



TRAMPOLINE AND DMT
LEAGUE



COMPETITION PACK

2024

Version 1 - 11th January 2024

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TRAMPOLINE AND DMT LEAGUE - PRESENTED BY MILANO PRO-SPORT 2024 COMPETITION PACK

INTRODUCTION

We wish to thank Yasmin for her many years of managing the Officials for each League event. Sadly, Yasmin has retired from this post, but we are very pleased to announce that she will remain as a member of the League Committee. Andi Revell of AAA Sports will replace Yasmin in the role. We are grateful to Andi and Yasmin for everything they both do for the League.

The League Facilitation Team wishes our League supporters a great 2024 and League competition season.

This competition information pack contains all the competition information existing registered League supporters need to know for 2024. 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. After registering your club, you are all set to compete in some of the world's most innovative trampoline and DMT provision.

Thank you to all those who made recommendations for upgrading our competition provision for 2024.

Our competition requirements ensure that competitors entering League events can then access other domestic and international structures without having to alter age group first round exercises.

UPDATES

- In anticipation of the possibility of increased numbers for 2024 we reserve the right to move some League 1 or League 2 competition groups to late Saturday afternoon at qualification events. All clubs will be informed of any changes to timetable scheduling within three days of the entry closing.
- We have been approached by several clubs who are concerned that some League competitors entering TRI League 3 would be better placed entering League 2 or League 1 due to their level of skill. TRI League 3 is intended for beginners. For this reason, we are reducing the tariff limit for League 3, which will now be capped at 5.5 for 2024. We hope that this helps encourage relevant competitors to enter higher League levels. For the same reason we ask that those entering DMT are also mindful that League 3 is a level for beginners, so please read carefully the recommendations written in the DMT League levels below .
- The TRI League 2 tariff cap will be reduced to 7.5 for 2024.
- There will be no penalty for exceeding the tariff limits in both League 3 and League 2.
- Several clubs have requested that due to the increased entry into League synchronised events we introduce a fourth age group, so for 2024 the age groups will be 9-11, 12-15, 16-18 and 19+.
- The Trampoline Cup requirements for 2024 will be three knockout rounds of two skills per round. Each round will be unique, and skills may not be repeated.
- 2023 has been very challenging with regards to appointing officials to events. Please do not put an official on your entry form unless you have first confirmed their availability. It is also important that clubs entering competitors into Sunday events provide the relevant number of officials for Sunday.

- NB Clubs who do not fulfil their requirement for officials on the day, or do not provide officials for a day they have competitors entered, may have their competitors reduced to guest status, meaning no points will be awarded.
- All other rules will remain as for 2023.

We look forward to your continued support and enjoyment of the League and hope to continue to enhance your competition experiences.

The League Facilitation Team

TRAMPOLINE & DMT LEAGUE COMPETITION INFORMATION

Event Dates & Venues	League Qualification 1 – 23rd – 24th March – University of Birmingham, Bristol Road. B15 2T
	League Qualification 2 – 1st – 2nd June – National Indoor Athletics Centre (N.I.A.C.), Cyncoed Road, Cardiff. CF23 6XD
	League Qualification 3 – 14th - 15th September – Sports Central, Northumbria University, Northumberland Road, Newcastle Upon Tyne. NE1 8ST
	League Finals - TBC
Entry Dates	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 www.trampolineleague.com
	League Qualification 1 – Birmingham: Entry opens – January 27th Entry closes – February 24th
	League Qualification 2 – Cardiff: Entry opens – April 6th Entry closes – May 4th
	League Qualification 3 – Newcastle: Entry opens – July 20th Entry closes – August 17th.
	League Finals – TBC By invitation only.
Disciplines	Trampoline individual, Trampoline Synchronised, DMT and Disabilities Trampolining.
Age Groups	Age groups are specific to each discipline (see exercise requirements below).
	Age is calculated according to a competitor's age in the year of competition. The minimum entry age is 9 in 2024 (2015 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). Splitting age groups will be done retrospectively should the numbers exceed 60 later in the qualification process.
Entry Costs	Qualification Events
	Entry into 1 individual event - £30.00 Entry into 2 individual events - £45.00 Entry into 3 or more individual events - £55.00 Entry in the DMT and TRI Cups - No charge TRS is charged independently of the above structure. Entry into TRS is £30.00 per pair
Entry Costs	League Finals
	Entry into 1 individual event - £45.00 Entry into 2 individual events - £65.00 Entry into 3 or more individual events - £72.00 Entry into the DMT and TRI Cups - No charge TRS is charged independently of the above structure. Entry into TRS is £30.00 per pair

Officials	Per 1-2 competitors – One official (need not be a qualified judge)
Requirements	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)
	For all League events clubs must supply enough officials to cover the total number of TRI, TRS, DMT
Dress Code	Trampoline - As per FIG rules 2022-2024
Trampoline	<p>Male Gymnasts - 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</p> <p>Female Gymnasts - 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</p>
DMT	<p>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) 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</p>

LEAGUE COMPETITION REQUIREMENTS

Trampoline Exercise Requirements and Age Groups

League 3

- The first exercise is comprised of **10** different elements
- **6** elements must have a **minimum** of **270°** of somersaulting rotation
- The second and final exercises are voluntary exercises comprised of **10** elements with a **maximum** difficulty of **5.5**
- The top 8 ranked competitors from the preliminary round will progress to the final round
- **Age Groups for male and female competition groups** – 9/10, 11/12, 13/14, 15/16, 17/18, 19+

League 2

- The first exercise is comprised of **10** different elements
- **8** elements must have a **minimum** of **270°** of somersaulting rotation
- The second and final exercises are voluntary exercises comprised of **10** elements with a **maximum** difficulty of **7.5**
- The top 8 ranked competitors from the preliminary rounds will progress to the final round
- **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+
- The top 8 ranked competitors from the preliminary rounds will progress to the final round

Super League

- Gymnasts must be aged **15+** to enter this event. Senior **FIG** specifications apply.
- The top 8 ranked competitors from the preliminary rounds 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 – Category 1 – Ages 9-14 & 15+
 DT Level 2 – Category 2 – Ages 9-14 & 15+
- Due to the large age spans in DT competition, there will be no time of flight for DT events

DT Level 1 Exercise Requirements

- The first exercise is comprised of **10** different elements containing a **maximum** of 2 elements with a **minimum** of **270°** of somersaulting rotation. NB a competitor need not somersault at this level.
- The second and third exercises are voluntary exercises comprised of **10** elements with a **maximum** difficulty of **1.9**
- The top 8 ranked competitors from the preliminary rounds will progress to the final round

DT Level 2 Exercise Requirements

- The first routine is comprised of **10** different elements with a **minimum** difficulty of **2.0**
- The second and third exercises are voluntary exercises comprised of **10** elements with a **minimum** difficulty of **2.0**
- The top 8 ranked competitors from the preliminary rounds will progress to the final round

Trampoline Synchronised (TRS) Age Groups and Requirements

- Gymnasts will compete with **2** exercises comprised of **10** elements per routine
- **8** elements must have a **minimum** of **270°** of somersaulting rotation (League 2 exercise requirements)
- Both exercises will have difficulty added
- The highest scoring of the exercises will determine the ranking of the pair. There is no final round for **TRS**
- **Age groups for mixed gender competition groups** – 9-11, 12-15, 16-18, 19+

Double Mini Trampoline (DMT) Age Groups and Requirement Recommendations

- Gymnasts will compete with a preliminary round of two exercises.
- The top 8 ranked gymnasts will compete with 1 further exercise – Final 1.
- The top 4 ranked gymnasts will compete with one further exercise – Final 2. Both F1 and F2 will be scored from zero.
- A gymnast may not repeat a skill in a round irrespective of the position in which the skill is competed.
- Repeat of a skill will result in a loss of difficulty of the repeated skill.
- Skills used in the Preliminary rounds can be repeated in the final rounds without penalty. Preliminary round rules apply to F1 and F2.
- 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 **exercise** 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 **exercise** containing at least **1** element of **at least 720°** of somersault rotation and each **round** containing an exercise 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 2024 League Handbook.
- **TRI CUP** – At the qualification events 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 knockout event. Each round of competition will be comprised of a two-contact exercise. No skill may be repeated throughout the event. The lower ranked of the competitors will always compete first.
- F.I.G scoring will be used. All execution scores will be from 10 with difficulty, HD and Time of Flight added.
- For the Trampoline & DMT League Finals the TRI and DMT Cup will have separate gender groups.
- **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.
- F.I.G scoring will be used.
- As this is a standalone competition, competitors may repeat exercises 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 exercises in the DMT Cup.
- For the Trampoline & DMT League Finals the TRI and DMT Cup will have separate gender groups.

LEAGUE 1 – TRI WAGC/FIG EXERCISE REQUIREMENTS

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

- The exercise 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 exercise 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 exercise 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.