

2026

Technical Requirements

DMT | Club & Regional Pathway

National Trampoline Technical Committee

Version 1.0
August 2025

CLUB SERIES

Technical Requirements

Club Level 1 Age Groups: 7-8yrs, 9-10yrs, 11-12yrs, 13+yrs									
Compulsory Round 1					Compulsory Round 2				
	Mount	Spotter	Dismount	DD		Mount	Spotter	Dismount	DD
1	-	Tuck Jump	Straddle Jump	0.2	1	Tuck Jump	-	Pike Jump	0.2
2	-	Straddle Jump	½ Twist Jump	0.3	2	-	1/1 Twist Jump	Tuck Jump	0.5
Combined round DD				0.5	Combined round DD				0.7

Club Level 2 Age Groups: 9-10yrs, 11-12yrs, 13-14yrs, 15+yrs									
Compulsory Round 1					Compulsory Round 2				
	Mount	Spotter	Dismount	DD		Mount	Spotter	Dismount	DD
1	Tuck Jump	-	Full Twist Jump	0.5	1	-	Tuck Jump	Front S/S (P)	0.7
2	Pike Jump	-	½ Twist Jump	0.3	2	-	Pike Jump	Front S/S (T)	0.6
Combined round DD				0.8	Combined round DD				1.3

Competition Format

Club Series & Final

- Compulsory Rounds 1 and 2

Qualification to Club Final

Qualification to the Club Final 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.

REGIONAL SERIES

Technical Requirements

Regional Level 1 Age Groups: 9-12yrs, 13+yrs					
Compulsory Round 1					Optional Round 2
	Mount	Spotter	Dismount	DD	Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Exercises and skills cannot be repeated from the compulsory round exercises, unless in different place on the DMT. Repeat exercises or skills will result in a loss of DD for that skill or exercise.
1	Tuck Jump	-	Barani (T)	0.8	
2	-	Back S/S (T)	Front S/S (T)	1.0	
Combined round DD				1.8	Minimum Combined Round DD Maximum Element DD (Cap)
					1.8 0.7

Regional Level 2 Age Groups: 9-10yrs, 11-12yrs, 13+yrs					
Compulsory Round 1					Optional Round 2
	Mount	Spotter	Dismount	DD	Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Exercises and skills cannot be repeated from the compulsory round exercises, unless in different place on the DMT. Repeat exercises or skills will result in a loss of DD for that skill or exercise.
1	Barani (T)	-	Back S/S (T)	1.2	
2	-	Back S/S (T)	Barani (P)	1.2	
Combined round DD				2.4	Minimum Combined Round DD Maximum Element DD (Cap)
					2.4 1.2

Regional Level 3 Age Group: 13-14yrs					
Compulsory Round 1					Optional Round 2
	Mount	Spotter	Dismount	DD	Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Exercises and skills cannot be repeated from the compulsory round exercises, unless in different place on the DMT. Repeat exercises or skills will result in a loss of DD for that skill or exercise.
1	Barani (T)	-	Back S/S (S)	1.3	
2	Barani (P)	-	Back S/S (T)	1.2	
Combined round DD				2.5	Minimum Combined Round DD Maximum Element DD (Cap)
					2.5 2.0

Regional Level 3 Age Groups: 15-16yrs, 17+yrs						
Compulsory Round 1					Optional Round 2	
	Mount	Spotter	Dismount	DD	Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Exercises and skills cannot be repeated from the compulsory round exercises, unless in different place on the DMT. Repeat exercises or skills will result in a loss of DD for that skill or exercise.	
1	Barani (S)		Back s/s (S)	1.3		
2	Barani (P)	-	Full (S)	1.6		
Combined round DD				2.9	Minimum Combined Round DD Maximum Element DD (Cap)	2.9 2.8

Regional Level 4 Age Group: 9-10yrs						
Compulsory Round 1					Optional Round 2	
	Mount	Spotter	Dismount	DD	Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Exercises and skills cannot be repeated from the compulsory round exercises, unless in different place on the DMT. Repeat exercises or skills will result in a loss of DD for that skill or exercise.	
1	Barani (P)	-	Back S/S (P)	1.3		
2	Barani (T)	-	Back S/S (S)	1.3		
Combined round DD				2.6	Minimum Combined Round DD Maximum Element DD (Cap)	2.6 4.0

Regional Level 4 Age Group: 11-12yrs						
Compulsory Round 1					Optional Round 2	
	Mount	Spotter	Dismount	DD	Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Exercises and skills cannot be repeated from the compulsory round exercises, unless in different place on the DMT. Repeat exercises or skills will result in a loss of DD for that skill or exercise.	
1	Barani (S)	-	Back S/S (S)	1.3		
2	Barani (T)	-	Full (S)	1.6		
Combined round DD				2.9	Minimum Combined Round DD Maximum Element DD (Cap)	2.9 4.0

Regional Level 4 Age Group: 13-14yrs						
Compulsory Round 1					Optional Round 2	
	Mount	Spotter	Dismount	DD	Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Exercises and skills cannot be repeated from the compulsory round exercises, unless in different place on the DMT. Repeat exercises or skills will result in a loss of DD for that skill or exercise.	
1	Barani (S)	-	Full (S)	1.6		
2	Barani (T)	-	Double Back s/s (T)	2.7		
Combined round DD				4.3	Minimum Combined Round DD Maximum Element DD (Cap)	4.3 4.6

Regional Level 4 Age Group: 15+yrs						
Compulsory Round 1					Optional Round 2	
	Mount	Spotter	Dismount	DD	Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Exercises and skills cannot be repeated from the compulsory round exercises, unless in different place on the DMT. Repeat exercises or skills will result in a loss of DD for that skill or exercise.. Minimum Combined Round DD 5.2 Maximum Element DD (Cap) 4.6	
1	Barani (S)	-	Double Back s/s (P)	3.1		
2	Rudi	-	Full (S)	2.1		
Combined round DD				5.2		

Regions may run out of age events, but gymnasts are not eligible to qualify to the Inter-Regional Final

Competition Format

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- Compulsory Round 1 and Optional Round 2
 - FIG rules will apply save that gymnasts who do not demonstrate the minimum difficulty performance standard will not be eligible to qualify for the Regional Final
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Regional Final & Inter-Regional Final

- Compulsory Round 1 and Optional Round 2
- FIG rules will apply save that gymnasts who do not demonstrate the minimum difficulty performance standard will not be eligible to qualify for the Inter-Regional Final
- Ties at the Inter-Regional Final will not be broken

Qualification to Regional Final & Inter-Regional Final

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- Regional events should take place between October and April, with the Regional Final held, and the regional team for the Inter-Regional Final selected, by the end of April
 - Qualification criteria for the Regional Series into the Regional Final is at the region's discretion
 - A maximum of two gymnasts per category from each region will qualify from the Regional Final to the Inter-Regional Final
 - Places to enter each category of the Inter-Regional Final will be allocated in rank order from the results of each category at the Regional Final
 - o Gymnasts who do not demonstrate the minimum difficulty performance standard at the Regional Final will not be eligible (and should be skipped over in favour of the next qualifying gymnast in the event they rank in the top two)

- In the event of a tied position at the Regional Final, the tie break rule set out below will apply for qualification, but not for medals
- All Regions must submit the list of the gymnasts that have qualified to the Inter-Regional Finals to British Gymnastics
- Additional places will not be offered to regions in the event of errors in results
- Ties at the Inter-Regional Final will not be broken

For regions that intend to hold qualifying events between October and December, the gymnast should enter the age group that they will be eligible for in the following year.

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 third gymnast can be made via the entry portal.

TIE BREAKS – REGIONAL SERIES AND REGIONAL FINAL

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 E scores of all exercises will prevail;
3. The gymnast with the lowest sum of CJP penalties of all exercises will prevail;
4. The gymnast with the highest D score of one exercise will prevail.

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

ELIGIBILITY

Gymnasts who have competed in a Regional Series event (but not the Regional Final) are eligible for entry at a National Qualification Event. Any gymnast that has competed in a Regional Final is not eligible to compete at a National 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.

NOTE:

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, 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.

The Technical Committee may, at its discretion during post-competition analysis, indicate to a club or coach that a gymnast is deemed to have been entered at a category above their level of performance.

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.