



TRA Technical Requirements

Spring Cups & National Age Group Final

2022

Trampoline National Technical Committee

British
Gymnastics

Please refer to the National Competition Handbook for further information

Spring Cups & National Age Group Final 2022

Requirements

10 years

First exercise

Prescribed routine	FIG
Back s/s (s)	4-/
Barani (s)	41/
Straddle Jump	v
Back s/s (p)	4-<
Barani (p)	41<
Tuck Jump	0
Barani (t)	410
Back s/s (t)	4-0
Pike Jump	<
Front s/s)	<

Second exercise requirements

1. The minimum exercise degree of difficulty is 4.1 for male and female gymnasts.
2. The exercise must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption to the exercise.
3. The degree of difficulty is capped at 1.3 per element.
4. A penalty of 2.0 will be applied for each complete exercise (10 elements) which, fails to meet the minimum difficulty requirements.
5. The performing of triple and quadruple somersaults is prohibited and will result in disqualification.

11-12 years

First exercise with special requirements

The exercise consists of 10 different elements, only two (2) elements 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 element but must be performed as separate elements.

1. one (1) element landing on the front of the body,
2. one (1) element landing on the back of the body,
3. one (1) element with 360° somersault rotation, at least, 360° of twist.

Second exercise requirements

1. The minimum exercise degree of difficulty is 5.8 for male and female gymnasts.
2. The exercise must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption to the exercise.
3. The degree of difficulty is capped at 1.6 per element.
4. A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements.
5. The performing of triple and quadruple somersaults is prohibited and will result in disqualification.

13-14 years

First exercise with special requirements

The exercise consists of 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 element but must be performed as separate elements.

1. one (1) element to front or back,
2. one (1) element from front or back – in combination with requirement N°1,
3. one (1) double front or back somersault with or without twist and
4. one (1) element with a minimum of 540° twist and minimum 360° somersault rotation.

Second exercise requirements

1. The minimum exercise degree of difficulty is 7.8 for male gymnasts & 7.1 for female gymnasts.
2. The exercise must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption to the exercise.
3. The degree of difficulty is capped at 1.8 per element.
4. A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements.
5. The performing of quadruple somersaults is prohibited and will result in disqualification.

15-16 years

First exercise with special requirements

The exercise consists of 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 element but must be performed as separate elements.

1. one (1) element to front or back,
2. one (1) element from front or back – in combination with requirement N°1,
3. one (1) double front or back somersault with or without twist and
4. one (1) element with a minimum of 540° twist and minimum 360° somersault rotation.

Second exercise requirements

1. The minimum exercise degree of difficulty is 9.5 for male gymnasts and 8.3 for female gymnasts.
2. The exercise must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption to the exercise.
3. The degree of difficulty is capped at 1.8 per element.
4. A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements.
5. The performing of quadruple somersaults is prohibited and will result in disqualification.

17-21 years

Two (2) voluntary exercises. The highest score of the two (2) exercises will determine the qualification to the Final.

Exercise requirements

1. The minimum exercise degree of difficulty is 10.6 for male gymnasts and 9.1 for female gymnasts.
2. The exercise must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption to the exercise.
3. The degree of difficulty is capped at 2.0 per element.
4. A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements
5. The performing of quadruple somersaults is prohibited and will result in disqualification.

Senior (17yrs+)

Two (2) voluntary exercises. The highest score of the two (2) exercises will determine the qualification to the Final.

Exercise requirements

1. The minimum exercise degree of difficulty is 12.0 for male gymnasts and 10.5 for female gymnasts (for both voluntary exercises).
2. The exercises must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption to the exercise.
3. A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements.

Gymnasts cannot move between the 17-21 age group and Senior at the Spring Cups and National Age Group Final in the same competition season.

Competition Format

Spring Cups

- Qualification (1st & 2nd exercise) and Final (top 8)
- FIG rules will be applied other than:
 - o Gymnasts who do not demonstrate the minimum difficulty performance standard will:
 - o not be awarded a medal
 - o not be eligible to qualify for the National Age Group Final

The recommended performance standards to enter the National Level Spring Cups are:

- o 1st exercise 8.0 execution
- o 2nd exercise 7.5 execution
- o Minimum degree of difficulty as per second exercise requirements as listed

National Age Group Final

- FIG rules will be applied other than;
 - o if there are 8 or fewer gymnasts in any age group the score will be cumulative over the 2 rounds of competition (qualification & final)

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.

Qualification to the National Age Group Final

A maximum number of gymnasts per age group, per gender will be invited to attend the National Age Group Final (number of gymnasts to be confirmed **after first Spring Cup**) made up of the following:

- Current members of the GBR National Junior & Senior Squads will be invited to enter the National Age Group Final.
- The remaining places will be allocated in rank order from the Spring Cup events providing the minimum performance standards have been achieved
- Should places remain available the Technical Committee may invite gymnasts from official Home Nation events providing they have competed at a Spring Cup and achieved the minimum performance standards.

The final list of qualifiers for the National Age Group Final will be published on Monday 23rd May 2022.

Minimum Total Scores (Execution, HD, ToF & DD)		
	Female	Male
10 yrs	76.0	76.0

11-12yrs	82.0	82.0
13-14yrs	86.0	88.0
15-16yrs	87.0	88.0
Minimum Total Score (Execution, HD, ToF & DD) – One routine only		
17-21yrs	48.0	51.0
Senior	50.0	53.0

- Introduction of Mixed synchro at the NAGF. Two (2) age groups, Junior (13-16yrs) and Senior (17+yrs)
- 1 x voluntary exercise – no minimum DD
- Must have qualified as an individual to the NAGF to be eligible to enter

Entry to the National Age Group Final (NAGF) must be completed by clubs via British Gymnastics' GymNET online entry portal by the published closing date.

PLEASE NOTE: If there are any amendments to the FIG Code of Points the TC reserve the right to amend these Technical Requirements.