



# TRA Technical Requirements

## British Championships

### 2022

Trampoline National Technical Committee

**British**  
**Gymnastics**

Please refer to the National Competition Handbook for further information

## **British Championships 2022**

### **YOUTH 10-12 years**

The exercise consists of 10 different elements, only two (2) elements allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (\*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.

1. one (1) element landing on the front of the body,
2. one (1) element landing on the back of the body,
3. one (1) element with 360° somersault rotation, at least, 360° of twist.

### **Second exercise requirements**

1. The exercise must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption to the exercise.
2. The degree of difficulty is capped at 1.6 per element.
3. The performing of triple and quadruple somersaults is prohibited and will result in disqualification.

### **JUNIOR 13-16 years**

The exercise consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (\*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.

1. one (1) element to front or back,
2. one (1) element from front or back – in combination with requirement N°1,
3. one (1) double front or back somersault with or without twist and
4. one (1) element with a minimum of 540° twist and minimum 360° somersault rotation.

### **Second exercise requirements**

1. The exercise must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption to the exercise.
2. The degree of difficulty is capped at 1.8 per element.
3. The performing of quadruple somersaults is prohibited and will result in disqualification.

### **SENIOR**

1. Two (2) voluntary exercises. The highest score of the two (2) exercises will determine the qualification to the Final.
2. Performing more than 1 body landing in a exercise will be deemed an interruption to the exercise.

### **SYNCHRONISED**

The groups and criteria for the Synchronised events shall mirror the above Individual events, save for any capping of difficulty, which shall not apply.

Gymnasts may only compete in the age category they are eligible for in any pair.

### **Competition Format**

All Gymnasts will compete 2 exercises in the Qualifying Round. Top 8 will qualify to the Final Round.

FIG rules will be applied other than if there are 8 or fewer gymnasts in any group the score will be cumulative over the 2 rounds of competition (Qualifying & Final).

### **Qualification to the British Championships**

A maximum number of gymnasts per age group (Youth, Junior, Senior), per gender will be invited to attend the British Championships (number of gymnasts to be confirmed) made up of the following:

- Current members of the GBR Senior and Junior National Squads will be invited to enter the British Championships.
- The remaining places will be allocated in rank order from the combined Age Groups at the National Age Group Final
  - o The results will be combined and ranked for the following Age Groups:
    - YOUTH (10yrs & 11-12yrs)
    - JUNIOR (13-14yrs & 15-16yrs)
    - SENIOR (17-21yrs & Senior 17yrs+)

Only those gymnasts eligible for entry to the Individual events (TRA only) shall also be eligible to enter the Synchronised events.

The final list of qualifiers for the British Championships will be published no later than 4 weeks from the National Age Group Final.

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

**PLEASE NOTE: If there are any amendments to the FIG Code of Points the TC reserve the right to amend these Technical Requirements.**