



# **TUM Technical Requirements**

## National Age Group Competition 2023

Trampoline National Technical Committee

**British**  
**Gymnastics**

Please refer to the National Competition Handbook for further information

## 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 Round 1 (Q1)

- 2 exercises, cumulative score
- Gymnasts who do not demonstrate the minimum difficulty performance standard will:
  - o not be awarded a medal
  - o not be eligible to qualify for the British Championships

#### Final (10yrs & 11-12yrs)

- Top 8 – 1 exercise, scores starting from zero

#### Final (13-14yrs, 15-16yrs, 17-21yrs & Senior)

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

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. Each exercise consists of eight (8) elements.
2. With the exception of flic flacs, whipbacks round offs and full twist backs, no element may be repeated during the two (2) exercises of Q1, otherwise the difficulty of the repeated element will not be counted.

3. A tumbling exercise must move in one direction only; however, a single element in the reverse direction is allowed at the end of the exercise (8th element).
4. All completed exercises must end with a somersault, otherwise a penalty of 2.0 will be applied.

**10yrs bonus rule:**

There will be a 0.2 bonus added per whip (bonus applies to a maximum of 5 whips in a single exercise) making each eligible whip 0.4 for gymnasts in 10yrs age group.

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8
(	^	^	^	^	^	^	-/
0.1	0.4	0.4	0.4	0.4	0.4	0.2	0.6

Difficulty 2.9

The following difficulty limits per element apply for age groups

Age Group	DD limit per element
10 yrs	2.8
11 – 12 yrs	2.8
13 – 14 yrs	4.3
15 – 16 yrs	4.3
17 – 21 yrs	4.5

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 gymnasts 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 9<sup>th</sup> June 2023.*

Minimum FIG Qualifying Score	Minimum DD	Female	Male
<b>10 Years</b>	<b>10 Years</b>	<b>4.4</b>	<b>4.4</b>
<b>11-12 Years</b>	<b>11-12 Years</b>	4.0	4.0
<b>13-14 Years</b>	<b>13-14 Years</b>	5.4	5.4
<b>15-16 Years</b>	<b>15-16 Years</b>	6.5	6.9
<b>17-21 Years</b>	<b>17-21 Years</b>	7.0	7.4
<b>Senior</b>	<b>Senior</b>	7.5	9.6

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.**