

2024

Technical Requirements

Tumbling | Regional Pathway

National Trampoline Technical Committee

CLUB CUP & REGIONAL CHALLENGE CUP

Technical Requirements

CLUB CUP

Club Cup Level 1										
Age Groups	Exercise 1			Exercise 2			Exercise 3			
			D			D			D	
7-8yrs 9-10yrs 11yrs	1	Forward Roll	0.1	1	Cartwheel (From standing start, facing sideways)	0.1	1	Straight Jump (walk out) (From a standing start on floor)	0.1	
	2	Straight Jump	0.1	2	Cartwheel	0.1	2	Cartwheel 1/4 turn in	0.1	
	3	Forward Roll	0.1	3	Cartwheel (Finish facing sideways)	0.1	3	Fall to Dish onto mat	0.1	
	4	Tuck Jump	0.1				4	Hold Dish (3 secs)	0.1	
	5	Forward Roll	0.1							
	6	Jump 180	0.1							
			0.6				0.3			0.4

Club Cup Level 2										
Age Groups	Exercise 1			Exercise 2			Exercise 3			
			D			D			D	
7-8yrs 9-10yrs 11yrs	1	Straight Jump (walk out) (From a standing start on floor)	0.1	1	Straight Jump (walk out) (From a standing start on floor)	0.1	1	Straight Jump (walk out) (From a standing start on floor)	0.1	
	2	Cartwheel	0.1	2	Cartwheel	0.1	2	Round Off	0.1	
	3	Chasse	0.1	3	Round Off	0.1	3	Jump to Dish onto mat	0.1	
	4	Cartwheel	0.1	4	Straight Jump	0.1	4	Hold Dish (3 secs)	0.1	
	5	Chasse	0.1	5	Backward Roll	0.1				
	6	Cartwheel	0.1							
			0.6				0.5			0.4

Club Cup Level 3										
Age Groups	Exercise 1			Exercise 2			Exercise 3			
			D			D			D	
8yrs 9-10yrs 11-12yrs 13yrs	1	Straight Jump (walk out) (From a standing start on floor)	0.1	1	Straight Jump (walk out) (From a standing start on floor)	0.1	1	Straight Jump (walk out) (From a standing start on floor)	0.1	
	2	Cartwheel	0.1	2	Round Off	0.1	2	Round Off	0.1	
	3	Chasse	0.1	3	Jump 180 (walk out)	0.1	3	Flic	0.1	
	4	Round Off	0.1	4	Round Off	0.1	4	Jump to Dish onto mat	0.1	
	5	Jump 180	0.1	5	Straight Jump	0.1	5	Hold Dish (3 secs)	0.1	
			0.5				0.5			0.5

Club Cup Level 4								
Age Groups	Exercise 1		D	Exercise 2		D	Exercise 3	
8yrs 9-10yrs 11-12yrs 13-14yrs 15+yrs	1	Round Off	0.1	1	Handspring	0.1	1	Straight Jump (walk out) (From a standing start on floor)
	2	Flic	0.1	2	Straight Jump (walk out)	0.1	2	
	3	Half turn Jump	0.1	3	Round Off	0.1	3	Flic
				4	Straight Jump	0.1	4	Flic
							5	Jump to Dish onto mat (hold for 3 seconds)
			0.3				0.4	0.5

Club Cup Level 5								
Age Groups	Exercise 1		D	Exercise 2		D	Exercise 3	
9-10yrs 11-12yrs 13+yrs	1	Round Off	0.1	1	Round Off	0.1	1	Round Off
	2	Flic	0.1	2	Flic	0.1	2	Flic
	3	Jump ½ turn (walk out)	0.1	3	Flic	0.1	3	Tuck Back Somersault
	4	Round Off	0.1	4	Flic	0.1	15 metres of Track only	
	5	Flic	0.1	5	Flic	0.1		
	6	Straight Jump	0.1	6	Straight jump	0.1		
			0.6			0.6		

Club Cup Level 6								
Age Groups	Exercise 1		D	Exercise 2		D	Exercise 3	
9-10yrs 11-12yrs 13-14yrs 15+yrs	1	Round Off	0.1	1	Round Off	0.1	1	Round Off
	2	Flic	0.1	2	Flic	0.1	2	Flic
	3	Flic	0.1	3	Whip	0.2	3	Pike Back Somersault
	4	Flic	0.1	4	Flic	0.1	15 metres of Track only	
	5	Flic	0.1	5	Flic	0.1		
	6	Tuck Back Somersault	0.5	6	Straight Jump	0.1		
			1.0			0.7		

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.

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.

Arms should come into the chest on a half turn jump (as a final skill). Failure to do this will result in a technical error of 0.1 for arm position from the execution judges.

Where the half turn is 'mid exercise, arms should go overhead. Failure to do this will result in a technical error of 0.1 for arm position from the execution judges.

Please note the changes in some of the levels, (e.g. club 5 exercise 1 is now a continued tumble and should not have any stops or pauses in).

REGIONAL CHALLENGE CUP

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

Regional Challenge Cup Level 2									
Age Groups	Exercise 1		D	Exercise 2		D	Exercise 3		D
	10-12yrs 13-14yrs 15+yrs	1	Round Off	0.1	1	Round Off	0.1	1	Round Off
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	15 metres of Track only		
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		Backs s/s (S)	0.6	8	Back s/s (T)	0.5			
			1.3				1.3	1.1	

Regional Challenge Cup Level 3									
Age Groups	Exercise 1		D	Exercise 2		D	Exercise 3		D
	Under 15yrs Over 15yrs	1	Round Off	0.1	1	Round Off	0.1	1	Round Off
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	15 metres of Track only		
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		Backs s/s (S)	0.6	8	Full Twisting Back s/s	0.9			
			1.5				1.8	1.5/1.3	

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		8 Skill Free Exercise		
2		Flic	0.1	Minimum Difficulty over two free exercises 2.6					
3		Flic	0.1						
4		Flic	0.1	Maximum Difficulty over 2 free exercises 3.3					
5		Flic	0.1						
6		Flic	0.1	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					
7		Flic	0.1						
8		Backs s/s (T)	0.5						
			1.2						

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		

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		

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		

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 Twisting Back s/s 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).

Regions may run 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 (e.g. 18+yrs level 1) consider entering the Adult British Championships.

Competition Format

Club Cup Series & Championships

- Qualification – 3 exercises, cumulative score
 - FIG rules will apply
-

Regional Challenge Cup Series

- Qualification – 3 exercises, cumulative score
 - FIG rules will apply other than:
 - Gymnasts who do not demonstrate the minimum difficulty performance standard or compete three 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

- Qualification – 3 exercises, cumulative score
- FIG rules will apply

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 and the TC would suggest an a minimum execution score of 46.2 for three exercises at one of the qualifying events.

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.

Level 4 – Subject to capacity, the third 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 3rd gymnast can be made via the entry portal.

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

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

ELIGIBILITY

Gymnasts who have competed in a Regional Challenge Cup series (but not the Regional Challenge Cup Championships) are eligible for entry at a FIG Qualification Event. Any gymnast that has competed in a Regional Challenge Cup Championships is not eligible to compete at a FIG Qualification event in the same year.

Regions are reminded to adhere to the British Gymnastics [Health & Safety Guidance](#), including in relation to age and level of participation requirements.

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.