



# LEAGUE HANDBOOK 2026

The Trampoline & DMT League competition handbook | Version 1

TAKE THE STAGE. OWN THE SKIES.

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# WELCOME TO THE TRAMPOLINE, DMT & TUMBLING LEAGUE

## PRESENTED BY QUATRO

2026 brings a few changes to our programme including changes to disabilities trampolining tariff caps, an international event in Cardiff, the long-awaited Leagues 4,5 and 6 event in Kettering and a response to requests to amend rules for groups with eight or fewer competitors at League events. These changes are a result of your suggestions and responses to the 2024 and 2025 surveys.

We are pleased to announce that Quatro will now be the League's major partner and with this collaboration comes benefits for all League clubs purchasing Quatro merchandise. See Quatro's latest collections at [quatrogymnastics.com](https://quatrogymnastics.com).

Other continuing partnerships for the League in 2026 include Jerry Broda of DCPM Ltd who provides the League's technical equipment, and ongoing support from Gymaid.

Our wonderful art and design continues to be created by Philip Birkett of Extra Hot Communications.

League Score developed by Mark Wild of Rebound Software Ltd, which has been fully operational since 2024 continues to be updated in 2026 making such a difference to the speed, efficiency and ease of competition recording, thus confirming it Britain's most efficient scoring system.

The League is a unique UK provision in trampolining, DMT and Air Track tumbling gymnastics, and is a system run 'by the Clubs for the Clubs'. It is the most accessible, cost conscious and least complex ability-based competition system operating in the UK today. Another unique feature is that the 120+ registered clubs taking part annually in the League guide the direction the League takes.

Current LTAD principles are at the heart of the League, and we have added into this ability-based age group system an exciting unique feature in UK trampolining i.e. prize money for Super League and TRI, DMT and TUM (at Finals only) Cup events.

The League may be used by anyone as an opportunity to participate in competitive TRI, DMT and Air track TUM as well as gain points towards competing in the Finals.

The League does not tie you to competing in the Final unless you choose to do so and qualification events may also be used as 'one off events'.

There are currently up to nine different age groups (League 3 TRI) and up to four ability levels per discipline for competitors to enter.

League points will be allocated to competitors after the conclusion of the first two rounds of each League event providing the preliminary round exercises are completed.

A competitor's best sets of points (according to criteria) from the three League qualification events will be added together and up to the top 24 per age group per discipline will be invited to compete in the League Final.

Super League event medallists and Cup winners will receive prize money. Our Triple Champions Challenge introduced in 2025 was won by Freddie Freeman of Propulsion, winning age group titles at English, British and League, which provided further opportunity for prize money.

The League uses FIG approved trampolines, DMT trampolines and Eurotramp HDTS Trampoline Measuring Devices for HD and Time of Flight.

The League is a voluntary organisation, and we thank everyone who works so hard to make our events possible.

All other League information, plus online entry is accessible through the League website at [www.trampolineleague.com](https://www.trampolineleague.com)

## 2 — PROVISION OF EVENTS

### 2.1 - League Facilitation Team

The Trampoline and DMT League Facilitation Team is comprised from UK club officials with experience, knowledge and a commitment to serving the UK clubs:

| Facilitators               | Post Holder     | Contact Details  |
|----------------------------|-----------------|--|
| <b>Facilitator</b>         | Wayne Smith     | <a href="mailto:wayne@trampolineleague.com">wayne@trampolineleague.com</a>   |
| <b>Facilitator</b>         | Andi Revell     | <a href="mailto:andi@trampolineleague.com">andi@trampolineleague.com</a>     |
| <b>Facilitator</b>         | Sue Lawton      | <a href="mailto:sue@trampolineleague.com">sue@trampolineleague.com</a>       |
| <b>Facilitator</b>         | Jayne Armitage  | <a href="mailto:jayne@trampolineleague.com">jayne@trampolineleague.com</a>   |
| <b>Advisor</b>             | Yasmin Stammers | <a href="mailto:yasmin@trampolineleague.com">yasmin@trampolineleague.com</a> |
| <b>Brand Manager</b>       | Philip Birkett  | <a href="mailto:philip@trampolineleague.com">philip@trampolineleague.com</a> |
| <b>Merchandise Officer</b> | Janet Payne     | <a href="mailto:janet@trampoline.league.com">janet@trampoline.league.com</a> |
| <b>Online Entry</b>        | Tony Fricker    | <a href="mailto:tony@trampolineleague.com">tony@trampolineleague.com</a>     |
| <b>Welfare Officer</b>     | Mary Neeld      | <a href="mailto:mary@trampolineleague.com">mary@trampolineleague.com</a>     |

### 2.2 – Definition of Terms

|               |   |
|---------------|---|
| <b>DMT</b>    | Double Mini Trampoline Gymnastics                                     |
| <b>DT</b>     | Notation for Disability Trampoline Gymnastics                         |
| <b>TRA</b>    | Notation for Trampoline Gymnastics                                    |
| <b>TRI</b>    | Notation for Individual Trampoline Gymnastics                         |
| <b>TUM</b>    | Notation for Air track Tumbling Gymnastics                            |
| <b>TRS</b>    | Notation for Synchronised Trampoline Gymnastics                       |
| <b>FIG</b>    | Federation of International Gymnastics                                |
| <b>HDS</b>    | Horizontal Displacement Time of Flight Synchronicity Measuring Device |
| <b>T of F</b> | Time of Flight  |



## 2.3 – League Competition Calendar 2026

| Event                                     | Opening Date                                     | Closing Date                                   | Date   | Venue  |
|---|--|--|--|--|
| <b>League Event 1<br/>(Including TUM)</b> | Midnight Saturday<br>24 <sup>th</sup> January    | Midnight Saturday<br>21 <sup>st</sup> February | 21 <sup>st</sup> / 22 <sup>nd</sup><br>March             | Northumbria University<br>Northumberland Rd,<br>Newcastle upon Tyne.<br>NE1 8ST          |
| <b>League Event 2</b>                     |  |  | Sat/Sun<br>23 <sup>rd</sup> /24 <sup>th</sup><br>May     | Arena Sports Kettering<br>Thurston Drive,  |
| <b>Leagues 4, 5 &amp; 6</b>               | Midnight Saturday<br>28 <sup>th</sup> March      | Midnight Saturday<br>25 <sup>th</sup> April    | Mon 25 <sup>th</sup><br>May                              | Kettering, Northants.<br>NN156PB   |
| <b>League Event 3<br/>(Including TUM)</b> | Midnight Saturday<br>2 <sup>nd</sup> May         | Midnight Saturday<br>30 <sup>th</sup> May      | Sat/Sun<br>27 <sup>th</sup> /28 <sup>th</sup><br>June    | National Indoor Athletics<br>Centre – (N.I.A.C.),<br>Cyncoed Road, Cardiff.<br>CF23 6XD. |
| <b>League Finals</b>                      | By invitation only<br>By 12 <sup>th</sup> August | Midnight Saturday<br>5 <sup>th</sup> September | Sat/Sun<br>24 <sup>th</sup> /25 <sup>th</sup><br>October | Derby Arena, Royal Way,<br>Pride Park, Derby. DE24<br>8JB                                |

## 2.4 – Order of Performance

The entry closing dates are one month before each qualification event (except League Finals). The LFT aims to publish a start list, timetable plus the Officials list two weeks before the first competition day. The information will also be placed on the League website and emailed to affiliated clubs.

For all three qualifying events the League will offer League provision as follows: -

**Day 1** of the competition will consist of the following events - League 3 TRI - plus DMT League 1, League 2, Super League (including the DMT Cup).

**Day 1** may also include some League 1 or League 2 TRI qualification events. Should numbers dictate this is necessary clubs will be informed within one week of the entry closing.

**Day 2** of competition will consist of the following events - DT, TRI League 2, League 1 and Super League (including the TRI Cup). Day 2 will also stage DMT League 3 events.

**Day 3** of competition (Kettering only) will consist of TRI and DMT Leagues 4, 5 & 6

In 2026 Air Track tumbling will be offered in League Events 1 and 3 plus the Finals. Competition days per level will be determined at entry close. On both days of competition TRI, TRS, DMT and TUM will be arranged to avoid 'cross competing'.

The LFT reserve the right to alter the grouping of competitors and/or running order of performances as may be deemed necessary by the organiser.

## 2.5 – Allocation of League Points

League points will be allocated according to a competitor's ranking after the first two rounds of competition providing they have completed the preliminary round exercises.

League 3 and DT - A competitor's best two sets of points will be added together and the top ranked point holders per age group, per gender (or mixed gender where applicable) will be invited to compete in the League Final.

League 2 - A competitor's best 1.5 sets of points will be added together and the top ranked point holders per age group, per gender will be invited to compete in the League Final. (This would require a competitor to enter a minimum of two events to gain 1.5 points however entry and points from one event only may suffice).

League 1, Super League & TRS - A competitor or pairings best set of points will be ranked and top ranked point holders per age group, per gender will be invited to compete in the League Final. (This necessitates entry to only one League event to gain points and so help reduce the competition pressure on top level competitors and coaches).

Competitors may change ability level during the season. If they gain enough points at multiple ability levels to be invited to compete in the League Finals, they may only compete in one ability level per discipline (plus the Super League events) and will be required to choose their ability level.

International competitors attending the Cardiff event will not receive League points.

Points will be allocated as shown below:

| Position         | Points |
|------------------|--------|
| 1 <sup>st</sup>  | 100    |
| 2 <sup>nd</sup>  | 75     |
| 3 <sup>rd</sup>  | 60     |
| 4 <sup>th</sup>  | 50     |
| 5 <sup>th</sup>  | 40     |
| 6 <sup>th</sup>  | 36     |
| 7 <sup>th</sup>  | 32     |
| 8 <sup>th</sup>  | 28     |
| 9 <sup>th</sup>  | 24     |
| 10 <sup>th</sup> | 20     |
| 11 <sup>th</sup> | 18     |
| 12 <sup>th</sup> | 16     |

| Position         | Points |
|------------------|--------|
| 13 <sup>th</sup> | 14     |
| 14 <sup>th</sup> | 12     |
| 15 <sup>th</sup> | 10     |
| 16 <sup>th</sup> | 9      |
| 17 <sup>th</sup> | 8      |
| 18 <sup>th</sup> | 7      |
| 19 <sup>th</sup> | 6      |
| 20 <sup>th</sup> | 5      |
| 21 <sup>st</sup> | 4      |
| 22 <sup>nd</sup> | 3      |
| 23 <sup>rd</sup> | 2      |
| 24 <sup>th</sup> | 1      |

## 2.6 – Publication of Results

League points will be allocated according to a competitor's ranking after the preliminary rounds of competition providing that they have fulfilled the criteria to be allocated points. At each League event the online scores co-ordinator system will automate the results and the League points which will appear in the 'results' section of the website.

## 2.7 – League Events

The League will offer the five disciplines listed below:

Trampoline Individual TRI (male and female categories)  
Trampoline Synchronised TRS (one category only to include same and mixed gender pairings)  
Double Mini Trampoline DMT (male and female categories)  
Disability Trampoline DT (mixed gender categories)  
Air Track Tumbling TUM (male and female categories) – at specified events only

### 2.7.1 – Individual Trampoline, Disability Trampoline, DMT and Tumbling

All TRI, DT, DMT and TUM League qualification events will consist of two exercises followed by finals according to FIG rules (time permitting) consisting of the top 8 ranked competitors. For TRI, TUM and DT events, the LFT reserves the right to remove finals and to rank the top 8 preliminary competitors according to their preliminary second round calculation.

Points will only be allocated based on the rankings after the first two rounds providing the criterion to be allocated points has been achieved (see 2.5). Final rounds in the Individual categories will be zeroed at League events. There are amendments to Super League finals – see 6.2.3 and for those competing at Finals with 8 or fewer competitors entered – see 6.2.

### 2.7.2 – Synchronised Trampoline

All TRS League qualification events will consist of two rounds only. Ranking points will be allocated on completion of the two rounds. TRS points will only be allocated to pairings that complete a minimum of one exercise. TRS League events offer one competition group only per age group. Same gender or mixed gender pairings may enter.

If the number in any age group exceeds 14 in any qualification League event age group category, further age groups may be introduced.

## 2.8 – League Finals

Those gaining the greatest number of points as defined above from their best recorded League qualification event(s) will be invited to compete in the League Finals. Invitees will be asked, if qualified in more than one ability level, to choose their level per discipline (excluding Super League events).



## 2.8.1 – Individual Trampoline, Disability Trampoline, DMT and Tumbling Events and Team Event

In the League Finals the top 8 ranked competitors will progress to the final round(s).

The total places available at the League Final will not exceed 75% of the number of unique entries per ability level/age group. Total numbers invited to compete in the Finals will be a maximum of 16 Super League and League 1 competitors, 20 League 2 competitors and 24 League 3 competitors calculated according to the formula below:

- If the unique ability level/age group entry over the season is less than 32 then the number invited to the Finals will be 75% of the unique entry, rounded up to a maximum number as shown above for each League level.
- If the total number calculated using the formula above is less than 12, then the number invited to compete in the Finals will be rounded up to 12.
- If the unique ability level/age group entry over the season is 12 or less then all competitors will be invited to the Finals in order to provide a viable competition group number.
- If an ability level/age group entry over the season is 32 or more the maximum number per group invited to compete in the Finals will be as specified for each League level.

To be invited to compete in the League Finals a competitor must have points allocated.

There will be a separate team event for males and females in the following disciplines – TRI, DMT & TUM. Clubs do not need to nominate teams.

The League Club Team Champions will be determined as follows: -

At the League Finals in TRI a club's five highest voluntary round preliminary scores taken from across the entire event/age/ability levels will be added together. For DMT and TUM it will be the five highest preliminary scores taken from across the entire event/age/ability levels that will be added together.

A competitor may only contribute one set of scores to their Club Team score per discipline.

## 2.8.2 – Synchronised Trampoline

The League Final will consist of a single Voluntary Round. Total numbers invited to compete in the Finals will be 8 (however there is no tie break for those on equal points). The top ranked competitors, calculated after the final League qualification event, will be invited.

## 2.8.3 – Super League TRI, DMT & TUM - including TRI, DMT & TUM Cups

The total number invited to compete in the League Finals will be a maximum of 16 in the TRI, DMT and TUM categories. The top ranked 8 competitors calculated after the preliminary rounds at the League Final will progress into the final round of competition which will constitute the TRI, DMT and TUM Cups.

## 3 – ELIGIBILITY

### 3.1 - Membership

All competitors in attendance at League events are required to hold the minimum of a current governing body membership and to enter the League under the same name as registered.

Coaches and Judges must currently hold a governing body qualification and membership before being permitted to supervise or officiate at League events.

All competing clubs must be currently registered with their governing body.

Governing bodies will check all membership eligibility on behalf of the League prior to League events, and membership of the League requires that clubs give permission for membership status to be checked, hence the need to enter competitors under the same name as their registration.

### 3.2 – Coach Qualifications

Clubs will be responsible for ensuring coaches are both qualified and competent to teach at the level of their entry.

The LFT will routinely monitor coach qualification with competition levels entered. If digressions are detected these will be reported to BG Ethics and Welfare.

### 3.3 – Safeguarding – Coaches and Officials

To gain accreditation for the League, all coaches must have both a current DBS certificate (governing body specific), and current Safeguarding and Protecting Children Awareness training.

All competitors must always have an accredited coach present on the competition floor. If a competitor attends a competition without a coach present, they will not be allowed to compete.

NB All clubs are responsible for the safeguarding suitability of the Officials they provide.

### 3.4 – Overnight Provision for Competitors

Government legislation requires that when a club takes a competitor(s) under the age of 18 years on a journey involving an overnight stay the club must ensure that there is at least one designated trained person responsible for child protection on the trip. To adhere to the CPSU child protection standards this person must not be related to or in a relationship with the coach attending the trip.

The training for the designated person should be a governing body recognised Safeguarding and Protecting Children Awareness training.

### 3.5 – Age Policy

A competitor's age is determined by the age reached in the year of the competition. The minimum age for entry to the League is 9 years old in the year of competition. The exception is for the new provision of Leagues 4, 5 & 6 this year, where the minimum age is 7 in the year of competition.

## 3.6 – Disability Trampoline Eligibility

Disability competitions are designed to provide events for people whose disability or impairment restricts their mainstream competitive opportunities and hence may not enter both Disabilities and mainstream TRI. However, Disability gymnasts may enter into other League disciplines that do not offer Disability categories at mainstream level. DT competitors may move between mainstream and DT levels in TRI, but not in the same event.

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.

## 4 — LEAGUE AGE GROUPS

### 4.1 – TRI League Groups

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 (except where there are multiple year age groups, e.g. TRI League 3/League 2 19+ and League 1 - 17-21 and 17+ and Super League events) and DT.

This policy will be applied retrospectively should the numbers exceed 60 later in the qualification process.

### Leagues 3, 4, 5 & 6

For Leagues 4, 5 & 6 only - age groups commence at age 7/8 in 2026 and conclude at 17+

Aged 9/10 in 2026  
Aged 11/12 in 2026  
Aged 13/14 in 2026  
Aged 15/16 in 2026  
Aged 17/18 in 2026  
Aged 19+ in 2026

### League 2

Aged 9-12 in 2026  
Aged 13/14 in 2026  
Aged 15/16 in 2026  
Aged 17/18 in 2026  
Aged 19+ in 2026

### League 1

Aged 9-12 in 2026  
Aged 13/14 in 2026  
Aged 15/16 in 2026  
Aged 17-21 in 2026  
Aged 17+ in 2026

## Super League and TRI Cup

Aged 9+ in 2026

### 4.2 – TRS League Groups

Aged 9-11 in 2026  
Aged 12-15 in 2026  
Aged 16-18 in 2026  
Aged 19+ in 2026

### 4.3 – DMT and TUM League Groups

#### Leagues 3, 4, 5 & 6

For Leagues 4, 5 & 6 only – age groups commence at age 7/8 in 2026 and conclude at 15+  
Aged 9-12 in 2026  
Aged 13/14 in 2026  
Aged 15/16 in 2026  
Aged 17+ in 2026

#### League 2 and League 1

Aged 9-12 in 2026  
Aged 13-16 in 2026  
Aged 17+ in 2026

#### Super League DMT and DMT Cup

Super League and DMT Cup - Aged 9+ in 2026

### 4.4-Disability Trampoline (DT) League Groups

DT groups are determined by categories and ability levels. DT provides only mixed gender groups.

Minimum Age 9 in 2026.

Level 1 – Basic – Category 1 and Category 2 – Age groups 9-14 and 15+

Level 2 – Intermediate and Advanced – Category 1 and Category 2 – Age groups 9-14 and 15+  
Elite Level – 9+

## 5 — LEAGUE ENTRY

### 5.1 – Entry Rules

When submitting entries for a League event, the club and coach have a duty of care towards their competitors. They will be responsible for ensuring that they are both qualified and competent to teach at the appropriate level, as well as ensuring that the participant is adequately prepared physically, emotionally and psychologically for the event. NB competitors may be entered at any League competition ability level of choice.

No prior proof of standard is required however competitors should not be entered into a Level that exceeds their ability. We also require that clubs take responsibility for entering their competitors into ability appropriate League levels and do not enter them below a level in which they could comfortably compete. Competitors may move up or down a level once they have started in the League process.

If it is found that a club is in breach of these policies the LFT reserves the right to refuse an entry on the grounds of a competitor's safety, or if discovered post-performance to disqualify the competitor and remove their scores, ranking and League points from the official results.

Competitors may only enter one level per discipline, per event, but may change levels at subsequent events. The Leagues 4, 5 & 6 event does not constitute a subsequent event. Those entering Leagues 1, 2 or 3 at Kettering may not enter Leagues 4, 5 & 6 in the same discipline.

There will be age group and gender specific events in all DMT, TRI and TUM disciplines including Super League events (except in DT which will be mixed gender). TRS is also mixed gender, and pairings may be same or mixed gender.

Competitors aged from 9+ may enter their League 1 specific age group plus the Super League and entry to the TRI, DMT and TUM Cup events is by invitation only. The DMT and TRI Cups constitute the finals of both Super League events, and this applies also at the League Finals to Air track tumbling.

### 5.2 – Entry Process

Entry to all League events must be made online. The 2026 online entry process opens in January 2026. Please note that the closing dates will be strictly adhered to. The LFT reserves the right to refuse entries once numbers exceed the maximum per discipline.

Competitors may only enter into one TRS age event, but pairings may be from different clubs. TRS pairings from different age groups must compete in the age group of the older partner.

All entries must be received electronically before or by the closing date at 24:00 and clubs will receive their submitted League entry back in full by email. Should a club find an error after submission they have 48 hours free of charge to make a change, after which time there will be an administration charge of £10 for every change made.

### 5.3 – Entry Levels

|                    |                    |
|--------------------|--------------------|
| Leagues 4, 5 & 6 - | TRI, DMT           |
| League 3 -         | D.T, TRI, DMT, TUM |
| League 2 -         | TRI, TRS, DMT, TUM |
| League 1 -         | TRI, DMT, TUM      |
| Super League -     | TRI, DMT           |



## 5.4 – Recommended Entry Levels

You may enter your competitors into any one ability level of choice per discipline. You have a duty of care to enter your competitors in an ability level that is appropriate for their level of physical, psychological and emotional maturity and to ensure that they can execute the exercises required to enter.

To assist you with your decision please note the following equivalent transfer levels shown in the table below. NB - League 1 in all disciplines has no minimum or maximum difficulty requirements except those imposed by FIG.

Please take care when entering Super League that your competitor is proficient at this level.

For those concentrating on training the WAGC/FIG routines in the BG structure the transfer levels may be made with no change to any exercises as follows:

|                 | Approximate Exercise Equivalents                       |
|-----------------|--|
| <b>League 6</b> | Club 1/2   |
| <b>League 5</b> | Regional Cup 1   |
| <b>League 4</b> | Regional Cup 2   |
| <b>League 3</b> | Regional Cup 3   |
| <b>League 2</b> | Regional Cup 4/WAGC 11/12/England Silver               |
| <b>League 1</b> | WAGC 11/12, 13/14, 15/16, 17-21 & England Gold/BG NAGC |
| <b>League 1</b> | FIG A 17+/England Gold                                 |

## 5.5 –Entry Fees

### 5.5.1 – League Qualification Events

The discounted costs shown below only apply to multiple events entered in the same League qualification event. For example, a competitor will pay £64.00 if entering TRI age group, TRI Super League and DMT age group all in the same event.

Entry fees for the 2026 qualification events are shown below -

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

### 5.5.2 – League Final

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

## 5.6 – Methods of Payment

Payment will be processed at the same time of submitting entry. Payment can be made via credit/debit card or bank transfers. Entry fees are non-refundable after the closing date.

## 5.7 – Late Entries

Late entries will not be accepted.

## 5.8 – Withdrawals and Substitutions

Changes to entry before each closing date may be made online.

Withdrawals made prior to the closing date will not incur a penalty and the entry fee will be refunded to the Club.

Substitutions must be made prior to the start of general warm up. You may only substitute a competitor from the same club into the same discipline, ability level, same age and gender as the competitor you have withdrawn. A substitute if not already entered in the event must show a current 2026 governing body membership card prior to being placed on the start list. DT substitutes must also provide credentials supporting their eligibility for the DT category i.e. a valid DGCC (Disability Gymnastics Classification Certificate).

Substitutions are also permitted in the Synchronised Trampoline category. The competitor(s) being substituted into the event must either:

- be already entered into the event or
- be able to show a current 2026 governing body membership card

As entry to the League Finals is by invitation only, no substitutions may be made by clubs for competitors invited to compete in the Finals.

## 5.9 – Change of Club

Any change of club affiliation must be notified to the Online Entry Officer. If a competitor transfers to another club after an entry has been made, they may not necessarily have their new club's name listed in event information i.e. the programme and competition start list. Please note that any change of club request must be fully supported by both clubs involved. Both clubs involved must agree which club will make any changes, withdrawals and substitutions post entry and inform the LFT.

## 5.10 – Permission to Enter

The LFT reserve the right to refuse entry to any competitor or club deemed not to be acting in the best interests of the League, or to any club deemed to be abusing the flexible level entry facility, i.e. if a competitor is deemed to be entered at a level above or below their ability.

## 5.11 – Requirement for Officials

The success of events will be dependent on the provision of suitably qualified and experienced Officials. All Officials will work at events in a voluntary capacity.

## 5.12 – Numbers of Officials

| Number of Competitor Entries | Number of Officials Required  |
|------------------------------|---|
| <b>1-2</b>                   | Your requirement is now optional. If you wish to provide a judge or official you may, and all offers are welcomed |
| <b>3-5</b>                   | One suitably qualified judge  |
| <b>6-9</b>                   | One suitably qualified judge + one official   |
| <b>10-14</b>                 | Two suitably qualified judges + one official  |
| <b>15-19</b>                 | Two suitably qualified judges + two officials   |
| <b>20-24</b>                 | Three suitably qualified judges + two officials   |
| <b>25-29</b>                 | Three suitably qualified judges + three officials   |
| <b>30-34</b>                 | Four suitably qualified judges + three officials  |
| <b>35-39</b>                 | Four suitably qualified judges + four officials   |
| <b>40+</b>                   | Five suitably qualified judges + four officials   |

Please write in the notes section on entry if you have additional judges wishing to be used. NB - you will be required to offer judges for both days at the 2026 League Finals, as it is a two-day event.

For all League events clubs must supply enough officials to cover the total number of TRI, TRS, DMT, TUM and DT entries. This requirement is discipline specific, i.e. if a club enters 3 DMT competitors, a DMT Judge should be nominated. NB a club's requirement for the Leagues 4, 5 & 6 event is independent of their requirement for Leagues 1, 2 & 3.

The total number of officials required is calculated on the combined entry size of TRS, TRI, DMT and TUM entries. The online system will not allow an entry to be submitted without the correct number of judges and volunteer officials. Clubs must nominate officials to officiate for the days on which they have competitors entered e.g. clubs entering competitors on a Sunday are now required to provide Sunday officials. Officials for the Leagues 4, 5 & 6 are to be nominated separately. Numbers of officials per club must be determined using the same table above.

Clubs are required to inform their officials of their nomination to each League event and are required to provide email addresses for all officials nominated with their online entry. Officials must be available to officiate for the entire day of competition.

All Officials must be nominated prior to the closing date but may be substituted at the events for those with equivalent qualifications/experience. Substitutes must report to the Judging Co-ordinator (or representative) and show a current 2026 governing body membership card prior to being permitted to officiate.

If clubs do not provide either the requisite number of appropriately qualified or relevantly experienced officials on competition day, the club may be reduced to 'Guest' status for the event. Guest status will result in competitors from the club concerned not receiving medals, League points or prize money.

If prior to the event the Judging Co-ordinator is informed that a club is unable to provide the nominated officials as specified, then the club entry will be removed, and the entry fee returned.

## 5.13 – Officials Status and Training

Officials include trained competition marshals, result management aides, door staff/stewards and time of flight operators plus other essential roles.

All Judges (and reserves) must be qualified and for League 2 and League 1 events Judges should be a minimum of a County Judge level or hold an equivalent governing body judging qualification. It is preferred that clubs entering Super League events nominate National Judges.

Officials must stay officiating at the competition for the entire day or until the groups for which they have been appointed have concluded.

Clubs are reminded that they are responsible for training marshals. These are an important part of a competition and can seriously delay an event if untrained.

# 6 — DISCIPLINE SPECIFIC TECHNICAL INFORMATION

## 6.1 – League Event Rules + Team Event

League team results for each competition group in DMT, TRI and TUM will be available following each event. Clubs do not need to nominate teams. Where they have three or more competitors in one competition group these will constitute a team with the top three competitors' scores from the event providing the team score. There are currently no awards for teams.

FIG rules will apply to TRI events (with the exception of the provision of semi-final events).

Full FIG rules do not apply to DT, TUM, TRS and finals for groups where 8 or fewer competitors take part. These categories will follow FIG competition rules with the exception of the enhanced or altered criterion as specified in this document.

FIG competition rules will apply to all DMT events with the following exception - DMT League events stipulate that an exercise will only be considered complete if the competitor lands on their feet and stays on their feet until a controlled presentation has been made to the judging panel. Any competitor who fails to stay on their feet will have been deemed to have not completed their second element and will be marked from 1. NB The above ruling does not affect any other landing/end deductions that apply to a competitor's exercise, and these should be deducted as appropriate.

## 6.2 – Individual Trampoline Requirements

Final rounds in TRI may not take place due to timetabling constraints. Should this occur the top 8 ranked preliminary score holders will be ranked according to their voluntary round score.

Groups with 8 or fewer competitors will now be competed in reverse order and not in random draw order as per FIG rules.

## 6.2.1 – 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

## 6.2.2 – 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

## 6.2.3 – League 1

**Age Group 9-12 years (11-12 WAGC exercise)** - 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

**Age Groups 13-14 years and 15-16 years** - 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

**Age Group 17-21 years** - 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 element to front or back

one element from front or back

In combination with requirement N°1 two elements in the first exercise will be counted for D-scoring. These two elements must include the D-values in the competition cards; otherwise, no difficulty score will be entered.

If any of these two elements is performed in the second exercise as well, the repeated element will not have difficulty value. The repetition of an element during the first exercise will result in a penalty of 2.0 points applied by the Difficulty Judges, for each repetition.



**Senior 17+ and Super League (9+) -** 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.

## 6.2.4 – TRI Cup (9+)

The highest ranked top 8 male and female voluntary scorers from TRI Super League qualification events will be invited to participate free of charge in the Trampoline Cup. The Super League final 8 gymnasts determine the TRI Cup invitees.

Whilst eligibility to the TRI Cup is through entry into the Super League, there is no compulsion to take part. 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.

Competitors will compete as follows:

**Round 1** of TRI Cup - a two-element exercise. Both elements of which must be 270° of somersault rotation or more.

**Round 2** of TRI Cup - a two-element exercise. Both elements of which must be 270° of somersault rotation or more and may not contain a repeat element from Round 1.

**Round 3** of TRI Cup - a two-element exercise. Both elements of which must be 270° of somersault rotation or more and may not contain a repeat element from Rounds 1 and 2.



Tariff sheets are not required for any of the three event rounds. FIG scoring will be used and for all three rounds scores will be from 10 with HD, Time of Flight and difficulty added.

A cash prize will be awarded to the winner only with no prizes for lower ranked competitors.

## 6.3 – Trampoline Synchronised Requirements

Gymnasts will compete with 2 voluntary exercises comprised of 10 elements per exercise. 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. In the League qualification events, there is no final round for TRS.

## 6.4 – Double Mini Trampoline Recommendations

### 6.4.1 – DMT 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.

League 3 DMT is capped at 2.1 difficulty per pass for League qualification events.

League 3 DMT is capped at 3.0 difficulty per pass for the League Final event.

Apart from capping the gymnast's DD score with the maximum DD allowance should they exceed the value of the cap, there is no additional penalty for exceeding the cap.

### 6.4.2 – DMT 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.

League 2 DMT is capped at 3.5 difficulty per pass for League qualification events.

League 2 DMT is capped at 4.8 difficulty per pass for the League Final event.

Apart from capping the gymnast's DD score with the maximum DD allowance, should they exceed the value of the cap there is no additional penalty.

### 6.4.3 – DMT League 1

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.

Gymnasts aged 9+ may enter both League 1 and Super League categories.

### 6.4.4 – DMT Super League (9+)

Gymnasts must be aged 9+ 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.

## 6.4.5 – DMT Cup (9+) and TUM Cup (9+ - at specified events only)

The DMT Cup is the League's exciting knockout style event. The top 8 highest preliminary scorers from the male and female Super League events are invited to participate free of charge.

There is no compulsion to participate in the event.

If a top 8 ranked competitor does not wish to participate or a competitor is ranked in the top 8 twice, 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.

Competitors compete with one exercise each and the one with the highest score will progress to the next round. As this is a standalone competition competitors may repeat elements that they used in the League events without penalty. 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.

In the event of a tie, the highest ranked competitors from the preliminary rounds will progress. A cash prize will be awarded to the winner of the event only.

**TUM Cup** follows the process above where only the final element of the exercise will be judged.



## 6.5 – Disability Trampoline Requirements

### 6.5.1 – Disability Trampoline Level 1

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 2.5.

### 6.5.2 – Disability Trampoline Level 2

The first exercise is comprised of 10 different elements with a minimum difficulty of 2.4.

The second and third exercises are voluntary exercises comprised of 10 elements with a maximum difficulty of 4.8.

### 6.5.3 – Disability Trampoline Elite Level

**DT Elite** Level is for both Category 1 and Category 2 gymnasts, all ages combined. This category is designed for those competing with a difficulty above 5.0 and has no tariff cap applied.

DT Elite Group preliminary exercises are both voluntary. There is no time of flight measurement.

## 6.5.4 – Disability Trampoline Final Round

The top 8 gymnasts per category, per level, will compete with an exercise of choice (time dependent). Difficulty will apply as per the requirement for the second exercise for each level as applicable.

## 6.6 – Air Track Tumbling Requirements - TUM

### 6.6.1 – League 3 & League 3 Lite

Novice for beginner tumblers with low level skills.

Exercises will comprise of 6 elements and will finish on the track, i.e. with a skill, jump or twist.

No somersaulting is permitted.

In **League 3 Lite** a run will consist of 3 to 6 elements with only the last 3 elements judged. One somersault only is permitted and may land on the landing area. This will be capped at 0.6 points. There is no penalty for exceeding the tariff cap.

### 6.6.2 – League 2 & League 2 Lite

Intermediate for those with intermediate level skills including single and twisting somersaults.

Exercises will comprise of 6 elements. Somersaulting skills are permitted with a cap of 1.3 difficulty per element (double twist). There is no penalty for exceeding the tariff cap.

In **League 2 Lite** a run will consist of 3 to 6 elements with only the last 3 elements judged.

For both events (League 2 and League 2 Lite) the 6<sup>th</sup> skill may finish on the mat or track.

### 6.6.3 – League 1

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.

### 6.6.4 – Super League & TUM Cup

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 progress to **Tumbling Cup** free of charge where the same rules as for Super League apply. (Specified events only). For procedure see 6.4.5.

## 6.7 – Awards

Medals will be awarded to the top three competitors in each age category in each ability level.

### 6.7.1 – Super League Events & Cup Prize Money

Super League winners plus DMT Cup, TRI Cup and TUM Cup winners at each relevant event will be eligible for prize money as outlined below providing the final round exercises are completed.

## 6.7.2 – Super League Qualification Events

TRI, DMT plus TUM at specified events only

|           |   |      |
|-----------|---|------|
| 1st Place | - | £145 |
| 2nd Place | - | £75  |
| 3rd Place | - | £40  |

## 6.7.3 – DMT & TRI Cups at all events

First place only - £145

## 6.7.4 – TUM Cup at specified events only

First place only - £145

## 6.7.5 – Super League Final

TRI, DMT and TUM

|           |   |      |
|-----------|---|------|
| 1st Place | - | £300 |
| 2nd Place | - | £150 |
| 3rd Place | - | £75  |

## 6.7.6 – DMT, TRI and TUM Cup Final

First place only – £300

## 6.7.8 – Triple Champion Challenge

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 2026 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 2026 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 2026 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.



## 7 — GENERAL REGULATIONS

### 7.1 – Entry to the Venue

All competitors, nominated coaches and nominated officials will be allowed free entry to the competition venue for the day on which they are competing, coaching or officiating.

Spectator entry fee will be applicable at each venue. Any charges will be notified in with the competition information.

For the League Final event discounted spectator tickets will be available online. Details will be published on the website.

### 7.2 – Registration

A suitably qualified coach must take responsibility for the competitor(s) from their club at each League event and will have accepted responsibility through the online entry portal when entering the event.

### 7.3 – Difficulty Cards

Difficulty cards may be downloaded from the League website. All difficulty cards must be submitted to a Difficulty Judge on the correct panel no later than the start of the general trampoline warmup for the flight for which the difficulty card is required. See Appendix 9.1, 9.2 and 9.3.

All difficulty cards should be completed in English or FIG notation. Where the card should be marked with asterisks to indicate required elements in first exercises, this must be done by the competitor or coach before the card is handed in. Likewise, all elements that require a difficulty mark should be identified before the card can be accepted.

The LFT will routinely monitor coach qualification with competition levels entered. If digressions are detected these will be reported to BG Ethics and Welfare.

### 7.4 – Competition Attire

#### 7.4.1 – Competitors

For the entire competition attire requirements, we recommend that coaches access and read the 2025-2028 FIG dress code in full.

##### **Male gymnasts**

**Trampoline** - Sleeveless or short sleeves leotard - Gym shorts or 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 (gymnasts may not wear trousers) - White trampoline shoes and/or socks. Gymnasts will not be permitted to warm up or compete without foot covering. **TUM** - As for DMT but white foot covering is optional.

### **Female gymnasts – Trampoline, DMT and TUM**

Leotard or unitard with or without sleeves (must be skintight)

Long tights may be worn (must be skintight). For DMT and TUM 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. Gymnasts will not be permitted to warm up or compete without foot covering. For **TUM** only, white foot covering is optional.

### **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.

## **7.4.2 – Coaches**

Coaches should dress appropriately in tracksuit/shorts or equivalent club attire and training shoes.

Jewellery and body piercings are not allowed.

Eating or drinking whilst matting or spotting is not allowed.

## **7.4.3 – Judges and Officials**

Judges should wear a navy or black blazer, white shirt or blouse, navy or black trousers/skirt and black shoes. Sports clothing should not be worn.

Competition marshals and T of F operatives should wear tracksuit or equivalent club attire, training shoes, and may be asked to wear lightweight identification gilets.

Door marshals and other officials should dress appropriately and may also be asked to wear a gilet.

For all judges and officials – it is not permitted to wear any branded clothing, and heels are not permitted in the competition halls.

## **7.5 – Competition Apparatus**

FIG approved Gymaid Eurotramp Ultimate trampolines with 4x4mm webbed beds will be used for all League events. Trampolines will be pushed together for competition.

FIG approved Gymaid Eurotramp Double Mini Trampolines with 6mm webbed beds will be used for all League events.

A Gymnova DMT landing area will be used for DMT events, except at large events when Sport & Leisure Services Ltd landing areas may be used.

20cm floor safety matting manufactured by Gymnova will be used at all League events.

Eurotramp FIG approved time of flight machines are provided by League Score and back up provision will be used.

## 7.6 – Sports Therapy Provision

Anyone requiring First Aid assistance should speak to either the appointed Floor Manager or the Event Host. It is recommended that all coaches have a first aid kit with them for minor injuries. At all League events an official Sports Therapy team, and a minimum of one paramedic will be appointed and will be available to treat competitors who sustain minor injuries and administer pain relief at the event.

Any injury occurring during the official training or competition must be reported to the Welfare Officer.

## 7.7 – Welfare Officer

A Welfare Officer will be nominated for all League events. Their name and contact details will be displayed in the competition information.

## 7.8 – Medal Ceremonies

Competitors who win a medal at a League event are expected to remain in the venue and participate in the medal presentation ceremony and to collect their award in person.

## 7.9 – Perpetual Trophies

Perpetual trophies will be awarded at the League Final. The winning club is responsible for the inscription of it as well as safekeeping and maintenance and cleaning. The club must return it/them to the League Final event host prior to the competition the following year.

The winners of Perpetual League Trophies can be found archived in the Trampoline & DMT League website – [www.trampolineleague.com](http://www.trampolineleague.com).

## 7.10 Video, Film and Photography

Accredited photographers may be present at League events and will be made known to the audience. By entering the event there is an acceptance that participants may be photographed, and the League may publish the photograph.

Any person wishing to use video, film or take photographs may do so for personal use only and only from the spectator seating area. Unless specifically accredited to do so you may not take photos for sale, other commercial use or for publication in printed or electronic form, such as on websites. Clubs

may publish some photos, but this may only be done in accordance with the BG Child Protection Policy.

Flash may not be used at any time whilst competitors are warming up or competing. Video lights should also be turned off. If there are concerns about the identity or actions of any photographer, or if it is believed that any unsuitable photos are being taken, concerns should be reported to the League Welfare Officer.

## 7.11 - Complaints Procedure

Complaints about any aspect of the League event system must be raised in writing by the Head Coach or the Club Secretary. The LFT will not respond to complaints from competitors or parents. Please email your complaint to the Competition Organisers and the League Facilitators at [competitions@trampolineleague.com](mailto:competitions@trampolineleague.com). Your complaint will be responded to within 14 days of receipt.

# 8 — Addendum — Leagues 4, 5 & 6

## 8.1 - Entry

See 2.3

## 8.2 - Officials Requirement

See 5.12

## 8.3 Age groups

For all levels for male and female competition groups – 7/8, 9/10, 11/12, 13/14, 15/16, 17+. Ages calculated as in the year of competition.

Where an age group exceeds 60 competitors, it will be split into two groups.

Where an age group has insufficient numbers to create a viable competition, age groups may be split and combined to a maximum of a 3year span.

## 8.4 Trampoline Individual Requirements

### 8.4.1 - League 4

The first exercise is comprised of 10 different elements.

4 elements must have a minimum of 270° of somersaulting rotation.

The second and final exercises are voluntary exercises comprised of 10 elements with a difficulty cap of 4.0. There is no penalty for exceeding the cap.

The top 8 ranked competitors from the preliminary round will progress to the final round (time dependent).

In addition, the top 8 League 4 competitors per age group and gender will be invited to compete a final round at the Trampoline, DMT & TUM Finals in Derby. Further information will be disseminated in due course.

## 8.4.2 - League 5

The first exercise is comprised of 10 different elements.

2 elements must have a minimum of 270° of somersaulting rotation.

The second and final exercises are voluntary exercises comprised of 10 elements with a difficulty cap of 2.6. There is no penalty for exceeding the cap.

The top 8 ranked competitors from the preliminary round will progress to the final round (time dependent).

## 8.4.3 - League 6

League 6 is designed to encourage a new generation of trampoline gymnasts to experience the sheer enjoyment of jumping high and having fun. It is designed for those new to competition without the restrictions that body landings impose on gymnast's height retention. To aid this focus, the first exercise is comprised of 10 elements of which up to 5 elements may be repeated once.

First exercise elements may not include any somersaulting rotation greater than 90°.

The second and final exercises are voluntary exercises comprised of 10 elements with a difficulty cap of 1.7. There is no penalty for exceeding the cap.

The top 8 ranked competitors from the preliminary round will progress to the final round (time dependent).

## 8.5 - DMT

### 8.5.1 - Age groups

For all levels for male and female competition groups - 7-10, 11-12, 13-14, 15+. Ages calculated as in the year of competition.

Where an age group exceeds 60 competitors, it will be split into two or more groups.

Where an age group has insufficient numbers to create a viable competition, age groups may be split and combined to a maximum of a 3year span.



## 8.6 - DMT Recommendations

### 8.6.1 - League 4

It is recommended that gymnasts entering this level will be able to compete with either 1 or 2 elements per exercise containing 360° of somersaulting rotation

Competitors will compete with 2 elements per exercise

The maximum difficulty awarded per exercise will be 1.3. There is no penalty for exceeding the tariff cap.

In addition, the top 8 League 4 competitors per age group and gender will be invited to compete a final round at the Trampoline, DMT & TUM Finals in Derby. Further information will be disseminated in due course.

### 8.6.2 - League 5

It is recommended that gymnasts entering this level will compete with no more than 1 element with 360° of somersaulting rotation per exercise.

Competitors will compete with 2 elements per exercise.

There will be a tariff cap of 0.8 per exercise. There is no penalty for exceeding the tariff cap.

### 8.6.3 - League 6

It is recommended that gymnasts entering this level will compete with no somersaulting elements. Competitors will compete with 2 elements per exercise.

No difficulty will be awarded at this level.



# 9 – APPENDICES 2026

The Trampoline & DMT League competition handbook Version 1

|       |  |         |  |         |  |
|-------|--|---------|--|---------|--|
| NAME: |  | GROUP:  |  | FLIGHT: |  |
| CLUB: |  | NUMBER: |  | PANEL:  |  |

| EXERCISE 1 |         |   |   |            |      |
|------------|---------|---|---|------------|------|
|            | ROUTINE | S | * | ADJUSTMENT | DIFF |
| 1          |         |   |   |            |      |
| 2          |         |   |   |            |      |
| 3          |         |   |   |            |      |
| 4          |         |   |   |            |      |
| 5          |         |   |   |            |      |
| 6          |         |   |   |            |      |
| 7          |         |   |   |            |      |
| 8          |         |   |   |            |      |
| 9          |         |   |   |            |      |
| 10         |         |   |   |            |      |
|            |         |   |   | TOTAL      |      |

| EXERCISE 2 |         |   |   |            |      |
|------------|---------|---|---|------------|------|
|            | ROUTINE | S | * | ADJUSTMENT | DIFF |
| 1          |         |   |   |            |      |
| 2          |         |   |   |            |      |
| 3          |         |   |   |            |      |
| 4          |         |   |   |            |      |
| 5          |         |   |   |            |      |
| 6          |         |   |   |            |      |
| 7          |         |   |   |            |      |
| 8          |         |   |   |            |      |
| 9          |         |   |   |            |      |
| 10         |         |   |   |            |      |
|            |         |   |   | TOTAL      |      |

## GUIDANCE NOTES

League 1 Age Groups 9-12, 13-14, 15-16 & 17-21 competitors must comply with the \* requirements in their first exercise. Failure to do so will result in penalties being applied.

Exercises must be completed either in English or FIG terminology.

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**EDITABLE VERSION IS AVAILABLE ON THE WEBSITE**

| FINAL EXERCISE |         |   |   |            |      |
|----------------|---------|---|---|------------|------|
|                | ROUTINE | S | * | ADJUSTMENT | DIFF |
| 1              |         |   |   |            |      |
| 2              |         |   |   |            |      |
| 3              |         |   |   |            |      |
| 4              |         |   |   |            |      |
| 5              |         |   |   |            |      |
| 6              |         |   |   |            |      |
| 7              |         |   |   |            |      |
| 8              |         |   |   |            |      |
| 9              |         |   |   |            |      |
| 10             |         |   |   |            |      |
|                |         |   |   | TOTAL      |      |

|       |  |         |  |         |  |
|-------|--|---------|--|---------|--|
| NAME: |  | GROUP:  |  | FLIGHT: |  |
| CLUB: |  | NUMBER: |  | PANEL:  |  |

## PRELIMINARY EXERCISES

| PASS<br>1 | MOUNT | DD | SPOTTER |  | DISMOUNT | DD | TOTAL DD |
|-----------|-------|----|---------|--|----------|----|----------|
|           |       |    |         |  |          |    |          |
|           |       |    |         |  |          |    |          |

| PASS<br>2 | MOUNT | DD | SPOTTER |  | DISMOUNT | DD | TOTAL DD |
|-----------|-------|----|---------|--|----------|----|----------|
|           |       |    |         |  |          |    |          |
|           |       |    |         |  |          |    |          |

## FINAL EXERCISES – F1 and F2

| F1 | MOUNT | DD | SPOTTER |  | DISMOUNT | DD | TOTAL DD |
|----|-------|----|---------|--|----------|----|----------|
|    |       |    |         |  |          |    |          |
|    |       |    |         |  |          |    |          |

| F2 | MOUNT | DD | SPOTTER |  | DISMOUNT | DD | TOTAL DD |
|----|-------|----|---------|--|----------|----|----------|
|    |       |    |         |  |          |    |          |
|    |       |    |         |  |          |    |          |

## GUIDANCE NOTES

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|                            |  |                            |  |                |  |                |  |
|----------------------------|--|----------------------------|--|----------------|--|----------------|--|
| <b>PARTNER 1<br/>NAME:</b> |  | <b>PARTNER 1<br/>NAME:</b> |  | <b>GROUP:</b>  |  | <b>FLIGHT:</b> |  |
| <b>PARTNER 2<br/>NAME:</b> |  | <b>PARTNER 2<br/>NAME:</b> |  | <b>NUMBER:</b> |  | <b>PANEL:</b>  |  |

| VOLUNTARY 1 |          |   |   |              |      |
|-------------|----------|---|---|--------------|------|
|             | EXERCISE | S | * | ADJUSTMENT   | DIFF |
| 1           |          |   |   |              |      |
| 2           |          |   |   |              |      |
| 3           |          |   |   |              |      |
| 4           |          |   |   |              |      |
| 5           |          |   |   |              |      |
| 6           |          |   |   |              |      |
| 7           |          |   |   |              |      |
| 8           |          |   |   |              |      |
| 9           |          |   |   |              |      |
| 10          |          |   |   |              |      |
|             |          |   |   | <b>TOTAL</b> |      |

| VOLUNTARY 2 |          |   |   |              |      |
|-------------|----------|---|---|--------------|------|
|             | EXERCISE | S | * | ADJUSTMENT   | DIFF |
| 1           |          |   |   |              |      |
| 2           |          |   |   |              |      |
| 3           |          |   |   |              |      |
| 4           |          |   |   |              |      |
| 5           |          |   |   |              |      |
| 6           |          |   |   |              |      |
| 7           |          |   |   |              |      |
| 8           |          |   |   |              |      |
| 9           |          |   |   |              |      |
| 10          |          |   |   |              |      |
|             |          |   |   | <b>TOTAL</b> |      |

## GUIDANCE NOTES

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|       |  |         |  |         |  |
|-------|--|---------|--|---------|--|
| NAME: |  | GROUP:  |  | FLIGHT: |  |
| CLUB: |  | NUMBER: |  | PANEL:  |  |

| EXERCISE 1 |          |   |   |            |      |
|------------|----------|---|---|------------|------|
|            | EXERCISE | S | * | ADJUSTMENT | DIFF |
| 1          |          |   |   |            |      |
| 2          |          |   |   |            |      |
| 3          |          |   |   |            |      |
| 4          |          |   |   |            |      |
| 5          |          |   |   |            |      |
| 6          |          |   |   |            |      |
| 7          |          |   |   |            |      |
| 8          |          |   |   |            |      |
|            |          |   |   | TOTAL      |      |

| EXERCISE 2 |          |   |   |            |      |
|------------|----------|---|---|------------|------|
|            | EXERCISE | S | * | ADJUSTMENT | DIFF |
| 1          |          |   |   |            |      |
| 2          |          |   |   |            |      |
| 3          |          |   |   |            |      |
| 4          |          |   |   |            |      |
| 5          |          |   |   |            |      |
| 6          |          |   |   |            |      |
| 7          |          |   |   |            |      |
| 8          |          |   |   |            |      |
|            |          |   |   | TOTAL      |      |

## GUIDANCE NOTES

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## 9.5 — APPENDIX — TIME OF FLIGHT / HD PROTOCOLS

### HDTs Trampoline Measurement Device

### ToF Score (T Score) / HD Score (H Score)

The T and the H Score will be determined by the measurement retrieved via the Measuring Device. In the event of this not being achieved the following back up protocols will be adopted.

### ToF / HD Back Protocol – Step One

In the first instance, the T & H Score will be determined by using the Scoring Systems retrieval software (video analysis).

### ToF / HD Back Protocol – Step Two

In the event of the exercise being missed on both the HDTs and the capturing software, the competitor will be authorised to have a further attempt/s. The authorisation will be granted on the basis of 'faulty equipment'.

In this scenario the original E and D score will remain the same. The attempt/s will be judged only by the HDTs Judge and exercise verified by the D judges. Should this happen, the following regulations will be applied:

The chair of Judges will negotiate only with the competitor's Coach for the most opportune moment for him/her to have their second attempt/s (this must be completed within the time scale permitted as outlined in the event timetable).

The original E and D score will remain operative.

The competitor must compete with the exact same exercise as the one in which their T & H score was missed.

The competitor must compete with the exact same exercise as the one in which their T & H score was missed.

If the competitor is unable to complete an exercise, either through injury or after 3 attempts, H and T/S scores from a previous round, as determined by the Chair of Judges will be substituted. Where the number of skills differs, an average will be applied to calculate a score matching the correct number of skills.

## 9.6 — APPENDIX — ANTI-DOPING POLICY

### League Anti-Doping Policy

In accordance with Olympic principles the LFC condemn the use of performance enhancing drugs and promotes a drugs free League system. In addition, the Chair of the panel reserves the right to refuse competition entry to anyone who is obviously under the influence of legal/illegal recreational drug use at the event.

## Checking Medication

If you have any concern or are unsure whether a medication is a restricted or banned substance, please visit [www.ukad.org.uk](http://www.ukad.org.uk).

## Supplements

Diet, lifestyle and training should all be optimised before considering supplementation. Coaches and competitors should assess the need for supplementation and consult with an accredited sports dietician and/or registered nutritionist with expertise in sports nutrition, or doctor experienced in sports and exercise medicine before taking using supplements.



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