

**TRAMPOLINE AND DMT LEAGUE - PRESENTED BY MILANO PRO-SPORT  
2022 COMPETITION PACK**

**INTRODUCTION**

The League Facilitation Team wishes all of our League supporters a great 2022 League competition season.

This competition information pack contains all the competition information existing registered League supporters need to know for 2022. For League protocols we advise any new clubs to the League to also read the updated Trampoline and DMT League Handbook, which will be available shortly on the website [www.trampolineleague.com](http://www.trampolineleague.com). After registering your club you are all set to compete in some of the world's most innovative trampoline and DMT provision.

We are very excited to present to you a new look League which now facilitates all competitors competing with routines that ensure they can access *all* other domestic and international structures without having to alter age group first round routines. In order to do this we have simplified and eased the League 2 and League 3 requirements therefore allowing greater inclusivity. The new requirements can be found later in the document under **Trampoline Routine Requirements**.

Another bonus we are introducing in 2022 is to split age groups by year of birth when any competition group exceeds 60 competitors. This is to help very large groups to have an enhanced competition experience against their own year of birth. These groups will then have separate finals points awarded to each year of birth within the new age group. The exception is multiple year age groups such as 17+ age groups. In these situations the age group will be split at the point where equivalent sized groups are produced. This will be done retrospectively should the numbers exceed 60 later in the qualification process. This will ensure that no one ever competes again at a League event in a very large competition group.

The Trampoline Cup requirements have been changed to create a really exciting event and the Super League requirements have also changed to match the FIG senior requirements with no additional requirements as required in the past. Prize money can be won in both events.

New FIG competition rules have changed significantly the tactical possibilities for DMT and trampoline competition and we are pleased to bring you these changes with slight enhancements in the case of DMT. FIG clothing rules too have changed to help improve competition comfort.

We would like to build the numbers competing in our Disabilities categories. In order to encourage particularly those who may have difficulty in learning or retaining routine sequences, from 2022 all those competing in D.T. categories may have their routines called out with no penalties incurred.

The inclusion of club teams at events adds another dimension to club inclusivity, team work and performance. In 2022 we are acknowledging clubs entering sufficient numbers to create a team in each competition group into our results. So, if a club enters three or more competitors in one competition group, the top three ranked from each club will automatically constitute a team, and the teams will be ranked in the results. You will not be required to nominate your teams and there are currently no awards for the team events.

We look forward to your continued support and enjoyment of the League and hope the changes below help to enhance your competition experience.

The League Facilitation Team

## TRAMPOLINE & DMT LEAGUE COMPETITION INFORMATION

<b>Dates &amp; Venues</b>	League Qualification 1 – April 2 <sup>nd</sup> /3 <sup>rd</sup> – Burgess Hill – The Triangle, Trangle Way, RH15 8WA League Qualification 2 – May 28 <sup>th</sup> /29 <sup>th</sup> – Cardiff – NIAC – 9, Cyncoed Road, CF23 6XD League Qualification 3 – September 24 <sup>th</sup> /25 <sup>th</sup> – South Shields – Temple Park Centre, John Reid Road, NE34 8QN League Finals – November 19 <sup>th</sup> /20 <sup>th</sup> – London – Lee Valley VeloPark, Abercrombie Road. E20 3AB
<b>Entry Dates</b>	Entries must be received via the League website by midnight by the closing dates listed below for each event. Clubs wishing to enter not currently registered with the League, please register prior to entry at <a href="http://www.trampolineleague.com">www.trampolineleague.com</a>  League Qualification 1 – Burgess Hill – Entry opens – February 5 <sup>th</sup> – Entry closes – 5 <sup>th</sup> March League Qualification 2 – Cardiff – Entry opens – April 2 <sup>nd</sup> – Entry closes – April 30 <sup>th</sup> League Qualification 3 – South Shields – Entry opens – July 30 <sup>th</sup> – Entry closes – August 27 <sup>th</sup> League Finals – By invitation only – Entry opens – September 29 <sup>th</sup> – Entry closes – October 15 <sup>th</sup>
<b>Disciplines</b>	Trampoline individual, Trampoline Synchronised, DMT and Disabilities Trampolining
<b>Age Groups</b>	Age groups are specific to each discipline (see routine and pass requirements below) Age is calculated according to a competitor's age in the year of competition The minimum entry age is 9 in 2022 (2013 year of birth) When any competition group exceeds 60, the group will be split into year of birth. These groups will then have separate finals points allocated to each year of birth within the age group (with the exception of multiple year age groups such as 17+ age groups. In these situations the age group will be split at the point where equivalent sized groups are produced. This will be done retrospectively should the numbers exceed 60 later in the qualification process
<b>Entry Costs</b>	<b>Qualification Events</b> Entry into 1 individual event - <b>£24.00</b> Entry into 2 individual events - <b>£38.00</b> Entry into 3 or more individual events - <b>£50.00</b> Entry in the DMT and TRI Cups - <b>No charge</b> TRS is charged independently of the above structure. Entry into TRS is <b>£26.00</b> per pair  <b>League Finals</b> Entry into 1 individual event - <b>£37.00</b> Entry into 2 individual events - <b>£56.00</b> Entry into 3 or more individual events - <b>£65.00</b> Entry into the DMT and TRI Cups - <b>No charge</b> TRS is charged independently of the above structure. Entry into TRS is <b>£26.00</b> per pair
<b>Officials Requirements</b>	Per 1-2 competitors - one official (need not be a qualified judge) Per 3-5 competitors - one suitably qualified judge Per 6-9 competitors - two (minimum of one suitably qualified judge) Per 10-14 competitors - three (minimum of two suitably qualified judges) Per 15-19 competitors - four (minimum of two suitably qualified judges) Per 19+ competitors - six (minimum 3 qualified judges)
<b>Dress Code Trampoline</b>	<b>Trampoline</b> - As per FIG rules 2022-2024 <b>Male Gymnasts</b> - Sleeveless or short sleeves leotard and Gym shorts or trousers White trampoline shoes and/or foot covering or of the same colour as the gym trousers <b>Female gymnasts</b> - Leotard or unitard with or without sleeves (must be skin tight) Long tights may be worn (must be skin tight) or gym shorts may be worn (must be skin tight). Any other "dress" which is not skin tight is not allowed

For reasons of safety, covering the face or the head is not allowed  
Trampoline shoes and/or white foot covering

#### **DMT**

**Male gymnasts** - Sleeveless or short sleeves leotard and gym shorts

**Female gymnasts** - Leotard or unitard with or without sleeves (must be skin tight)

Long tights may be worn (must be skin tight and be the same colour as the leotard)

Gym shorts may be worn (must be skin tight)

Any other 'dress' which is not skin tight is not allowed

For reasons of safety, covering the face or the head is not allowed

**All** - White shoes and/or white foot covering may be worn

### **LEAGUE COMPETITION REQUIREMENTS**

#### **Trampoline Routine Requirements and Age Groups**

##### **League 3**

- The first routine is comprised of **10** different elements
- **6** elements must have a **minimum** of **270°** of somersaulting rotation
- The second and final routines are voluntary routines comprised of **10** elements with a **maximum** difficulty of **6.5**
- **Age Groups for male and female competition groups** – 9/10, 11/12, 13/14, 15/16, 17/18, 19+

##### **League 2**

- The first routine is comprised of **10** different elements
- **8** elements must have a **minimum** of **270°** of somersaulting rotation
- The second and final routines are voluntary routines comprised of **10** elements with a **maximum** difficulty of **8.0**
- **Age Groups for male and female competition groups** – 9-12, 13/14, 15/16, 17/18, 19+

##### **League 1**

- Current **W.A.G.C** + Senior **FIG** specifications apply to this level of competition
- Full League 1 FIG/WAGC specifications can be accessed at the end of this document
- Gymnasts aged **15+** may enter both **League 1** and **Super League** categories
- **Age Groups for male and female competition groups** – 9-12 (will compete with 11/12 WAGC requirements), 13/14, 15/16, 17+
- Should numbers exceed 32 in the 17+ Senior category, a semi final round of the top 16 competitors will compete one routine from a zero start. Following the semi final the top 8 ranked competitors will progress to the final round

##### **Super League**

- Gymnasts must be aged **15+** to enter this event. Senior **FIG** specifications apply.
- Should numbers exceed 32 in the Super League category, a semi final round of the top 16 competitors will compete one routine from a zero start. Following the semi final the top 8 ranked competitors will progress to the final round.
- **Prize money will be awarded to the three highest ranked gymnasts per gender**

#### **Disabilities Trampoline Age Groups and Requirements (DT)**

- The **DT** category is designed to provide competition opportunity for people with disability or impairment which restricts their entry into the main stream competition levels
- All gymnasts entering **DT** will have a disability recognised by international disability sport organisations Disabilities definitions are laid down by W.H.O. (World Health Organisation). Competitors may be asked to submit certification evidence of their status
- **Categories and Age Groups for mixed gender competition groups**  
DT Level 1 – Category 1 – Ages 9-14 & 15+  
DT Level 1 – Category 2 – Ages 9-14 & 15+  
DT Level 2 – 9-14 & 15+
- Due to the large competition age spans there will be no time of flight for DT events

### DT Level 1 Routine Requirements

- The first routine is comprised of **10** different elements containing a **maximum** of 2 elements with a **minimum** of **270°** of somersaulting rotation
- The second and third routines are voluntary routines comprised of **10** elements with a **maximum** difficulty of **1.9**

### DT Level 2 Routine Requirements

- The first routine is comprised of **10** different elements with a **minimum** difficulty of **2.0**
- The second and third routines are voluntary routines comprised of **10** elements with a **minimum** difficulty of **2.0**

### Trampoline Synchronised (TRS) Age Groups and Requirements

- Gymnasts will compete with **2** voluntary routines comprised of **10** elements per routine
- **8** elements must have a **minimum** of **270°** of somersaulting rotation (League 2 routine requirements)
- Both routines will have difficulty added
- The highest scoring of the routines will determine the ranking of the pair. There is no final round for **TRS**
- **Age groups for mixed gender competition groups** – 9-12, 13-16, 17+

### Double Mini Trampoline (DMT) Age Groups and Requirement Recommendations

- Gymnasts will compete with a preliminary round of two passes
- If there are 32+ in the group the top 16 will compete with one further pass (semi final). This additional pass will form part of the preliminary round and repetition of skill rules will be applied. The semi final will be from zero
- The top 8 will compete with 2 further passes – Final 1 and Final 2. Only the top 4 ranked gymnasts after F1 will have their F2 pass validated i.e. gymnasts ranked 5 to 8 after F1 will be eligible to compete in F2 but it won't be credited in the F2 ranking. Both F1 and F2 will be from zero
- A gymnast may not repeat a skill in a round irrespective of the position in which the skill is competed (with the exception of the semi final where a skill may be repeated provided it is in a different position)
- Repeat of a skill will result in a loss of difficulty of the repeated skill
- Skills used in the Preliminary rounds (including the semi final) can be repeated in the final round without penalty
- There is no minimum requirement in **DMT**. Clubs are advised to enter a category best suited to their gymnast's ability level. At all levels we recommend that gymnasts can compete with a **minimum** of **360°** somersaulting rotation per element. Recommendations are shown below

### League 3

- It is **recommended** that gymnasts entering this level will be able to compete with each element containing **360°** of somersault rotation and with each **round** containing one element with a **minimum** of **180°** of twisting rotations
- **Age Groups for male and female competition groups** – 9-12, 13/14, 15/16, 17+

### League 2

- It is **recommended** that gymnasts entering this level are able to compete with each **round** containing **1** element with a **minimum** of **360°** of twisting rotation **or** **1** element with a **minimum** of **720°** of somersault rotation
- **Age Groups for male and female competition groups** – 9-12, 13-16, 17+

### League 1

- It is **recommended** that gymnasts entering this level are able to compete with each **pass** containing **1** element with a **minimum** of **720°** of somersault rotation **or** **1** element with a **minimum** of **540°** of twisting rotation
- **Age Groups for male and female competition groups** – 9-12, 13-16, 17+
- Gymnasts aged **15+** may enter both **League 1** and **Super League** categories

### Super League DMT

- Gymnasts must be aged **15+** to enter this event
- It is **recommended** that those entering this level can compete with each **pass** containing at least **1** element of **at least 720°** of somersault rotation and each **round** containing a pass with at least **2** elements of a **minimum** of **720°** of somersault rotation
- **Prize money will be awarded to the three highest ranked gymnasts per gender**

### **Trampoline and DMT Cups – Exciting Knockout Cup Events – the Winners are Awarded a Cash Prize**

- For full TRI and DMT Cup requirements please see the 2022 League Handbook
- **TRI CUP** - The top 8 *voluntary routine* scorers from the male and female **15+ League 1** and **Super League** events are invited free of charge to enter the knock out event. First round competitors will compete with **two** elements. Second round competitors will compete with **five** elements, and in the final round of the TRI Cup the finalists will compete with **ten** elements The lower ranked of the competitors will always compete first
- In order to promote execution excellence the event will be judged by three execution judges with the middle score tripled. All execution scores will be from 10 with difficulty, HD and Time of Flight added
- Competitors may repeat elements and routines without penalty
- **DMT CUP** - The top 8 highest *preliminary* scorers from the male and female **13+ League 1** and **Super League** events will be invited to participate free of charge. There are three rounds in this knockout style competition with the highest scoring round moving forward to the next round. The lower ranked of the competitors will always compete first. As this is a standalone competition, competitors may repeat passes used during their individual League events without penalty. DMT competitors cannot however repeat elements used in earlier rounds of the DMT Cup, i.e. a competitor will need to use up to 3 different passes in the DMT Cup.

### **LEAGUE 1 – TRI WAGC/FIG ROUTINE REQUIREMENTS**

#### **WAGC 11-12 Age Group (League 1 9-12)**

- The routine consists of 10 different elements, only two elements are allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (\*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.
- one element landing on the front of the body
- one element landing on the back of the body
- one element with 360° of somersault rotation and at least 360° of twist

#### **13-14, 15-16 age groups and Junior competition**

- The routine consists of 10 different elements, only one element is allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (\*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.
- one element to front or back
- one element from front or back – in combination with requirement above
- one double front or back somersault with or without twist and
- one element with a minimum of 540° twist and minimum 360° somersault rotation

#### **Senior 17+**

- Each routine consists of ten elements
- In Senior individual events all exercises are voluntary in which the execution score plus HD and T of F are added to the difficulty score to give the total for an exercise