

DDRAIG GOCH INTERNATIONAL 2026

Welsh Dragon International

TRI-TRS-DMT-TUM



CARDIFF – WALES, UK

25th – 28 June 2026

Ddraig Goch International

(Welsh Dragon International)



Trampoline, DMT & Tumble Invitation

1. Event Overview				
Official Event Name	Welsh Dragon Invitational International (Ddraig Goch)			
Date(s)	Friday to Sunday 25 th – 28 th June 2026			
Venue and Location	UWIC (Cardiff Metropolitan University), Llandaff Campus, Western Ave, Cardiff CF5 2YB			
Disciplines Included	• Trampoline Individual (including Disabilities Trampoline) • Double Mini Trampoline (DMT) • Synchronised Trampoline • AirTrack Tumbling			
Eligibility Rules	• Open to clubs in good standing with their federation. • Nations/regions welcome. • Competitors must be members of their governing bodies. • The minimum age of participation is 9 in 2026. • Competitors may enter into any League Level and discipline of choice but may only enter each discipline once, unless also entering the Super League events. • League 1 competitors may also enter the Super League events. • Age groups are determined according to a competitor's age in 2026.			
Trampoline Individual Age Groups	<u>LEAGUE 3</u> 9-10 11-12 13-14 15-16 17-18 19+	<u>LEAGUE 2</u> 9-12 13-14 15-16 17-18 19+	<u>LEAGUE 1</u> 9-12 13-14 15-16 17-21 17+	<u>SUPER LEAGUE</u> 9+ <u>TRAMPOLINE CUP (9+)</u> An invitational knockout event for the top 8 ranked Super League competitors

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	<u>LEAGUE 3</u>	<u>LEAGUE 2</u>	<u>LEAGUE 1</u>	<u>SUPER LEAGUE</u>
DMT and Air Track Tumbling Age Groups	9-12 13-14 15-16 17+	9-12 13-16 17+	9-12 13-16 17+	9+ <u>DMT & TUMBLING CUPS (9+)</u> An invitational knockout event for the top 8 ranked Super League competitors
Synchronised Trampoline Age Groups	9-11 12-15 16-18 19+			
Disabilities Trampoline (Mixed Gender) Eligibility Rules	- Disabilities Trampoline is for people whose disability or impairment restricts their mainstream competitive opportunities. - Competitors may not enter both Disabilities and mainstream Trampoline. - Disability gymnasts may enter into other League disciplines that do not offer Disability categories at mainstream level. - All competitors must have a Disability recognised by international Disability sport organisations. - Disabilities definitions are laid down by WHO (World Health Organisation) and will be adhered to. - If requested proof of disability must be submitted to the Disabilities Officer on the LFT. Registration with disabilities BG and/or governing body will be accepted as proof.			
Disabilities Trampoline Categories and Age Groups	- Category 1 = learning difficulties - Category 2 = physical and sensory disabilities 9-14 Category 1 – Level 1/Level 2 9-14 Category 2 – Level 1/Level 2 15+ Category 1 – Level 1/Level 2 15+ Category 2 – Level 1/Level 2 All Ages – Elite			
Teams	There are no awards for teams.			

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2. Organisation

Host Federation/Club	Trampoline League
Organising Committee	Andi Revell, Jayne Armitage, Sue Lawton & Wayne Smith
Email	competitions@trampolineleague.com
Website	www.trampolineleague.com
Event Manager Contact	Andrew Revell & Jayne Armitage

3. Programme & Schedule

Arrival/Departure	• There are no formal arrival or departure dates
Free Training / Orientation	• For clubs arriving from outside the UK, orientation will be between 5.00pm to 7:00pm on Friday 26th June
Qualification	• In line with FIG rules
Finals	• There will be finals for all groups/disciplines except Synchronised Trampoline and Super League events, where podium places will be determined from the preliminary rankings. • Those ranked top 8 in all Super League events will be invited to take part in the Cup Event for the discipline in which they ranked.
Judges' Meeting	• To be confirmed

4. Technical Rules & Apparatus

Apparatus	• Trampoline: Eurotramp Ultimate 4x4mm • DMT: Eurotramp 6mm • AirTrack: Trankov Products
Judging System	• FIG Code of Points 2025–2028

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5 Discipline Requirements & Rules

Trampoline Individual	<u>League 3</u> - 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
	<u>League 2</u> - 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
	<u>League 1</u> FIG exercise rules apply
	<u>Super League</u> - 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. - The top 8 ranked competitors will be invited to take part in the Trampoline Cup event free of charge
Double Mini Trampoline	<u>League 3</u> - 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. - DD will be capped at 2.1 difficulty per pass.
	<u>League 2</u> - 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. - League 2 DMT is capped at 3.5 difficulty per pass.
	<u>League 1</u> It is recommended that gymnasts entering this level are able to compete with each exercises containing 1 element with a minimum of 720° of somersault rotation or 1 element with a minimum of 540° of twisting rotation. There is no DD cap.

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	<u>Super League</u> - 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. - The top 8 ranked competitors will be invited to take part in the DMT Cup event free of charge. All requirements at all levels are recommendations.
Air Track Tumbling	<u>League 3</u> - Novice – Beginner tumblers with low level skills no somersaults. - Exercises will comprise of 6 elements and will finish on the track, ie with a skill, jump or twist. - No somersaulting is permitted <u>League 2</u> - Intermediate – for those with intermediate level skills including single and twisting somersaults. - Exercises will comprise of 6 elements. - Somersaulting skills are permitted but not to exceed a difficulty of 1.3 (double twist) per element. 6th skill can finish on the mat or track. <u>League 1</u> - FIG (Elite) – for those with a higher skills set including single/double/triple somersaults. - Exercises will comprise of 8 elements and will finish with a somersault on the mat. - Exercises will be judged according to FIG rules. <u>Super League</u> - Exercises – Super League competitors will compete with 2 exercises comprised of between 1 and 8 elements with only their final element being judged to count. - Competitors will be ranked according to the accumulative score of their two exercises. - The top 8 ranked competitors will be invited to take part in the Tumbling Cup free of charge.
Synchronised Trampoline	<u>Mixed Gender</u> - Gymnasts will compete with 2 voluntary exercises comprised of 10 elements per exercise. 8 elements must have a minimum of 270° of somersaulting rotation. - 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

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Disabilities Trampoline	<u>Disability Trampoline Level 1</u>
	• The first exercise is comprised of 10 different elements containing a maximum of 2 elements with a minimum of 270° of somersaulting rotation. • The second and third exercises are voluntary exercises comprised • of 10 elements with a maximum difficulty of 1.9.
	<u>Disability Trampoline Level 2</u>
	• The first exercise 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 maximum difficulty of 4.5.
	<u>Disability Trampoline Elite</u>
	• This category is designed for those competing with a difficulty above 4.5 and has no tariff cap applied.
	DT Elite Group exercises are all voluntary in which the execution score plus HD are added to the difficulty score to give the total for an exercise. There is no Time of Flight for any disability category.

6. Entry Details

Declaration of Interest	28th March 2026
Definitive Entry Deadline	28th April 2026
Nominative Entry Deadline	31st May 2026
Entry Fees	• Entry into 1 individual event - £35.00 • Entry into 2 individual events - £53.00 • Entry into 3 or more individual events - £64.00 • TRS is charged independently of the above structure. Entry into TRS is £32.00 per pair
Judge Penalty	• £150.00
Entry Form	Click Here for Entry Form
Entry Form Submission	competitions@trampolineleague.com

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7. Awards	
Medals	Top 3 in each category
Super League Prizes	£150 (1st), £75 (2nd), £40 (3rd) - Prizes are awarded on completion of the preliminary round.
TRI and DMT Cup Rules and Prizes	- The highest ranked top 8 male and female voluntary scorers from the TRI, TUM and DMT Super League qualification events will be invited to participate free of charge in the Trampoline, TUM and DMT Cup respectively. - If a top 8 ranked competitor does not wish to participate, the next ranked competitor will be invited. - The rankings determine the position on the tree and therefore the sequence of competition. - The lower ranked of the competitors will always compete first.  - The Trampoline Cup format will be a two-element exercise. Both elements must be a minimum of 270° of somersault rotation. Skills are not allowed to be repeated from previous TRI Cup rounds and exercises will be judged using FIG rules. - DMT Cup competitors will compete one exercise in each round. Gymnasts may repeat skills from earlier rounds providing they are in a different phase of the exercise. - TUM Cup competitors will compete with an exercise comprised of between 1 and 8 elements with only their final element being judged to count. - The highest ranked competitor per round in all three Cup events will progress to the next round. £150 cash prize will be awarded to the winner of each gender only with no prizes for lower ranked competitors.
Participation Certificates	For international attendees

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8. Accommodation, Meals & Transport

Accommodation	Can be arranged at the university upon request from Thursday 25 th June to Tuesday 30 th June. Spaces are limited so will be allocated on a first come first served basis. There is a lot of local accommodation but it is recommended to book early to secure the best rates.
Pricing	[To be confirmed]
Meal Plans	[To be confirmed]
Local Transport	Delegations will need to make their own transport arrangements. Cardiff is well serviced by public transport – additional information can be found at the visit Wales website. Cardiff International is the most local airport. Other travel arrangements can be found on the visit Wales website
Payment Deadline	31st May 2026

9. Payments

Bank Details	Barclays Business Banking, Wembly & Park Royal, Leicester, LE87 2BB The Trampoline League SWIFT Code – BUKGB22 IBAN – GB15BUKB20926383089770 UK Sort Code – 20-92-63 UK Account No – 83089770 Reference – “Club Name” - Cardiff
Currency	GBP
Refund Policy	Refundable up to 31st May 2026. No refunds after.
Send Payment Proof To	competitions@trampolineleague.com

10. Insurance & Safeguarding

Insurance	Required prior to competition
Safeguarding Contact	welfare@trampolineleague.com
Frameworks	Local safeguarding frameworks applicable

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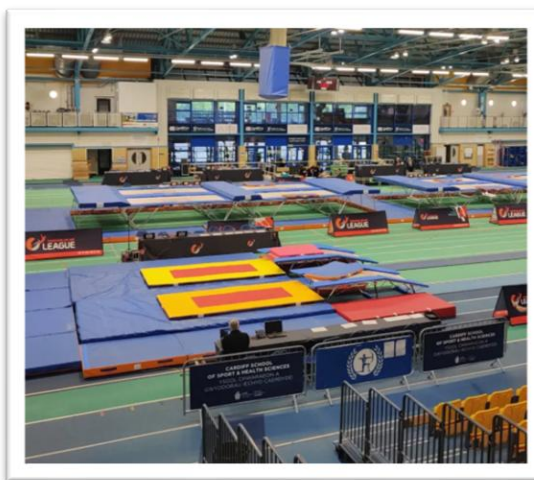
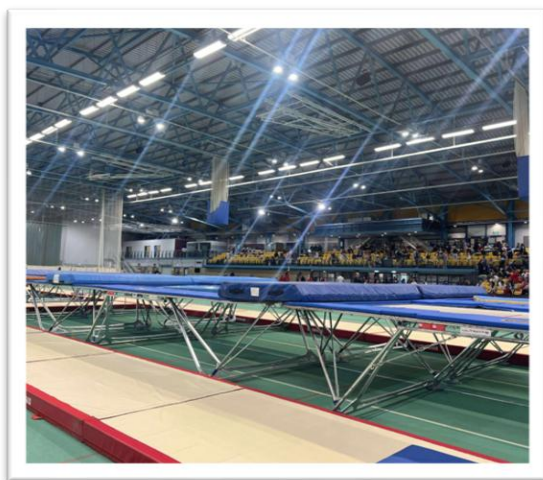


11. Judges & Officials

Judge Requirements	Based on number of entries – see entry form
Penalty	£150 per missing judge
FIG Brevet Required	One per club where League 1 competitors entered. 3-9 competitors – 1 judge 10+competitors – 2+ judges
Judge Travel/ Accommodation	Self-arranged. Judges will be provided with lunch and snacks throughout the event.

12. Additional Information

Workplan Release	12th June 2026
Medical Services	On-site team including physiotherapists and paramedics



PARTNERS

