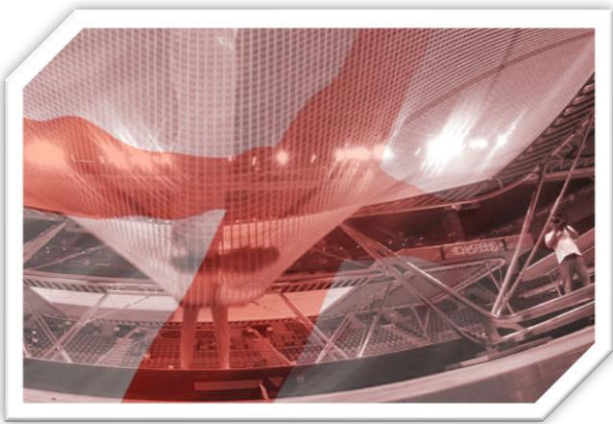


# English Gymnastics

## National Competition Handbook 2024

English Disability Trampoline, Double Mini Tramp  
Routine Criteria



# Section 1 – About

## 1.1 – Introduction Letter

Dear Clubs,

Welcome to the 2024 handbook for the disability's competitions for England in 2024. There have been no changes to the criteria this year.

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 6 – 7
Exerciser Criteria	Routine criteria updated	Various
English Championships	Qualification numbers to English Championships updated for 2024	9

### 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 4



## 1.3 – English Events Calendar 2024

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



## 1.4 – English Events Calendar 2025

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

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 2.0 – Disabilities Double Mini Trampoline

The English Qualification Series (EQS) will consist of 'Silver and Gold' levels. Groups will be separated into the follow, male and female, Categories 1 and 2. Age groups will be 9-14 years and 15+.

### 2.1 – Qualification Series

DIS DMT will consist of a qualification round of two (2) Voluntary passes, scores in the qualification round are cumulative. In the qualification round there are no repeated skills in any zone of the DMT. The top 8 ranked gymnasts will then perform in the Final, this round will be cumulative. In the Final gymnasts will be required to perform one (1) voluntary pass in which, elements from the qualification round can be performed but not in the same zone of the DMT. There will be no Final 2 in any of the disability competition.

Tie breaks will be resolved by the procedures set out in the main English handbook.

### 2.2 – Championship Qualification

A maximum of 12 gymnasts per category, age group and gender will be invited to attend the English Championships. See main Competition Handbook 2024 for publication of qualification results.

Ranking will be based on the scores from the qualification round only. Gymnasts need to complete both qualification exercises at a single qualification event to be eligible for the English Championships.

Gymnasts at the qualification series, who exceed difficulty limits for an individual skill, (silver level only) will not be eligible to compete at the English Championships.

The championship will follow the same layout as the qualification competitions.

Medals will be awarded to the top 3 gymnasts; interrupted exercises will NOT result in the loss of the medal.



## Section 3.0 – Double Mini Trampoline Exercise Criteria

<b>Disabilities DMT Silver</b>	
<b>Qualification Round</b>	
<ul style="list-style-type: none"><li>• Qualification round will consist of two (2) voluntary exercises, 'No' individual skill should exceed 0.7</li><li>• During the qualification round you are not permitted to repeat any element in any zone of the DMT.</li></ul>	
<b>Final</b>	
<ul style="list-style-type: none"><li>• The final will consist of a 3<sup>rd</sup> voluntary exercise, 'No' individual skill should exceed 0.7</li><li>• During this round you can repeat a skill from the qualification round but NOT in the same zone of the DMT</li></ul>	
<b>Notes:</b>	
<ul style="list-style-type: none"><li>• If you exceed the difficulty limit for an individual element you will receive a 2.0 penalty taken from the CJP.</li><li>• If you exceed the difficulty limit for an individual element you will not be eligible to qualify to the English Championships.</li><li>• For repeated elements offences either in the qualification round or the final, the gymnast will receive a 2.0 penalty taken from CJP</li></ul>	

<b>Disabilities DMT Gold</b>	
<b>Qualification Round</b>	
<ul style="list-style-type: none"><li>• Qualification round will consist of two (2) voluntary exercises. There are no minimum or maximum DD requirements.</li><li>• During the qualification round you are not permitted to repeat any element in any zone of the DMT.</li></ul>	
<b>Final</b>	
<ul style="list-style-type: none"><li>• The final will consist of a 3<sup>rd</sup> voluntary exercise.</li><li>• During this round you can repeat a skill from the qualification round but NOT in the same zone of the DMT</li></ul>	
<b>Notes:</b>	
<ul style="list-style-type: none"><li>• If you exceed the difficulty limit for an individual element you will receive a 2.0 penalty taken from the CJP.</li><li>• If you exceed the difficulty limit for an individual element you will not be eligible to qualify to the English Championships.</li><li>• For Repeated elements offences either in the qualification round or the final, the gymnast will receive a 2.0 penalty taken from CJP</li></ul>	





## Section 4.0 – Disabilities Trampoline

### 4.1 – Disabilities Individual Trampoline

All TRI English Qualification Series will consist of, 2 voluntary exercises, (please see minimum standards within this document). Gymnasts must complete both exercises in the qualification round to be eligible to qualify for the English Championships. Ranking will be based on the highest scores after the qualification rounds have taken place.

Gymnasts that don't meet the requirements will not be eligible to qualify for the English Championships. If the gymnast exceeds the maximum DD (Silver only) they will not be eligible for the English Championships or receive a medal. (Where a gymnast that has exceeded the maximum DD, the medal will be given to the next eligible gymnast).

The top 16 highest scoring gymnasts from English qualification series will qualify for English Championships at both Gold and Silver levels.

### 4.2 – English Championships

At the English Championships, gymnasts will compete 2 voluntary exercises with the top 8 ranked gymnasts performing a final voluntary exercise.

- At the English Championships only, the Final round will be a 'Zero Final.'
- For all Tie break rules please refer to the main Handbook.

### 4.3 – Disabilities Synchronised Trampolining

- All DIS TRS will consist of mixed gender and mixed classification pairings. (You can have Cat 1's with Cat 2's and boys with girls, there can be any pairings and any age group).
- Routines will follow the DIS Gold criteria below.
- All DIS (TRS) will take place alongside the silver competition, it will consist of 2 exercises but no Final, this includes the English Championships.
- Gymnasts are required to complete both exercises at a single qualification event to be eligible to compete at the English Championships.



## Section 5.0 – Trampoline Exercise Criteria

Disability TRI Silver 9 – 14 and 15+			
Category 1		Category 2	
Gender:	Male and Female	Gender:	Male and Female
Exercise Criteria:			
<p>Exercise requirements:</p> <ul style="list-style-type: none"> <li>• Qualification round consists of 2 voluntary exercises.</li> <li>• Difficulty will not be awarded for exercise 1.</li> <li>• Scores will be cumulative.</li> <li>• Maximum difficulty of 3.0</li> <li>• The Final consists of a 3<sup>rd</sup> Voluntary exercise (Only at English Championships)</li> </ul>			
Notes:			
<ul style="list-style-type: none"> <li>• Scores from the qualification rounds will be cumulative and determine the ranking for the English Championships.</li> <li>• There are no Finals in the qualification events.</li> <li>• Execution, difficulty, and horizontal displacement scores will be awarded. (No difficulty will be awarded for routine 1)</li> <li>• Time of Flight will not be included.</li> <li>• Difficulty cards are required.</li> <li>• The Silver level voluntary routine will have a MAXIMUM difficulty limit of 3.0. The penalty for gymnasts exceeding the 3.0 difficulty will be a 2.0 penalty from the CJP and they will also not be eligible to qualify for the English Championships. At the English Championships the gymnasts will NOT be eligible to receive a medal.</li> </ul>			

Disability TRI Gold 9 – 14 and 15+			
Category 1		Category 2	
Gender:	Male and Female	Gender:	Male and Female
Exercise Criteria:			
<p>Exercise requirements:</p> <ul style="list-style-type: none"> <li>• Qualification round consists of 2 voluntary exercises.</li> <li>• There are NO minimum or maximum difficulty in the Gold event.</li> <li>• No difficulty will be awarded for exercise 1.</li> <li>• The Final consists of a 3<sup>rd</sup> Voluntary exercise (Only at English Championships)</li> </ul>			
Notes:			
<ul style="list-style-type: none"> <li>• Scores from the qualification round will be cumulative and determine the ranking for the English Championships.</li> <li>• There are no Finals in the qualification events.</li> <li>• Execution, difficulty, and horizontal displacement scores will be awarded. (No difficulty will be awarded for routine 1).</li> <li>• Time of Flight will not be included.</li> <li>• Difficulty cards are required.</li> </ul>			

