



DMT Technical Requirements
Regional Challenge Cup Series & Final
2022

DMT Physical Preparation Requirements

Range & Conditioning	
Level 1 to Level 4, All Age Groups	
Forward Roll to Dish Shape (SL) – hold for 2 seconds	
4 x 1 Leg Alternate V Sit (2 x left & 2 x right)	
Back Support – hold for 2 seconds	
Straddle Fold – hold for 2 seconds	
Pike Fold – hold for 2 seconds	
Left Splits, Right Splits	
Back Arch – hold for 2 seconds	
Press up to Front Support – hold for 2 seconds	
Burpee to Long Stand with Arms Overhead	
Standing Shoulder Flexibility – hold for 2 seconds	
Minimum Standard to qualify to Inter-Regional Challenge Cup Final	70% pass mark

DMT Technical Requirements

Regional Challenge Cup Level 1				
Age Groups: 9-12yrs, 13+yrs				
Compulsory Round 1				Optional Round 2
No.	Mount	Spotter	Dismount	DD
1	Tuck Jump	-	Barani (T)	0.7
2	-	Back S/S (T)	Front S/S (T)	1.0
Combined round DD				1.7
Minimum Standard to qualify to Regional CC Championships				Compulsory Round 1 & Optional Round 2
				Total score of 77.0
Minimum Standard to qualify to Inter-Regional Challenge Cup Final				Compulsory Round 1 & Optional Round 2
				Total score of 77.8

Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Failure to do so will result in a penalty of 2.0 being applied to the second optional exercise.

Exercises and skills cannot be repeated from the compulsory round exercises. Repeat exercises or skills will result in a loss of DD for that skill or exercise.

Regional Challenge Cup Level 2				
Age Groups: 9-10yrs, 11-12yrs, 13+yrs				
Compulsory Round 1				Optional Round 2
No.	Mount	Spotter	Dismount	DD
1	Barani (T)	-	Back S/S (T)	1.2
2	-	Back S/S (T)	Barani (P)	1.2
Combined round DD				2.4
Minimum Standard to qualify to Regional CC Championships				Compulsory Round 1 & Optional Round 2
				Total score of 78.4
Minimum Standard to qualify to Inter-Regional Challenge Cup Final				Compulsory Round 1 & Optional Round 2
				Total score of 79.2

Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Failure to do so will result in a penalty of 2.0 being applied to the second optional exercise.

Exercises and skills cannot be repeated from the compulsory round exercises. Repeat exercises or skills will result in a loss of DD for that skill or exercise.

Regional Challenge Cup Level 3						
Age Group: 13-14yrs						
Compulsory Round 1					Optional Round 2	
	Mount	Spotter	Dismount	DD		
1	Barani (T)	-	Back S/S (S)	1.3	Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Failure to do so will result in a penalty of 2.0 being applied to the second optional exercise. Exercises and skills cannot be repeated from the compulsory round exercises. Repeat exercises or skills will result in a loss of DD for that skill or exercise.	
2	Barani (P)	-	Back S/S (T)	1.2		
Combined round DD				2.5	Minimum Combined round DD	2.5
Minimum Standard to qualify to Regional CC Championships					Compulsory Round 1 & Optional Round 2	
					Total score of 78.6	
Minimum Standard to qualify to Inter-Regional Challenge Cup Final					Compulsory Round 1 & Optional Round 2	
					Total score of 79.4	

Regional Challenge Cup Level 3						
Age Groups: 15-16yrs, 17+yrs						
Compulsory Round 1					Optional Round 2	
	Mount	Spotter	Dismount	DD		
1	Barani (S)	-	Full (S)	1.6	Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Failure to do so will result in a penalty of 2.0 being applied to the second optional exercise. Exercises and skills cannot be repeated from the compulsory round exercises. Repeat exercises or skills will result in a loss of DD for that skill or exercise.	
2	Rudi (S)	-	Back S/S (T)	1.7		
Combined round DD				3.3	Minimum Combined round DD	3.3
Minimum Standard to qualify to Regional CC Championships					Compulsory Round 1 & Optional Round 2	
					Total score of 80.2	
Minimum Standard to qualify to Inter-Regional Challenge Cup Final					Compulsory Round 1 & Optional Round 2	
					Total score of 81.0	

*Regions may run out of age events, but gymnasts are not eligible to qualify to the Inter-Regional Challenge Cup Final

Regional Challenge Cup Level 4						
Age Group: 9-10yrs						
Compulsory Round 1					Optional Round 2	
	Mount	Spotter	Dismount	DD		
1	Barani (P)	-	Back S/S (P)	1.3	<p>Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Failure to do so will result in a penalty of 2.0 being applied to the second optional exercise.</p> <p>Exercises and skills cannot be repeated from the compulsory round exercises. Repeat exercises or skills will result in a loss of DD for that skill or exercise.</p>	
2	Barani (T)	-	Back S/S (S)	1.3		
Combined round DD				2.6	Minimum Combined round DD	2.6
Minimum Standard to qualify to Regional CC Championships					Compulsory Round 1 & Optional Round 2	
					Total score of 78.8	
Minimum Standard to qualify to Inter-Regional Challenge Cup Final					Compulsory Round 1 & Optional Round 2	
					Total score of 79.6	

Regional Challenge Cup Level 4						
Age Group: 11-12yrs						
Compulsory Round 1					Optional Round 2	
	Mount	Spotter	Dismount	DD		
1	Barani (S)	-	Back S/S (S)	1.3	<p>Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Failure to do so will result in a penalty of 2.0 being applied to the second optional exercise.</p> <p>Exercises and skills cannot be repeated from the compulsory round exercises. Repeat exercises or skills will result in a loss of DD for that skill or exercise.</p>	
2	Barani (T)	-	Full (S)	1.6		
Combined round DD				2.9	Minimum Combined round DD	2.9
Minimum Standard to qualify to Regional CC Championships					Compulsory Round 1 & Optional Round 2	
					Total score of 79.4	
Minimum Standard to qualify to Inter-Regional Challenge Cup Final					Compulsory Round 1 & Optional Round 2	
					Total score of 80.2	

Regional Challenge Cup Level 4						
Age Group: 13-14yrs						
Compulsory Round 1					Optional Round 2	
	Mount	Spotter	Dismount	DD		
1	Barani (S)	-	Full (S)	1.6	<p>Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Failure to do so will result in a penalty of 2.0 being applied to the second optional exercise.</p> <p>Exercises and skills cannot be repeated from the compulsory round exercises. Repeat exercises or skills will result in a loss of DD for that skill or exercise.</p>	
2	Barani (T)	-	Double Back S/S (T)	2.7		
Combined round DD				4.3		
Minimum Standard to qualify to Regional CC Championships					Compulsory Round 1 & Optional Round 2	
					Total score of 82.2	
Minimum Standard to qualify to Inter-Regional Challenge Cup Final					Compulsory Round 1 & Optional Round 2	
					Total score of 83.0	

Regional Challenge Cup Level 4						
Age Group: 15+yrs						
Compulsory Round 1					Optional Round 2	
	Mount	Spotter	Dismount	DD		
1	Barani (S)	-	Double Back S/S (P)	3.1	<p>Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Failure to do so will result in a penalty of 2.0 being applied to the second optional exercise.</p> <p>Exercises and skills cannot be repeated from the compulsory round exercises. Repeat exercises or skills will result in a loss of DD for that skill or exercise.</p>	
2	Rudi (S)	-	Double Back S/S (T)	3.2		
Combined round DD				6.3		
Minimum Standard to qualify to Regional CC Championships					Compulsory Round 1 & Optional Round 2	
					Total score of 86.2	
Minimum Standard to qualify to Inter-Regional Challenge Cup Final					Compulsory Round 1 & Optional Round 2	
					Total score of 87.0	

Competition Format

Regional Challenge Cup Series

- Qualification (Compulsory Round 1 and Optional Round 2)
- FIG rules will apply for the qualification round other than:
 - Gymnasts who do not demonstrate the minimum difficulty performance standard or compete 4 complete exercises will not be eligible to qualify for the Regional Challenge Cup Championships but may be awarded a medal at the Region's discretion.

Regional Challenge Cup Championships

- Qualification (Compulsory Round 1 and Optional Round 2)

- FIG rules will apply for the qualification round

Qualification to the Inter-Regional Challenge Cup Final

A maximum of two gymnasts per category from each region will qualify to the Inter-Regional Challenge Cup Final made up of the following:

- Places will be allocated in rank order from the Regional Challenge Cup Series events (max 3).
 - o Gymnasts must have achieved the 70% range & conditioning minimum score
- In the event of a tied position the tie break rule will apply (see below)
- All Regions must submit the list of the gymnasts that have qualified to BG

Entry to the event must be completed by Regions via British Gymnastics' GymNET online Entry Portal by the published closing date.

Tie Breaks

In case of a tie at any place, the ranking will be determined by the following criteria:

1. The gymnast with the higher total E-score prevails
2. If there is still a tie, the gymnast with the higher E-score from the final two exercises prevails
3. If there is still a tie, the gymnast with the highest 'exercise score' in the range & conditioning will qualify

If there is still a tie, the tie will not be broken