



Welsh Gymnastics
Gymnasteg Cymru

Trampoline and DMT Competition Handbook 2025

Llawlyfr Cystadlu
Trampolîn
a Thrampolîn
dwbl-mini 2025

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Section 1 – Version History

Version	Summary of Changes	Document Status	Date
1.0	Trampoline/DMT Competition Handbook created	Live	23/01/2025

The Trampoline and DMT Technical Panel (TTP) reserves the right to make amendments to this handbook.

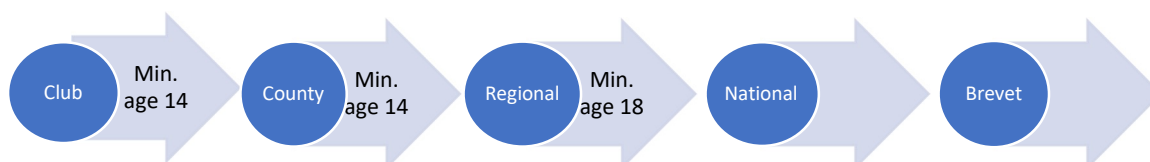
Notification of a change to the handbook will be communicated through the Welsh Gymnastics website and an updated version will be made available to download at the time of change.

Any enquiries regarding competitions should be directed to one of the following:

- Welsh Gymnastics Competition Team - competitions@welshgymnastics.org
- Welsh Gymnastics Performance Team - performance@welshgymnastics.org
- National Coach – Ricardo Trony
- Tra/DMT Technical Discipline Representative – David House
- Tra/DMT Technical Judging Lead – Nerys Williams
- Tra/DMT Competition Lead – Vacant

Section 2 - Judges

Judging qualifications



Supplying judges/ratios

Clubs entering competitions are required to nominate and supply a judge or judges for the day(s) on which their gymnasts are competing. If a Club's competitors cover various age groups / grades it will be necessary to provide a judge for each day of their competition (please see below). Numbers of gymnasts are across the full competition, not per day. Whilst we will do our best to put judges on the same day as their club's competing gymnasts, this is not a guarantee. Club's need to provide judge availability to the competition organiser before the entry deadline and ratios will be determined based on numbers at entry. The number of judges required is as below*:

- 1 – 4 gymnasts entered – 1 judge for one whole day
- 5 – 9 gymnasts – 1 judge that can judge two whole days, or 2 judges that can judge one whole day each
- 10 – 14 gymnasts - 3 judges (e.g. 3 judges for 1 day or 2 judges on one day, 1 judge on one day).
- 15-19 gymnasts - 4 judges (e.g. 4 judges for 1 day or 2 judges on one day, 2 judges on one day).
- 20 + gymnasts – 5 judges (e.g. 5 judges for 1 day or 3 judges on one day, 2 judges on one day).

As per the Generic Competition Handbook, at least one regional judge or above will now be required as part of the ratio for qualifying competitions and identified pathway competitions when entering more than 3 gymnasts. For Trampoline/DMT, this is any competitions listed within this handbook. If you have any concerns around this, please get in contact so we can look to support you in accessing a course/exam or connecting you with other regional judges. If you have any then please email performance@welshgymnastics.org to gain dispensation from the technical panel.

These rules must be enforced to ensure that all competitions can run. It is important that we have club judges and enough numbers of regional (or higher) judges at each competition to ensure fairness and expertise to recognise the work that our gymnast and coaches are producing.

**Where the competition is across one day, the identified ratio would remain the same (e.g., 1-4 gymnasts = 1 judge, 5 -9 gymnasts = 2 judges, 10-14 gymnasts = 3 judges)*

Section 3 – General Rules and Penalties

General rules and penalties as per FIG Code of Points and Welsh Gymnastics membership rules / terms and conditions, however, for all events held by Welsh Gymnastics, excluding Welsh Championships, no attire deductions will be taken. Welsh Championships are governed by FIG rules unless otherwise specified. Please refer to British Gymnastics handbooks for any British Gymnastics competitions.

Competition Attire

Appropriate attire for Welsh competitions on top of regular FIG rules:

- Shorts and leggings are accepted, but clothing must be fitted and not restrict the view of the judges.

Section 4 – National Competition Calendar

Competition Name	Venue	Date(s)	Closing Date	Membership Levels
RCC & CC Series 1	Caerau Vale TC	23 rd February 2025	20 th January 2025 12pm	Bronze / Silver
RCC & CC Series 2	Caerau Vale TC	6 th April 2025	17 th February 2025 12pm	Bronze / Silver
RCC & CC Series 3	Sport Wales National Centre, Cardiff	27 th April 2025	10 th March 2025 12pm	Bronze / Silver
Welsh Championships	Sport Wales National Centre	20-21 st September 2025	4 th August 2025 12pm	Silver
Cardiff Open	Sport Wales National Centre	20-21 st September 2025	4 th August 2025 12pm	Bronze / Silver
Welsh Schools Competition				

Section 5 – Competition Apparatus

Equipment specifications will be detailed in all correspondence prior to the competition.

Section 6 – Competitions

It is the responsibility of the coach to select the most appropriate grade and pathway for their gymnasts. There is an expectation that gymnasts are appropriately prepared for their competition and that the correct pathway is chosen, considering a gymnast's likely development and progression.

There are 3 main Competition structures currently available in Wales:

- Schools
- Regional Pathway
- Cardiff Open / Welsh Championships

Welsh Squad Participation

Gymnasts selected for a Welsh Gymnastics squad are expected to compete at levels that align with the standards demonstrated during their selection.

- Foundation Squad: Participation at a minimum of Silver level is required. Min RCC 2, Schools Elite
- Development Squad: Participation at a minimum of Gold level is required. Min RCC 3, Schools Elite
- Performance Development/Performance Squad: Participation at a minimum of Platinum level is required. Min RCC 4, Schools Elite

In exceptional circumstances (e.g. injury), if a gymnast is unable to meet the requirements of the level, please email performance@welshgymnastics.org to request permission from the Technical Panel to enter a lower level.

Schools

For eligibility into BSGA schools' events please refer to the eligibility requirements found within the BSGA Competition Handbook.

The Welsh Schools Competitions is the one of the first of three rounds - Regional, Zonal (semi-final), followed by a National Finals.

The UK has been split into three Zones, each comprising of a number of regions, as follows:

- Northern Zone: North, North West, Yorkshire and North Midlands, N. Ireland.
- Central Zone: Eastern, East Midlands, West Midlands, Wales.
- Southern Zone: South, South West, London, South East.

The rules are set out by the British Schools Gymnastics Association (BSGA). Schools need to be affiliated to WG, but gymnasts do not need WG membership to compete.

Gymnasts compete representing their school and all Entry forms must be signed by the school. The top 3 individuals and top 2 teams from each group go through to the next round.

Regional Pathway

Club and Regional Series

For routines, age groups, and levels please see the Trampoline Technical Resources section of the BG website ([Trampoline Gymnastics Technical Information](#)). These competitions will be judged as per the FIG 2022 – 2024 Code of Points.

For the regional cup series, the top two scoring gymnasts (not including TOF), across the three competition opportunities in Wales, from each of the levels and gender categories below will be selected to represent (the region of) Wales in the British Finals.

Gymnasts competing in the club series will require bronze membership with gymnasts competing in the regional series will require silver membership.

Welsh Championships / Cardiff Open

The Welsh Championships and Cardiff Open are an annual event showcasing the best in Wales but also giving an opportunity to everyone in Wales and outside Wales.

The Welsh Championships / Cardiff Open will be judged as per the 2025 – 2028 Code of Points.

The competition will consist of the following categories:

Individual Trampoline:

- Effyd/BRONZE – Entry Level
- *Arian/SILVER – Intermediate*
- *Aur/GOLD – Performance*
- Platinwm/PLATINUM – FIG/High Performance

Synchronized Trampoline

- Level 1 - For bronze or silver competitors
- Level 2 – For gold or platinum competitors

Disability Trampoline:

- Effyd/BRONZE – Entry Level
- *Arian/SILVER – Intermediate*
- *Aur/GOLD – Performance*
- Platinwm/PLATINUM – FIG/High Performance

DMT:

- Effyd/BRONZE – Entry Level
- *Arian/SILVER – Intermediate*
- *Aur/GOLD – Performance*

- Platinwm/PLATINUM – FIG/High Performance

Disability DMT:

- Effyd/BRONZE – Entry Level
- Arian/SILVER – Intermediate
- Aur/GOLD – Performance
- Platinwm/PLATINUM – FIG/High Performance

Finals

For a final to take place, there must be at least eight competitors in the qualifying round. Categories with fewer than eight competitors will have a straight final (Set and Vol), with podium places determined based on the qualifying round results. All finals will be ZERO start, and gymnasts will compete in a random order.

- TRA finals – 1 x routine
- DMT – final 1, then the top 4 in reverse order compete in final 2
- TUM – final 1, then the top 4 in reverse order compete in final 2

Teams Competition

- The combined top 3 highest scores on each routine determine the Team Total Score
- Each team can consist of a maximum of 4 and a minimum of 3 gymnasts per team and may be mixed gender and age group but must be competing at the same level
- All gymnasts perform each routine as part of their Individual Competition and those scores will be used to make up the Team Total Score
- The number of teams a club may enter in each level is only limited by the number of individuals they have in each level

Special Awards:

- Welsh gymnasts competing in the Trampoline Disability Platinum and Platinum categories will be eligible for the following awards*:
 - There will be a trophy awarded for highest execution score (HD, D score, ToF excluded) across a single routine.
 - The Chris Fordham Cup will be awarded for highest overall score (set+vol+final).
 - The score will not include any difficulty score from the first routine.

**In the event of a tie for either or both of these two Cups, the performers will share the trophy over the year, to be handed back at the next Welsh Championships. This will need to be arranged between the performers.*

- Welsh gymnasts competing in DMT Disability Platinum and Platinum categories will be eligible for the following award:
 - The DMT Shield will be awarded for the highest overall score
 - The score will include any difficulty.

Club Trophy DMT and TRA

This trophy will be awarded to the club that have the best overall scores across the all the levels:

- Effyd/BRONZE – Entry Level
- Arian/SILVER – Intermediate

- *Aur/GOLD – Performance*
- *Platinwm/PLATINUM – FIG/High Performance*

To be eligible to this award the club need to have at least 1 gymnast in each level. A trophy will be awarded for both DMT & TRA. *This will be handed back at the next Welsh Championships.*

Example of Scoring

Bronze Level

- *Gymnast A – 23.00*
- *Gymnast B – 24.00*
- *Gymnast C – 25.00*
- ***Gymnast D – 26.00 (Best score)***

Silver Level

- *Gymnast A – 33.00*
- *Gymnast B – 34.00*
- *Gymnast C – 25.00*
- ***Gymnast D – 36.00 (Best score)***

Gold Level

- ***Gymnast A – 12.00***

Platinum Level

- ***Gymnast A – 2.00***

Total Club Score: 76.00

Inclusive Club Trophy

This trophy will be awarded to the club that have the best overall scores across all disability levels. A trophy will be awarded for both DMT & TRA.

Disability Effyd/BRONZE – Entry Level

Disability Arian/SILVER – Intermediate

Disability Aur/GOLD – Performance

Disability Platinwm/PLATINUM – FIG/High Performance

To be eligible to this award the club need to have at least 1 gymnast in each level. *This will be handed back at the next Welsh Championships.*

Individual Trampoline Criteria

Effyd/Bronze – Entry Level (Cardiff Open)

1 skill with no somersault element may be repeated.

Age categories – 7-8yrs, 9-10yrs, 11-12yrs), 13-14 yrs,15-16 yrs, 17+ yrs

The routines consist of 10 elements to include a maximum of 3 different skills with a minimum of 270° of somersault rotation.

All Routines:

- No moves with more than 180° twist rotation and 360° somersault rotation

(i.e. No Fulls or Rudis. But Baranis are permitted)

- Skills with 450° somersault rotation or more are **not** permitted.
(i.e. Ball out, Ball Out Barani and Cody are **not** permitted)

Penalties of 2.0 will apply for each requirement not fulfilled

Arian/Silver – Intermediate (Cardiff Open)

Age categories – 7-8yrs, 9-10yrs, 11-12yrs), 13-14 yrs,15-16 yrs, 17yrs plus

7-8yrs	The first routine consists of 10 different elements with a minimum of 5 skills with at least 270° of somersault rotation.
9-10 yrs	
11-12yrs	The first routine consists of 10 different elements with a minimum of 5 skills with at least 270° of somersault rotation.
13-14yrs	The first routine consists of 10 different elements with a minimum of 5 skills with at least 270° of somersault rotation. One (1) element to front or back landing with at least 270° of somersault rotation.
15-16 yrs	The first routine consists of 10 different elements with a minimum of 6 skills with at least 270° of somersault rotation. One (1) element to front or back landing with at least 270° of somersault rotation.
17yrs+	The first routine consists of 10 different elements with a minimum of 6 skills with at least 270° of somersault rotation. One (1) element to front or back landing with at least 270° of somersault rotation

Penalties of 2.0 will apply for each requirement not fulfilled

Aur/Gold – Performance (Welsh Championships)

Aur – (gold) – performance

- 9-10 yrs
- 11- 12 yrs
- 13-14 yrs
- 15- 16 yrs
- 17+ yrs

	1st Routine	2nd Routine- Vol
Age group 9-10	10 different elements	Minimum Difficulty: 4,1
	6 elements with at least than 270° somersault rotation	

	One (1) element landing on the front of the body,	
	One (1) element landing on the back of the body	
	Requirements cannot be fulfilled by combining into one element	
<i>Penalties of 2.0 will apply for each requirement not fulfilled</i>		
<i>Penalties of 2.0 will apply for not having Minimum Difficulty</i>		

	1st Routine	2nd Routine- Vol
Age group 11-12	10 different elements	Minimum Difficulty: 4,5
	6 elements with at least 270° somersault rotation	
	One (1) element landing on the front of the body,	
	One (1) element landing on the back of the body	
	Requirements cannot be fulfilled by combining into one element	
<i>Penalties of 2.0 will apply for each requirement not fulfilled</i>		
<i>Penalties of 2.0 will apply for not having Minimum Difficulty</i>		

	1st Routine	2nd Routine- Vol
Age group 13-14	10 different elements	Minimum Difficulty: 5,5
	7 elements with at least 270° somersault rotation	
	One (1) element landing on the front of the body,	
	One (1) element landing on the back of the body	
	One (1) element with 360° somersault rotation, at least, 360° of twist.	
	Requirements cannot be fulfilled by combining into one element	
<i>Penalties of 2.0 will apply for each requirement not fulfilled</i>		
<i>Penalties of 2.0 will apply for not having Minimum Difficulty</i>		

	1 st Routine	2 nd Routine- Vol
Age group 15-16	10 different elements	Minimum Difficulty: 5,8
	8 elements with at least 270° somersault rotation	
	One (1) element landing on the front of the body,	
	One (1) element landing on the back of the body	
	One (1) element with 360° somersault rotation, at least, 360° of twist.	
	Requirements cannot be fulfilled by combining into one element	
<i>Penalties of 2.0 will apply for each requirement not fulfilled</i>		
<i>Penalties of 2.0 will apply for not having Minimum Difficulty</i>		

	1 st Routine	2 nd Routine- Vol
17+	10 different elements	Minimum Difficulty: 6,0
	8 elements with at least 270° somersault rotation	
	One (1) element landing on the front or back of the body	
	Two (2) elements counted for D-scoring and can't be repeated in 2nd routine.	
	Two (2) elements must include the D-values in the competition cards; otherwise, no difficulty score will be entered	
	Requirements cannot be fulfilled by combining into one element	
<i>Penalties of 2.0 will apply for each requirement not fulfilled</i>		
<i>Penalties of 2.0 will apply for not having Minimum Difficulty</i>		

Platinwm/Platinum – FIG/High Performance (Welsh Championships)

Platinwm (platinum) – FIG/High Performance

Youth 9-12yrs

Jnr 13-16yrs

17-21yrs

Senior

	1 st Routine	2 nd Routine- Vol
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Youth	10 different elements	Minimum Difficulty: 5,8
	8 elements with at least 270° somersault rotation	
	One (1) element landing on the front of the body,	
	One (1) element landing on the back of the body	
	One (1) element with 360° somersault rotation, at least, 360° of twist.	
	Requirements cannot be fulfilled by combining into one element	
<p>Penalties of 2.0 will apply for each requirement not fulfilled</p> <p>Penalties of 2.0 will apply for not having Minimum Difficulty</p>		

	1 st Routine	2 nd Routine- Vol
Junior	10 different elements	Minimum Difficulty: 6,2
	9 elements with at least 270° somersault rotation	
	One (1) element landing on the front of the body or One (1) element landing on the back of the body	
	One (1) element with 360° somersault rotation, at least, 540° of twist.	
	One (1) double front or back somersault with or without twist and	
	Requirements cannot be fulfilled by combining into one element	
<p>Penalties of 2.0 will apply for each requirement not fulfilled</p> <p>Penalties of 2.0 will apply for not having Minimum Difficulty</p>		

	1 st Routine	2 nd Routine- Vol
17-21	10 different elements with at least 270° somersault rotation	Minimum Difficulty: 7.5

	One (1) element landing on the front or back of the body	
	Two (2) elements counted for D-scoring and can't be repeated in 2nd routine.	
	Two (2) elements must include the D-values in the competition cards; otherwise, no difficulty score will be entered	
	Requirements cannot be fulfilled by combining into one element	
	Minimum Difficulty: 1.2	
<i>Penalties of 2.0 will apply for each requirement not fulfilled</i>		
<i>Penalties of 2.0 will apply for not having Minimum Difficulty</i>		

<u>SENIOR</u>	Female	Male
	Min D Score 8.3	Min D score 10.00
<i>Penalties of 2.0 will apply for each requirement not fulfilled</i>		
<i>Penalties of 2.0 will apply for not having Minimum Difficulty</i>		

Synchronised Trampoline Criteria

Level 1 (Cardiff Open)

- Age groups 9-12, 13-16, 17+.
- Synchro pairs may consist of different age groups but will compete in the oldest age category.
- Only gymnasts that participate in bronze or silver level in individual competition are eligible for this level.
- Pairs may be same or mixed genders.

Youth (9-12 years), Junior (13-16 years) and Senior (17+)

The **first** routine consists of 10 elements to include a **maximum** of 3 different skills with a minimum of 270° of somersault rotation.

The second routine will be awarded a difficulty score.

Level 2 (Welsh Championships)

- Age groups 9-12, 13-16, 17+.
- Synchro pairs may consist of different age groups but will compete in the oldest age category.
- Only gymnasts that participate in Gold or Platinum level in individual competition are eligible for this level.
- Pairs may be same or mixed genders.

Youth (9-12 years), Junior (13-16 years) and Senior (17+)

The **first** routine consists of 10 elements to include a **minimum** of 6 different skills with a minimum of 270° of somersault rotation.

The second routine will be awarded a difficulty score.

Disability Trampoline Criteria

FIG rules will be applied other than:

- Time of Flight will not be included
- No penalty shall be applied for communication by a coach to a gymnast

AGE GROUPS / CATEGORIES

Category 1 Men 7 – 10 Years / 11 – 14 Years / 15+

Category 1 Women 7 – 10 Years / 11 – 14 Years / 15+

Category 2 Men 7 – 10 Years / 11 – 14 Years / 15+

Category 2 Women 7 – 10 Years / 11 – 14 Years / 15+

Effyd/Bronze – Entry Level (Cardiff Open)

Routine 1

- 10 skills
- 2 shape jumps may be repeated
- All skills less than 270 degrees rotation

Routine 2

- 10 skills
- 2 shape jumps may be repeated
- All skills less than 270 degrees rotation
- Maximum difficulty 1.0

Arian/Silver – Intermediate (Cardiff Open)

Routine 1

- 10 skills
- 1 shape jump may be repeated
- Maximum 1 somersault
- No somersaults with twisting rotation permitted

Routine 2

- 10 skills
- 1 shape jump may be repeated

- Maximum 1 somersault
- No somersaults with twisting rotation permitted
- Maximum difficulty 1.9

***Aur/Gold* – Performance (Welsh Championships)**

Routine 1

- 10 skills
- No skills may be repeated
- Maximum 4 somersaults with or without twist

Routine 2

- 10 skills
- No skills may be repeated, any repeated skill will not be credited with a difficulty score
- Maximum 4 somersaults with or without twist
- Minimum difficulty 2.0
- No maximum difficulty

Platinwm/Platinum – FIG/High Performance (Welsh Championships)

Routine 1

- 10 skills
- No skills may be repeated
- Minimum 5 somersaults

Routine 2

- No skills may be repeated, any repeated skill will not be credited with a difficulty score
- Minimum difficulty 4.0
- No maximum difficulty

Individual DMT Criteria

The FIG code of points states that no repetitions of skills are allowed

Effyd/Bronze – Entry Level (Cardiff Open)

Age Categories

- 7- 8 yrs
- 9-10yrs
- 11-12yrs
- 13-14yrs
- 15-16yrs

17yrs plus

7-8 9-10	11-12	13-14, 15-16 and 17+
Max DIF: 0,5 No somersaults allowed	Max DIF: 0,6	Each pass may contain an element with a 360° rotation Max dif 0.8

Penalties of 2.0 will apply for each requirement not fulfilled

Difficulty will be capped at max dif requirement.

In the 7-8 age group, gymnasts may use a springboard to assist with mounting the DMT.

Arian/Silver – Intermediate (Cardiff Open)

Age Categories

- 9-10yrs
- 11-12yrs
- 13-14yrs
- 15-16yrs
- 17yrs plus

	9-10	11-12
Compulsory routine	Straddle (V) Front somersault tuck (4-0)	Pike (=) Front somersault pike (4-<)
Vol Routine	Min DIF: 0.5	Min DIF: 0.6

Penalties of 2.0 will apply for each requirement not fulfilled

Penalty of 2.0 will apply for not having Minimum Difficulty

Aur/Gold – Performance (Welsh Championships)

Age Categories

- Youth 9-12yrs
- Junior 13-16yrs
- Senior 17+yrs

	11-12	13-14	15-16	17+
Routine 1 + Routine 2 minimum Difficulty *	1,9	2,5	3,3	5,6

*** The difficulty of the two routines added must be at the minimum presented.
Penalty of 2.0 will apply for not having Minimum Difficulty**

Platinwm/PLATINUM – FIG/High Performance (Welsh Championships)

Age Categories

- Youth 9-12yrs
- Junior 13-16yrs
- Senior 17+yrs

	Youth	Junior Female	Junior Male	Senior Female	Senior Male
Minimum Difficulty *	5,6	6,4	8,8	9,6	13,6

*** The difficulty of the two routines added must be at the minimum presented.
Penalty of 2.0 will apply for not having Minimum Difficulty**

Disability DMT Criteria

AGE GROUPS / CATEGORIES

- Category 1 Men 7 – 10 Years / 11 – 14 Years / 15+
- Category 1 Women 7 – 10 Years / 11 – 14 Years / 15+
- Category 2 Men 7 – 10 Years / 11 – 14 Years / 15+
- Category 2 Women 7 – 10 Years / 11 – 14 Years / 15+

All passes will be awarded a difficulty score.

No penalty shall be applied for communication by a coach to a gymnast.

Effyd/Bronze – Entry Level (Cardiff Open)

Pass 1 – choice of one of the below passes

PASS OPTION	MOUNT	SPOTTER	DISMOUNT	DD
1	Tuck jump	-	Pike jump	0.2
2	-	Straddle jump	Tuck jump	0.2

Pass 2 - voluntary

The pass may have a maximum difficulty of 0.5.

Somersaults are prohibited from being performed at this level.

Skills from the first pass may be repeated on a different part of the DMT.

Arian/Silver – Intermediate (Cardiff Open)

Pass 1 – choice of one of the below passes

PASS OPTION	MOUNT	SPOTTER	DISMOUNT	DD
1	Tuck jump	-	1/2 twist jump	0.3
2	-	Pike jump	1/2 twist jump	0.3

Pass 2 - voluntary

The pass may have a maximum difficulty of 0.8.

Maximum of one somersault with or without twist may be performed.

Skills from the first pass may be repeated on a different part of the DMT.

Aur/Gold – Performance (Welsh Championships)

Pass 1 – choice of one of the below passes

PASS OPTION	MOUNT	SPOTTER	DISMOUNT	DD
1	-	Tuck jump	Barani (T)	0.8
2	-	Pike jump	Barani (S)	0.8

Pass 2 – voluntary pass

The pass must have a minimum difficulty of 0.8.

Somersaults with a maximum of 360 rotation with or without twist may be performed.

Skills cannot be repeated from the first pass. Repeated skills will result in a loss of DD for that skill.

Platinwm/PLATINUM – FIG/High Performance (Welsh Championships)

Pass 1 – choice of one of the below passes

PASS OPTION	MOUNT	SPOTTER	DISMOUNT	DD
1	Barani (S) **	Barani (S) **	Back somi (S)	1.3
2		Back somi (S)	Barani (S)	1.3

** Skill can be performed as a mount or spotter element.

Pass 2 – voluntary pass

The pass must have a minimum difficulty of 1.3.

Skills cannot be repeated from the first pass. Repeated skills will result in a loss of DD for that skill.