



TRAMPOLINE, DMT & TUMBLING LEAGUE - PRESENTED BY MILANO PRO-SPORT 2025 COMPETITION PACK

INTRODUCTION

The League Facilitation Team wishes our League supporters a Happy New Year.

Thanks to all clubs for your great response to our 2024 survey, the results of which have fashioned our updates for 2025.

Following a restructuring, we are pleased to announce that Andi Revell and Jayne Armitage (both long term supporters and League Events Team members) will be the Competition Organisers for the upcoming League Events. For all event related question, please contact them at competitions@trampolineleague.com.

2024 was a difficult year for the League due to the trailer fire. The appeal raised sufficient to replace the DMT, for which we are very grateful. Thank you again to everyone who donated. We have however been left with a large financial shortfall, which we are obligated to clawback by imposing a surcharge on 2025 entry fees. This will ensure the future of the League.

This competition information pack contains all the competition information existing registered League supporters need to know for 2025. We advise that you read the document carefully as there are several changes to existing requirements. Where a change has been made this will be signified with **(2025 update)**.

For all 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.

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

- The League will be using the new FIG Code of Points for 2025-2028 (unless otherwise specified). We advise coaches and officials to familiarise themselves with the new code.
- In anticipation of the possibility of continued increased numbers for 2025 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 four days of the entry closing.
- **(2025 update)** If numbers entering events exceed our capacity to timetable any qualification event, we will when necessary reduce competition time by removing TRI finals and presenting medals with the top 8 rankings based solely on the voluntary score.
- **(2025 update)** Super League and Trampoline Cup requirements for 2025 have been revised to comply with gymnasts' requests for a rationalisation of event numbers and to provide separate male and female events.
- **(2025 update)** For 2025 the number of officials required has been revised. For Officials Requirements and rationale please see below.
- NB Clubs who do not fulfil their requirement for officials on the day may have their competitors reduced to guest status, meaning no points will be awarded.
- **(2025 update)** Competition requirements and updates below also reflect changes made to DMT and DT provision based on the feedback from clubs entering League events.
- **(2025 update)** In 2025 the League is looking to celebrate Britain's greatest trampolinists and DMT gymnasts with a cash prize. In this great new initiative, we will be offering prizes to the following **Triple Champions!** **£100** to any Youth gymnast (9-12) who wins either all three TRI or all three DMT major titles in 2025 i.e. the British Youth title, their own Home Nation title at the highest level of competition, and a League 1 age group and/or Super League title at League Finals.



£200 to any Junior gymnast (13-16) who wins either all three TRI or all three DMT major titles in 2025 i.e. the British Junior title, their own Home Nation title at the highest level of competition, and a League 1 age group and/or Super League title at League Finals.

£400 to any Senior gymnast (17+) who wins either all three TRI or all three DMT major titles in 2025 i.e. the British Senior title, their own Home Nation title at the highest level of competition, and the Super League title at League Finals.

- We intend to introduce a new air track tumbling structure in 2025. These events will be held in Cardiff and Derby. We are looking at the possibilities of running a tumbling event in Bath too. (TBC).
- All other rules will remain as for 2024.

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

The League Facilitation Team



TRAMPOLINE & DMT LEAGUE COMPETITION INFORMATION

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.

Event Dates & Venues

League Q1 – 22nd/23rd March 2025 – North. Beacon of Light, Stadium Way, Monkwearmouth, Sunderland. SR5 1SN.

Entry opens midnight – Saturday 25th January

Entry closes midnight – Saturday 22nd February

League Q2 – 3rd/4th May 2025 – Southwest - Bath University, Claverton Down, Bath. BA2 7AY.

Entry opens midnight – Saturday 8th March.

Entry closes midnight – Saturday 5th April.

League Q3 – 28th/29th June 2025 – Wales - National Indoor Athletics Centre – (N.I.A.C.), Cyncoed Road, Cardiff. CF23 6XD.

Entry opens midnight – Saturday 3rd May

Entry closes midnight – Saturday 31st May

League Finals – 18th/19th October 2025 – West Midlands - Derby Arena, Royal Way, Derby. DE24 8JB

By invitation only – entry opening and closing dates to be advised.

(2025 update) Following feedback from our end of season survey, clubs have identified that they would like to continue with the 2024 (Qualification Day/Finals Day) format for the 2025 League Finals event.

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 2025 (2016 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 – 21 and 17+ Senior age groups). Splitting age groups will be done retrospectively should the numbers exceed 60 later in the qualification process.

Entry Costs

Qualification Events

Due to the trailer fire and the financial losses incurred, we are required for 2025 to place a surcharge on League entries. We will review our financial situation after League Finals for 2026.

- Entry into 1 individual event - £35.00
- Entry into 2 individual events - £53.00
- Entry into 3 or more individual events - £64.00
- Entry in the DMT and TRI Cups - No charge
- TRS is charged independently of the above structure. Entry into TRS is £32.00 per pair

League Finals

- Entry into 1 individual event - £47.50
- Entry into 2 individual events - £68.50
- Entry into 3 or more individual events - £76.00
- Entry into the DMT and TRI Cups - No charge
- TRS is charged independently of the above structure. Entry into TRS is £32.00 per pair



Officials Requirement

The new scoring system and higher numbers of panels in operation (due to increased numbers of competitors) has meant that we have a greater need for appropriately qualified judges.

We ask that clubs entering Super League events provide at least one Regional Level Judge or higher and for 2025 we may have to enforce the League's minimum judging requirement of County Judge. Until this year we have avoided enforcing this requirement due to a historic lack of judging courses. We now urge all clubs to pursue the new BG judging structure available this year to upgrade their judges, as from 2026 this will be a League requirement.

(2025 update) For clubs entering 1-2 gymnasts your requirement is now optional. If you wish to provide a judge or official you may, and all offers are welcomed, but it is no longer a requirement.

3-5 gymnasts require 1 judge and no official

6-9 gymnasts require 1 judge and 1 official

10-14 gymnasts require 2 judges and 1 official

15-19 gymnasts require 2 judges and 2 officials

20-24 gymnasts require 3 judges and 2 officials

25-29 gymnasts require 3 judges and 3 officials

30-34 gymnasts require 4 judges and 4 officials

35-39 gymnasts require 4 judges and 4 officials

40+ gymnasts require 5 judges and 4 officials

Please write in the notes section on entry if you have additional judges wishing to be used.

Please note also that you will be required to offer judges for both days at the 2025 League Finals, as it is a two-day event.

Dress Code Trampoline and DMT (2025 update)

We recommend that you access and read the FIG dress code in full.

Male gymnasts

Trampoline - Sleeveless or short sleeves leotard - Gym shorts or trousers (DMT gymnasts may not wear trousers) - White trampoline shoes and/or socks and/or foot covering of the same colour as the gym trousers.

DMT - Sleeveless or short sleeves leotard - Gym shorts - White trampoline shoes and/or socks. Gymnasts will not be permitted to warm up or compete without foot covering.

Female gymnasts – trampoline and DMT

- Leotard or unitard with or without sleeves (must be skintight)
- Long tights may be worn (must be skintight). For DMT long tights must be the same colour as the leotard.
- Gym shorts may be worn (must be skintight)
- Head covering may be worn (must be skintight)
- Any other "dress" which is not skintight is not allowed.
- For reasons of safety, covering the face is not allowed.
- Trampoline shoes and/or white foot covering. For DMT trampoline shoes must be white.

General

- The wearing of jewellery, piercing or watches is not permitted during the competition. Rings without gemstones may be worn if they are taped.
- Bandages or support pieces must not create a big contrast to skin colour and underwear must not be visible.
- Same gender synchronised pairings must wear matching attire, or matching colours if a mixed gender pairing.
- Any violation of the above may result in penalties.



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 (time dependent)
- **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 (time dependent)
- **Age Groups for male and female competition groups** – 9-12, 13/14, 15/16, 17/18, 19+

League 1 (2025 update)

- 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 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, 17-21 (**2025 update**) & 17+ Senior.
- The top 8 ranked competitors from the preliminary rounds will progress to the final round (time dependent)

Super League and Trampoline Cup (2025 update)

In 2025 the **Super League** event and the **TRI Cup** event will be combined.

- League 1 gymnasts of any eligible League age may enter this event. Senior **FIG** specifications apply.
- There will be both male and female categories.
- **(2025 Update)** There will not be an age restriction on the Super League categories meaning any performer born on or before 2016 will be eligible.
- **Prize money will be awarded to the three highest ranked Super League gymnasts per gender based on preliminary round rankings.**
- The top 8 ranked competitors from the preliminary rounds will progress to the final round.
- The final round in both the male and female categories will constitute the **TRI Cup**.
- Competitors are not obliged to compete in the TRI Cup. If a finalist withdraws the next ranked competitor will be invited to take part in the TRI Cup.
- The TRI Cup knockout event will commence following a 10minute general warm up.
- 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.
- FIG scoring will be used. All execution scores will be from 10 with difficulty, HD and Time of Flight added.
- **Prize money will be awarded to the winner of each TRI Cup event.**

Disabilities Trampoline Age Groups and Requirements (DT) (2025 update)

- 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+

DT Elite Level (2025 update) We will be trialling in 2025 a **DT Elite Level** for both Category 1 and Category 2 gymnasts, all ages combined.

- Due to the large age differences in League 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 (time dependent)

DT Level 2 Exercise Requirements (2025 update)

- The first exercise is comprised of **10** different elements with a **minimum** difficulty of **2.0**
- **(2025 update)** The second and third exercises are voluntary exercises comprised of **10** elements with a **maximum** difficulty of **4.5**.
- The top 8 ranked competitors from the preliminary rounds will progress to the final round (time dependent)

DT Elite Group Exercise Requirements (2025 update)

- In the DT Elite Group all exercises are voluntary in which the execution score plus HD are added to the difficulty score to give the total for an exercise.
- The top 8 ranked competitors from the preliminary rounds will progress to the final round (time dependent)

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.
- **(2025 update)** Those exceeding maximum difficulty in League 3 and League 2 will have their difficulty capped.
- 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. Requirements 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.
- **(2025 update)** League 3 DMT is now capped at 2.1 difficulty per pass for League qualification events.
- **(2025 update)** League 3 DMT is now capped at 2.9 difficulty per pass for the League Final event.
- 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.
- **(2025 update)** League 2 DMT is now capped at 3.7 difficulty per pass for League qualification events.
- **(2025 update)** League 2 DMT is now capped at 4.8 difficulty per pass for the League Final event.
- **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 of any eligible League age may enter both **League 1** and **Super League** categories.

Super League DMT and DMT Cup (2025 update)

In 2025 the **Super League** event and the **TRI Cup** event will be combined.

- 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.
- There will be both male and female categories.
- **(2025 Update)** There will not be any age restrictions on the Super League categories meaning any performer born on or before 2016 will be eligible.
- **Prize money will be awarded to the three highest ranked Super League gymnasts per gender following the preliminary events.**
- The top 8 ranked competitors from the preliminary rounds will progress to the **DMT Cup**.
- Competitors are not obliged to compete in the DMT Cup. If a finalist withdraws the next ranked competitor will be invited to take part in the DMT Cup.
- The DMT Cup knockout event will commence following a 10minute general warm up.
- No skill may be repeated throughout the event.
- The lower ranked of the competitors will always compete first.
- FIG scoring will be used.
- **Prize money will be awarded to the winner of each TRI Cup event.**

Tumbling Exercise Requirement

(2025 update) The League Tumbling Exercise requirements are yet to be finalised. We will update you on the criteria as soon as possible.

LEAGUE 1 – TRI WAGC/FIG EXERCISE REQUIREMENTS

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

- The first 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 first 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.

17-21 age group (2025 update)

- The first exercise consists of 10 different elements, all of them with at least 270° of somersault rotation. Each element meeting the two requirements below 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 (1) element to front or back,
- one (1) element from front or back – in combination with requirement N°1
- Two elements in the first exercise will be counted for D-scoring in this age group. These two elements must include the D-values in the competition cards; otherwise, no difficulty score will be entered.
- If any of these two (2) elements is performed in the second exercise as well, the repeated element will not have difficulty value.

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.