

DMT National Pathway

Reference for requirements and qualification pathways in GB National DMT competition

Minimum Requirements		Men					Women				
Age Group	Max DD	M	S	D	DD	Total	M	S	D	DD	Total
10	4.0	41/0.7	4-/0.6	43/1.2	1.8	3.4	41/0.7	4-/0.6	43/1.2	1.8	3.4
11-12	4.0	43/1.2	41/0.7	42/0.9	2.1	4.8	43/1.2	41/0.7	42/0.9	2.1	4.8
13-14	4.6	43/1.2	4-/0.6	8--<2.4	3.6	7.0	41/0.7	8-->2.0	8-->2.7	5.8	
15-16	4.6	8-1o2.4	8-1<2.8	82-o2.8	5.2	10.0	43/1.2	8--<2.4	8-->2.8	3.6	7.1
17-21	5.2	8-1o2.4	821o3.2	82-/3.6	5.8	11.2	8-1o2.4	8--<2.4	82-o2.8	4.8	8.8
Senior	-	821o3.2	821/4.0	82-/3.6	6.8	13.6	8-1o2.4	8-1<2.8	82-o2.8	5.2	10.4

Please report any problems to James Webster



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Compulsory Round

Level	Age Groups	Exercise 1				Exercise 2				Total	DD Cap
		M	S	D	DD	M	S	D	DD		
1	9-12	○		41○	0.8		4-○	4-○	1.0	1.8	0.7
	13+	0.1		0.7			0.5	0.5			
2	9-10	41○		4-0	1.2		4-○	41<	1.2	2.4	1.2
	11-12	0.7		0.5			0.5	0.7			
3	13-14	41○		4-/	1.3	41<		4-○	1.2	2.5	2.0
	15-16	41/		4-/	1.3	41<		42/	1.6	2.9	2.8
	17+	0.7		0.6		0.7		0.9			
	9-10	41<		4-<	1.3	41○		4-/	1.3	2.6	4.0
4	11-12	41/		4-/	1.3	41○		42/	1.6	2.9	4.0
	13-14	41/		42/	1.6	41○		8--○	2.7	4.3	4.6
	15+	41/		8--<	3.5	43/		42/	2.1	5.2	4.6
		0.7		2.4		1.2		0.9			

Optional Round

2 exercises

DD must meet or exceed the compulsory round difficulty

Repeat skills in the same position on the DMT will not be awarded DD

Qualification Path

Advance to the Inter-Regional Finals

Top 2 who hit difficulty standard from each category progress

Qualify for Regional Final

Must hit minimum difficulty performance standard to progress

Compete at Qualification Events

Other Information

Gymnasts who compete at a Regional Final are NOT eligible to compete at a National Qualification Event

Regions may hold out-of-age categories, but these categories will not progress to the Inter-Regional Finals

Tie Break Rules

Regional Series • Regional Final

Higher sum of difficulty score **then**
Higher sum of execution score **then**
Lower sum of penalties **then**
Higher difficulty score of a single pass

Inter-Regional Finals

Ties will not be broken

DMT Disability

Reference for requirements for DMT in different GB series for disabled athletes

Please report any problems to James Webster

Club Series

Level	M	S	D	DD
Club 1	O 0.1	V ^t 0.1	< 0.1 -1 ^t 0.2	0.2 0.3
4 compulsory passes				
All skills from a block				
+3 jumps permitted				
	< 0.1	V 0.1	-1 0.1	0.2
	V 0.1	-1 0.2		0.3
	< 0.1	V 0.1	-1 0.2	0.2
	V 0.1	-1 0.2		0.3
	< 0.1	V 0.1	-1 0.2	0.2
	V 0.1	-1 0.2		0.3
	O 0.1	V 0.1	-1 0.2	0.2
	O 0.1	-2 0.4		0.5

Regional Series

Level	M	S	D	DD
Reg 1	O 0.1	V 0.1	< 0.1 -1 0.2	0.2 0.3
4 compulsory passes				
	< 0.1	V 0.1	-1 0.2	0.2
	V 0.1	-1 0.2		0.3
	< 0.1	V 0.1	-1 0.2	0.2
	V 0.1	-1 0.2		0.3
	< 0.1	V 0.1	-1 0.2	0.2
	V 0.1	-1 0.2		0.3
	O 0.1	V 0.1	-1 0.2	0.2
	O 0.1	-2 0.4		0.5

National Series

Compulsory Round

Level	M	S	D	DD
National	41/ ^t 0.7	41/ ^t 0.7	4-/0.6	4-/0.6
2 compulsory passes				

^teither a spotter or a mount

Optional Round

- 2 exercises
- DD must meet or exceed the compulsory round difficulty
- Repeat skills in the same position on the DMT will not be awarded DD

Other Information

No penalty is applied for communication between coach and gymnast

Top 8 gymnasts from each category qualify at Nationals

All gymnasts must obtain a classification certificate at least 6 weeks prior to competing

Minimum difficulty must be reached to qualify at National

Available Categories

Cat 1 9-14

Cat 2 9-14

Cat 1 15+

Cat 2 15+

TRA National Pathway

Reference for requirements and qualification pathways in GB National TRA competition

Please report any problems to James Webster

1st Routine Requirements

Requirement	10	11-12	13-14	15-16	17-21
Moves with 270°+	8	8	8	9	10
DD skills in 1 st routine	0	0	0	0	2
Landing on front or back	✓	✓	✓	✓	✓
Move from front or back	✓	✓	✓	✓	✓
360°+ Twist S/S	✗	✓	✗	✗	✓
540°+ Twist S/S	✗	✗	✓	✓	✓
Double	✗	✗	✓	✓	✓

2nd Routine Requirements

Requirement	1.3	1.7	2.1	2.1	2.2
2nd Routine DD Cap	1.3	1.7	2.1	2.1	2.2
Triples Permitted	✗	✗	✓	✓	✓
Quads Permitted	✗	✗	✗	✗	✗

Senior (17+) Requirements

Two voluntary exercises
The highest score of the two will count

Required Performance Criteria

	10	11-12	13-14	15-16	17-21	Senior
DD	4.2	6.3	8.3	10.0	11.0	13.0

Total	71.0	73.0	76.0	81.0	86.0	52.5
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Tie Break Rules

Senior

- Higher Sum of both exercises
- then
- Higher T score
- then
- Higher HD score
- then
- Higher DD score

Age Groups • Youth • Junior

- Higher T score
- then
- Higher HD score
- then
- Higher DD score

Qualification Path

Advance to the British Championships

Youth and Junior: top 16 from each **combined** category progress
17-21 and Senior each take the top 8

Qualify for National Age Group Finals

Top 24 to hit minimum difficulty and total scores progress

Compete at Qualification Events

Championships Format

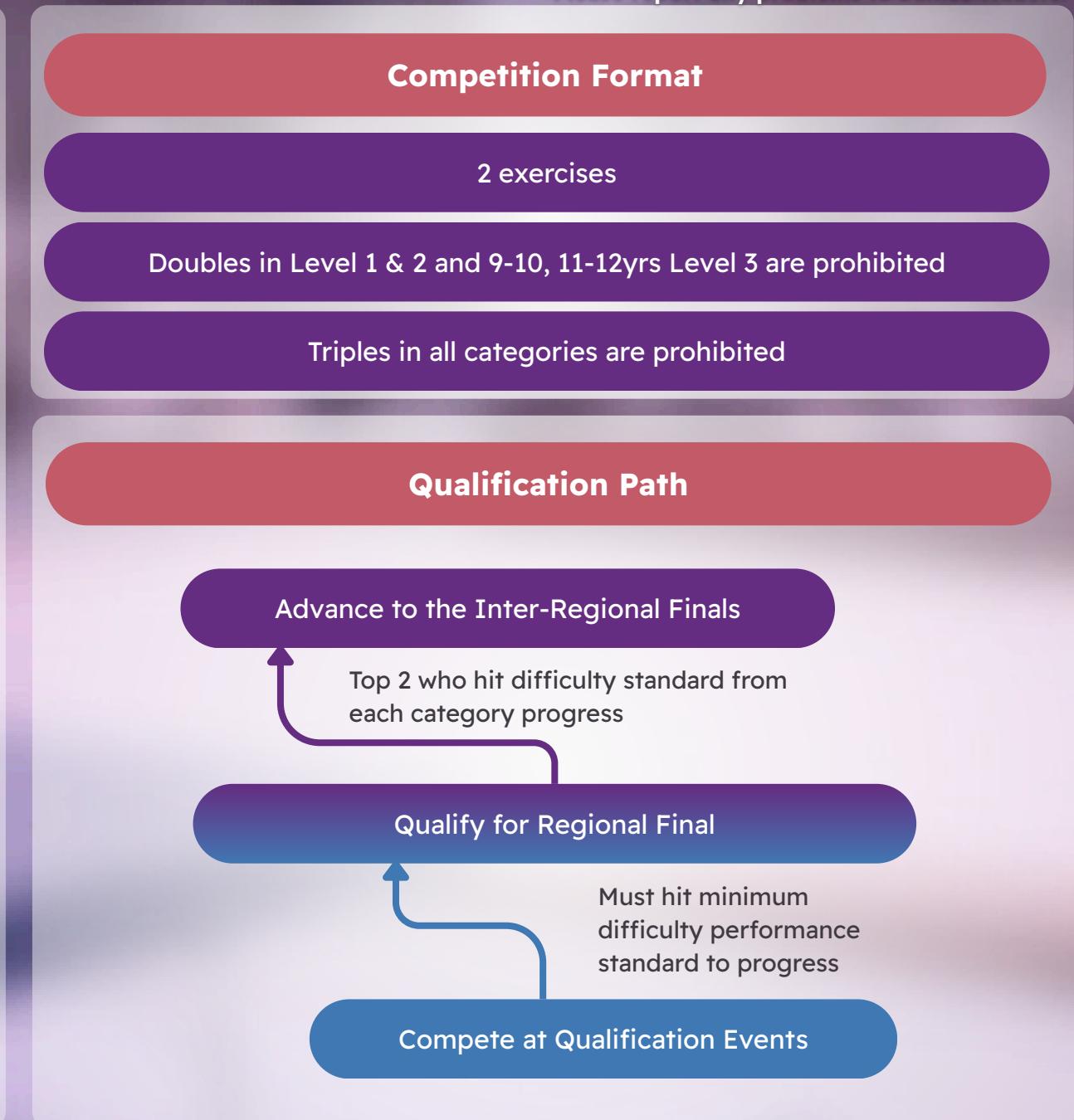
Combined Categories for Championships	Youth	Junior	Senior
DD Element Cap	1.7	2.1	-
Triples Permitted	✗	✓	✓
Quads Permitted	✗	✗	✓
Youth and Junior: Top 16 from combined group compete Q2	10	11-12	
Top 8 from 17-21 and top 8 from Senior compete in Q2	13-14	15-16	
Top 8 from Q2 the compete in the Final	17-21	Senior	

TRA Regional Pathway

Reference for requirements and qualification pathways in GB Regional TRA competition

Please report any problems to James Webster

1 st Exercise					
Level	Level 1	Level 2	Level 3	Level 4	
Age Groups	9-10 • 11-12 • 13-17	9-10 • 11-12 • 13-14 • 15+	9-10 • 11-12 • 13-14 • 15+	10 • 11-12 • 13-14 • 15-16 • 17+	
Routine	Back S/S (T) Straddle Jump Seat Landing ½ to Feet ½ Twist Pike Jump Back Landing ½ to Feet Tuck Jump Front S/S (P)	Back S/S (S) Straddle Jump Back S/S (T) Barani (T) ½ Twist Tuck Jump Back S/S (T) to Seat ½ to Feet Pike Jump Front S/S (P)	Back S/S (S) Barani (S) Straddle Jump Back S/S (P) Barani (P) Tuck Jump Barani (T) Back S/S (T) Pike Jump Front S/S (P)	Moves with 270°+ Landing on front Landing on back 360°+ Twist S/S	7 • 7 • 8 • 8 • 8 X ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ X X ✓ ✓ ✓
2 nd Exercise					
Min DD	2.0	3.3	4.3	4.2 4.2 4.8 4.8 5.0	
Element Cap	0.6	0.7	0.8 1.1	0.8 1.1 1.3 1.5 1.5	



Other Information					
Level 4 required skills must be marked with an asterisk and must be performed as separate elements					
Regions may hold out-of-age categories, but these categories will not progress to the Inter-Regional Finals					

Tie Break Rules		
Regional Series • Regional Final	Higher T score of 2 nd exercise then Higher HD score of 2 nd exercise then Higher DD score of 2 nd exercise	Inter-Regional Finals
	Ties will not be broken	

TRA Disability

Reference for requirements for TRA in different GB series for disabled athletes

Please report any problems to James Webster

Club Series			Regional Series			National Series		
Level	Club 1	Club 2	Level	Regional 1	Regional 2	Level	9-14	15+
Routine	½ To Front To Feet Straddle Jump Seat Landing ½ To Seat ½ to Feet Tuck Jump Pike Jump Back Landing ½ to Feet	Full Twist Straddle Seat Landing ½ to Seat ½ to Feet Pike Jump Back Landing ½ to Feet Pike Jump Front S/S (T)	Routine	½ To Front To Feet Straddle Jump Seat Landing ½ To Seat ½ to Feet Tuck Jump Pike Jump Back Landing ½ to Feet	Full Twist Straddle Seat Landing ½ to Seat ½ To Seat ½ to Feet Tuck Jump Pike Jump Back Landing ½ to Feet	Routine	Back S/S (S) Straddle Jump Back S/S (T) Barani (T) ½ Twist Tuck Jump Back S/S (T) to Seat ½ to Feet Pike Jump Front S/S (P)	10 skills 7 of 270° or more 1 element to back
Other Information								
Regions set their own rules for qualification to Club Finals								
Each exercise is performed twice			Optional Round			Optional Round		
Min DD			2.0			3.0		
Min DD			4.0			4.5		

Other Information

No penalty is applied for communication between coach and gymnast

Top 8 gymnasts from each category qualify at Nationals

Time of Flight is not included

All gymnasts must obtain a classification certificate at least 6 weeks prior to competing

Minimum difficulty must be reached to qualify at Regional and National levels

Available Categories

Cat 1 9-14

Cat 2 9-14

Cat 1 15+

Cat 2 15+

Club Level

Reference for requirements and qualification pathways in GB Club Level competition

Please report any problems to James Webster

DMT

Level Age Groups M S D DD

		O 0.1	V 0.1	0.2
1	7-8	V 0.1	-1 0.2	0.3
	9-10	O 0.1	< 0.1	0.2
	11-12	O 0.1	-2 0.4	0.2
	13+	-2 0.4	O 0.1	0.5
		O 0.1	-2 0.4	0.5
2		O 0.1	-2 0.4	0.5
	9-10	< 0.1	-1 0.2	0.3
	11-12	O 0.1	4-< 0.6	0.7
	13-14	O 0.1	4-O 0.5	0.6

Other Information

Regions set their own rules for qualification to Club Finals

All passes are compulsory exercises

Trampoline

Level Level 1 Level 2 Level 3

Age Groups 7-8 • 9-10 • 11-12 • 13-14 • 15+

Routine	Front Landing To Feet Straddle Jump Seat Landing To Feet ½ Twist Tuck Jump Pike Jump Back Landing To Feet	½ To Front To Feet Straddle Jump Seat Landing ½ To Seat ½ to Feet Tuck Jump Pike Jump Back Landing ½ to Feet	Full Twist Straddle Seat Landing ½ to Seat ½ to Feet Pike Jump Back Landing ½ to Feet Pike Jump Front S/S (T)
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Other Information

Regions set their own rules for qualification to Club Finals

Each routine is performed twice

Club Level - North Region

Reference for requirements and qualification pathways in North Region Club Level competition

Please report any problems to James Webster

DMT

Level	Requirement
1	No somersaults are permitted
2	Max of one somersault per pass
3	Each pass must contain at least one somersault
DIS	No somersaults are permitted

Other Information

No skill repeats in passes 1 & 2 else 2.0 penalty

No skill repeats in passes 3 & 4 else 2.0 penalty

Skills from 1 & 2 may be repeated in 3 & 4 in a different position else 2.0 penalty

All passes must be completed and repeat rules followed to progress to Final

Trampoline

Level	Level 1	Level 2 • DIS 1	Level 3 • DIS 2	Level 4
1 st Routine	Front Landing To Feet Straddle Jump Seat Landing To Feet ½ Twist Tuck Jump Pike Jump Back Landing To Feet	½ To Front To Feet Straddle Jump Seat Landing ½ To Seat ½ to Feet Tuck Jump Pike Jump Back Landing ½ to Feet	Full Twist Straddle Seat Landing ½ to Seat ½ to Feet Pike Jump Back Landing ½ to Feet Pike Jump Front S/S (T)	Voluntary exercise with a minimum difficulty of 2.0
2 nd Routine				Age Groups
Min DD	1.0	1.2	1.6	8
				9-10

Other Information

No difficulty score is awarded for any routines

No ToF score is awarded in Disability

2nd exercise must be at least as difficult as the 1st else 2.0 penalty and cannot qualify

Both exercises must be completed else cannot qualify

Age Groups

All Mixed Gender

8

9-10

11-12

13-14

15+

DIS 8-12

13+