

# TRA English Pathway

Reference for requirements and qualification pathways in ENG National TRA competition

Please report any problems to James Webster

## 1st Routine Requirements

	Bronze (Female only)				Silver					Gold					Gold					
Requirement	9-10	11-12	13-14	15-16	9-10	11-12	13-14	15-16	17+	Y	J	9-10	11-12	13-14	15-16	17-21	S	Y	J	S
Moves with 270°+	5	6	7	8	6	7	8	9	10	7	9	8	8	9	9	10	10 360°	8	9	10 360°
Max DD F Min DD (Gold) M	4.5	6.0	7.5	8.0	6.0	7.0	7.8 8.8	8.8 9.6	10.2	7.0	8.8 9.6	6.0	7.0	7.8 8.8	8.8 9.6	10.2	-	-	-	8.5 9.0
Element cap	0.7	0.8	1.1	1.3	1.1	1.3	1.3	1.5	1.5	1.3	1.5	1.5	1.7	2.1	2.1	2.2	-	1.7	2.1	-
Starred skills	0	0	0	0	0	0	0	0	2	0	0	0	0	0	2	0	0	0	0	
Landing on front or back	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗	✓	✗	
Move from front or back	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗	✓	✗	
360°+ Twist S/S	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	
540°+ Twist S/S	✗	✗	✗	✗	✗	✗	✗	✓	✗	✗	✓	✗	✗	✓	✗	✗	✗	✓	✗	
Double	✗	✗	✗	✗	✗	✗	✗	✓	✗	✗	✓	✗	✗	✓	✗	✗	✗	✓	✗	
<b>*At least one</b>				<b>Top 16 progress</b>				<b>Top 32 TRI progress • Top 10 TRS progress</b>				<b>Top 32 TRI progress • Top 10 TRS progress</b>				<b>Top 32 TRI progress • Top 10 TRS progress</b>				

Exceeding max DD is capped and disqualifies from the Championships

TRI and TRS Senior Gold is two voluntary routines

TRS has no finals

Starred skills will not be awarded difficulty if performed in the second routine

TRS can have mixed gender

No finals at qualification events

## 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

## Competition Structure

### English Championships

- Top 8 progress to final round in TRI • Zero start
- No final for TRS

### Qualification Events

- Must complete both routines to qualify
- No finals

## Restrictions

Triples are permitted in Gold except TRS Youth

Quadruples are prohibited except in Gold Senior