

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

Please report any problems to James Webster

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 British 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 and British Champion

Qualification Path

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

Combined Categories for Championships
Youth

10 11-12

Junior

13-14 15-16

Senior

17-21 Seni or

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

Qualification Path

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graph TD
    A[Compete at Qualification Events] --> B[Must hit minimum difficulty performance standard to progress]
    B --> C[Qualify for Regional Final]
    C --> D[Top 2 who hit difficulty standard from each category progress]
    D --> E[Advance to the Inter-Regional Finals]
  
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Optional Round

- 2 exercises
- DD must meet or exceed the compulsory round difficulty
- Repeat skills in the same position on the DMT will not be awarded DD

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

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/ 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 is applied for communication between coach and gymnast

Top 8 gymnasts from each category qualify at Nationals

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

Minimum difficulty must be reached to qualify at National

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

Please report any problems to James Webster

Gold

Example Minimums

Silver

Competition Structure

Women

Age	Min DD	M	S	D	Age	Min DD	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-/br/>0.6	8-1< 2.8 8--o 2.0	13-14	3.2		4-/br/>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		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 to champs
- 2.0 penalty for failing to meet min DD
- Senior is open to 16+

Men

Age	Min DD	M	S	D
10-12	2.1		42/ 0.9 o 0.1	43/ 1.2 8--o 2.0
13-14	3.2		4-/br/>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
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

Age

Age	Max DD
9-10	2.0
11-12	3.5
13-14	4.4
15-16	5.6
17+	5.6

M

Age	M
9-10	41o 0.7
11-12	41/ 0.7
13-14	4-o 0.5
15-16	42/ 0.9
17+	43/ 1.2

S

Age	S
9-10	4-/br/>0.6
11-12	4-o 0.5
13-14	8-1< 2.8 8--o 2.0
15-16	8--o 2.0
17+	811< 3.2

D

Age	D
9-10	4-o 0.5
11-12	41/ 0.7
13-14	41/br/>0.7
15-16	42/ 0.9
17+	43/ 1.2

DD

Age	DD
9-10	1.2
11-12	1.3
13-14	1.6
15-16	2.0
17+	2.5

Total

Age	Total
9-10	2.5
11-12	3.3
13-14	—
15-16	—
17+	—

Q1 Requirements

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

Other Criteria

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

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

Q1 • 2 passes • cumulative score

32+ entrants?

Yes

48+ entrants?

No

Top 24

Top 16

Q2 • 1 pass • zero start

10+ entrants?

No

F1 • 1 pass • zero start

10+ entrants?

Yes

F2 • 1 pass • zero start

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
Landing on front or back	✓	✓	✓	✓	✓
Move 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

Combined Categories for Championships

Youth	Junior	Senior
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10	11-12
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13-14	15-16
-------	-------

17-21	Senior
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Youth	Junior	Senior
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DD Element Cap	1.7	2.1	-
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Triples Permitted	✗	✓	✓
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Quads Permitted	✗	✗	✓
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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



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 their own rules for qualification to Club Finals			Min DD	2.0	3.0	Min DD	4.0	4.5
Each exercise is performed twice								
Other Information								
No penalty is applied for communication between coach and gymnast			Top 8 gymnasts from each category qualify at Nationals			Available Categories		
All gymnasts must obtain a classification certificate at least 6 weeks prior to competing								
Minimum difficulty must be reached to qualify at Regional and National levels			Time of Flight is not included					

TRA English Pathway

Reference for requirements and qualification pathways in ENG National TRA competition

Please report any problems to James Webster

1st Routine Requirements												Tie Break Rules			
Requirement	Bronze (Female only)				Silver				Gold				Senior	Age Groups • Youth • Junior	
	9-10	11-12	13-14	15-16	9-10	11-12	13-14	15-16	17+	Y	J	S	Y	J	S
Moves with 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 9.6 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
Landing on front or back	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗
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				Competition Structure		
Exceeding max DD is capped and disqualifies from the Championships	TRI and TRS Senior Gold is two voluntary routines				TRS has no finals				Top 32 TRI progress • Top 10 TRS progress				Qualification Events		
Starred skills will not be awarded difficulty if performed in the second routine	TRS can have mixed gender				No finals at qualification events				Top 32 TRI progress • Top 10 TRS progress				Restrictions		

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		O	V	0.2	Age Groups	Front Landing	½ To Front	Full Twist
	9-10		0.1	-1	0.3		To Feet	To Feet	Straddle
	11-12	M	V	<	0.2		Straddle Jump	Straddle Jump	Seat Landing
	13+	0.1	O	<	0.2		Seat Landing	Seat Landing	½ to Seat
			-2	O	0.5		To Feet	½ To Seat	½ to Feet
			O	-2	0.5		½ Twist	½ to Feet	Pike Jump
			0.1				Tuck Jump	Tuck Jump	Back Landing
			<	-1	0.3		Pike Jump	Pike Jump	½ to Feet
2	9-10		O	-1	0.3	Routine	Back Landing	Back Landing	Pike Jump
	11-12		0.1				To Feet	½ to Feet	Front S/S (T)
	13-14		<	4-<	0.7				
	15+		0.1	4-O	0.6				
			<	4-O	0.6				
			0.1						
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			

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	Min DD	1.0	1.2	1.6		
3	Each pass must contain at least one somersault					2.0		
DIS	No somersaults are permitted							
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 may be repeated in 3 & 4 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