



DMT Technical Requirements

National Age Group Competition

2023

Trampoline National Technical Committee

British
Gymnastics
More than a sport

National Age Group Competition 2023

Categories

The groups for the Individual events:

1. 10 yrs
2. 11 – 12 yrs
3. 13 – 14 yrs
4. 15 – 16 yrs
5. 17 – 21 yrs
6. Senior

Competition Format

- Qualification 1 (all gymnasts) – 2 exercises, cumulative score
- Final 1 (top 8 gymnasts) – 1 exercise, zero score
- Final 2 (top 4 gymnasts) – 1 exercise, zero score

At all British Gymnastics events, a nominated panel (Member of TC, Chair of Panel and 1 x national or pathway coach) reserves the right but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time. If a gymnast is deemed unsafe or falls unacceptably below the standards required, a Member of the panel will approach the personal coach to discuss the matter to reinforce standards and, where appropriate, this will be followed up in writing.

Rules:

FIG Rules (including Junior and WAGC rules for age groups) apply for all events, with the exception that there will be no Q2.

1. Two (2) voluntary exercises with no repetition of elements allowed in either exercise.

The following difficulty limits per element apply for age groups

Age Group	DD limit per element
10 yrs	4.0
11 – 12 yrs	4.0
13 – 14 yrs	4.6
15 – 16 yrs	4.6
17 – 21 yrs	5.2
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.

Qualification to the British Championships

The top ranked 24 gymnasts from the National Age Group Competition in the following categories will be eligible to compete at the British Championships: Youth (10-12yrs), Junior (13-16yrs), Senior (17+yrs). The ranking will be based on each gymnast's total Q 1 score from the NAGC. Additional automatic places will be provided to medallists from the NAGC who do not qualify by right. A full list of qualifiers will be published within 4 weeks of the NAGC. All GBR national squad gymnasts that don't qualify by right may apply to the Technical Committee for a 'wild card'.

The Technical Committee may consider additional Wild Card applications. Deadline for these applications 9th June 2023.

Entry to the British Championships 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.