



TRAMPOLINE & DMT CHAMPIONSHIPS



26-27 MARCH 2022
TELFORD INTERNATIONAL CENTRE

COMPETITION STRUCTURE

TRAMPOLINE

BUCS FIG LEVEL

QUALIFYING 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 of 10 **different** elements of 270° somersault rotation or greater.

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

Minimum Difficulty: 8.0
Maximum Difficulty: Unlimited

BUCS PERFORMANCE LEVEL

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

Minimum Difficulty: 5.5
Maximum Difficulty: 7.9

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

BUCS LEVEL 1

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;
- Full; or
- Rudi.

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

SECOND EXERCISE

Minimum Difficulty: 3.9
Maximum Difficulty: 5.4

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

BUCS LEVEL 2

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

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 3

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

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 4

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

Minimum Difficulty: 1.6
Maximum Difficulty: 2.0

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

BUCS LEVEL 5

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

Minimum Difficulty: 1.2
Maximum Difficulty: 1.5

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

BUCS LEVEL 6

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

Minimum Difficulty: 0.5
Maximum Difficulty: 1.1

Somersault rotation must not exceed 90° and contain no more than 180° of twist.

BUCS DISABILITY

QUALIFYING ROUND

Any ten-element exercises as permitted in any category in the British Gymnastics Disability Technical Requirements 2022.

A first and second exercise should be performed in accordance with the requirements of the applicable level.

Difficulty will be awarded in the second exercise.

Time of Flight will **not** be included.

FINAL ROUND

Any exercise per the above criteria may be performed in the final round.

Difficulty will be awarded. Time of Flight will **not** be included.

INDIVIDUAL TRAMPOLINE FINAL ROUND

The top 8 competitors in all individual categories will compete one exercise in the final round. All scores will start from zero. However, if there are 8 or fewer competitors in the qualifying round, 'accumulative' scoring will take place for that category.

The final round exercise should be compliant with the second exercise requirements for each level. FIG competitors may perform any exercise compliant with the final round requirements.

SYNCHRONISED TRAMPOLINE

SYNCHRONISED LEVEL 1	SYNCHRONISED LEVEL 2	SYNCHRONISED LEVEL 3
BUCS FIG Level BUCS Performance Level	BUCS Levels 1 - 3	BUCS Levels 4 - 6 BUCS Disability

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.

The exercises/requirements for each of the first and second exercises are those in 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.

TEAM TRAMPOLINE

The three highest total scores from the 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. FIG competitors will have **both** qualifying round exercise attempts counted for the purpose of the team event, with the lowest difficulty of the two attempts discounted.

TECHNICAL RULES - TRAMPOLINE

BUCS PERFORMANCE & BUCS FIG LEVEL	ALL LEVELS
<p>Failure to meet requirements/difficulty in: First exercise (BUCS Performance Level) Qualifying round (BUCS FIG Level)</p> <p style="text-align: center;">2.0 penalty (per occurrence)</p>	<p>Below minimum difficulty in second/final exercise: Ineligible to medal ('DNQ') - No penalty shall apply</p> <p>Above maximum difficulty or requirements in second/final exercise: Disqualification</p>

Unless otherwise varied in this structure, Time of Flight will be included for all levels.

DOUBLE MINI-TRAMPOLINE

BUCS FIG LEVEL

QUALIFYING ROUND

Two voluntary exercises.

Minimum Round Difficulty: 5.6

FINAL ROUND

Two voluntary exercises.

Minimum Round Difficulty: 5.6

All four exercises must be different. 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 an exercise will not be deemed a repeat (mount, spotter, or dismount).

BUCS PERFORMANCE LEVEL

QUALIFYING ROUND

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

*May be performed as either a mounting or spotter element.

FINAL ROUND

Two voluntary exercises.

Minimum Round Difficulty: 2.9
Maximum Round Difficulty: 5.5

All four exercises must be different. 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 an exercise will not be deemed a repeat (mount, spotter, or dismount).

BUCS LEVEL 1

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 Difficulty				2.5

FINAL ROUND

	Mount	Spotter	Dismount	Difficulty
1	Barani (T)*		Back s/s (P)	1.3
2	-	Back s/s (T)	Barani (S)	1.3
Round Difficulty				2.6

*May be performed as either a mounting or spotter element.

BUCS LEVEL 2

QUALIFYING ROUND

	Mount	Spotter	Dismount	Difficulty
1	-	Tuck jump	Front s/s (T)	0.5
2	-	½ twist jump	Back s/s (T)	0.7
Round Difficulty				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 Difficulty				1.1

BUCS LEVEL 3

QUALIFYING ROUND

	Mount	Spotter	Dismount	Difficulty
1	-	Tuck jump	Full twist	0.4
2	-	Pike jump	½ twist	0.2
Round Difficulty				0.6

FINAL ROUND

	Mount	Spotter	Dismount	Difficulty
1	-	Full twist	Pike jump	0.4
2	-	Straddle jump	½ twist	0.2
Round Difficulty				0.6

TECHNICAL RULES - DMT

VOLUNTARY EXERCISES

BUCS FIG & BUCS Performance Level
Below minimum round difficulty:
Ineligible to medal ('DNQ')

BUCS Performance Level
Above maximum difficulty:
Disqualification

COMPULSORY EXERCISES

Interruptions apply (per British Gymnastics Code of Points)

Difficulty shall be included for all exercises

FINAL FORMAT

The top 8 competitors in all categories will compete two exercises in the final round. All scores will start from zero. However, if there are 8 or fewer competitors in the qualifying round, accumulative scoring shall apply for that category. DMT final rounds may take place immediately following the qualifying round for each category.