



# **DMT Technical Requirements**

Regional Challenge Cup Series & Final

2023

## DMT Physical Preparation Requirements

<b>Range &amp; Conditioning</b>	
<b>Level 1 to Level 4, All Age Groups</b>	
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	
Minimum Standard to qualify to Inter-Regional Challenge Cup Final	70% pass mark

## DMT Technical Requirements

<b>Regional Challenge Cup Level 1</b>						
Age Groups: 9-12yrs, 13+yrs						
<b>Compulsory Round 1</b>				<b>Optional Round 2</b>		
	Mount	Spotter	Dismount	DD		
1	Tuck Jump	-	Barani (T)	0.7	Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round 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, unless in different place on the DMT. Repeat exercises or skills will result in a loss of DD for that skill or exercise.	
2	-	Back S/S (T)	Front S/S (T)	1.0		
Combined round DD				1.7		
					<b>Maximum Element DD</b>	<b>0.7</b>
<b>Minimum Standard to qualify to Regional CC Championships</b>				<b>Compulsory Round 1 &amp; Optional Round 2</b>		
				Total score of 77.0		
<b>Minimum Standard to qualify to Inter-Regional Challenge Cup Final</b>				<b>Compulsory Round 1 &amp; Optional Round 2</b>		
				Total score of 77.8		

Regional Challenge Cup Level 2						
Age Groups: 9-10yrs, 11-12yrs, 13+yrs						
Compulsory Round 1					Optional Round 2	
	Mount	Spotter	Dismount	DD		
1	Barani (T)	-	Back S/S (T)	1.2	Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Failure to do so will result in a penalty of 2.0 being applied to the second optional exercise.  <b>Exercises and skills cannot be repeated from the compulsory round exercises, unless in different place on the DMT. Repeat exercises or skills will result in a loss of DD for that skill or exercise.</b>	
2	-	Back S/S (T)	Barani (P)	1.2		
Combined round DD				2.4		
					Minimum Combined round DD	2.4
					Maximum Element DD	1.2
<b>Minimum Standard to qualify to Regional CC Championships</b>					<b>Compulsory Round 1 &amp; Optional Round 2</b>	
					Total score of 78.4	
<b>Minimum Standard to qualify to Inter-Regional Challenge Cup Final</b>					<b>Compulsory Round 1 &amp; Optional Round 2</b>	
					Total score of 79.2	

Regional Challenge Cup Level 3						
Age Group: 13-14yrs						
Compulsory Round 1					Optional Round 2	
	Mount	Spotter	Dismount	DD		
1	Barani (T)	-	Back S/S (S)	1.3	Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Failure to do so will result in a penalty of 2.0 being applied to the second optional exercise.  <b>Exercises and skills cannot be repeated from the compulsory round exercises, unless in different place on the DMT. Repeat exercises or skills will result in a loss of DD for that skill or exercise.</b>	
2	Barani (P)	-	Back S/S (T)	1.2		
Combined round DD				2.5		
					Minimum Combined round DD	2.5
					Maximum Element DD	2.0
<b>Minimum Standard to qualify to Regional CC Championships</b>					<b>Compulsory Round 1 &amp; Optional Round 2</b>	
					Total score of 78.6	
<b>Minimum Standard to qualify to Inter-Regional Challenge Cup Final</b>					<b>Compulsory Round 1 &amp; Optional Round 2</b>	
					Total score of 79.4	

Regional Challenge Cup Level 3					
Age Groups: 15-16yrs, 17+yrs					
Compulsory Round 1				Optional Round 2	
	Mount	Spotter	Dismount	DD	
1	Barani (S)		Back s/s (S)	1.3	<p>Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Failure to do so will result in a penalty of 2.0 being applied to the second optional exercise.</p> <p>Exercises and skills cannot be repeated from the compulsory round exercises, unless in different place on the DMT. Repeat exercises or skills will result in a loss of DD for that skill or exercise.</p>
2	Barani (T)	-	Full (S)	1.6	
Combined round DD				2.9	
				Minimum Combined round DD	2.9
				Maximum Element DD	2.8
Minimum Standard to qualify to Regional CC Championships				Compulsory Round 1 & Optional Round 2	
				Total score of 80.2	
Minimum Standard to qualify to Inter-Regional Challenge Cup Final				Compulsory Round 1 & Optional Round 2	
				Total score of 81.0	

\*Regions may run out of age events, but gymnasts are not eligible to qualify to the Inter-Regional Challenge Cup Final

Regional Challenge Cup Level 4						
Age Group: 9-10yrs						
Compulsory Round 1					Optional Round 2	
	Mount	Spotter	Dismount	DD		
1	Barani (P)	-	Back S/S (P)	1.3	<p>Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Failure to do so will result in a penalty of 2.0 being applied to the second optional exercise.</p> <p><b>Exercises and skills cannot be repeated from the compulsory round exercises, unless in different place on the DMT. Repeat exercises or skills will result in a loss of DD for that skill or exercise.</b></p>	
2	Barani (T)	-	Back S/S (S)	1.3		
Combined round DD				2.6		
<b>Minimum Standard to qualify to Regional CC Championships</b>					<b>Compulsory Round 1 &amp; Optional Round 2</b>	
					Total score of 78.8	
<b>Minimum Standard to qualify to Inter-Regional Challenge Cup Final</b>					<b>Compulsory Round 1 &amp; Optional Round 2</b>	
					Total score of 79.6	

Regional Challenge Cup Level 4						
Age Group: 11-12yrs						
Compulsory Round 1					Optional Round 2	
	Mount	Spotter	Dismount	DD		
1	Barani (S)	-	Back S/S (S)	1.3	<p>Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Failure to do so will result in a penalty of 2.0 being applied to the second optional exercise.</p> <p><b>Exercises and skills cannot be repeated from the compulsory round exercises, unless in different place on the DMT. Repeat exercises or skills will result in a loss of DD for that skill or exercise.</b></p>	
2	Barani (T)	-	Full (S)	1.6		
Combined round DD				2.9		
<b>Minimum Standard to qualify to Regional CC Championships</b>					<b>Compulsory Round 1 &amp; Optional Round 2</b>	
					Total score of 79.4	
<b>Minimum Standard to qualify to Inter-Regional Challenge Cup Final</b>					<b>Compulsory Round 1 &amp; Optional Round 2</b>	
					Total score of 80.2	

Regional Challenge Cup Level 4						
Age Group: 13-14yrs						
Compulsory Round 1					Optional Round 2	
	Mount	Spotter	Dismount	DD		
1	Barani (S)	-	Full (S)	1.6	<p>Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Failure to do so will result in a penalty of 2.0 being applied to the second optional exercise.</p> <p><b>Exercises and skills cannot be repeated from the compulsory round exercises, unless in different place on the DMT. Repeat exercises or skills will result in a loss of DD for that skill or exercise.</b></p>	
2	Barani (T)	-	Double Back s/s (T)	2.7		
Combined round DD				4.3		
					Minimum Combined round DD	4.3
<b>Minimum Standard to qualify to Regional CC Championships</b>					<b>Compulsory Round 1 &amp; Optional Round 2</b>	
					Total score of 82.2	
<b>Minimum Standard to qualify to Inter-Regional Challenge Cup Final</b>					<b>Compulsory Round 1 &amp; Optional Round 2</b>	
					Total score of 83.0	

Regional Challenge Cup Level 4						
Age Group: 15+yrs						
Compulsory Round 1					Optional Round 2	
	Mount	Spotter	Dismount	DD		
1	Barani (S)	-	Double Back s/s (P)	3.1	<p>Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Failure to do so will result in a penalty of 2.0 being applied to the second optional exercise.</p> <p><b>Exercises and skills cannot be repeated from the compulsory round exercises, unless in different place on the DMT. Repeat exercises or skills will result in a loss of DD for that skill or exercise..</b></p>	
2	Rudi	-	Double Back S/S (T)	3.2		
Combined round DD				6.3		
					Minimum Combined round DD	6.3
<b>Minimum Standard to qualify to Regional CC Championships</b>					<b>Compulsory Round 1 &amp; Optional Round 2</b>	
					Total score of 86.2	
<b>Minimum Standard to qualify to Inter-Regional Challenge Cup Final</b>					<b>Compulsory Round 1 &amp; Optional Round 2</b>	
					Total score of 87.0	

## Competition Format

### Regional Challenge Cup Series

- Qualification (Compulsory Round 1 and Optional 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 Optional Round 2)
- FIG rules will apply for the qualification round

## Qualification to the Inter-Regional Challenge Cup Final

- A maximum of two gymnasts per category from each region will qualify to the Inter-Regional Challenge Cup Final.
- Places will be allocated in rank order from the Regional Challenge Cup Series events (max 3).
  - o Gymnasts must have achieved the 70% range & conditioning minimum score
- In the event of a tied position the tie break rule will apply (see below)
- Regions have the responsibility and autonomy to determine the selection process within the Regional Challenge Cup Series and Regional Challenge Cup Championships and this should be communicated to all clubs by the Region.
- All Regions must submit the list of the gymnasts that have qualified to BG

**Level 4** – Subject to capacity, the 3<sup>rd</sup> ranked gymnast from each region may be invited to attend following the closing date. All regions will be notified following the closing date and entries for the 3<sup>rd</sup> gymnast can be made via the entry portal.

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

## Tie Breaks

In case of a tie at any place, the ranking will be determined by the following criteria:

1. The gymnast with the highest sum of D Scores of all exercises will prevail
2. The gymnast with the highest sum of all the E scores of all exercises will prevail
3. The gymnast with the highest sum of all E scores per skill of all exercises minus the lower E score per skill prevails