	
Entry Closing Date:	Noon on Thursday 24 th April 2025	
Event Location:	To be confirmed	Google link 🔗
Disciplines:	TRI, TRS, DMT, DIS, and TUM (Silver & Gold)	
Levels and age groups:	Gold, Silver all age groups	
GymNET link:	TRA/ DMT – Online entry link 🔗	TUM – Online entry link 🔗
Event Name:	English Championships	
Event Date:	12 th – 14 th September 2025	
Entry Opening Date:	Monday 9 th June 2025	
Entry Closing Date 1:	Noon Thursday 24 th July 2025	
Entry Closing Date 2:	Noon Thursday 7 th August 2025	
Event Location:	To be confirmed	Google link 🔗
Disciplines:	TRI, TRS, DMT, and DIS	
Levels and age groups:	Gold, Silver all age groups (those qualified from Q1 and Q2)	
GymNET link:	Online entry link 🔗	

A complete domestic and international events calendar can be found [online](#) [🔗](#)



Section 2.0 – English Trampoline Qualification Series

2.1 – Individual Trampoline

All TRI English Qualification Series will consist of the qualification round comprising of 2 exercises, (please see minimum standards within this document). There are no finals at the qualification event for TRI. Finals for TRI groups will only be used at the English Championships (EC), comprising of the top 8 Gymnasts from the competition's qualification round.

Gymnasts competing in silver age groups, gold age groups, gold youth and junior categories must complete both exercises at a single qualification event to be eligible for qualification to the English Championships. In all categories (excluding Individual Junior and Senior Gold and Senior TRS), the two scores from the compulsory and voluntary exercises will be combined to create an overall score, this will be used to rank the gymnasts. In the Junior, Senior and Senior TRS Gold event the gymnasts will perform 2 exercises with the highest score from those two exercises counting towards their ranking. If the gymnast competes in more than one qualification event the highest of the two qualification scores will count towards the final ranking.

2.2 – Synchronised Trampoline

The TRS competition will consist of two (2) exercises only (see exercise criteria in the tables below). There will be no Finals for TRS at the qualification series or the English Championships. Youth and junior TRS Gymnasts must complete both exercises at a single qualification event to be eligible to qualify for English Championships. Senior TRS must complete one (1) of the two (2) exercises (see exercise criteria in the tables below).

In the age groups 'Youth', in both Silver and Gold, there is the option to have same gender pairings or mixed gender pairings. In Junior only same gender pairings will be accepted. TRS Silver has no minimum DD but will follow the maximum DD's set out in the document below. TRS Gold will have set minimum DD, the minimum requirements are set out in the document below.

You will NOT be allowed to compete outside your age bracket set out in this document. Clubs may pair with a gymnast from another club. The pair will be required to compete in matching attire, (mix gender pairings must have similar themed attire when competing). Gymnasts may move up a level if they competed at Silver in TRI and they want to partner someone who has performed at TRI Gold. The gymnast will only be allowed to move up from Silver to Gold, NOT down.

2.3 – Tumbling Gold

The competition will be direct entry.



Section 3 – Silver TRA / TRS



Silver TRA, 9-10	
Gender:	Male and Female
Max DD Male:	6.1
Max DD Female:	6.1
Routine Criteria:	
<p>The routine consists of 10 different elements, only three (3) elements allowed with less than 270° of somersault rotation. Each element meeting the requirements must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combing them into one element, but must be performed as separate elements:</p> <ol style="list-style-type: none"> 1. One (1) element landing on the front or back of the body with a minimum of 270° of somersault rotation. 2. One (1) element from front or back - in combination with requirement No. 1 <p>Second exercise requirements:</p> <ul style="list-style-type: none"> • See maximum DD cap for silver competitions. • The degree of difficulty is capped at 1.1 per element. 	
Notes:	
<ul style="list-style-type: none"> • There is no minimum DD in the Silver level of competition. • If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event. 	

Silver TRA, 11-12	
Gender:	Male and Female
Max DD Male:	7.9
Max DD Female:	7.9
Routine Criteria:	
<p>The routine consists of 10 different elements, only two (2) elements allowed with less than 270° of somersault rotation. Each element meeting the requirements must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combing them into one element, but must be performed as separate elements:</p> <ul style="list-style-type: none"> • One (1) element landing on the front or back of the body with a minimum of 270° of somersault rotation. • one (1) element from front or back - in combination with requirement No. 1 with a minimum of 450° of somersault rotation <p>Second exercise requirements:</p> <ul style="list-style-type: none"> • See maximum DD Cap for Silver competitions. • A maximum of 1 body landing allowed, performing more than 1 body landing will be deemed an interruption. • The degree of difficulty is capped at 1.3 per element. 	
Notes:	
<ul style="list-style-type: none"> • There is no minimum DD in the Silver level of competition. • If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event. 	



Silver TRA, 13-14	
Gender:	Male and Female
Max DD Male:	9.5
Max DD Female:	8.8
Routine Criteria:	
<p>The routine consists of 10 different elements, only two (2) elements allowed with less than 270° of somersault rotation. Each element meeting the requirements 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:</p> <ul style="list-style-type: none"> One (1) element landing on the front of the body. One (1) element landing on the back of the body. One (1) element with a minimum of 360° twist and minimum of 360° somersault rotation <p>Second exercise requirements:</p> <ul style="list-style-type: none"> • See maximum DD cap for silver competitions. • A maximum of 1 body landing allowed, performing more than 1 body landing will be deemed an interruption. • The degree of difficulty is capped at 1.3 per element. 	
Notes:	
<ul style="list-style-type: none"> • There is no minimum DD in the Silver level of competition. • If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event. 	

Silver TRA, 15-16	
Gender:	Male and Female
Max DD Male:	10.5
Max DD Female:	9.5
Routine Criteria:	
<p>The routine consists of ten (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 (1) element, but must be performed as separate elements:</p> <ul style="list-style-type: none"> One (1) element to front or back. One (1) element from front or back - in combination with requirement No. 1 One (1) double front or back somersault with or without twist and One (1) element with a minimum of 540° twist and minimum of 360° somersault rotation <p>Second exercise requirements:</p> <ul style="list-style-type: none"> • See maximum DD cap for silver competitions. • A maximum of 1 body landing allowed, performing more than 1 body landing will be deemed an interruption. • The degree of difficulty is capped at 1.5 per element. 	
Notes:	
<ul style="list-style-type: none"> • There is no minimum DD in the Silver level of competition. • If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event. 	



Silver TRA, 17+	
Gender:	Male and Female
Max DD Male:	12.0
Max DD Female:	10.8
Routine Criteria:	
<p>The routine consists of ten (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 (1) element but must be performed as separate elements:</p> <ul style="list-style-type: none"> • One (1) element to front or back. • One (1) element from front or back - in combination with requirement No. 1 • One (1) double front or double back somersault with or without twist and • One (1) element with a minimum of 540° twist and minimum of 360° somersault rotation <p>Second exercise requirements:</p> <ul style="list-style-type: none"> • See maximum DD cap for silver competitions. • A maximum of 1 body landing allowed, performing more than 1 body landing will be deemed an interruption. • The degree of difficulty is capped at 1.5 per element. 	
Notes:	
<ul style="list-style-type: none"> • There is no minimum DD in the Silver level of competition. • If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event. 	

Silver TRS Youth	
Gender:	Can be Male, Female and Mixed (9-12)
Max DD Male:	7.9
Max DD Female:	7.9
Routine Criteria:	
<p>The routine consists of 10 different elements, only two (2) elements allowed with less than 270° of somersault rotation. Each element meeting the requirements 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:</p> <ol style="list-style-type: none"> 1. One (1) element landing on the front or back of the body with a minimum of 270° of somersault rotation. 2. one (1) element from front or back - in combination with requirement No. 1 with a minimum of 450° of somersault rotation <p>Second exercise requirements:</p> <ul style="list-style-type: none"> • See maximum DD Cap for Silver competitions. • A maximum of 1 body landing allowed, performing more than 1 body landing will be deemed an interruption. • The degree of difficulty is capped at 1.3 per element. 	
Notes:	
<ul style="list-style-type: none"> • There is no minimum DD in the Silver level of competition. • If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event. • Groups in TRS Youth can be mixed gender groups 	



Silver TRS Junior

Gender:	Male and Female (13-16)
Max DD Male:	10.5
Max DD Female:	9.5

Routine Criteria:

The routine consists of ten (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 (1) element, but must be performed as separate elements:

- One (1) element to front or back.
- One (1) element from front or back - in combination with requirement No. 1
- One (1) double front or back somersault with or without twist and
- One (1) element with a minimum of 540° twist and minimum of 360° somersault rotation

Second exercise requirements:

- See maximum DD cap for silver competitions.
- A maximum of 1 body landing allowed, performing more than 1 body landing will be deemed an interruption.
- The degree of difficulty is capped at 1.5 per element.

Notes:

- There is no minimum DD in the Silver level of competition.
- If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event.



Section 4 – Gold TRA / TRS



Gold TRA, 13-14

Gender:	Male and Female
Minimum DD Male:	6.3
Minimum DD Female:	5.6

Routine Criteria:

The routine consists of ten (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 (1) element, but must be performed as separate elements:

- One (1) element to front or back
- One (1) element from front or back - in combination with requirement No. 1
- One (1) double front or back somersault with or without twist and
- One (1) element with a minimum of 540° twist and minimum of 360° somersault rotation

Second exercise requirements:

- Maximum of one (1) body landing allowed, performing more than one (1) body landing will be deemed an interruption.

Notes:

- The degree of difficulty is capped at 1.8 per element. If an element is performed over the capped limit will result in disqualification.
- A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements.
- The performing of quadruple somersaults is prohibited and will result in disqualification.

Gold TRA, 15-16

Gender:	Male and Female
Minimum DD Male:	7.6
Minimum DD Female:	7.0

Routine Criteria:

The routine consists of ten (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 (1) element but must be performed as separate elements:

- One (1) element to front or back.
- One (1) element from front or back - in combination with requirement No. 1
- One (1) double front or double back somersault with or without twist and
- One (1) element with a minimum of 540° twist and minimum of 360° somersault rotation

Second exercise requirements:

- Maximum of one (1) body landing allowed, performing more than one (1) body landing will be deemed an interruption.

Notes:

- The degree of difficulty is capped at 1.8 per element. If an element is performed over the capped limit will result in disqualification.
- A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements.
- Performing of quadruple somersaults is prohibited and will result in disqualification.



Masters Youth TRA & TRS

Gender:	Male and Female (TRS can be Mixed)
Age Range:	10 – 12 Years
Minimum DD Male:	5.2
Minimum DD Female:	5.2

Routine Criteria:

The routine consists of ten (10) different elements, only two (2) elements allowed with less than 270° of somersault rotation. Each element meeting the requirements 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:

- One (1) element landing on the front of the body.
- One (1) element landing on the back of the body.
- One (1) element with a minimum of 360° twist and minimum of 360° somersault rotation

Second exercise requirements:

- Maximum of one (1) body landing allowed, performing more than one (1) body landing will be deemed an interruption.

Notes:

- To compete in this competition level, you must be Ten (10) in the year of competition.
- Competitors who compete 9-10 Silver and meet the above criteria may also compete at Masters Youth competition.
- The degree of difficulty is capped at 1.6 per element.
- Minimum DD's apply to TRS at this level.
- A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements.
- The performing of triple and/or quadruple somersaults is prohibited and will result in disqualification.

Masters Junior TRA & TRS

Gender:	TRI Male and Female	Gender:	TRS Male and Female
Age:	13-16	Age:	13-16
Minimum DD Male:	9.0	Minimum DD Male:	7.6
Minimum DD Female:	8.5	Minimum DD Female:	7.0

TRI Routine Criteria:

The Gymnasts will perform two (2) Voluntary exercises which must contain ten (10) different elements, each with a minimum of 360° somersault rotation.

- Maximum of one (1) body landing allowed, performing more than one (1) body landing will be deemed an interruption.

Notes:

- Highest scored exercise out of the two (2) routines will be used to rank the gymnasts for qualification to the English Championships
- The degree of difficulty is capped at 1.8 per element.
- A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements.
- Performing quadruple somersaults is prohibited and will result in disqualification.
- TRS Criteria on Page 14.



Masters Junior TRS

TRS Routine Criteria:

The routine consists of ten (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 (1) element but must be performed as separate elements:

- One (1) element to front or back.
- One (1) element from front or back - in combination with requirement No. 1
- One (1) double front or double back somersault with or without twist and
- One (1) element with a minimum of 540° twist and minimum of 360° somersault rotation

Second exercise requirements:

- Maximum of one (1) body landing allowed, performing more than one (1) body landing will be deemed an interruption.

Notes:

- The degree of difficulty is capped at 1.8 per element. If an element is performed over the capped limit will result in disqualification.
- A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements.
- The performing of quadruple somersaults is prohibited and will result in disqualification.

Masters Senior TRA & TRS

Gender:	TRI Male and Female	Gender:	TRS Male and Female
Age:	16+	Age:	16+
Minimum DD Male:	9.6	Minimum DD Male:	8.5
Minimum DD Female:	9.0	Minimum DD Female:	8.0

Routine Criteria:

The Gymnasts will perform two (2) Voluntary exercises which must contain ten (10) different elements, each with a minimum of 360° somersault rotation.

- Maximum of one (1) body landing allowed, performing more than one (1) body landing will be deemed an interruption.

Notes:

- Highest scored exercise out of the two (2) routines will be used to rank the gymnasts for qualification to the English Championships
- There is no difficulty cap at English events for senior gymnasts.
- A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements



Section 5 – English Double Mini Trampoline

DMT competitions are composed by Qualifications and Finals, according to the following structure:

Competition Phase	Who Competes	Exercises	Starting Order
Qualification 1	All Gymnasts	2 Exercises	Draw
Qualification 2	Top 24, if 48 entries or more. Top 16, if 32-47 entries. None, if less than 31 entries	1 exercise	Draw
Final 1	Top 8	1 exercise	Draw
Final 2	Top 4, if 10 or more entries at Q1	1 exercise	Keep F1 order

5.1 – DMT Qualifications

Qualifications are divided in two rounds: Qualification 1 (Q1) with all registered gymnasts competing, and Qualification 2 (Q2) with the number of gymnasts depending on the entries:

- 1-31 entries No Q2
- 32-47 entries Q2 with 16 gymnasts
- 48+ entries Q2 with 24 gymnasts

Q1 is composed by two voluntary exercises with no repetition of elements allowed in either exercise. The highest sum of the scores of the two exercises will determine the qualification to Q2 or to the Final. The starting order for Qualifications (Q1 and Q2) is decided by a draw. The gymnasts will be divided in groups, as evenly distributed as possible, of no more than sixteen (16) per group, with each group performing their first and second exercises prior to the next group starting the Qualifying Round.

The winner of each competition group will qualify to Q2 or to the final. The remaining places for Q2, up to 16 or 24 places, or for the final, up to 8 places, will be granted according to the final ranking of the first round of qualification.

Q2 Gymnasts will start Q2 with a score of zero. Elements from Q1 can be performed in Q2, but not in the same zone of the DMT as in Q1. The winner of each competition group will qualify for the Final. The remaining six (6) places for the Final will be granted according to the final ranking of all gymnasts.

5.2 – DMT Finals

The starting order for Finals is decided by draw. Starting order for F2 will follow the same order as F1 with the four (4) qualified gymnasts.

Finals are divided into two rounds Final 1 (F1) and Final 2 (F2) with no repetition of elements allowed in either exercise:

- In F1, the eight (8) gymnasts will perform one (1) voluntary exercise. Gymnasts start F1 with a score of zero. The best 4 (four) gymnasts will qualify to F2, while the remaining four (4) will be ranked from 5th to 8th position according to their results in F1.
- In F2, four (4) gymnasts will perform one (1) voluntary exercise. Gymnasts start F2 with a score of zero. The winner is the gymnast with the highest score in F2.
- In case of any tie, then tie break rules will apply (see Appendix 2 page 35 of the Competition Handbook 2023).



Section 6 – Silver DMT



Silver DMT, 9-10	
Gender:	Male and Female
Minimum DD Male:	1.3
Minimum DD Female:	1.3
Pass Criteria:	
<p>Exercise requirements:</p> <ul style="list-style-type: none"> • Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will be accumulated. • Q2 (where required), will consist of one (1) voluntary exercise, elements from the Q1 can be performed in Q2 but not in the same 'zone' of the DMT as Q1. • Final 1 (Top 8), will consist of one (1) voluntary exercise of your choice (as long as it meets the minimum difficulty requirement stated in the table above). • Final 2 will consist of one (1) voluntary exercise, no repeat skills from F1, • Gymnasts must meet minimum difficulty requirement stated in the table above in all exercises. 	
Notes:	
<ul style="list-style-type: none"> • Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges. • All finals will be zero finals. 	

Silver DMT, 11-12	
Gender:	Male and Female
Minimum DD Male:	1.3
Minimum DD Female:	1.3
Routine Criteria:	
<p>Exercise requirements:</p> <ul style="list-style-type: none"> • Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will be accumulated. • Q2 (where required), will consist of one (1) voluntary exercise, elements from the Q1 can be performed in Q2 but not in the same 'zone' of the DMT as Q1. • Final 1 (Top 8), will consist of one (1) voluntary exercise of your choice (as long as it meets the minimum difficulty requirement stated in the table above). • Final 2 will consist of one (1) voluntary exercise, no repeat skills from F1, • Gymnasts must meet minimum difficulty requirement stated in the table above in all exercises. 	
Notes:	
<ul style="list-style-type: none"> • Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges. • All finals will be zero finals. 	



Silver DMT, 13-14	
Gender:	Male and Female
Minimum DD Male:	1.6
Minimum DD Female:	1.6
Routine Criteria:	
<p>Exercise requirements:</p> <ul style="list-style-type: none"> • Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will be accumulated. • Q2 (where required), will consist of one (1) voluntary exercise, elements from the Q1 can be performed in Q2 but not in the same 'zone' of the DMT as Q1. • Final 1 (Top 8), will consist of one (1) voluntary exercise of your choice (as long as it meets the minimum difficulty requirement stated in the table above). • Final 2 will consist of one (1) voluntary exercise, no repeat skills from F1, • Gymnasts must meet minimum difficulty requirement stated in the table above in all exercises. 	
Notes:	
<ul style="list-style-type: none"> • Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges. • All finals will be zero finals. 	

Silver DMT, 15-16	
Gender:	Male and Female
Minimum DD Male:	1.7
Minimum DD Female:	1.7
Routine Criteria:	
<p>Exercise requirements:</p> <ul style="list-style-type: none"> • Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will be accumulated. • Q2 (where required), will consist of one (1) voluntary exercise, elements from the Q1 can be performed in Q2 but not in the same 'zone' of the DMT as Q1. • Final 1 (Top 8), will consist of one (1) voluntary exercise of your choice (as long as it meets the minimum difficulty requirement stated in the table above). • Final 2 will consist of one (1) voluntary exercise, no repeat skills from F1, • Gymnasts must meet minimum difficulty requirement stated in the table above in all exercises. 	
Notes:	
<ul style="list-style-type: none"> • Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges. • All finals will be zero finals. 	



Silver DMT, 17+

Gender:	Male and Female
Minimum DD Male:	2.1
Minimum DD Female:	2.1

Routine Criteria:

Exercise requirements:

Exercise requirements:

- Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will be accumulated.
- Q2 (where required), will consist of one (1) voluntary exercise, elements from the Q1 can be performed in Q2 but not in the same 'zone' of the DMT as Q1.
- Final 1 (Top 8), will consist of one (1) voluntary exercise of your choice (as long as it meets the minimum difficulty requirement stated in the table above).
- Final 2 will consist of one (1) voluntary exercise, no repeat skills from F1,
- Gymnasts must meet minimum difficulty requirement stated in the table above in all exercises.

Notes:

- Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges.
- All finals will be zero finals.



Section 7 – Gold DMT



Gold DMT, 13-14

Gender:	Male and Female
Minimum DD Male:	2.1
Minimum DD Female:	2.1
Pass Criteria:	
Exercise requirements: <ul style="list-style-type: none">• Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will be accumulated.• Q2 (where required), will consist of one (1) voluntary exercise, elements from the Q1 can be performed in Q2 but not in the same 'zone' of the DMT as Q1.• Final 1 (Top 8), will consist of one (1) voluntary exercise of your choice (as long as it meets the minimum difficulty requirement stated in the table above).• Final 2 will consist of one (1) voluntary exercise, no repeat skills from F1,• Gymnasts must meet minimum difficulty requirement stated in the table above in all exercises.	
Notes: <ul style="list-style-type: none">• Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges.• All finals will be zero finals.	

Gold DMT, 15-16

Gender:	Male and Female
Minimum DD Male:	2.1
Minimum DD Female:	2.1
Routine Criteria:	
Exercise requirements: <ul style="list-style-type: none">• Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will be accumulated.• Q2 (where required), will consist of one (1) voluntary exercise, elements from the Q1 can be performed in Q2 but not in the same 'zone' of the DMT as Q1.• Final 1 (Top 8), will consist of one (1) voluntary exercise of your choice (as long as it meets the minimum difficulty requirement stated in the table above).• Final 2 will consist of one (1) voluntary exercise, no repeat skills from F1,• Gymnasts must meet minimum difficulty requirement stated in the table above in all exercises.	
Notes: <ul style="list-style-type: none">• Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges.• All finals will be zero finals.	



Masters Youth DMT			
Gender:	Male and Female	Age:	10 - 12
Minimum DD Male:	1.6		
Minimum DD Female:	1.6		
Routine Criteria:			
<p>Exercise requirements:</p> <ul style="list-style-type: none"> • Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will be accumulated. • Q2 (where required), will consist of one (1) voluntary exercise, elements from the Q1 can be performed in Q2 but not in the same 'zone' of the DMT as Q1. • Final 1 (Top 8), will consist of one (1) voluntary exercise of your choice (as long as it meets the minimum difficulty requirement stated in the table above). • Final 2 will consist of one (1) voluntary exercise, no repeat skills from F1, • Gymnasts must meet minimum difficulty requirement stated in the table above in all exercises. 			
Notes:			
<ul style="list-style-type: none"> • To compete in this competition level, you must be Ten (10) in the year of competition. • Competitors who compete 9-10 Silver and meet the above criteria may also compete at Masters Youth competition. • Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges. • All finals will be zero finals. 			

Masters Junior DMT			
Gender:	Male and Female	Age:	13-16
Minimum DD Male:	2.7		
Minimum DD Female:	2.7		
Routine Criteria:			
<p>Exercise requirements:</p> <ul style="list-style-type: none"> • Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will be accumulated. • Q2 (where required), will consist of one (1) voluntary exercise, elements from the Q1 can be performed in Q2 but not in the same 'zone' of the DMT as Q1. • Final 1 (Top 8), will consist of one (1) voluntary exercise of your choice (as long as it meets the minimum difficulty requirement stated in the table above). • Final 2 will consist of one (1) voluntary exercise, no repeat skills from F1, • Gymnasts must meet minimum difficulty requirement stated in the table above in all exercises. 			
Notes:			
<ul style="list-style-type: none"> • Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges. • All finals will be zero finals. 			



Masters Senior DMT

Gender:	Male and Female	Age:	16+
Minimum DD Male:	4.4		
Minimum DD Female:	3.0		

Routine Criteria:

Exercise requirements:

- Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will be accumulated.
- Q2 (where required), will consist of one (1) voluntary exercise, elements from the Q1 can be performed in Q2 but not in the same 'zone' of the DMT as Q1.
- Final 1 (Top 8), will consist of one (1) voluntary exercise of your choice (as long as it meets the minimum difficulty requirement stated in the table above).
- Final 2 will consist of one (1) voluntary exercise, no repeat skills from F1,
- Gymnasts must meet minimum difficulty requirement stated in the table above in all exercises.

Notes:

- To compete in this competition level, you must be Sixteen (16) in the year of competition.
- Competitors who compete 15-16 Gold and meet the above criteria may also compete at Master's Senior competition.
- Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges.
- All finals will be zero finals.

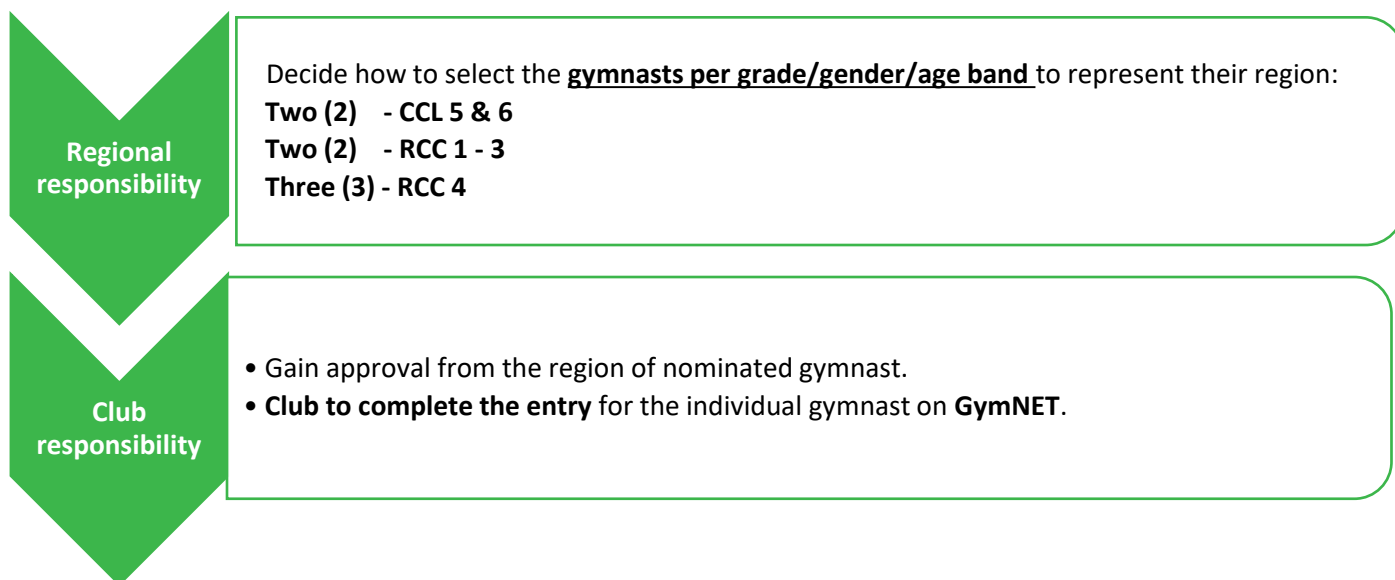


Section 8 – Silver TUM



Object: The English Silver competition will offer gymnasts the chance to taste FIG competition while relying largely on the NDP base they are coming from. This competition is for gymnasts from the NDP section of the tumbling discipline.

Entry: Regions will need to nominate gymnasts to the English Silver Championship by **Thurs 2nd May 2024**.



Recommendation: Regions run one or more selection events between 1st January 2024 and 30th April 2024. Direct nomination by the TC/Regional selection panel is acceptable. Regions can also select from their squad programme if they wish. **Where this is not possible, we will accept a number only entry from the region with name gymnasts being added within 2 weeks of closing date.**

Event Grades and Age Bands				
Grades	Age Bands			
Club 5	9 - 10	11 - 12	13+	
Club 6	9 - 10	11 - 12	13 - 14	15+
Regional 1	U13	O13		
Regional 2	10 - 12	13 - 14	15+	
Regional 3	U15	O15		
Regional 4	9 - 10	11 - 12	13 - 14	15+

The competition organisers reserve the right to make any changes needed to the running order of the competition, and the below is for guidance only.

Day of Event	Podium Training	Competing
Friday	Club grades 5 & 6 Regional grades 1, 2, 3 (Evening)	N/A
Saturday	Regional grade 4 (Evening) All Gold	Club grades 5 & 6 Regional grades 1, 2, 3
Sunday	N/A	Regional grade 4 All Gold



8.1 – Tumbling Silver Pass Criteria

Club Levels 5 & 6
<ul style="list-style-type: none">Gymnasts will complete runs 1 & 2 as specified in the Tumbling Club Cup series & Finals 2023. This can be found in the British Gymnastic handbook at the link below.
3rd Run Requirements
<ul style="list-style-type: none">In addition, they will perform a third voluntary run. Run 3 will have 6 elements, the elements will use FIG values.Run 3 will be marked from 10, the same as runs 1 & 2.Voluntary run can reuse an ending element from a previous run without penalty.
Notes
<ul style="list-style-type: none">British Gymnastics website > Technical Information > Competition HandbookAll 3 runs will now have a D value.The medalists will be determined by using the cumulative E scores from all 3 runs and the D value of all 3 runs.For all events, coaches should submit a tariff sheet on the day of the competition.

Regional Challenge Cup Levels 1-3
Gymnasts from Regional Challenge Cup Levels 1 – 3 will compete: <ul style="list-style-type: none">Regional 1-3 Gymnasts will complete runs 1 & 2 as specified in the TUM Regional Challenge Cup Series & Final 2022 handbook
3rd Run Requirements
<ul style="list-style-type: none">Run 3 for regional 1 will have 6 elements, the elements will use FIG values. Run 3 will be marked from 10.Run 3 for regional 2-3 will have 8 elements, the elements will use FIG values. Run 3 will be marked from 10.Voluntary run can reuse an ending element from a previous run without penalty.
Notes
<ul style="list-style-type: none">British Gymnastics website > Technical Information > Competition Handbook.The medalists will be determined using the cumulative E scores from all 3 runs and the individual D values of all 3 runs.For all events, coaches should submit a tariff sheet on the day of the competition.

Regional Challenge Cup Level 4
Gymnasts from Regional Challenge Cup Level 4 will compete: <ul style="list-style-type: none">Regional 4 gymnasts will complete run 1 of the set runs, set out in the TUM Regional Challenge Cup Series & Final 2022 handbook
2nd & 3rd Run Requirements
<ul style="list-style-type: none">Runs 2 and 3 are voluntary runs as per TUM Regional Challenge Cup Series & Final 2022 handbook.Runs 2 and 3 for regional 4 will have 8 elements, the elements will use FIG values. Runs 2 and 3 will be marked from 10.Voluntary run can reuse an ending element from a previous run without penalty.
Notes
<ul style="list-style-type: none">British Gymnastics website > Technical Information > Competition Handbook.Medalists will be determined using the cumulative E scores from all 3 runs & D value of all 3 runs.For all events, coaches should submit a tariff sheet on the day of the competition.



Section 9 – Gold TUM



Competition Entry

Age Groups:	10	11 – 12	13 – 14	15 – 16	17 – 21	Senior
Notes						
<ul style="list-style-type: none">• The competition will be direct entry, but gymnasts must perform the following minimum difficulty.• Guests can apply to enter the event, but they won't be awarded a top three medal and will not take the place of an English Gymnasts for the final.• Guests will need to be approved by the English Gymnastic Technical Committee prior to the competition.						

Competition Run Criteria

Age Group: 10

- Gymnasts will perform 2 preliminary passes.
- No repeat of elements as per FIG CoP.
- Men and women: minimum difficulty 3.4 for two completed passes combined.
- The top 8 gymnasts will progress to a Zero start one run final.

Preliminaries: 11 – 12, 13 – 14, 15 – 16, 17 – 21, and Senior

- Gymnasts will perform 2 preliminary passes.
- No repeat of elements as per FIG CoP.
- 11 – 12 men and women: minimum difficulty 4.1 for two completed passes combined.
- 13 – 14 men and women: minimum difficulty 5.5 for two completed passes combined.
- 15 – 16, 17 – 21 and senior men: minimum difficulty 7.6 for two completed passes combined.
- 15 – 16, 17 – 21 and senior women: minimum difficulty 7.1 for two completed passes combined.

Finals: 11 – 12, 13 – 14, 15 – 16, 17 – 21, and Senior

- **Top 8 Final 1 (F1):** Gymnasts with the top eight (8) best combined preliminary round scores will progress to compete in Final 1 (F1). Where the gymnasts perform one voluntary pass from a zero start.
- **Top 4 Final 2 (F2):** Gymnasts with the top four (4) F1 scores qualify to Final 2 (F2), where the gymnasts perform one voluntary exercise from a Zero start. No elements may be repeated within and/or between F1 and F2.

The competition organisers reserve the right to make any changes needed to the running order of the competition and the below is for guidance only.

9.5 – Competition Format

Sunday age group, 10, will perform 2 voluntary passes. The top 8 go on to the Final. All finals are from Zero start.

Sunday age groups, 11 – 12, 13 – 14, 15 – 16, 17 – 21 and Senior, will perform 2 voluntary passes. The top 8 go on to the Final 1 (F1) and the top 4 progress to Final 2 (F2). All finals are from Zero start.

Podium Training will be on Saturday Evening for all English Gold tumblers.



Section 10 – Disability Individual Trampoline Criteria

A separate document contains the full DIS Programme.

Section 11 – Disability Double Mini Trampoline Criteria

A separate document contains the full DIS Programme.

Section 12 – Disability Synchronised Trampoline Criteria

A separate document contains the full DIS Programme.

