

England Trampoline, DMT & Tumbling



Competition Handbook 2026



— A decade of performance, progress, and pride —

Trampoline, Double Mini-Trampoline & Tumbling Exercise Criteria

Section 1 – About

1.1 – Welcome to the 10th Year of the English Championship Series

Dear Members, Coaches, Judges, and Supporters,

Welcome to the prestigious **10th year of the English Championship Series**. As we mark this important milestone, we are delighted to welcome you and look forward to sharing another exciting chapter of competition with you in the years ahead. Reaching a decade of competition is a testament to the commitment, passion, and support of our entire community, and we are proud to celebrate this achievement together.

This new iteration of the series brings with it several important developments designed to support athlete progression, improve competitive balance, and enhance the overall experience for all involved. We are pleased to confirm that clubs will no longer be required to provide judges as part of their competition entry. The series is now able to house judges independently. This information has already been circulated to the judging community; however, we would still greatly appreciate clubs encouraging their in-house judges to contact our Judge Coordination Team to offer their services. Further details will be provided directly to judges at that time.

We are also pleased to continue our successful venture in **DMT Synchro**, which has proven to be a popular and valuable addition to the series and one we are excited to see develop further this season.

In response to the high participation numbers previously seen within Silver, we are introducing a '**Bronze level**', for female-only age groups **9–10, 11–12, 13–14, and 15–16**. This addition is intended to better support athlete development while helping to balance entry numbers more effectively across the competition structure. As a result, it is not our intention this year to split groups into individual single-year age brackets (such as 10, 11, 12, etc.). We kindly ask coaches to carefully consider gymnasts' abilities when making entries, as this will help spread competitors more fairly and create stronger, more appropriate groupings. **2026**

Within the Gold pathway, we are pleased to introduce a new **17–21 Gold age bracket**. Alongside this, all tariff minimums have been removed; however, an overall individual element cap will remain in place in line with **FIG / World Gymnastics standards**. This change is designed to promote athlete progression while maintaining safety, consistency, and international alignment.

Difficulty minimums have been removed from Gold Trampoline competition, while maximum DDs and penalties will continue to align with Silver-level requirements. This adjustment is intended to encourage athletes who have the appropriate skill level to progress confidently into gold competition. There have also been some small but important changes to the **Tumbling format**, and we strongly encourage all participants to familiarise themselves with these updates ahead of the season.

As always, we wish you the very best in the upcoming year of competition. Thank you for your continued support, commitment, and enthusiasm. We hope you enjoy this season of the English Championship Series and join us in celebrating our 10th year of competition.

Yours in Sport,



Stephen Wood

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1.2 – Version History

EGA reserves the right to make amendments to this handbook.

Updates are communicated in line with data protection and the [English Gymnastics privacy policy](#) by using the following methods:

- [English Gymnastics website](#)
- [EGA Facebook page](#)
- Use of previous event attendees' details
- Use of British Gymnastics membership base (as applicable)

Version 1.0

Initial publishing

Version 2.0

Heading/ Subtitle	Amendment	Page range
1.3 Event Calendar	English TRA/DMT Q1 closing date extended	5
Gold TRA 17-21	First exercise requirement has been updated	19



1.3 – English Events Calendar 2026

Event Name:	English Qualification Series 1		
Event Date:	28 th – 29 th March 2026		
Entry Opening Date:	Noon on the Wednesday 14 th January 2026		
Entry Closing Date:	Noon on the Monday 16 th February 2026		
Event Location:	Birmingham University	B15 2TT	Google link ↗
		what3words – ///could.pack.piano	
Disciplines:	TRI, TRS, DMT, DIS		
Levels and age groups:	Gold, Silver, Bronze all age groups (refer to exercise criteria documents)		
Find an Event link:	TRA/ DMT – Online entry link ↗		
Event Name:	Home Nations Competition 28th – 29th May 2026		
Event Name:	English Tumbling Silver and Gold Championships & English Qualification Series 2		
Event Date:	29 th May – 31 st May 2026		
Entry Opening Date:	Noon on the Monday 30 th March 2026		
Entry Closing Date:	Noon on the Thursday 30 th April 2026		
Event Location:	Telford International Centre	TF3 4JH	Google link ↗
		what3words – ///tutorial.denote.hurls	
Disciplines:	TRI, TRS, DMT, DIS, and TUM (Silver & Gold)		
Levels and age groups:	Gold, Silver, Bronze all age groups (refer to exercise criteria documents)		
Find an Event link:	TRA – Online entry link ↗	TUM – Online entry link ↗	
Event Name:	English Championships		
Event Date:	10 th – 12 th July 2026		
Entry Opening Date:	Noon on the Wednesday 3 rd June 2026		
Entry Closing Date 1:	Noon on the Wednesday 17 th June 2026		
Entry Closing Date 2:	Noon on the Wednesday 24 th June 2026		
Event Location:	Telford International Centre	TF3 4JH	Google link ↗
		what3words – ///tutorial.denote.hurls	
Disciplines:	TRI, TRS, DMT, and DIS		
Levels and age groups:	Gold, Silver, Bronze all age groups (those qualified from Q1 and Q2)		
Find an Event link:	TRA/ DMT – Online entry link ↗		

A complete domestic and international events calendar can be found [online ↗](#)



1.4 – English Events Calendar 2027

Event Name:	English Qualification Series 1	
Event Date:	10 th – 11 th April 2027	
Entry Opening Date:	Noon on the 10 th February 2027 (TBC)	
Entry Closing Date:	Noon on the 10 th March 2027 (TBC)	
Event Location:	To be confirmed	
Disciplines:	TRI, TRS, DMT & DIS	
Levels and age groups:	Gold, Silver, Bronze all age groups (refer to exercise criteria documents)	
Find an Event link:	TRA/ DMT – Online entry link ↗	
Event Name:	English Tumbling Silver and Gold Championships & English Qualification Series 2	
Event Date:	21 st – 23 rd May 2027 (TRA/DMT only Sat & Sun)	
Entry Opening Date:	Noon on the 12 th April 2027 (TBC)	
Entry Closing Date:	Noon on the 27 th April 2027 (TBC)	
Event Location:	Telford International Centre	TF3 4JH Google link ↗ what3words – ///tutorial.denote.hurls
Disciplines:	TRI, TRS, DMT, DIS, and TUM (Silver & Gold)	
Levels and age groups:	Gold, Silver, Bronze all age groups (refer to exercise criteria documents)	
Find an Event link:	TRA/ DMT – Online entry link ↗	TUM – Online entry link ↗
Event Name:	English Championships	
Event Date:	16 th – 18 th July 2027	To be confirmed
Entry Opening Date:	Noon on the 26 th May 2027 (TBC)	
Entry Closing Date 1:	Noon on the 16 th June 2027 (TBC)	
Entry Closing Date 2:	Noon on the 30 th June 2027 (TBC)	
Event Location:	To be confirmed	
Disciplines:	TRI, TRS, DMT, and DIS	
Levels and age groups:	Gold, Silver, Bronze all age groups (those qualified from Q1 and Q2)	
Find an Event link:	TRA/ DMT – Online entry link ↗	

A complete domestic and international events calendar can be found [online](#) ↗



Section 2– English Trampoline Qualification Series

2.1 – Individual Trampoline

All TRI English Qualification Series will consist of the qualification round comprising of two (2) exercises, (please see minimum standards within this document). There are no finals at the qualification event for TRI.

Gymnasts competing in Gold/ Silver age groups must complete both exercises at a single qualification event to be eligible for qualification to the English Championships. In all Age Group categories, the two (2) scores from the compulsory and voluntary exercises will be combined to create an overall score, this will be used to rank the gymnasts.

In the Senior TRI Gold event the gymnasts will perform two (2) exercises with the highest score from those two (2) exercises counting towards their ranking. If the gymnast competes in more than one qualification event the highest of the two (2) qualification scores will count towards the final ranking.

2.2 – Synchronised Trampoline

All TRS groups can compete as same-gender pairings or mixed-gender pairings. All pairings (mixed or same gender) will compete in the appropriate age group event.

The TRS competition will consist of two (2) exercises only (see exercise criteria in the tables below). There will be no Finals for TRS at the qualification series or the English Championships. Youth and Junior TRS Gymnasts must complete both exercises at a single qualification event to be eligible to qualify for English Championships. Senior TRS must complete one (1) of the two (2) exercises (see exercise criteria in the tables below).

TRS Silver has no minimum DD but will follow the maximum DD's set out in the document below.

You will NOT be allowed to compete outside your age bracket set out in this document. Clubs may pair with a gymnast from another club. The pair will be required to compete in matching attire, (mix gender pairings must have similar themed attire when competing). Gymnasts may move up a level if they competed at Silver in TRI and they want to partner someone who has performed at TRI Gold. The gymnast will only be allowed to move up from Silver to Gold, NOT down.



Section 3 – **BRONZE** **TRA**



Bronze TRA 9-10

Gender: Female

Max DD Female: 4.5

Exercise Criteria:

The first exercise consists of 10 different elements, five (5) elements allowed with less than 270° of somersault rotation.

1. One (1) element landing on the front or back of the body with a minimum of 270° of somersault rotation
2. One (1) element from front or back must contain 450° of somersault rotation - in combination with requirement No. 1

Second exercise requirements:

- See maximum DD cap for Bronze competitions
- The degree of difficulty is capped at 0.7 per element

Notes:

- There is no minimum DD in the Bronze level of competition
- If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event

Bronze TRA 11-12

Gender: Female

Max DD Female: 6.0

Exercise Criteria:

The first exercise consists of 10 different elements, four (4) elements allowed with less than 270° of somersault rotation.

Must include:

- One (1) element landing on the front or back of the body with a minimum of 270° of somersault rotation.

In combination with one (1) of the following options:

- One (1) element from front - in combination with requirement No. 1 with a minimum of 450° of somersault rotation
- One (1) element from back - in combination with requirement No. 1 with a minimum of 450° of somersault rotation and a minimum of 180° of twist

Second exercise requirements:

- See maximum DD Cap for Bronze competitions
- The degree of difficulty is capped at 0.8 per element

Notes:

- There is no minimum DD in the Bronze level of competition
- If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event



Bronze TRA 13-14

Gender: Female

Max DD Female: 7.5

Exercise Criteria:

The first exercise consists of 10 different elements, three (3) elements allowed with less than 270° of somersault rotation. These requirements cannot be fulfilled by combining them into one element, but must be performed as separate elements:

Must include:

- One (1) element landing on the front or back of the body with a minimum of 270° of somersault rotation

In combination with one (1) of the following options:

- One (1) element from front - in combination with requirement No. 1 with a minimum of 450° of somersault rotation
- One (1) element from back - in combination with requirement No. 1 with a minimum of 450° of somersault rotation and a minimum of 180° of twist

Second exercise requirements:

- See maximum DD cap for Bronze competitions
- The degree of difficulty is capped at 1.1 per element

Notes:

- There is no minimum DD in the Bronze level of competition
- If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event

Bronze TRA 15-16

Gender: Female

Max DD Female: 8.0

Exercise Criteria:

The first exercise consists of ten (10) different elements, two (2) element allowed with less than 270° somersault rotation. These requirements cannot be fulfilled by combining them into one (1) element, but must be performed as separate elements:

- One (1) element to front or back of the body
- One (1) element from front or back - in combination with requirement No. 1
- One (1) double front or back somersault with or without twist
or
- One (1) element with a minimum of 360° twist and minimum of 360° somersault rotation

Second exercise requirements:

- See maximum DD cap for Bronze competitions
- The degree of difficulty is capped at 1.3 per element

Notes:

- There is no minimum DD in the Bronze level of competition
- If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event



Section 4 – SILVER TRA / TRS



Silver TRA 9-10

Gender:	Male and Female
Max DD Male:	6.0
Max DD Female:	6.0

Exercise Criteria:

First exercise requirements:

The exercise consists of 10 different elements, only four (4) elements allowed with less than 270° of somersault rotation.

- 3. One (1) element landing on the front or back of the body with a minimum of 270° of somersault rotation
- 4. One (1) element from front or back must contain 450° of somersault rotation - in combination with requirement No. 1

Second exercise requirements:

- See maximum DD cap for Silver competitions
- The degree of difficulty is capped at 1.1 per element

Notes:

- There is no minimum DD in the Silver level of competition
- If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event

Silver TRA 11-12

Gender:	Male and Female
Max DD Male:	7.0
Max DD Female:	7.0

Exercise Criteria:

First exercise requirements:

The exercise consists of 10 different elements, only three (3) elements allowed with less than 270° of somersault rotation.

Must include:

- One (1) element landing on the front or back of the body with a minimum of 270° of somersault rotation.

In combination with one (1) of the following options:

- One (1) element from front - in combination with requirement No. 1 with a minimum of 450° of somersault rotation
- One (1) element from back - in combination with requirement No. 1 with a minimum of 450° of somersault rotation and a minimum of 180° of twist

Second exercise requirements:

- See maximum DD Cap for silver competitions
- The degree of difficulty is capped at 1.3 per element

Notes:

- There is no minimum DD in the silver level of competition
- If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event



Silver TRA 13-14

Gender:	Male and Female
Max DD Male:	8.8
Max DD Female:	7.8

Exercise Criteria:

First exercise requirement:

The exercise consists of 10 different elements, only two (2) elements allowed with less than 270° of somersault rotation. These requirements cannot be fulfilled by combining them into one element, but must be performed as separate elements:

Must include:

- One (1) element with a minimum of 360° twist and minimum of 360° somersault rotation
- One (1) element landing on the front or back of the body with a minimum of 270° of somersault rotation

In combination with one (1) of the following options:

- One (1) element from front - in combination with requirement No. 1 with a minimum of 450° of somersault rotation
- One (1) element from back - in combination with requirement No. 1 with a minimum of 450° of somersault rotation and a minimum of 180° of twist

Second exercise requirements:

- See maximum DD cap for silver competitions
- The degree of difficulty is capped at 1.3 per element

Notes:

- There is no minimum DD in the silver level of competition
- If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event

Silver TRA 15-16

Gender:	Male and Female
Max DD Male:	9.6
Max DD Female:	8.8

Exercise Criteria:

First exercise requirement:

The exercise consists of ten (10) different elements, only one (1) element allowed with less than 270° somersault rotation. These requirements cannot be fulfilled by combining them into one (1) element, but must be performed as separate elements:

- One (1) element to front or back of the body
- One (1) element from front or back - in combination with requirement No. 1
- One (1) double front or back somersault with or without twist and
- One (1) element with a minimum of 540° twist and minimum of 360° somersault rotation

Second exercise requirements:

- See maximum DD cap for silver competitions
- The degree of difficulty is capped at 1.5 per element

Notes:

- There is no minimum DD in the silver level of competition
- If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event



Silver TRA 17+

Gender:	Male and Female
Max DD Male:	10.2
Max DD Female:	9.6

Exercise Criteria:

First exercise requirements:

The exercise consists of 10 different elements, all of them with at least 270° of somersault rotation. Each element meeting the two requirements below 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.

- One (1) element to front or back of the body
- One (1) element from front or back – in combination with requirement No. 1

Two (2) elements in the first exercise will be counted for D-scoring in this age group:

- These two (2) elements must include the D-values on the competition card; otherwise, no difficulty score will be entered
- If any of these two (2) elements are performed in the second exercise, the repeated element will not have difficulty value
- The total D score for the above cannot exceed 3.0

Second Exercise requirements:

- See maximum DD cap for silver competitions.
- The degree of difficulty is capped at 1.5 per element.

Notes:

- There is no minimum DD in the silver level of competition.
- If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event.

YEARS
2016–2026



Silver TRS Youth

Gender:	Can be Male, Female and Mixed (9-12 years)
Max DD Male:	7.0
Max DD Female:	7.0

Exercise Criteria:

First exercise requirement:

The exercise consists of 10 different elements, only three (3) elements allowed with less than 270° of somersault rotation.

Must include:

- One (1) element landing on the front or back of the body with a minimum of 270° of somersault rotation

In combination with one (1) of the following options:

- One (1) element from front - in combination with requirement No. 1 with a minimum of 450° of somersault rotation
- One (1) element from back - in combination with requirement No. 1 with a minimum of 450° of somersault rotation and a minimum of 180° of twist

Second exercise requirements:

- See maximum DD Cap for silver competitions
- The degree of difficulty is capped at 1.3 per element

Notes:

- There is no minimum DD in the silver level of competition
- If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event

Silver TRS Junior

Gender:	Male, Female, and Mixed (13-16 years)
Max DD Male:	9.6
Max DD Female:	8.8

Exercise Criteria:

First exercise requirement:

The exercise consists of ten (10) different elements, only one (1) element allowed with less than 270° somersault rotation. These requirements cannot be fulfilled by combining them into one (1) element, but must be performed as separate elements:

- One (1) element to front or back
- One (1) element from front or back - in combination with requirement No. 1
- One (1) double front or back somersault with or without twist and
- One (1) element with a minimum of 540° twist and minimum of 360° somersault rotation

Second exercise requirements:

- See maximum DD cap for silver competitions
- The degree of difficulty is capped at 1.5 per element

Notes:

- There is no minimum DD in the silver level of competition.
- If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event.



Section 5 – GOLD TRA / TRS



Gold TRA 9-10

Gender: Male and Female

Exercise Criteria:

First exercise requirements:

The exercise will consist of ten (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.

- One (1) element to front or back of the body
- One (1) element from front or back - in combination with requirement No. 1 and must contain a minimum of 450° somersault rotation, (rotations from the back must also contain 180° of twist).

Second exercise requirements:

This is a voluntary exercise and has only the limitations set in the notes below on maximum single element difficulty caps.

Notes:

- Difficulty limitations will follow the FIG code of points, single element difficulty cap of 1.5 breaking this cap will result in disqualification.
- The performing of quadruple somersaults is prohibited and will result in disqualification.
- If you fail to complete either of the compulsory or voluntary exercise during the qualification series, you will not be eligible to qualify for the English Championships event.
- If you are disqualified your score from that competition will be removed from contention to qualify for the English Championships

Gold TRA 11-12

Gender: Male and Female

Exercise Criteria:

First exercise requirements:

The exercise will consist of ten (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 (1) element, but must be performed as separate elements:

- One (1) element to front or back of the body
- One (1) element from front or back - in combination with requirement No. 1 and must contain a minimum of 450° somersault rotation, (rotations from the back must also contain 180° of twist).
- One (1) element with a minimum of 360° somersault rotation and minimum of 360° of twist.

Second exercise requirements:

This is a voluntary exercise and has only the limitations set in the notes below on maximum single element difficulty caps.

Notes:

- Difficulty limitations will follow the FIG code of points, single element difficulty cap of 1.7 breaking this cap will result in disqualification.
- The performing of quadruple somersaults is prohibited and will result in disqualification.
- If you fail to complete either of the compulsory or voluntary exercise during the qualification series, you will not be eligible to qualify for the English Championships event.
- If you are disqualified your score from that competition will be removed from contention to qualify for the English Championship



Gold TRA 13-14

Gender: Male and Female

Exercise Criteria:

First exercise requirements:

The exercise will consist of ten (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 (1) element, but must be performed as separate elements:

- One (1) element to front or back of the body
- One (1) element from front or back - in combination with requirement No. 1 and must contain a minimum of 450° somersault rotation, (rotations from the back must also contain 180° of twist).
- One (1) double front or back somersault with or without twist and
- One (1) element with a minimum of 540° twist and minimum of 360° somersault rotation

Second exercise requirements:

This is a voluntary exercise and has only the limitations set in the notes below on maximum single element difficulty caps.

Notes:

- Difficulty limitations will follow the FIG code of points, single element difficulty cap of 2.1 breaking this cap will result in disqualification.
- The performing of quadruple somersaults is prohibited and will result in disqualification.
- If you fail to complete either of the compulsory or voluntary exercise during the qualification series, you will not be eligible to qualify for the English Championships event.
- If you are disqualified your score from that competition will be removed from contention to qualify for the English Championships

Gold TRA 15-16

Gender: Male and Female

Exercise Criteria:

First exercise requirements:

The exercise will consist of ten (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 (1) element but must be performed as separate elements:

- One (1) element to front or back of the body
- One (1) element from front or back - in combination with requirement No. 1 and must contain a minimum of 450° somersault rotation, (rotations from the back must also contain 180° of twist).
- One (1) double front or double back somersault with or without twist and
- One (1) element with a minimum of 540° twist and minimum of 360° somersault rotation

Second exercise requirements:

This is a voluntary exercise and has only the limitations set in the notes below on maximum single element difficulty caps.

Notes:

- Difficulty limitations will follow the FIG code of points, single element difficulty cap of 2.1 breaking this cap will result in disqualification.
- The performing of quadruple somersaults is prohibited and will result in disqualification.
- If you fail to complete either of the compulsory or voluntary exercise during the qualification series, you will not be eligible to qualify for the English Championships event.
- If you are disqualified your score from that competition will be removed from contention to qualify for the English Championships



Gold TRA 17-21

Gender: Male and Female

Exercise Criteria:

First Exercise requirements:

Exercise must consist of ten (10) different elements, each with a minimum of 270° somersault rotation. Two elements will receive a difficulty score; these elements must be marked with an asterisk (*) and accompanied with the DD value on the competition card.

Second exercise requirements:

This is a voluntary exercise which must not contain the elements from the first exercise. Repeated elements that were marked with an asterisk if performed in the second exercise will not receive the DD value of that element.

Notes:

- Difficulty limitations will follow the FIG code of points, single element difficulty cap of 2.2 breaking this cap will result in disqualification.
- The performing of quadruple somersaults is prohibited and will result in disqualification.
- If you fail to complete either of the compulsory or voluntary exercise during the qualification series, you will not be eligible to qualify for the English Championships event.
- If you are disqualified your score from that competition will be removed from contention to qualify for the English Championships

Gold TRA Senior

Gender: Male and Female

Age: 16+

Exercise Criteria:

Exercise requirements:

The Gymnasts will perform two (2) Voluntary exercises which must contain ten (10) different elements, each with a minimum of 360° somersault rotation.

Notes:

- Highest scored exercise out of the two (2) exercises will be used to rank the gymnasts for qualification to the English Championships
- If you fail to complete either of the exercises and are unable to post a 10-element exercise score during the either of the qualification events you will not be eligible to qualify for the English Championships.



Gold TRS Youth

Gender: Mixed or same gender pairing

Age Range: 10 – 12 Years

TRS Exercise Criteria:

First exercise requirements:

The exercise consists of ten (10) different elements, only two (2) elements allowed with less than 270° of somersault rotation. Each element meeting the requirements 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:

- One (1) element landing on the front of the body.
- One (1) element landing on the back of the body.
- One (1) element with a minimum of 360° twist and minimum of 360° somersault rotation

Second exercise requirements:

This is a voluntary exercise and has only the limitations set in the notes below on maximum single element difficulty caps.

Notes:

- To compete in this competition level, you must be Ten (10) in the year of competition.
- Difficulty limitations will follow the FIG code of points, single element difficulty cap of 1.7 breaking this cap will result in disqualification.
- If you are disqualified your score from that competition will be removed from contention to qualify for the English Championships
- The performing of triple and/or quadruple somersaults is prohibited and will result in disqualification.
- If you fail to complete either of the compulsory or voluntary exercise during the qualification series, you will not be eligible to qualify for the English Championships event.

*****There are no finals for TRS in the qualification series or the Championships*****



Gold TRS Junior

Gender:	Mixed or same gender pairing
Age:	13-16

TRS Exercise Criteria:

First exercise requirements:

The exercise consists of ten (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 (1) element but must be performed as separate elements:

- One (1) element to front or back of the body
- One (1) element from front or back - in combination with requirement No. 1 and must contain a minimum of 450° somersault rotation, (rotations from the back must also contain 180° of twist).
- One (1) double front or double back somersault with or without twist and
- One (1) element with a minimum of 540° twist and minimum of 360° somersault rotation

Second exercise requirements:

This is a voluntary exercise and has only the limitations set in the notes below on maximum single element difficulty caps.

Notes:

- If you have received the 2.0 penalty by the CJP, you will not be eligible to qualify for the English Championships event.
- The degree of difficulty is capped at 2.1 per element. Elements performed over the capped limit will result in disqualification
- If you are disqualified your score from that competition will be removed from contention to qualify for the English Championships
- If you fail to complete either of the compulsory or voluntary exercise during the qualification event, you will not be eligible to qualify for the English Championships event.
- The performing of quadruple somersaults is prohibited and will result in disqualification.

*****There are no finals for TRS in the qualification series or the Championships*****

Gold TRS Senior

Gender:	Male/Female/Mixed
Age:	16+
Minimum DD Male:	9.0
Minimum DD Female:	8.5

TRS Exercise Criteria:

Exercise requirements:

The Gymnasts will perform two (2) Voluntary exercises which must contain ten (10) different elements, each with a minimum of 360° somersault rotation.

Notes:

- Highest scored exercise out of the two (2) exercises will be used to rank the gymnasts for qualification to the English Championships
- If you fail to complete either of the exercises and are unable to post a 10-element exercise score during the either of the qualification events you will not be eligible to qualify for the English Championships.

*****There are no finals for TRS in the qualification series or the Championships*****



Section 6 – English Double Mini Trampoline

DMT competitions are composed by Qualifications and Finals, according to the following structure:

Competition Phase	Who Competes	Exercises	Starting Order
Qualification 1	All Gymnasts	2 Exercises	Draw
Qualification 2	Top 24, if 48 entries or more. Top 16, if 32-47 entries. None, if less than 31 entries	1 exercise	Draw
Final 1	Top 8	1 exercise	Draw
Final 2	Top 4, if 10 or more entries at Q1	1 exercise	Keep F1 order

5.1 – DMT Qualifications

Qualifications are divided in two rounds: Qualification 1 (Q1) with all registered gymnasts competing, and Qualification 2 (Q2) with the number of gymnasts depending on the entries:

- 1-31 entries No Q2
- 32-47 entries Q2 with 16 gymnasts
- 48+ entries Q2 with 24 gymnasts

Q1 is composed by two voluntary exercises with no repetition of elements allowed in either exercise. The highest sum of the scores of the two exercises will determine the qualification to Q2 or to the Final. The starting order for Qualifications (Q1 and Q2) is decided by a draw. The gymnasts will be divided in groups, as evenly distributed as possible, of no more than sixteen (16) per group, with each group performing their first and second exercises prior to the next group starting the Qualifying Round.

The winner of each competition group will qualify to Q2 or to the final. The remaining places for Q2, up to 16 or 24 places, or for the final, up to 8 places, will be granted according to the final ranking of the first round of qualification.

Q2 Gymnasts will start Q2 with a score of zero. Elements from Q1 can be performed in Q2, but not in the same zone of the DMT as in Q1. The winner of each competition group will qualify for the Final. The remaining six (6) places for the Final will be granted according to the final ranking of all gymnasts.

5.2 – DMT Finals

The starting order for Finals is decided by draw. Starting order for F2 will follow the same order as F1 with the four (4) qualified gymnasts.

Finals are divided into two rounds Final 1 (F1) and Final 2 (F2) with no repetition of elements allowed in either exercise:

- In F1, the eight (8) gymnasts will perform one (1) voluntary exercise. Gymnasts start F1 with a score of zero. The best 4 (four) gymnasts will qualify to F2, while the remaining four (4) will be ranked from 5th to 8th position according to their results in F1.
- In F2, four (4) gymnasts will perform one (1) voluntary exercise. Gymnasts start F2 with a score of zero. The winner is the gymnast with the highest score in F2.
- In case of any tie, then tie break rules will apply (see Appendix 2 of the [English TRA, DMT, TUM Competition Handbook](#)).
- Where there are less than ten gymnasts within F1, than this will be deemed unnecessary and go straight to F2.



Section 7 – SILVER DMT



Silver DMT 9-10

Gender:	Male and Female		
Maximum DD Male:	2.0	Minimum Execution:	9.2
Maximum DD Female:	2.0	Minimum Execution:	9.2

Pass Criteria:

Exercise requirements:

- Q1 consists of two (2) set exercises. Scores will accumulate.
 - Pass 1: 41 o Mount/Spotter, 4 – o Dismount
 - Pass 2: 4 - / Spotter, 4 1 / Dismount
- Q2 (where required), will consist of one (1) voluntary exercise of your choice.
- Final 1 (Top 8), will consist of one (1) voluntary exercise of your choice which must stay within the maximum difficulty requirement stated in the table above.
- Final 2 will consist of one (1) voluntary exercise, no repetition of elements in F1 and must stay within the maximum difficulty requirement stated in the table above.

Notes:

- Minimum execution scores are only applicable to Q1 passes.
- **Maximum DD's are based on each pass, including any prelims and finals**
- Passes within Q1 which exceed the maximum difficulty requirement will receive a penalty of 2.0 from the Chair of Judging Panel
- Passes within Q1 which exceed the maximum difficulty requirements will not be eligible to reach the English Championships.
- Gymnasts in the F1 and F2 who exceed the maximum difficulty score will receive a 2.0 penalty from the CJP.
- English Championship qualification is based on Q1 passes and will be accumulative.
- Gymnasts must complete both passes in a singular competition to achieve the possibility of qualification to the English Championships.
- Gymnasts in the F1 and F2 who exceed the maximum difficulty score will receive a 2.0 penalty from the CJP.
- Gymnasts must stay within the maximum difficulty requirement stated in the table above in all exercises.
- All finals will be zero finals.



Silver DMT 11-12

Gender:	Male and Female		
Maximum DD Male:	3.5	Minimum Execution:	9.2
Maximum DD Female:	3.5	Minimum Execution:	9.2

Exercise Criteria:

Exercise requirements:

- Q1 consists of two (2) set exercises. Scores will accumulate.
 - Pass 1: 41 / Mount/Spotter, 4 2 / Dismount
 - Pass 2: 4 - o Spotter, 4 3 / Dismount
- Q2 (where required), will consist of one (1) voluntary exercise of your choice.
- Final 1 (Top 8), will consist of one (1) voluntary exercise of your choice which must stay within the maximum difficulty requirement stated in the table above.
- Final 2 will consist of one (1) voluntary exercise no repetition of elements in F1 and must stay within the maximum difficulty requirement stated in the table above.

Notes:

- Minimum execution scores are only applicable to Q1 passes.
- **Maximum DD's are based on each pass, including any prelims and finals**
- Passes within Q1 which exceed the maximum difficulty requirement will receive a penalty of 2.0 from the Chair of Judging Panel
- Passes within Q1 which exceed the maximum difficulty requirements will not be eligible to reach the English Championships.
- Gymnasts in the F1 and F2 who exceed the maximum difficulty score will receive a 2.0 penalty from the CJP.
- English Championship qualification is based on Q1 passes and will be accumulative.
- Gymnasts must complete both passes in a singular competition to achieve the possibility of qualification to the English Championships.
- Gymnasts in the F1 and F2 who exceed the maximum difficulty score will receive a 2.0 penalty from the CJP.
- Gymnasts must stay within the maximum difficulty requirement stated in the table above in all exercises.
- All finals will be zero finals.



Silver DMT 13-14

Gender:	Male and Female		
Maximum DD Male:	4.4	Minimum Execution:	9.2
Maximum DD Female:	4.4	Minimum Execution:	9.2

Exercise Criteria:

Exercise requirements:

- Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will accumulate.
- Q2 (where required), will consist of one (1) voluntary exercise of your choice.
- Final 1 (Top 8), will consist of one (1) voluntary exercise of your choice which must stay within the maximum difficulty requirement stated in the table above.
- Final 2 will consist of one (1) voluntary exercise, no repetition of elements in F1 and must stay within the maximum difficulty requirement stated in the table above.

Notes:

- Minimum execution scores are only applicable to Q1 passes.
- **Maximum DD's are based on each pass, including any prelims and finals**
- Passes within Q1 which exceed the maximum difficulty requirement will receive a penalty of 2.0 from the Chair of Judging Panel
- Passes within Q1 which exceed the maximum difficulty requirements will not be eligible to reach the English Championships.
- Gymnasts in the F1 and F2 who exceed the maximum difficulty score will receive a 2.0 penalty from the CJP.
- English Championship qualification is based on Q1 passes and will be accumulative.
- Gymnasts must complete both passes in a singular competition to achieve the possibility of qualification to the English Championships.
- Gymnasts in the F1 and F2 who exceed the maximum difficulty score will receive a 2.0 penalty from the CJP.
- Gymnasts must stay within the maximum difficulty requirement stated in the table above in all exercises.
- All finals will be zero finals.



Silver DMT 15-16

Gender:	Male and Female		
Maximum DD Male:	5.6	Minimum Execution:	9.2
Maximum DD Female:	5.6	Minimum Execution:	9.2

Exercise Criteria:

Exercise requirements:

- Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will accumulate.
- Q2 (where required), will consist of one (1) voluntary exercise of your choice.
- Final 1 (Top 8), will consist of one (1) voluntary exercise of your choice which must stay within the maximum difficulty requirement stated in the table above.
- Final 2 will consist of one (1) voluntary exercise, no repetition of elements in F1 and must stay within the maximum difficulty requirement stated in the table above.

Notes:

- Minimum execution scores are only applicable to Q1 passes.
- **Maximum DD's are based on each pass, including any prelims and finals**
- Passes within Q1 which exceed the maximum difficulty requirement will receive a penalty of 2.0 from the Chair of Judging Panel
- Passes within Q1 which exceed the maximum difficulty requirements will not be eligible to reach the English Championships.
- Gymnasts in the F1 and F2 who exceed the maximum difficulty score will receive a 2.0 penalty from the CJP.
- English Championship qualification is based on Q1 passes and will be accumulative.
- Gymnasts must complete both passes in a singular competition to achieve the possibility of qualification to the English Championships.
- Gymnasts in the F1 and F2 who exceed the maximum difficulty score will receive a 2.0 penalty from the CJP.
- Gymnasts must stay within the maximum difficulty requirement stated in the table above in all exercises.
- All finals will be zero finals.



Silver DMT 17+

Gender:	Male and Female		
Maximum DD Male:	5.6	Minimum Execution:	9.2
Maximum DD Female:	5.6	Minimum Execution:	9.2

Exercise Criteria:

Exercise requirements:

- Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will accumulate.
- Q2 (where required), will consist of one (1) voluntary exercise of your choice.
- Final 1 (Top 8), will consist of one (1) voluntary exercise of your choice which must stay within the maximum difficulty requirement stated in the table above.
- Final 2 will consist of one (1) voluntary exercise no repetition of elements in F1 and must stay within the maximum difficulty requirement stated in the table above.

Notes:

- Minimum execution scores are only applicable to Q1 passes.
- **Maximum DD's are based on each pass, including any prelims and finals**
- Passes within Q1 which exceed the maximum difficulty requirement will receive a penalty of 2.0 from the Chair of Judging Panel
- Passes within Q1 which exceed the maximum difficulty requirements will not be eligible to reach the English Championships.
- Gymnasts in the F1 and F2 who exceed the maximum difficulty score will receive a 2.0 penalty from the CJP.
- English Championship qualification is based on Q1 passes and will be accumulative.
- Gymnasts must complete both passes in a singular competition to achieve the possibility of qualification to the English Championships.
- Gymnasts in the F1 and F2 who exceed the maximum difficulty score will receive a 2.0 penalty from the CJP.
- Gymnasts must stay within the maximum difficulty requirement stated in the table above in all exercises.
- All finals will be zero finals.



Section 8 – GOLD DMT



Gold DMT 10-12

Gender:	Male and Female
Minimum DD Male:	2.1
Minimum DD Female:	2.1

Pass Criteria:

Exercise requirements:

- Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will accumulate.
- Q2 (where required), will consist of one (1) voluntary exercise of your choice.
- Final 1 (F1) consisting of the top 8, will consist of one (1) voluntary exercise of your choice, which must meet the minimum difficulty requirement stated in the table above.
- Final 2 (F2) consisting of the top 4 at the end of F1, will consist of one (1) voluntary exercise no repetition of elements in F1 and meet the minimum difficulty requirement stated in the table above.

Notes:

- Age Change 10 to 12 years can enter Gold level DMT
- Minimum DD's are per pass including prelims and finals
- Passes within Q1 which do not meet the minimum difficulty requirement will receive a penalty of 2.0 from the Chair of Judging Panel
- Passes within Q1 which do not meet the minimum difficulty requirements will not be eligible to reach the English Championships.
- Gymnasts in the F1 and F2 who do not hit the minimum difficulty score will receive a 2.0 penalty from the CJP.
- English Championship qualification is based on Q1 passes and will be accumulative.
- Gymnasts must complete both passes in a singular competition to achieve the possibility of qualification to the English Championships.
- Gymnasts must meet the minimum difficulty requirement stated in the table above in all exercises.
- All finals will be zero finals.



Gold DMT 13-14

Gender:	Male and Female
Minimum DD Male:	3.2
Minimum DD Female:	3.2

Pass Criteria:

Exercise requirements:

- Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will accumulate.
- Q2 (where required), will consist of one (1) voluntary exercise of your choice.
- Final 1 (F1) consisting of the top 8, will consist of one (1) voluntary exercise of your choice, which must meet the minimum difficulty requirement stated in the table above.
- Final 2 (F2) consisting of the top 4 at the end of F1, will consist of one (1) voluntary exercise no repetition of elements in F1 and meet the minimum difficulty requirement stated in the table above.

Notes:

- **Minimum DD's are per pass including prelims and finals**
- Passes within Q1 which do not meet the minimum difficulty requirement will receive a penalty of 2.0 from the Chair of Judging Panel
- Passes within Q1 which do not meet the minimum difficulty requirements will not be eligible to reach the English Championships.
- Gymnasts in the F1 and F2 who do not hit the minimum difficulty score will receive a 2.0 penalty from the CJP.
- English Championship qualification is based on Q1 passes and will be accumulative.
- Gymnasts must complete both passes in a singular competition to achieve the possibility of qualification to the English Championships.
- Gymnasts must meet the minimum difficulty requirement stated in the table above in all exercises.
- All finals will be zero finals.

2016–2026



Gold DMT 15-16

Gender:	Male and Female
Minimum DD Male:	4.4
Minimum DD Female:	3.3

Exercise Criteria:

Exercise requirements:

- Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will accumulate.
- Q2 (where required), will consist of one (1) voluntary exercise of your choice.
- Final 1 (F1) consisting of the top 8, will consist of one (1) voluntary exercise of your choice, which must meet the minimum difficulty requirement stated in the table above.
- Final 2 (F2) consisting of the top 4 at the end of F1, will consist of one (1) voluntary exercise no repetition of elements in F1 and meet the minimum difficulty requirement stated in the table above.

Notes:

- **Minimum DD's are per pass including prelims and finals**
- Passes within Q1 which do not meet the minimum difficulty requirement will receive a penalty of 2.0 from the Chair of Judging Panel
- Passes within Q1 which do not meet the minimum difficulty requirements will not be eligible to reach the English Championships.
- Gymnasts in the F1 and F2 who do not hit the minimum difficulty score will receive a 2.0 penalty from the CJP.
- English Championship qualification is based on Q1 passes and will be accumulative.
- Gymnasts must complete both passes in a singular competition to achieve the possibility of qualification to the English Championships.
- Gymnasts must meet the minimum difficulty requirement stated in the table above in all exercises.
- All finals will be zero finals.

2016–2026



Gold DMT 17-21

Gender:	Male and Female
Minimum DD Male:	4.4 Per Pass
Minimum DD Female:	7.5 Accumulative for Pass 1 & 2 Final Passes 3.3 per pass

Exercise Criteria:

Exercise requirements:

- Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will accumulate.
- Q2 (where required), will consist of one (1) voluntary exercise of your choice.
- Final 1 (F1) consisting of the top 8, will consist of one (1) voluntary exercise of your choice, which must meet the minimum difficulty requirement stated in the table above.
- Final 2 (F2) consisting of the top 4 at the end of F1, will consist of one (1) voluntary exercise no repetition of elements in F1 and meet the minimum difficulty requirement stated in the table above.

Notes:

- Minimum DD's for male competition is per pass including prelims and finals
- Minimum DD's for female is accumulative for prelim passes and 3.3 for final passes
- Passes within Q1 which do not meet the minimum difficulty requirement will receive a penalty of 2.0 from the Chair of Judging Panel
- Passes within Q1 which do not meet the minimum difficulty requirements will not be eligible to reach the English Championships.
- Gymnasts in the F1 and F2 who do not hit the minimum difficulty score will receive a 2.0 penalty from the CJP.
- English Championship qualification is based on Q1 passes and will be accumulative.
- Gymnasts must complete both passes in a singular competition to achieve the possibility of qualification to the English Championships.
- Gymnasts must meet the minimum difficulty requirement stated in the table above in all exercises.
- All finals will be zero finals.



Gold DMT Senior

Gender:	Male and Female	Age:	16+
Minimum DD Male:	4.4		
Minimum DD Female:	4.4		

Exercise Criteria:

Exercise requirements:

- Q1 consists of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will accumulate.
- Q2 (where required), will consist of one (1) voluntary exercise of your choice.
- Final 1 (F1) consisting of the top 8, will consist of one (1) voluntary exercise of your choice, which must meet the minimum difficulty requirement stated in the table above.
- Final 2 (F2) consisting of the top 4 at the end of F1, will consist of one (1) voluntary exercise no repetition of elements in F1 and meet the minimum difficulty requirement stated in the table above.

Notes:

- Minimum DD's are per pass including prelims and finals
- Passes within Q1 which do not meet the minimum difficulty requirement will receive a penalty of 2.0 from the Chair of Judging Panel
- Passes within Q1 which do not meet the minimum difficulty requirements will not be eligible to reach the English Championships.
- Gymnasts in the F1 and F2 who do not hit the minimum difficulty score will receive a 2.0 penalty from the CJP.
- English Championship qualification is based on Q1 passes and will be accumulative.
- Gymnasts must complete both passes in a singular competition to achieve the possibility of qualification to the English Championships.
- Gymnasts must meet the minimum difficulty requirement stated in the table above in all exercises.
- All finals will be zero finals.



Section 9 – SYNCHRONISED DMT



Synchronised DMT Youth

Gender:	Mixed	Age:	Youth (10-12)
Minimum DD Male:	1.2		
Minimum DD Female:	1.2		

Exercise Criteria:

Exercise requirements:

- The event will consist of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will accumulate.
- All elements must have a minimum of 360 degrees of somersault rotation.

Notes:

- Passes which do not meet the minimum difficulty requirement will receive a penalty of 2.0 from the Chair of Judging Panel.
- Passes which do not meet the minimum requirements for somersaults will receive a 2.0 penalty from the CJP
- Where both difficulty requirements and somersault requirements are not met only one penalty of 2.0 will be awarded by the CJP.
- There is no qualification to the English Championships in 2026, this is a standalone event at the qualification rounds of the English series.
- DD's and landing deductions will follow the 2026-2028 FIG code of points for each gymnast.
- Teams must wear the same attire and where we have a male and female teams their attire must be the same colors'; the penalty will be 1.0 from the CJP.
- Pairing can be any gender and from any club but cannot be from outside of the age grouping.

Synchronised DMT Junior

Gender:	Mixed	Age:	Junior (13-16)
Minimum DD Male:	1.6		
Minimum DD Female:	1.6		

Exercise Criteria:

Exercise requirements:

- The event will consist of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will accumulate.
- All elements must have a minimum of 360 degrees of somersault rotation.

Notes:

- Passes which do not meet the minimum difficulty requirement will receive a penalty of 2.0 from the Chair of Judging Panel.
- Passes which do not meet the minimum requirements for somersaults will receive a 2.0 penalty from the CJP
- Where both difficulty requirements and somersault requirements are not met only one penalty of 2.0 will be awarded by the CJP.
- There is no qualification to the English Championships in 2026, this is a standalone event at the qualification rounds of the English series.
- DD's and landing deductions will follow the 2026-2028 FIG code of points for each gymnast.
- Teams must wear the same attire and where we have a male and female teams their attire must be the same colors'; the penalty will be 1.0 from the CJP.
- Pairing can be any gender and from any club but cannot be from outside of the age grouping.



Synchronised DMT Senior

Gender:	Mixed	Age:	Senior (16+)
Minimum DD Male:	1.9		
Minimum DD Female:	1.9		

Exercise Criteria:

Exercise requirements:

- The event will consist of two (2) exercises with NO repetition of elements allowed in either exercise. Scores will accumulate.
- All elements must have a minimum of 360 degrees of somersault rotation.

Notes:

- Passes which do not meet the minimum difficulty requirement will receive a penalty of 2.0 from the Chair of Judging Panel.
- Passes which do not meet the minimum requirements for somersaults will receive a 2.0 penalty from the CJP
- Where both difficulty requirements and somersault requirements are not met only one penalty of 2.0 will be awarded by the CJP.
- There is no qualification to the English Championships in 2026, this is a standalone event at the qualification rounds of the English series.
- DD's and landing deductions will follow the 2026-2028 FIG code of points for each gymnast.
- Teams must wear the same attire and where we have a male and female teams their attire must be the same colors'; the penalty will be 1.0 from the CJP.
- Pairing can be any gender and from any club but cannot be from outside of the age grouping.



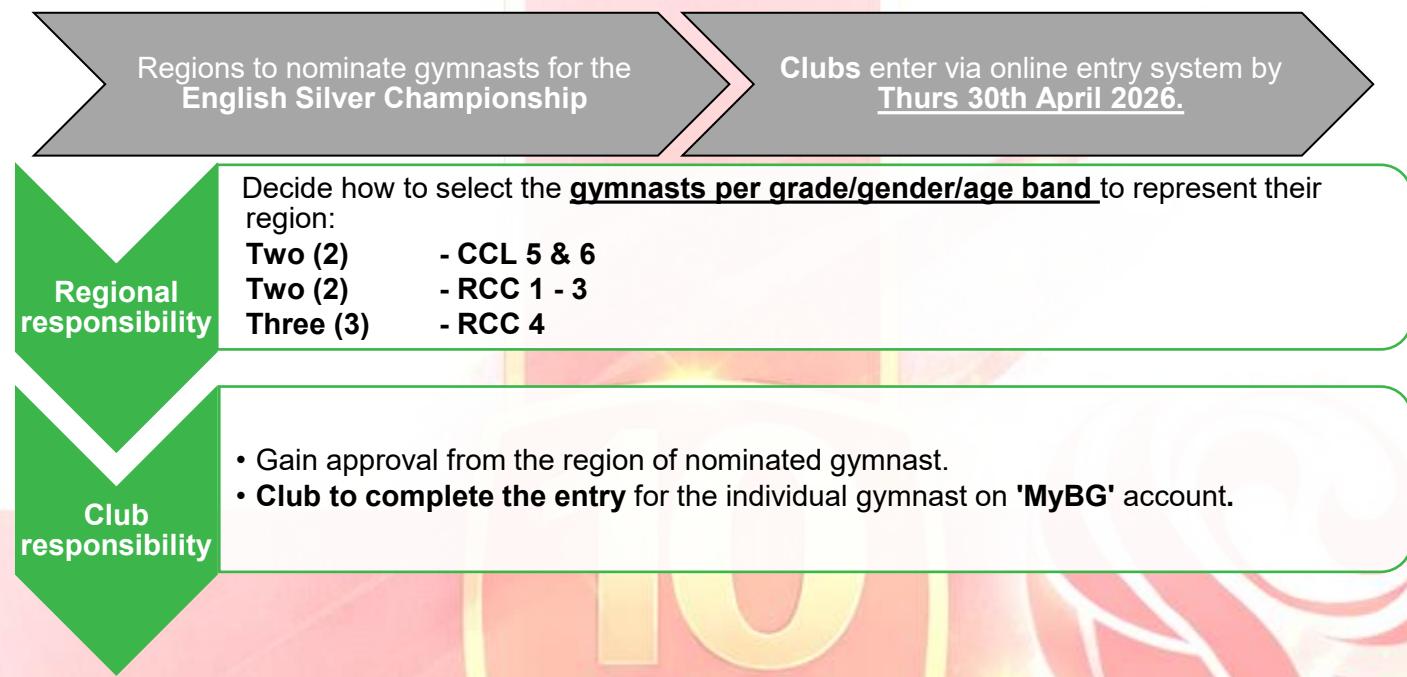
Section 10 – **SILVER** **TUM**



10.1 – Tumbling Silver Objective

The English Silver competition will offer gymnasts the chance to taste FIG competition while relying largely on the NDP base they are coming from. This competition is for gymnasts from the NDP section of the tumbling discipline.

10.2 – Tumbling Silver and Gold Entry Process



Recommendation: Regions run one or more selection events between 1st January 2026 and 24th April 2026. Direct nomination by the TC/Regional selection panel is acceptable. Regions can also select from their squad program if they wish.

10.3 – Tumbling Silver Grades & Age Bands

Event Grades and Age Bands				
Grades	Age Bands			
Club 5	9 - 10	11 - 12	13+	
Club 6	9 - 10	11 - 12	13 - 14	15+
Regional 1	U13	O13		
Regional 2	10 - 12	13 - 14	15+	
Regional 3	U15	O15		
Regional 4	9 – 10	11 - 12	13 - 14	15+



10.4 – Tumbling Silver and Gold Competition Format

Day of Event	Podium Training	Competing
Friday	Club grades 5 & 6 Regional grades 1, 2, 3 (Evening)	N/A
Saturday	Regional grade 4 (Evening) All Gold	Club grades 5 & 6 Regional grades 1, 2, 3
Sunday	N/A	Regional grade 4 All Gold

EGA reserves the right to make any changes to the running order of the competition, this is for guidance.

10.5 – Tumbling Silver Pass Criteria

Club Levels 5 & 6
Gymnasts from Club Levels 5 & 6 will compete:
<ul style="list-style-type: none">Exercise 1 & 2 as specified in the Tumbling Club Cup series & Finals 2026, found in the British Gymnastics 'Technical Requirements 2026 – Regional Pathway handbook'.
3rd Exercise Requirements
<ul style="list-style-type: none">In addition, they will perform a third voluntary exercise. Exercise 3 will have 6 elements, and the elements will use FIG values.Exercise 3 will be marked from 10, the same as exercise 1 & 2.The voluntary exercise can reuse an ending element from a previous exercise without penalty.There will be a difficulty cap of 1.3 on any skill performed in run 3.
Notes
<ul style="list-style-type: none">British Gymnastics website > Technical Information > Competition HandbookAll 3 exercises will now have a D value.The medalists will be determined by using the cumulative E scores from all 3 exercises and the D value of all 3 exercises.For all events, coaches must submit a tariff sheet on the day of the competition.



Regional Challenge Cup Levels 1-3

Gymnasts from Regional Challenge Cup Levels 1 – 3 will compete:

- Exercises 1 & 2 as specified in the **Tumbling Club Cup series & Finals 2026**, found in the [British Gymnastics 'Technical Requirements 2026 – Regional Pathway handbook'](#).

3rd Exercise Requirements

- Exercise 3 for regional 1 will have 6 elements, the elements will use FIG values. Exercise 3 will be marked from 10.
- Exercise 3 for regional 2-3 will have 8 elements, the elements will use FIG values. Exercise 3 will be marked from 10.
- The voluntary exercise **cannot** reuse an ending element from a previous exercise.
- For REGIONAL 1 & 2 only there will be a difficulty cap of 1.3 on any skill performed in run 3.
- For REGIONAL 3 there will be a difficulty cap of 2.2 on any skill performed in run 3.

Notes

- [British Gymnastics website > Technical Information > Competition Handbook](#)
- The medalists will be determined using the cumulative E scores from all 3 exercises and the individual D values of all 3 exercises.
- For all events, coaches must submit a tariff sheet on the day of the competition.

Regional Challenge Cup Level 4

Gymnasts from Regional Challenge Cup Level 4 will compete:

- Exercise 1 of the set exercises, set out in the **Tumbling Club Cup series & Finals 2026**, found in the [British Gymnastics 'Technical Requirements 2026 – Regional Pathway handbook'](#).

2nd & 3rd Exercise Requirements

- Exercises 2 & 3 are voluntary exercises, as per **Tumbling Club Cup series & Finals 2026**, found in the [British Gymnastics 'Technical Requirements 2026 – Regional Pathway handbook'](#).
- Exercises 2 and 3 for regional 4 will have 8 elements, the elements will use FIG values. Exercises 2 and 3 will be marked from 10.
- Voluntary exercises 2 and 3 cannot reuse the ending element from exercise 1. **The final skill for runs 2 & 3 should be different.**

Notes

- [British Gymnastics website > Technical Information > Competition Handbook](#)
- Medalists will be determined using the cumulative E scores from all 3 exercises & D value of all 3 exercises.
- For all events, coaches must submit a tariff sheet on the day of the competition.



Section 11 – Gold TUM



11.1 – Tumbling Gold Entry Details & Age Groups

Competition Entry Details					
Age Groups:	10	11 – 12	13 – 14	15 – 16	17+
Notes					
<ul style="list-style-type: none">Entry to the competition is open to all gymnasts who believe they meet the nationality criteria.Guests can apply to enter the event, but they won't be awarded a top three medal and will not take the place of an English Gymnast for the final.Guests need approval by the English Gymnastics Tumbling Technical rep prior to entry.Gymnasts should be able to perform the following minimum difficulty.All entries must be submitted by 30th April 2026.					

11.2 – Tumbling Gold Competition Format

Sunday age group, 10, will perform 2 voluntary passes. The top 8 go on to the Final. All finals are from Zero start.

Sunday age groups, 11 – 12, 13 – 14, 15 – 16, and 17+ will perform 2 voluntary passes. The top 8 go on to the Final. All finals are from Zero start.

Day of Event	Podium Training	Competing
Saturday	Regional grade 4 (Evening) All Gold	Club grades 5 & 6 Regional grades 1, 2, 3
Sunday	N/A	Regional grade 4 All Gold

The competition organizers reserve the right to make any changes needed to the running order of the competition and the following is for guidance only.

11.3 – Tumbling Gold Exercise Criteria

Preliminaries: 10, 11 – 12, 13 – 14, 15 – 16, and 17+
<ul style="list-style-type: none">Gymnasts will perform 2 preliminary passes.No repeat of elements as per FIG CoP.10 men and women: minimum difficulty 3.4 for two completed passes combined.11 – 12 men and women: minimum difficulty 4.1 for two completed passes combined.13 – 14 men and women: minimum difficulty 5.5 for two completed passes combined.15 – 16, 17+ men: minimum difficulty 7.6 for two completed passes combined.15 – 16, 17+ women: minimum difficulty 7.1 for two completed passes combined.FIG age specific skill difficulty caps apply.

Finals: 10, 11 – 12, 13 – 14, 15 – 16, 15 – 16, and 17+
<ul style="list-style-type: none">Top 8 Final: Gymnasts with the top <u>eight</u> (8) best combined preliminary round scores will progress to compete in Final. Where the gymnasts perform one voluntary pass from a zero start.



Section 12 – Disability Individual Trampoline Criteria

A separate document contains the full DIS Program.

Section 13 – Disability Double Mini Trampoline Criteria

A separate document contains the full DIS Program.

Section 14 – Disability Synchronised Trampoline Criteria

A separate document contains the full DIS Program.

NOTE Disability Tumbling will be available as part of the 3C's competition pathway, full details available on the [TUMBLE EVENTS LTD](http://TUMBLEEVENTSLTD.CO.UK) website.

