

# 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									
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	9.6 10.2	7.0	8.8 9.6	6.0	7.0	7.8 8.8	8.8 9.6	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	0
Landing on front or back	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗	✓ Both	✓	✗
Move from front or back	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗	✗	✓	✗
360°+ Twist S/S	✗	✗	✗	✓*	✗	✗	✓	✗	✗	✗	✗	✗	✓	✗	✗	✗	✗	✓	✗	✗
540°+ Twist S/S	✗	✗	✗	✗	✗	✗	✗	✓	✗	✗	✓	✗	✗	✓	✓	✗	✗	✗	✓	✗
Double	✗	✗	✗	✓*	✗	✗	✗	✓	✗	✗	✓	✗	✗	✓	✓	✗	✗	✗	✓	✗
*At least one	Top 16 progress				Top 32 TRI progress • Top 10 TRS progress						Top 32 TRI progress • Top 10 TRS progress									

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

Age Groups • Youth • Junior

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

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