

DMT National Pathway

Reference for requirements and qualification pathways in GB National DMT competition

Example Minimum Requirements

Age	Min DD	Men					Women				
		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 8--o 2.0	42/0.9 8--o 2.0	2.1 2.7	4.8	43/1.2 41/0.7	42/0.9 8--o 2.0	42/0.9 8--o 2.0	2.1 2.7	4.8
13-14	4.6	43/1.2	4-/0.6	8--<2.4 8-1<2.8	3.6 3.4	7.0	41o/0.7 41/0.7	8--o/2.0 8--<2.4	8--o/2.0 8--<2.4	2.7 3.1	5.8
15-16	4.6	8-1o/2.4 8-1<2.8		82-o/2.8 8--o/2.0	5.2 4.8	10.0	43/1.2 41/0.7	8--<2.4 8--/2.8	8--<2.4 8--/2.8	3.6 3.5	7.1
17-21	5.2	8-1o/2.4 821o/3.2		82-/3.6 8--o/2.0	5.8 5.2	11.2	8-1o/2.4 43/1.2	8--<2.4 82-o/2.8	8--<2.4 82-o/2.8	4.8 4.0	8.8
Senior	-	821o/3.2 821/4.0		82-/3.6 8--/2.8	6.8 6.8	13.6	8-1o/2.4 8-1<2.8	82-o/2.8 8--<2.8	82-o/2.8 8--<2.4	5.2 5.2	10.4

Competition Structure

Qualification Events

3 passes • cumulative score
2 attempts to qualify
Top 24 to reach minimum difficulty progress to Age Group Final

Age Group Final

Q1 - 2 passes - cumulative score
Top 16 from combined categories progress to Championships

British Championships

Q2 • 1 pass • zero start • top 8 progress to F1
F1 • 1 pass • zero start • top 4 progress to F2
F2 • 1 pass • zero start • scores determine medals

Qualification Path

Combined Categories for Championships

Youth

10 11-12

Junior

13-14 15-16

Senior

17-21 Senior

Advance to the British Championships

Top 16 from each **combined** category progress

Qualify for National Age Group Finals

Top 24 to hit minimum difficulty scores progress

Compete at Qualification Events

Tie Break Rules

Q2 • F1 • F2

The higher score of the previous round prevails.
If there is still a tie, the prior rounds are used.

Q1

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

DMT Regional Pathway

Reference for requirements and qualification pathways in GB Regional DMT competition

Please report any problems to James Webster

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

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 than

Lower sum of penalties **then**

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					Regional Series					National Series					
Level	M	S	D	DD	Level	M	S	D	DD	Level	M	S	D	DD	
Club 1 4 compulsory passes All skills from a block +3 jumps permitted	O 0.1	V ^t 0.1	< 0.1	-1 ^t 0.2	0.2	Reg 1 4 compulsory passes	O 0.1	V 0.1	< 0.1	0.2	National 2 compulsory passes *either a spotter or a mount	41/ ^t 0.7	41/ ^t 0.7	4-/0.6	1.3
Club 2 4 compulsory passes All skills from a run	O 0.1	V 0.7	< 0.2	-1 0.2	0.2	Reg 2 4 compulsory passes	O 0.1	V 0.7	< 0.1	0.2					
	O 0.1	O 0.1	< 0.1	-2 0.4	0.5		O 0.1	V 0.7	< 0.1	0.2					

Other Information

No penalty for communication between coach and gymnast

Top 8 gymnasts from each category qualify at Nationals

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

Minimum difficulty must be reached to qualify

Available Categories

Cat 1 9-14

Cat 2 9-14

Cat 1 15+

Cat 2 15+

DMT English Pathway

Reference for requirements and qualification pathways in ENG National DMT competition

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Gold

Example Minimums									
Women					Men				
Age	Min	M	S	D	Age	Min	M	S	D
10-12	2.1		42/ 0.9 o 0.1	43/ 1.2 8--o 2.0	10-12	2.1		42/ 0.9 o 0.1	43/ 1.2 8--o 2.0
13-14	3.2		4-/0.6	8-1< 2.8 8--o 2.0	13-14	3.2		4-/0.6	8-1< 2.8 8--o 2.0
15-16	3.3		42/ 0.9 4-o 0.5	8-1o 2.4 8-1< 2.8	15-16 17-21 Senior	4.4		8-1o 2.4 43/ 1.2	8--o 2.0 811< 3.2
17-21	7.5 sum Q1 3.3 see above		41/ 0.7 43/ 1.2	811< 3.2 8--< 2.4					
Senior	4.4		8-1o 2.4 43/ 1.2	8--o 2.0 811< 3.2					

Other Criteria

- Must meet minimum DD to qualify
- 2.0 penalty for failing to meet min DD
- Senior is open to 16+

Synchro

No championships	Age	10-12	13-16	16+
	Min DD	1.2	1.6	1.9

- 2.0 penalty for:
 - under min DD
 - not doing S/S
- 1.0 penalty for attire mismatch

Silver

Age	Max	M	S	D	DD	Total
9-10	2.0	41o 0.7	4-/0.6	4-o 0.5	1.2	2.5
11-12	3.5	41/ 0.7	4-o 0.5	42/ 0.9	1.6	3.3
13-14	4.4			43/ 1.2	1.7	
15-16	5.6					
17+	5.6					

Q1 Requirements

- 9-10 and 11-12: two fixed passes shown above
- Others: 2 exercises with no repetition
- Minimum 9.2 execution score to qualify

Other Criteria

- Exceeding maximum DD is 2.0 penalty and can't qualify

Tie Break Rules

Q2 • F1 • F2	Q1
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The higher score of the previous round prevails.
If there is still a tie, the prior rounds are used.

Q1

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

Competition Structure

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graph TD
    A[Q1 • 2 passes • cumulative score] --> B{32+ entrants?}
    B -- No --> C{48+ entrants?}
    C -- No --> D[Top 24]
    C -- Yes --> E[Top 16]
    D --> F[Q2 • 1 pass • zero start]
    E --> G[Q2 • 1 pass • zero start]
    G --> H{10+ entrants?}
    H -- No --> I[F1 • 1 pass • zero start]
    H -- Yes --> J[F2 • 1 pass • zero start]
    I --> K[F1 • 1 pass • zero start]
    J --> L[F2 • 1 pass • zero start]
  
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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
To front or back	✓	✓	✓	✓	✓
From front or back	✓	✓	✓	✓	✓
360°+ Twist S/S	✗	✓	✗	✗	✓
540°+ Twist S/S	✗	✗	✓	✓	✓
Double	✗	✗	✓	✓	✓

2nd Routine Requirements

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
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DD	4.2		6.3		8.3		10.0		11.0		13.0
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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

	Y	J	S	10	11-12
DD Cap	1.7	2.1	-	13-14	15-16
Triples	✗	✓	✓	17-21	Senior
Quads	✗	✗	✓		

Youth and Junior: Top 16 from combined compete Q2

Top 8 from 17-21 and top 8 from Senior compete in Q2

Top 8 from Q2 the compete in the Final

TRA Regional Pathway

Reference for requirements and qualification pathways in GB Regional TRA competition

Please report any problems to James Webster

1 st Exercise					Competition Format						
Level	Level 1	Level 2	Level 3	Level 4							
Groups	9-10 • 11-12 • 13-17	9-10 • 11-12 • 13-14 • 15+	9-10 • 11-12 • 13-14 • 15+		Requirement	10	11-12	13-14	15-16	17+	2 exercises
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 270°+ Move to front Move to back 360°+ Twist	7	7	8	8	8		Doubles in L1 & L2 and 9-10, 11-12yrs L3 are prohibited
					Requirement	x	✓	✓	✓	✓	Triples in all categories are prohibited
					Requirement	✓	✓	✓	✓	✓	
					Requirement	x	x	✓	✓	✓	
					Requirement	0.6	0.7	0.8	1.1		
					Requirement	2.0	3.3	4.3			
Min DD	2.0	3.3	4.3	Min DD	4.2	4.2	4.8	4.8	5.0	Advance to the Inter-Regional Finals	
Element Cap	0.6	0.7	0.8	Element Cap	0.8	1.1	1.3	1.5	1.5	Top 2 who hit difficulty standard from each category progress	
2 nd Exercise					Qualification Path						
					Requirement					Qualify for Regional Final	
					Requirement					Must hit minimum difficulty performance standard to progress	
					Requirement					Compete at Qualification Events	
Other Information					Tie Break Rules						
Level 4 required skills must be marked with an asterisk and must be performed as separate elements					Regional Series • Regional Final						
Regions may hold out-of-age categories, but these categories will not progress to the Inter-Regional Finals					Inter-Regional Finals						
					Higher T score of 2 nd exercise then Higher HD score of 2 nd exercise then Higher DD score of 2 nd exercise						
					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	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 (T) Straddle Jump Seat Landing ½ to Feet ½ Twist Pike Jump Back (T) to Seat ½ to Feet ½ Twist Pike Jump ½ to Front 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			Optional Round			Optional Round		
Regions set own rules for qualification to Finals			Min DD	2.0	3.0	Min DD	4.0	4.5
Each exercise is performed twice								

Other Information		Available Categories	
No penalty for communication between coach and gymnast	Top 8 gymnasts from each category qualify at Nationals	Cat 1 9-14	Cat 2 9-14
All gymnasts must obtain a classification certificate at least 6 weeks prior to competing	Time of Flight is not included	Cat 1 15+	Cat 2 15+
Minimum difficulty must be reached to qualify at Regional and National levels			

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	S	Y	J	S
Moves 270+*	5	6	7	8	6	7	8	9	10	7	9	8	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	9.6	7.0	8.8	6.0	7.0	7.8	8.8 10.2
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	-
Starred skills	0	0	0	0	0	0	0	0	2	0	0	0	0	0	0
To front/back	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	X
From front/back	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	X	✓	X
360°+ Twist	X	X	X	✓ Either	X	X	✓	X	X	X	X	X	✓	X	X
540°+ Twist	X	X	X	X	X	X	X	✓	X	X	✓	X	X	✓	X
Double	X	X	X	✓ Either	X	X	X	✓	X	X	✓	X	X	✓	X
Top 16 progress				Top 32 TRI • Top 10 TRS progress				Top 32 TRI progress • Top 10 TRS progress							
Exceeding max DD is capped and disqualifies from Championships												TRI and TRS Senior Gold is two voluntary routines			
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	Higher T score then Higher HD score then Higher DD score			
then	Higher T score then Higher HD score then Higher DD score			
Higher T score	Higher HD score then Higher DD score			
then	Higher DD score			
Higher HD score				
then				
Higher DD score				
Competition Structure				
English Championships				
<ul style="list-style-type: none"> Top 8 progress to final round in TRI • Zero start No final for TRS 				
Qualification Events				
<ul style="list-style-type: none"> Must complete both routines to qualify No finals 				
Restrictions				
Triples permitted in Gold except TRS Youth				
Quads prohibited except in Gold Senior				

Club Level

Reference for requirements and qualification pathways in GB Club Level competition

DMT						Trampoline			
Level	Age	M	S	D	DD	Level	Level 1	Level 2	Level 3
1	7-8 9-10 11-12 13+		O 0.1	V 0.1	0.2	Age Groups	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)
2	9-10 11-12 13-14 15+		O 0.1	< 0.1	0.2	Routine	O 0.4	-2 0.5	
Other Information						Other Information			
Regions set their own rules for qualification to Club Finals						Regions set their own rules for qualification to Club Finals			
All passes are compulsory exercises						Each routine is performed twice			

Please report any problems to James Webster

Club Level - North Region

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

Please report any problems to James Webster

DMT		Trampoline						
Level	Requirement	Level	Level 1	Level 2 • DIS 1	Level 3 • DIS 2	Level 4		
1	No somersaults are permitted	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 Feet ½ Twist Tuck Jump Pike Jump Back Landing ½ to Feet	Full Twist Straddle Seat Landing ½ to Feet ½ Twist Pike Jump Back Landing ½ to Feet	Voluntary exercise with a minimum difficulty of 2.0		
2	Max of one somersault per pass	2 nd Routine				Age Groups 8 18+		
3	Each pass must contain at least one somersault	Min DD	1.0	1.2	1.6	2.0		
Other Information		Other Information						
No skill repeats in passes 1 & 2 else 2.0 penalty		No difficulty score is awarded for any routines			No ToF score is awarded in Disability			
No skill repeats in passes 3 & 4 else 2.0 penalty		2 nd exercise must be at least as difficult as the 1 st else 2.0 penalty and cannot qualify						
Skills from 1 & 2 repeats in 3 & 4 only in a different position else 2.0 penalty		Both exercises must be completed else cannot qualify						
All passes must be completed and repeat rules followed to progress to Final								
Age Groups		8	9-10	11-12	13-14	15+		
DIS 8-12		DIS 13+	All Mixed Gender					