



Technical Requirements 2023

Double-Mini Trampoline (Disabilities)

British
Gymnastics

DMT Technical Requirements

Club Club Series

Disabilities Club Cup Level 1									
9-14yrs/15+									
CAT 1 Male/Female, CAT 2 Male/Female									
ALL SKILLS FROM A BLOCK									
Compulsory Round 1					Compulsory Round 2				
	Mount	Spotter	Dismount	DD		Mount	Spotter	Dismount	DD
1	-	3 Jumps Tuck Jump	3 Jumps Straddle Jump	0.0	1	Tuck Jump	-	3 Jumps Pike Jump	0.0
2	-	3 Jumps Pike Jump	3 Jumps Tuck Jump	0.0	2	-	3 Jumps Straddle Jump	3 Jumps ½ Twist Jump	0.2
Combined round DD				0.0	Combined round DD				0.2
Suggested Minimum Standard to qualify to Regional Club Cup Championships					Total score of 71.4				

Disabilities Club Cup Level 2									
9-14yrs/15+									
CAT 1 Male/Female, CAT 2 Male/Female									
ALL SKILLS FROM A RUN									
Compulsory Round 1					Compulsory Round 2				
	Mount	Spotter	Dismount	DD		Mount	Spotter	Dismount	DD
1	-	Pike Jump	Straddle Jump	0.0	1	Tuck Jump		Pike Jump	0.0
2	-	Straddle Jump	½ Twist Jump	0.2	2	-	Tuck Jump	1/1 Twist Jump	0.4
Combined round DD				0.2	Combined round DD				0.4
Suggested Minimum Standard to qualify to Regional Club Cup Championships					Total score of 71.8				

Qualification to the Club Cup Championships should be based on one or more objective, predetermined criteria.

There are no nationally prescribed qualification criteria. Scores stated in the tables above are suggestions, and this is to allow regions appropriate flexibility to meet their needs. These technical requirements may also be used for Club competitions.

Competition Format

Club Cup Series

- Compulsory Round 1
- Compulsory Round 2

Club Cup Championships

- Compulsory Round 1
- Compulsory Round 2

Challenge Cup Level

Disabilities Challenge Cup Level 1									
9-14yrs/15+									
CAT 1 Male/Female, CAT 2 Male/Female									
Compulsory Round 1					Compulsory Round 2				
	Mount	Spotter	Dismount	DD		Mount	Spotter	Dismount	DD
1	-	Tuck Jump	Full Twist Jump	0.4	1	-	Tuck Jump	FSS (T)	0.5
2	-	Pike Jump	½ Twist Jump	0.2	2	-	Pike Jump	FSS (P)	0.6
Minimum Standard to qualify to Regional Challenge Cup Championships					Total score of 72.9				
Minimum Standard to qualify to Inter-Regional Challenge Cup Final					Total score of 73.7				

Disabilities Challenge Cup Level 2									
9-14yrs/15+									
CAT 1 Male/Female, CAT 2 Male/Female									
Compulsory Round 1					Compulsory Round 2				
	Mount	Spotter	Dismount	DD		Mount	Spotter	Dismount	DD
1	-	Tuck Jump	FSS (T)	0.5	1	-	Tuck Jump	Barani (T)	0.7
2	-	Pike Jump	FSS (P)	0.6	2	-	Pike Jump	Barani (SL)	0.7
Minimum Standard to qualify to Regional Challenge Cup Championships					Compulsory Round 1 & 2				
					Total score of 73.7				
Minimum Standard to qualify to Inter-Regional Challenge Cup Final					Compulsory Round 1 & 2				
					Total score of 74.5				

Competition Format

Regional Challenge Cup Series

- Qualification (Compulsory Round 1 and Compulsory 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 Compulsory Round 2)
- FIG rules will apply

Qualification to the Inter-Regional Challenge Cup Final

A maximum of 2 gymnast per age group, per gender 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).
- 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

Tie Break:

- (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

Entry to the Inter-Regional Challenge Cup Final must be completed by Regions via British Gymnastics' GymNET online Entry Portal by the published closing date.

National Age Group Competition

Disabilities Level 1					
9-14yrs/15+					
CAT 1 Male/Female, CAT 2 Male/Female					
Compulsory Round 1					Optional Round 2
	Mount	Spotter	Dismount	DD	
1	Barani (T)	Barani (T)	BSS (T)	1.2	Gymnasts will perform 2 voluntary exercises of their choice, which must equal or exceed the minimum 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 pass.
2		BSS (T)	Barani (T)	1.2	
Combined round DD				2.4	
					2.4

Disabilities Level 2					
9-14yrs/15+					
CAT 1 Male/Female, CAT 2 Male/Female					
Compulsory Round 1					Optional Round 2
	Mount	Spotter	Dismount	DD	
1	Barani (S)	Barani (S)	BSS (S)	1.3	Gymnasts will perform 2 voluntary exercises of their choice, which must equal or exceed the minimum 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 pass.
2		BSS (S)	Barani (S)	1.3	
Combined round DD				2.6	
					2.6

Where skills are indicated in red, gymnasts can choose to use a mount or a spotter skill but must still ensure that the same skill is not used in the same place in another pass, otherwise the DD for the repeated element will not be awarded. All 4 exercises must remain different.

Competition Format

National Age Group Competition

- Cat 1 Men/Women
- Cat 2 Men/Women
- All Gymnasts will compete 4 exercises. The score will be cumulative
- FIG rules will apply other than:
 - Gymnasts who do not demonstrate the minimum difficulty performance standard will:
 - Not be awarded a medal

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