



DMT Technical Requirements
Club Cup Series & Championships
2023

DMT Physical Preparation Requirements

Range & Conditioning – (Encouraged at Club Levels)	
Level 1 to Level 2, 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	
Target Mark	70%

DMT Technical Requirements

Club Cup Level 1									
Age Groups: 7-8yrs, 9-10yrs, 11-12yrs, 13+yrs									
Compulsory Round 1					Compulsory Round 2				
	Mount	Spotter	Dismount	DD		Mount	Spotter	Dismount	DD
1	-	Tuck Jump	Straddle Jump	0.0	1	Tuck Jump	-	Pike Jump	0.0
2	-	Straddle Jump	½ Twist Jump	0.2	2	-	1/1 Twist Jump	Tuck Jump	0.4
Combined round DD				0.2	Combined round DD				0.4
Minimum Standard to qualify to Regional Club Cup Championships					Compulsory Round 1 & 2				
					Total score of 74.2				

Club Cup Level 2									
Age Groups: 9-10yrs, 11-12yrs, 13-14yrs, 15+yrs									
Compulsory Round 1					Compulsory Round 2				
	Mount	Spotter	Dismount	DD		Mount	Spotter	Dismount	DD
1	Tuck Jump	-	1/1 Twist Jump	0.4	1	-	Tuck Jump	Front S/S (P)	0.6
2	Pike Jump	-	½ Twist Jump	0.2	2	-	Pike Jump	Front S/S (T)	0.5
Combined round DD				0.6	Combined round DD				1.1
Minimum Standard to qualify to Regional Club Cup Championships					Compulsory Round 1 & 2				
					Total score of 75.3				

Qualification to the Club Cup Championships should be based on one or more objective, predetermined criteria. It is for the regions to determine their qualifying criteria and the TC would suggest an execution score of 37.2 for two exercises at one of the qualifying events.

There are no nationally prescribed qualification criteria 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

