



BUCS

British Universities
and Colleges Sport

2025

TRAMPOLINE

& DMT

CHAMPIONSHIPS

COMPETITION STRUCTURE

22ND & 23RD FEBRUARY 2025

PONDS FORGE, SHEFFIELD

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INDIVIDUAL TRAMPOLINE

BUCS FIG LEVEL

QUALIFICATION ROUND

Two voluntary exercises. The highest scoring exercise will count towards qualification to the Final.

Each exercise must comprise 10 different elements of 270° somersault rotation or greater. The same exercise may be repeated.

A maximum of two body landings may be performed in each exercise. Performing more than two body landings in an exercise will result in an interruption.

Minimum Difficulty: 8.0
Maximum Difficulty: Unlimited

FINAL ROUND

One Voluntary Exercise.

The exercise must contain 10 different elements of 270° somersault rotation or greater.

A maximum of two body landings may be performed in each exercise. Performing more than two body landings in an exercise will result in an interruption.

Minimum Difficulty: 8.0
Maximum Difficulty: Unlimited

BUCS LEVEL 1

FIRST EXERCISE

One voluntary exercise of 10 different elements, with at least 9 somersaults of 270° somersault rotation or greater.

The performance of triple somersaults is prohibited and will result in disqualification.

SECOND EXERCISE & FINAL

Minimum Difficulty: 5.8
Maximum Difficulty: 7.9

The performance of triple somersaults is prohibited and will result in disqualification.



BUCS LEVEL 2

FIRST EXERCISE

One voluntary exercise of 10 different elements with at least 7 somersaults of 270° somersault rotation or greater.

The exercise must include at least one of the following:

- An element of 270° of somersault rotation, landing on front or back, followed by an element of 450° somersault rotation; or
- An element with 360° somersault rotation and at least 360° twisting rotation

Somersaults exceeding 630° of rotation are prohibited and will result in disqualification.

SECOND EXERCISE & FINAL

Minimum Difficulty: 3.9

Maximum Difficulty: 5.7

Somersaults exceeding 630° of rotation are prohibited and will result in disqualification.

BUCS LEVEL 3

FIRST EXERCISE

OPTION 1

¾ Back s/s to front (S)
To feet
Straddle jump
Back s/s (P)
Barani (P)
Tuck jump
Barani (T)
Back s/s (T)
Pike jump
Full twist jump

OPTION 2

Back s/s (S)
Barani (S)
Straddle jump
Back s/s (T)
Barani (T)
Pike jump
½ twist jump
Tuck jump
¾ Front s/s to back (S)
½ twist to feet

SECOND EXERCISE & FINAL

Minimum Difficulty: 2.9

Maximum Difficulty: 3.8

Somersaults exceeding 360° of rotation and 180° of twist are prohibited and will result in disqualification.

BUCS LEVEL 4

FIRST EXERCISE

OPTION 1

Back s/s (S)
Straddle jump
Barani (T)
Tuck jump
½ twist jump
Pike jump
Back landing
½ twist to feet
Tuck jump
Front s/s (T)

OPTION 2

Back s/s (P)
Straddle jump
Back s/s (T)
Pike jump
½ twist jump
Tuck jump
½ twist to front
To feet
Tuck jump
Barani (P)

SECOND EXERCISE & FINAL

Minimum Difficulty: 2.1

Maximum Difficulty: 2.8

Somersaults exceeding 360° of rotation and 180° of twist are prohibited and will result in disqualification.



BUCS LEVEL 5

FIRST EXERCISE

OPTION 1

Back s/s (T)
 Straddle jump
 Seat landing
 ½ twist to seat
 ½ twist to feet
 Pike jump
 Back landing
 ½ twist to feet
 Tuck jump
 Front s/s (P)

OPTION 2

Back s/s (P)
 Straddle jump
 ½ twist to seat
 ½ twist to feet
 ½ twist jump
 Tuck jump
 Front landing
 To feet
 Pike jump
 Front s/s (T)

SECOND EXERCISE & FINAL

Minimum Difficulty: 1.6
 Maximum Difficulty: 2.0

A maximum of two somersaults may be performed, not exceeding 360° of rotation and without twist.

BUCS LEVEL 6

FIRST EXERCISE

OPTION 1

Full twist jump
 Straddle jump
 Seat landing
 ½ twist to seat
 ½ twist to feet
 Pike jump
 Back landing
 ½ twist to feet
 Tuck jump
 Front s/s (T)

OPTION 2

Back s/s (T)
 Straddle jump
 Seat landing
 ½ twist to seat
 ½ twist to feet
 Tuck jump
 ½ twist to front
 To feet
 Pike jump
 Full twist jump

SECOND EXERCISE & FINAL

Minimum Difficulty: 1.2
 Maximum Difficulty: 1.5

A maximum of one somersault may be performed, not exceeding 360° of rotation and without twist.

BUCS LEVEL 7

FIRST EXERCISE

OPTION 1

½ twist jump
 Straddle jump
 Seat landing
 To feet
 ½ twist jump
 Pike jump
 ½ twist to seat
 ½ twist to feet
 Tuck jump
 Full twist jump

OPTION 2

Full twist jump
 Straddle jump
 Seat landing
 ½ twist to feet
 Pike jump
 Seat landing
 To feet
 Tuck jump
 Front landing
 To feet

SECOND EXERCISE & FINAL

Minimum Difficulty: 0.5
 Maximum Difficulty: 1.1
 Somersault rotation must not exceed 90° and contain no more than 180° of twist.



DISABILITY TRAMPOLINE

BUCS DISABILITY LEVEL 1

QUALIFYING ROUND

Any ten-element exercises as permitted in the Regional Challenge Cup or National Disabilities exercises in the British Gymnastics Disability Technical Requirements 2024.

A gymnast may not switch between the Regional and National Competition Requirements across the two exercises.

Difficulty will be awarded in the second exercise.
Time of Flight will not be included.

SECOND EXERCISE & FINAL

One exercise per any of the above criteria.
Difficulty will be awarded.
Time of Flight will not be awarded.

BUCS DISABILITY LEVEL 2

QUALIFYING ROUND

Either of the Club Cup exercises in the British Gymnastics Disability Technical Requirements 2024.

The same exercise should be repeated.

Difficulty will be awarded in the second exercise.
Time of Flight will not be included in either exercise.

SECOND EXERCISE & FINAL

One exercise as per the above criteria.
Difficulty will be awarded.
Time of Flight will not be awarded.

INDIVIDUAL TRAMPOLINE RULES

INDIVIDUAL TRAMPOLINE FINAL ROUND

APPLIES TO TRI AND DIS

The top 8 ranked competitors in all individual categories will qualify to the final round. All scores will start from zero unless there are 8 or fewer competitors in the qualifying round on the day of competition, in which case scores will be cumulative for that category.

Guests may qualify for and compete in the final round, but will not displace a student competitor (i.e. they will compete in the final in addition to the top 8 student competitors), and cannot medal.

TRAMPOLINE EXERCISE RULES

FIRST EXERCISE - TRI FIG TO LEVEL 2

Failure to meet the requirements or the minimum difficulty in an exercise shall result in a 2.0 penalty per occurrence in that exercise.

Performing elements that exceed the requirements will result in disqualification.

FIRST EXERCISE - TRI LEVEL 3 TO 7 AND DISABILITY

Gymnasts may choose either option within their level requirements.

Any deviation from the compulsory exercise would constitute an interruption.

SECOND EXERCISE AND FINAL - ALL LEVELS

Failure to meet the minimum difficulty in an exercise shall result in a 2.0 penalty.

Performing an exercise which exceeds the maximum difficulty value or element requirements for that level will result in disqualification.

INDIVIDUAL TRAMPOLINE ENTRY MATRIX

BUCS	SUTL	NEUT	SST	British Gymnastics	League
BUCS FIG Level	SUTL FIG	NEUT Pro	Pro Elite	Senior, Junior	League 1/ Super League
BUCS Level 1	SUTL FIG (Women) / SUTL Performance	NEUT Pro (Women) / NEUT Uber / NEUT Elite	Pro Elite/Elite	Junior	League 1 / League 2
BUCS Level 2	SUTL 1	NEUT Elite / NEUT 1	Elite/Advanced	Challenge 4	League 2 / League 3
BUCS Level 3	SUTL 2	NEUT 2	Advanced	Challenge 3	League 3
BUCS Level 4	SUTL 3	NEUT 3	Preadvanced	Challenge 3	
BUCS Level 5	SUTL 4	NEUT 4	Intervanced	Challenge 3	
BUCS Level 6	SUTL 5	NEUT 5	Intermediate	Club 3, Challenge 1	
BUCS Level 7	SUTL 6	NEUT 6	Novice	Club 1	
BUCS Disability Level 1	SUTL Disability	NEUT DIS Higher	SST Disability	British Gymnastics Disability Regional/National Level	DT League 2
BUCS Disability Level 2	SUTL Disability	NEUT DIS Lower	SST Disability	British Gymnastics Disability Club Level	DT League 1

The above is a guide. Entry to BUCS should be made by reference to the highest difficulty performed in the preceding 12 months in accordance with the 2020-2024 COP.



BUCS KNOCKOUT

ELIGIBILITY

All student competitors entered to any individual trampoline category will be automatically eligible to compete in BUCS Knockout. Guest entries will not be permitted to compete in BUCS Knockout.

After every individual category has been completed, competitors will be ranked by their single highest scoring qualifying exercise from the weekend. The top 8 male, and top 8 female competitors are invited to compete in separate BUCS Knockout categories.

There is a limit of one competitor per institution in each category. If a competitor has someone from the same institution qualify ahead of them, or a competitor does not accept their invitation into BUCS Knockout, their position will be offered to the next competitor in the list who satisfies the criteria.

FORMAT

The 8 competitors in BUCS Knockout will be seeded to compete against each other in the Round of 8 with 1st place competing against 8th place, 2nd against 7th etc. The exercise requirements for each round are as follows:

Quarter Final	Semi Final	Final
2 elements	5 elements	10 elements

If an element is repeated within the same exercise, it shall be deemed an interruption. There are no restrictions on repeating elements between exercises. There is no minimum or maximum difficulty for any exercise.

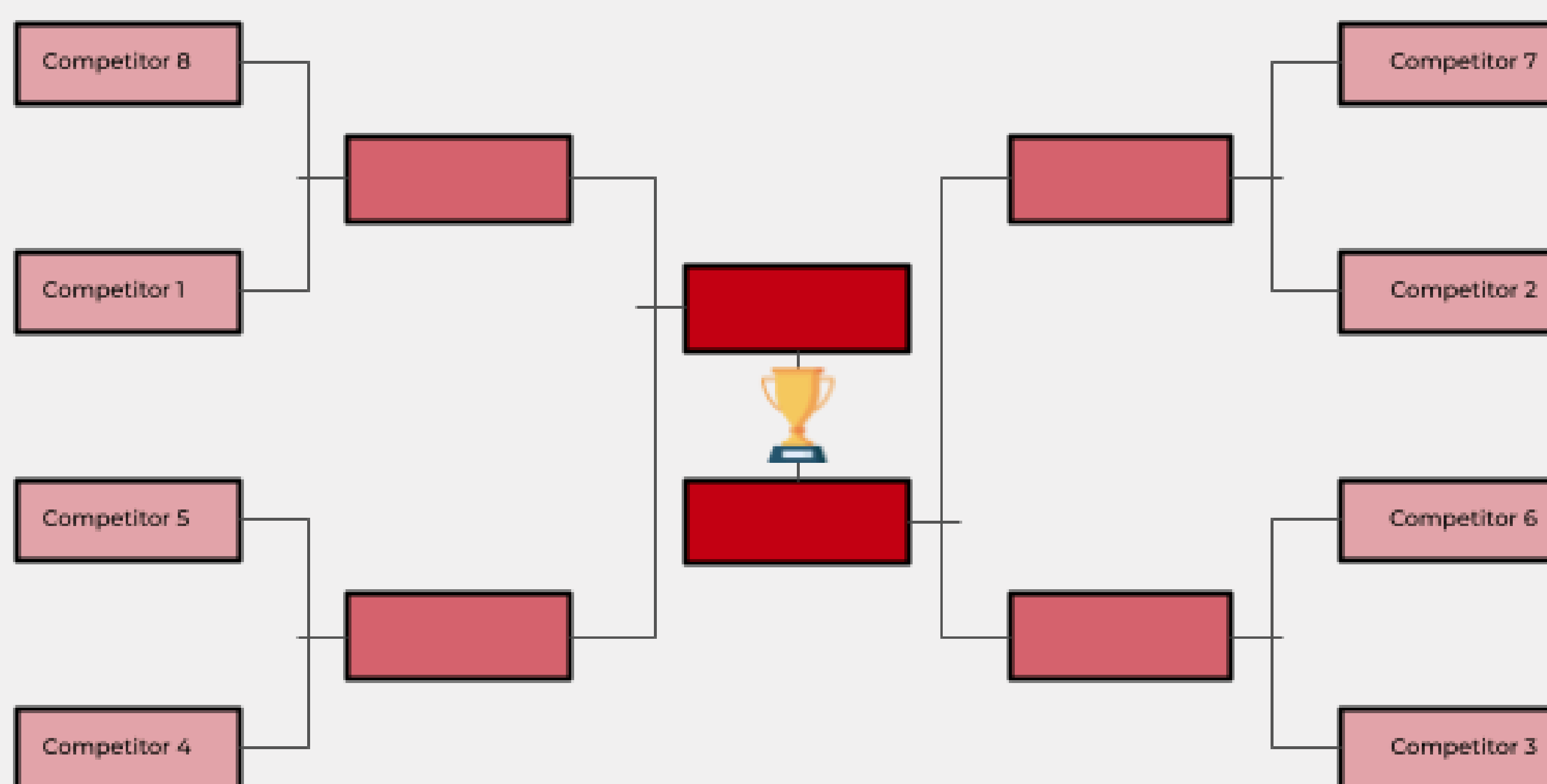
The lowest ranked competitor will compete first out of each pair. The score for each exercise will consist of Execution, Difficulty, Time of Flight, and Horizontal Displacement. The competitor with the highest scoring exercise from each head-to-head will proceed to the next round. In the event of a tie, the highest ranked competitor will proceed to the next round except in the final where both competitors will rejump.

The format is subject to change by BUCS up to the event.

BUCS KNOCKOUT

FORMAT

Quarter Final
2 elements Semi Final
5 Elements Final
10 Elements Semi Final
5 Elements Quarter Final
2 elements



SYNCHRONISED TRAMPOLINE

SYNCHRONISED TRAMPOLINE MATRIX

TRS LEVEL 1	TRS LEVEL 2	TRS LEVEL 3	TRS LEVEL 4
BUCS FIG Level BUCS TRI Level 1	BUCS TRI Level 2 BUCS TRI Level 3	BUCS TRI Level 4 BUCS TRI Level 5	BUCS TRI Level 6 BUCS TRI Level 7

SYNCHRONISED TRAMPOLINE RULES

A first and second exercise will be performed at the category of the lowest level competitor in the pair. There will be a qualifying round **only**.

BUCS Disability competitors should enter the synchronised level that corresponds to the equivalent individual level requirements of their individual competition exercises.

The exercises/requirements for the first and second exercises will match those of the individual event. Difficulty will be included for the second exercise only. Pairs may comprise mixed genders and levels, but both individuals must be within the category ranges specified above (and each individual in compliance with the entry matrix). Failure to adhere to these requirements will result in disqualification.

Pairs of BUCS FIG Level competitors may perform two of the same, or two different exercises, provided that the minimum difficulty is met in each exercise. Difficulty will be included in the second exercise only.

Penalties and interruptions regarding exercise requirements will be applied as per the individual competition rules.

DOUBLE-MINI TRAMPOLINE

BUCS FIG LEVEL

QUALIFYING AND FINAL ROUNDS

Two voluntary exercises.

Minimum Round Difficulty: 5.6

Any repeated element(s) will result in the difficulty for the repeated element(s) not being counted. An element performed in a different part of the DMT will not be deemed a repeat (mount, spotter, or dismount). Failure to meet the minimum round difficult will result in a 2.0 penalty.

Gymnasts may repeat exercises from the qualifying round without penalty.

BUCS LEVEL 1

QUALIFYING ROUND

	Mount	Spotter	Dismount	Difficulty
1	-	Back s/s (S)	Barani (S)	1.3
2	Barani (S)*		Full Back s/s	1.6
			Round Total	2.9

*May be performed as either a mount or spotter element

FINAL ROUND

Two voluntary exercises.

Minimum Round Difficulty: 2.9

Maximum Round Difficulty: 5.5

Any repeated element(s) will result in the difficulty for the repeated element(s) not being counted. An element performed in a different part of the DMT will not be deemed a repeat (mount, spotter, or dismount). Failure to meet the minimum round difficult will result in a 2.0 penalty.

Gymnasts may repeat exercises from the qualifying round without penalty.

BUCS LEVEL 2

QUALIFYING ROUND

	Mount	Spotter	Dismount	Difficulty
1	-	Back s/s (P)	Barani (T)	1.3
2	Barani (P)*		Back s/s (T)	1.2
			Round Total	2.5

FINAL ROUND

	Mount	Spotter	Dismount	Difficulty
1	Barani (T)*		Back s/s (P)	1.3
2	-	Back s/s (T)	Barani (S)	1.2
			Round Total	2.5

*May be performed as either a mount or spotter element

BUCS LEVEL 3

QUALIFYING ROUND

	Mount	Spotter	Dismount	Difficulty
1	-	Tuck jump	Front s/s (T)	0.5
2	-	1/2 twist jump	Back s/s (T)	0.7
			Round Total	1.2

FINAL ROUND

	Mount	Spotter	Dismount	Difficulty
1	-	Pike jump	Front s/s (P)	0.6
2	-	Back s/s (T)	Tuck jump	0.5
			Round Total	1.1



BUCS LEVEL 4

QUALIFYING ROUND

	Mount	Spotter	Dismount	Difficulty
1	-	Tuck jump	Full twist	0.4
2	-	Pike jump	1/2 twist	0.2
			Round Total	0.6

FINAL ROUND

	Mount	Spotter	Dismount	Difficulty
1	-	Full twist	Pike jump	0.4
2	-	Straddle jump	1/2 twist	0.2
			Round Total	0.6

BUCS DISABILITY

LEVEL 1

A choice of the levels in the Regional Challenge Cup or National Disabilities exercises in the British Gymnastics Disability Technical Requirements 2024. The gymnast may not change levels within the competition.

Round 1 will be the qualifying round. Round 2 will be the final.

LEVEL 2

Either level as per the Club Cup exercises in the British Gymnastics Disability Technical Requirements 2024.

Compulsory Round 1 will be the qualifying round. Compulsory Round 2 will be the final.

DMT SPECIFIC RULES

Deviation from prescribed requirements shall be deemed an interruption.

Difficulty will be included in all exercises.

The top 8 competitors in all categories will qualify to Final 1 (F1). The top 4 competitors from F1 will qualify to Final 2 (F2). Guests may qualify for and compete in the final rounds, but will not displace a student competitor (i.e. they will compete in the finals in addition to the top 8/4 student competitors), and cannot medal. All finals will start from a zero score. If there are 8 or fewer competitors on the day of competition, there will only be an F1 and it will be cumulative from the qualifying round.



DMT ENTRY MATRIX

BUCS	SUTL	NEUT	SST	British Gymnastics	League
BUCS FIG Level	DMT Elite	NEUT Elite	Elite	Senior, Junior	League 2, 1, Super League
BUCS Level 1	DMT 1	NEUT Elite / NEUT 1	Elite	Challenge 4	League 2, 3
BUCS Level 2	DMT 2	NEUT 2	Advanced	Challenge 1, 2, 3	League 3
BUCS Level 3	DMT 3	NEUT 3	Intermediate	Club 2	
BUCS Level 4	DMT 4	NEUT 4	Novice	Club 1	
BUCS Disability Level 1					
BUCS Disability Level 2					

The above is a guide. Entry to BUCS should be made by reference to the highest difficulty performed in the preceding 12 months in accordance with the 2020-2024 COP.

TEAM COMPETITION

OVERALL TRAMPOLINE TEAM

The three highest total scores from the trampoline individual qualification round (first exercise plus second exercise) by competitors from the same institution, across all levels, will be added together for overall Men's and Women's team scores.

One team per institution per gender will be counted.

BUCS Trampoline FIG Level competitors will have their highest score doubled, only including the difficulty score once for the purpose of the team event.

Entries to the Overall Team are automatically carried over from individual entries. Guests are not eligible to contribute to the Overall Team.

ALL AROUND TEAM

This team event will award institutions who excel across all the available disciplines at the BUCS Trampoline and DMT Championships.

The team will be automatically calculated by selecting the highest scoring competitor from each institution in the following categories:

Male Individual Trampoline;
Female Individual Trampoline;
Male Individual DMT;
Female Individual DMT;
Synchronised Trampoline

One team per institution will be counted.

By entering into the individual or synchronised categories, competitors are automatically counted for the All Around Team. The All Around Team may constitute of the same or different team members across each discipline. Guests are not eligible to contribute to the All Around Team.

The introduction and format of the All Around Team is subject to change up to the event.

ALLOCATION OF BUCS POINTS

TRAMPOLINE

INDIVIDUAL FIG LEVEL (MEN AND WOMEN)

Position	1st	2nd	3rd	4th
Points Awarded	12	8	6	4

SYNCHRONISED LEVEL 1

Position	1st	2nd	3rd	4th
Points Awarded	12	8	6	4

OVERALL TEAM (MEN AND WOMEN)

Position	1st	2nd	3rd	4th	5th	6th	7th	8th
Points Awarded	20	14	10	7	5	3	2	1

DOUBLE-MINI TRAMPOLINE

BUCS FIG LEVEL (MEN AND WOMEN)

Position	1st	2nd	3rd	4th
Points Awarded	12	8	6	4

