



# **DMT Technical Requirements**

## British Championships 2023

Trampoline National Technical Committee

**British**  
**Gymnastics**

Please refer to the National Competition Handbook for further information

## British Championships 2023

### Categories

The groups and criteria for the Individual events:

**Youth (10-12yrs)**

**Junior (13-16yrs)**

**Senior (17+yrs)**

### Competition Format

#### Qualification Round 1 (Q1)

2 exercises, cumulative score:

Qualification Round 2 (Q2) – Seniors only (providing there are a minimum of 16 gymnasts in the group when start lists are produced)

- Semi Final (top 12) - 1 exercise, scores starting from zero

#### Finals

- Final 1 (top 8) – 1 exercise, scores starting from zero
- Final 2 (top 4) – 1 exercise, scores starting from zero

FIG rules will be applied

The following difficulty limits per element apply for age groups

Age Group	DD limit per element
Youth	4.0
Junior	4.6
Senior	No Limit

For **10yrs** and **11 – 12yrs** groups, the performing of triple somersaults is strictly prohibited and will result in disqualification

For **all age groups** the performing of quadruple somersaults is strictly prohibited and will result in disqualification.

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

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.**