

2024

Technical Requirements

Trampoline | Disabilities Pathway

National Trampoline Technical Committee

CLUB CUP & REGIONAL CHALLENGE CUP

Technical Requirements

CLUB CUP

Club Cup Level 1	Club Cup Level 2
9-14 years / 15+ CAT 1 Male/Female CAT 2 Male/Female	9-14 years / 15+ CAT 1 Male/Female CAT 2 Male/Female
½ Twist to Front Landing To Feet Straddle Jump Seat Landing ½ Twist to Seat Landing ½ Twist to Feet Tuck Jump Pike Jump Back Landing ½ Twist to Feet	Full Twist Straddle Jump Seat Landing ½ Twist to Seat ½ Twist to Feet Pike Jump Back Landing ½ Twist to Feet Tuck Jump Front s/s (T)

REGIONAL CHALLENGE CUP

First Exercise

Challenge Cup Level 1	Challenge Cup Level 2
9-14 years / 15+ CAT 1 Male/Female CAT 2 Male/Female	9-14 years / 15+ CAT 1 Male/Female CAT 2 Male/Female
Back s/s (T) Straddle jump Seat landing ½ twist to feet ½ twist jump Pike jump Back landing ½ twist to feet Tuck jump Front s/s (P)	BSS (T) Straddle Jump Barani (T) Tuck Jump BSS (T) to Seat Landing ½ Twist to feet ½ Twist Jump Pike Jump ½ Twist to Front Landing To Feet

Second Exercise

	Level 1	Level 2
Minimum degree of difficulty	1.6	3.0

Competition Format

Club Cup Series & Championships

- Q1 (2 exercises, repeat each exercise)
 - FIG rules will apply other than:
 - Time of Flight will not be included
-

Regional Challenge Cup Series

- Q1 (2 exercises)
 - FIG rules will apply other than:
 - Time of Flight will not be included
 - Gymnasts who do not demonstrate the minimum difficulty performance standard or compete two 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 & Inter-Regional Challenge Cup Final

- Q1 (2 exercises)
 - FIG rules will apply other than:
 - Time of Flight will not be included
-

Qualification

Qualification to Club Cup Championships

Qualification to the Club Cup Championships should be based on one or more objective, predetermined criteria. It is for the regions to determine their qualifying criteria.

There are no nationally prescribed qualification criteria and this is to allow regions appropriate flexibility to meet their needs. These technical requirements may also be used for Club competitions.

Qualification to Regional Challenge Cup Championships & Inter-Regional Challenge Cup Final

- Regional events should take place between September and March, with the Regional Challenge Cup Championships held, and the regional team selected, by the end of March 2024
- 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
- 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 Championships
- 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 British Gymnastics

For Regions that intend to hold any qualifying events between October and December 2023, the gymnast should enter the age group that they will be eligible for in 2024.

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 all E scores of both exercises

If there is still a tie, the tie will not be broken.

CERTIFICATION

All gymnasts entering the Disabilities Pathway need to obtain a completed disabilities classification certificate at least 6 weeks prior to competing.

SPECIFIC REQUIREMENTS

Any gymnasts with specific requirements for competition (e.g. gymnasts with Cystic Fibrosis requiring to compete in flights without other CF gymnasts, or gymnasts requiring markers on apparatus) must notify the Events Team and Technical Committee of those requirements at the point of entry to each event.

FIG QUALIFICATION EVENTS & BRITISH CHAMPIONSHIPS

Technical Requirements

NATIONAL DISABILITIES LEVEL

9 – 14 Years / 15+
Category 1 Men / Women
Category 2 Men / Women

First exercise

1	BSS (S)
2	Straddle Jump
3	BSS (T)
4	Barani (T)
5	½ Twist jump
6	Tuck Jump
7	BSS to seat landing
8	½ Twist to feet
9	Pike Jump
10	FSS (P)

Second exercise requirements

Minimum degree of difficulty of **4.0**

Competition Format

FIG Qualification Events

- Q1 (2 exercises)
- FIG rules will be applied other than:
 - Time of Flight will not be included
 - Gymnasts who do not demonstrate the minimum difficulty requirements and do not perform complete exercises will:
 - not be awarded a medal; and
 - not be eligible to qualify for the British Championships

British Championships

- Q1 (2 exercises)
- FIG rules will be applied other than time of Flight will not be included

Qualification

Qualification to British Championships

The top **6** ranked gymnasts from each category at the FIG Qualification Events will qualify to the British Championships. The ranking will be based on each gymnast's highest Q1 score across the FIG Qualification Events.

Qualifier lists will be published by no later than **8 July 2024**. Any category containing a number of ranked gymnasts in excess of the maximum qualification quota will include up to 1 reserve place for eligible gymnasts (i.e. only those gymnasts that have otherwise met the qualification requirements). The procedure for reserve entries is set out in the National Competition Handbook.

WILD CARD APPLICATIONS

If a group has fewer than 6 qualifying gymnasts, wild card places may be offered until the group is full. The selection and/or ranking of wild cards will be at the sole discretion of the TC.

Reserve places will comprise ranked gymnasts from the FIG Qualification Events only, and wild card applications will not be accepted for inclusion on the list of reserves.

The deadline for wild card applications is **19 July 2024**. Applications must be submitted by the gymnast's club, supported by any relevant evidence. Any applications received after the deadline will not be considered.

CERTIFICATION

All gymnasts entering the Disabilities Pathway need to obtain a completed disabilities classification certificate at least 6 weeks prior to competing.

SPECIFIC REQUIREMENTS

Any gymnasts with specific requirements for competition (e.g. gymnasts with Cystic Fibrosis requiring to compete in flights without other CF gymnasts, or gymnasts requiring markers on apparatus) must notify the Events Team and Technical Committee of those requirements at the point of entry to each event

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.

Please refer to the National Competition Handbook for further event information.

If there are any amendments to the FIG Code of Points the TC reserves the right to amend these Technical Requirements.