

# England Trampoline, DMT & Tumbling



## Competition Handbook 2026



*— A decade of performance, progress, and pride —*



# Disability Trampoline & Double Mini-Trampoline Exercise Criteria

## Section 1 – About

### 1.1 – Introduction Letter

Dear Members, Coaches, Judges, Gymnasts, and Supporters,

Happy New Year and welcome to the **England Trampoline and Double Mini Trampoline Disability Handbook for 2026**.

As we begin a new year of training and competition, we would like to take this opportunity to thank you for your continued commitment, passion, and support of disability trampoline and double mini trampoline across England. Your dedication plays a vital role in creating an inclusive, supportive, and progressive competitive environment for all gymnasts.

For 2026, the handbook remains largely consistent with previous seasons, ensuring continuity and clarity for coaches and athletes alike. However, we have listened carefully to feedback provided by coaches during the 2025 season. As a result, we have made the considered decision to **remove Time of Flight from the overall score**. We believe this adjustment better supports athlete development, fairness, and accessibility within disability competition, while maintaining the integrity of performance assessment.

We are also pleased to confirm that we continue to move forward positively with **Double Mini Trampoline competition**, which remains an important and growing pathway within the disability programme. We look forward to seeing this discipline further develop throughout the 2026 season.

As always, we encourage all coaches, gymnasts, and officials to familiarise themselves fully with the contents of this handbook to ensure a smooth and enjoyable competition experience for everyone involved.

We wish you all a successful, rewarding, and enjoyable year ahead and look forward to another fantastic season of England Disability Trampoline and Double Mini Trampoline competition.

Yours in Sport,



**Stephen Wood**

English Gymnastics Trampoline, Double Mini Trampoline and Tumbling Technical Chair



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# Contents

<b>Section 1 – About.....</b>	<b>2</b>
1.1 – Introduction Letter .....	2
1.2 – Version History .....	3
1.3 – English Events Calendar 2026 .....	4
1.4 – English Events Calendar 2027 .....	5
<b>Section 2.0 – English Trampoline Qualification Series .....</b>	<b>6</b>
2.1 – Disabilities Individual Trampoline.....	6
2.2 – English Championships.....	6
Disability TRI Bronze 9 – 14 and 15+ .....	7
Disability TRI Silver 9 – 14 and 15+ .....	8
Disability TRI Gold 9 – 14 and 15+.....	9
<b>Section 3.0 – Disabilities Double Mini Trampoline .....</b>	<b>10</b>
3.1 – Qualification Series .....	10
3.2 – Championship Qualification .....	10
<b>Section 4.0 – Double Mini Trampoline Exercise Criteria .....</b>	<b>11</b>
Disability DMT Silver .....	11
Disability DMT Gold.....	11

## 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	4



### 1.3 – English Events Calendar 2026

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

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





## 1.4 – English Events Calendar 2027

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

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



## Section 2.0 – English Trampoline Qualification Series

### 2.1 – Disabilities Individual Trampoline

All **DIS TRI English Qualification Competitions** will be run as **qualification-only events**, with each gymnast performing **two exercises** in accordance with the minimum standards outlined in this handbook.

To be eligible for qualification to the **English Championships**, gymnasts must successfully complete **both exercises** at **English Qualification Competition 1 and/or Competition 2**. There will be **no finals** held at qualification events for DIS TRI.

For championship qualification purposes, a gymnast's **highest cumulative score** achieved at either Qualification Competition 1 or Qualification Competition 2 will be used to determine their **ranking for the English Championships**.

Please note that at either qualification event, if a gymnast does **not complete the required 20 elements** or fails to meet the specified criteria (as detailed in the minimum standards section), they will **not be eligible to receive a medal** and will **not qualify** for the English Championships.

### 2.2 – English Championships

The **English Championships** will consist of a **qualification round** followed by a **final round**.

The qualification round will comprise **two exercises**, performed in line with the minimum standards outlined in this handbook. The **top eight gymnasts**, based on qualification ranking, will progress to the Final round.

Where a gymnast does **not complete the required 20 elements** or does **not meet the published criteria** (see minimum standards), they will **not be eligible to progress to the Final** and will **not be eligible to receive a medal** at the English Championships.

For **DIS TRI**, the Final will take place **immediately following the qualification round**, within the **same flight**, allowing for a smooth and efficient competition flow.

Please note the following important points for coaches:

- At the **English Championships only**, the Final will be run as a **'Zero Final'**, with qualification scores not carrying forward.
- All **tie-break rules** will be applied in accordance with the main Handbook.
- An **orientation session** will be held at the English Championships. Further details will be confirmed once the competition timetable has been finalised following the close of entries.

### 2.3 – Disabilities Synchronised Trampolining

- All DIS TRS will consist of mixed gender and mixed classification pairings. (You can have Cat 1's with Cat 2's and boys with girls, there can be any pairings and any age group).
- Routines will follow the DIS Gold criteria below.
- Each competition will consist of 2 exercises but no Final, this includes the English Championships.
- Gymnasts are required to complete both exercises at English Qualification competitions 1 and/or 2 to be eligible to compete at the English Championships.
- All DIS TRS will take place alongside the silver competition.

Disability TRI Bronze 9 – 14 and 15+			
Category 1		Category 2	
Gender:	Mixed	Gender:	Mixed
Exercise Criteria:			
<p>Exercise requirements:</p> <ul style="list-style-type: none"> <li>English Qualification competitions 1 &amp; 2 will consist of <b>only</b> one (1) voluntary exercise, competed twice (2).</li> <li>Routine 1 &amp; 2 must not contain any element containing more than 90° of somersault rotation.</li> <li>Maximum difficulty of 1.2</li> <li>Maximum of three (3) seat landings. No other elements can be repeated.</li> <li><b>Difficulty</b> will be awarded for <b>exercise 1 &amp; 2</b>.</li> <li>Bronze level will not be eligible to compete at the English Championships.</li> </ul>			
Notes:			
<ul style="list-style-type: none"> <li>In category 1 &amp; 2 – Execution, horizontal displacement scores will be awarded. In addition, difficulty will be awarded.</li> <li>Difficulty cards are <b>not</b> required.</li> <li>The Bronze level voluntary routines will have a MAXIMUM difficulty limit of 1.2. The penalty for gymnasts exceeding the 1.2 difficulty will be given a 2.0 penalty from the CJP.</li> <li>Bronze Voluntary level routines 1 &amp; 2 must not contain any somersault rotation more than 90°, Maximum of three (3) seat landings. No other elements can be repeated. The penalty for gymnasts not fulfilling the compulsory criteria will be given a 2.0 penalty from the CJP.</li> <li>Where 20 elements have not been completed at either English Qualification competitions 1 and/or 2 the gymnasts will not be eligible to receive a medal.</li> <li>There will be no orientation at English Qualification competitions 1 &amp; 2.</li> <li>For all Tie break rules please refer to the main Handbook.</li> </ul>			



Disability TRI Silver 9 – 14 and 15+					
Category 1			Category 2		
Gender:	Male	Female	Gender:	Male	Female
Exercise Criteria:					
<p>Exercise requirements:</p> <ul style="list-style-type: none"> <li>English competition series 1,2 and final will consist of <b>only</b> two (2) voluntary exercises.</li> <li>Routine 1 &amp; 2 must contain at least one (1) element with 360° of somersault rotation.</li> <li>Maximum difficulty of 4.0</li> <li><b>No difficulty</b> will be awarded for <b>exercise 1</b>.</li> <li><b>Difficulty</b> will be awarded for <b>exercise 2</b>.</li> <li>There will be no Final at the English Qualification competitions 1 &amp; 2. Finals will only be run at the English Championships Final</li> </ul>					
Notes:					
<ul style="list-style-type: none"> <li>The highest-ranking cumulative score from either the English Qualification competitions 1 or 2 will determine the ranking for the English Championships.</li> <li>In all categories – Execution and horizontal displacement scores will be awarded. In addition, difficulty for Exercise 2 (only) will be awarded.</li> <li>Difficulty cards are required.</li> <li>The penalty for gymnasts exceeding the 4.0 difficulty will be given a 2.0 penalty from the CJP.</li> <li>The penalty for gymnasts not fulfilling the compulsory criteria will be given a 2.0 penalty from the CJP.</li> <li>Where the criteria are not met or maximum difficulty is exceeded, the gymnasts will not be eligible to receive a medal and qualify to the English Championships.</li> <li>Where 20 elements have not been completed at either English Qualification competitions 1 and/or 2 the gymnasts will not be eligible to receive a medal and qualify to the English Championships.</li> <li>There will be no orientation at English Qualification competitions 1 &amp; 2.</li> <li>For all Tie break rules please refer to the main Handbook.</li> </ul>					





Disability TRI Gold 9 – 14 and 15+					
Category 1			Category 2		
Gender:	Male	Female	Gender:	Male	Female
Exercise Criteria:					
<p>Exercise requirements:</p> <ul style="list-style-type: none"> <li>English competition series 1, 2 and final will consist of <b>only</b> two (2) voluntary exercises.</li> <li>There are NO minimum or maximum difficulty in the, 'Gold' level competition.</li> <li><b>No difficulty</b> will be awarded for <b>exercise 1</b>.</li> <li><b>Difficulty</b> will be awarded for <b>exercise 2</b>.</li> <li>There will be no Final at the English Qualification competitions 1 &amp; 2. Finals will only be run at the English Championships Final.</li> </ul>					
Notes:					
<ul style="list-style-type: none"> <li>The highest-ranking cumulative score from either the English Qualification competitions 1 or 2 will determine the ranking for the English Championships.</li> <li>In category 1 &amp; 2 – Execution and horizontal displacement scores will be awarded. In addition, difficulty for Exercise 2 (only) will be awarded.</li> <li>Difficulty cards are required.</li> <li>Where 20 elements have not been completed at either English Qualification competitions 1 and/or 2 the gymnasts will not be eligible to receive a medal and qualify to the English Championships.</li> <li>There will be no orientation at English Qualification competitions 1 &amp; 2.</li> <li>For all Tie break rules please refer to the main Handbook.</li> </ul>					



## Section 3.0 – Disabilities Double Mini Trampoline

The English Qualification Series (EQS) will consist of 'Silver and Gold' levels. Groups will be separated into the follow, male and female, Categories 1 and 2. Age groups will be 9-14 years and 15+.

### 3.1 – Qualification Series

DIS DMT will consist of a qualification round of two (2) Voluntary passes, scores in the qualification round are cumulative. In the qualification round there are no repeated skills in any zone of the DMT. The top 8 ranked gymnasts will then perform in the Final, this round will be cumulative. In the Final gymnasts will be required to perform one (1) voluntary pass in which, elements from the qualification round can be performed but not in the same zone of the DMT. There will be no Final 2 in any of the disability competition.

Tie breaks will be resolved by the procedures set out in the main English handbook.

### 3.2 – Championship Qualification

A maximum of 12 gymnasts per category, age group and gender will be invited to attend the English Championships. See the main Competition Handbook 2026 for publication of qualification results.

Ranking will be based on the scores from the qualification round only. Gymnasts need to complete both qualification exercises at a single qualification event to be eligible for the English Championships.

Gymnasts at the qualification series, who exceed difficulty limits for an individual skill, (silver level only) will not be eligible to compete at the English Championships.

The championship will follow the same layout as the qualification competitions.

Medals will be awarded to the top 3 gymnasts; interrupted exercises will NOT result in the loss of the medal.



## Section 4.0 – Double Mini Trampoline Exercise Criteria

Disability DMT Silver	
Qualification Round	
<ul style="list-style-type: none"> <li>Qualification round will consist of two (2) voluntary exercises, 'No' individual skill should exceed 0.7</li> <li>During the qualification round you are not permitted to repeat any element in any zone of the DMT.</li> </ul>	
Final	
<ul style="list-style-type: none"> <li>The final will consist of a 3<sup>rd</sup> voluntary exercise, 'No' individual skill should exceed 0.7</li> <li>During this round you can repeat a skill from the qualification round but NOT in the same zone of the DMT</li> </ul>	
Notes:	
<ul style="list-style-type: none"> <li>If you exceed the difficulty limit for an individual element you will receive a 2.0 penalty taken from the CJP.</li> <li>If you exceed the difficulty limit for an individual element you will not be eligible to qualify to the English Championships.</li> <li>For repeated elements offences either in the qualification round or the final, the gymnast will receive a 2.0 penalty taken from CJP</li> </ul>	

Disability DMT Gold	
Qualification Round	
<ul style="list-style-type: none"> <li>Qualification round will consist of two (2) voluntary exercises. There are no minimum or maximum DD requirements.</li> <li>During the qualification round you are not permitted to repeat any element in any zone of the DMT.</li> </ul>	
Final	
<ul style="list-style-type: none"> <li>The final will consist of a 3<sup>rd</sup> voluntary exercise.</li> <li>During this round you can repeat a skill from the qualification round but NOT in the same zone of the DMT</li> </ul>	
Notes:	
<ul style="list-style-type: none"> <li>For Repeated elements offences either in the qualification round or the final, the gymnast will receive a 2.0 penalty taken from CJP</li> </ul>	