

BUCS TRAMPOLINE AND DMT CHAMPIONSHIPS 2026

COMPETITION STRUCTURE

SUMMARY OF CHANGES

- The BUCS Trampoline and Double-Mini Trampoline Championships 2026 will follow the FIG Code of Points 2025-2028.
- Difficulty values across all levels have been adjusted in accordance with the FIG Code of Points 2025-2028.
- Requirements for BUCS Individual Trampoline FIG Level is a minimum difficulty only.
- Addition of skill requirements for BUCS Individual Trampoline Level 1.
- Existing BUCS Disability Individual Trampoline and Double-Mini Trampoline separated into Category 1 (Intellectual Disability) and Category 2 (Physical Disability).
- Exercises for BUCS Disability Level 1 and 2 explicitly stated; adapted from the 2026 BG Club, Regional and National Disability Structure.
- Time of Flight will only be included in Trampoline Disability for the calculation of the Team awards and to assess eligibility to qualify for BUCS Knockout.
- Disability Trampoline and Disability Double-Mini Trampoline FIG rule exceptions introduced, and clarity provided on how to apply for additional exceptions.
- Gymnasts who do not meet the minimum difficulty requirements will not be eligible to qualify for the final in all Individual Trampoline Levels.
- Gymnasts who do not meet the minimum difficulty requirements will not be eligible to qualify for the final in all Individual DMT Levels.
- BUCS Knockout exercise requirements have changed the number of elements in each round from 2, 5, 10 to 2, 2, 5.

TABLE OF CONTENTS

COMPETITION STRUCTURE	0
BUCS TRAMPOLINE AND DMT CHAMPIONSHIPS 2026	0
SUMMARY OF CHANGES	1
INDIVIDUAL TRAMPOLINE	3
BUCS FIG LEVEL	3
BUCS LEVEL 1	3
BUCS LEVEL 2	4
BUCS LEVEL 3	4
BUCS LEVEL 4	5
BUCS LEVEL 5	5
BUCS LEVEL 6	6
BUCS LEVEL 7	6
DISABILITY TRAMPOLINE	7
DISABILITY LEVEL 1	8
DISABILITY LEVEL 2	8
INDIVIDUAL TRAMPOLINE RULES	9
BUCS KNOCKOUT	10
ELIGIBILITY	10
FORMAT	10
SYNCHRONISED TRAMPOLINE	12
SYNCHRONISED TRAMPOLINE MATRIX	12
SYNCHRONISED TRAMPOLINE RULES	12
DOUBLE-MINI TRAMPOLINE	13
BUCS FIG LEVEL	13
BUCS LEVEL 1	13
BUCS LEVEL 2	14
BUCS LEVEL 3	14
BUCS LEVEL 4	15
DISABILITY DOUBLE-MINI TRAMPOLINE	15
DISABILITY LEVEL 1	16
DISABILITY LEVEL 2	17
DOUBLE-MINI TRAMPOLINE RULES	17
TEAM COMPETITIONS	18
OVERALL TRAMPOLINE TEAM	18
ALL AROUND TEAM	18

INDIVIDUAL TRAMPOLINE

BUCS FIG LEVEL

QUALIFICATION ROUND

Two voluntary exercises. The highest scoring exercise will count towards qualification to the Final. 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: 8.1

Maximum Difficulty: Unlimited

FINAL ROUND

One voluntary exercise.

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: 8.1

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 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

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

SECOND EXERCISE AND FINAL

Minimum Difficulty: 5.9

Maximum Difficulty: 8.0

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 AND FINAL

Minimum Difficulty: 4.1

Maximum Difficulty: 5.8

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

BUCS LEVEL 3

FIRST EXERCISE

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

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 AND FINAL

Minimum Difficulty: 3.2

Maximum Difficulty: 4.0

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

BUCS LEVEL 4

FIRST EXERCISE

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

SECOND EXERCISE AND FINAL

Minimum Difficulty: 2.4

Maximum Difficulty: 3.1

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

BUCS LEVEL 5

FIRST EXERCISE

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

SECOND EXERCISE AND FINAL

Minimum Difficulty: 2.0

Maximum Difficulty: 2.3

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

BUCS LEVEL 6

FIRST EXERCISE

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

SECOND EXERCISE AND FINAL

Minimum Difficulty: 1.6

Maximum Difficulty: 1.9

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

BUCS LEVEL 7

FIRST EXERCISE

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

SECOND EXERCISE AND FINAL

Minimum Difficulty: 1.0

Maximum Difficulty: 1.5

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

DISABILITY TRAMPOLINE

The BUCS Disability Trampoline Individual competition is offered in addition to the BUCS Trampoline Individual competition. Gymnasts with a disability who do not wish to compete within the Individual Levels FIG to 7, may self-certify their disability and enter one of the two levels outlined below. Coaches and gymnasts are encouraged to enter the level which best suits the ability of the gymnast.

Each performance level of the Disability Trampoline Individual competition is separated into two categories: Category 1 (Intellectual Disability) and Category 2 (Physical Disability). Coaches and gymnasts are allowed to self-certify into either one of the two categories which best suits the needs of the gymnast.

The four disability competitions are as below:

- Disability Level 1 Category 1
- Disability Level 1 Category 2
- Disability Level 2 Category 1
- Disability Level 2 Category 2

FIG Rules will be applied other than:

- Time of Flight will not be included in the Individual Competition, but will be included for the calculation of the Team Scores and to assess the gymnasts eligibility to qualify to BUCS Knockout.
- No penalty will be applied for communication between the coach and the gymnast.
- Any other reasonable adjustments that gymnasts may require can be requested to the BUCS Event Co-ordinator. Ultimately some requests will have to be approved on the day by the Chair of judges.

DISABILITY LEVEL 1

FIRST EXERCISE

Back s/s (T)	BSS (S)
Straddle jump	Straddle Jump
Seat landing	BSS (T)
½ twist to feet	Barani (T)
½ twist jump	½ Twist jump
Pike jump	Tuck Jump
Back landing	BSS (T) to seat landing
½ twist to feet	½ Twist to feet
Tuck jump	Pike Jump
Front s/s (P)	FSS (P)

SECOND EXERCISE AND FINAL

Minimum Difficulty: 2.0

No Maximum Difficulty

DISABILITY LEVEL 2

FIRST EXERCISE

½ twist jump	Full Twist
Straddle jump	Straddle Jump
Seat landing	Seat Landing
To feet	½ Twist to Seat
½ twist jump	½ Twist to Feet
Pike jump	Pike Jump
½ twist to seat	Back Landing
½ twist to feet	½ Twist to Feet
Tuck jump	Tuck Jump
Full twist jump	Front s/s (T)

SECOND EXERCISE AND FINAL

Minimum Difficulty: 1.0

Maximum Difficulty: 1.9

INDIVIDUAL TRAMPOLINE RULES

INDIVIDUAL TRAMPOLINE FINAL ROUND

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.

Gymnasts who do not meet the minimum difficulty requirements in the qualifying round will be ineligible to qualify to the final. For FIG Level gymnasts, the minimum difficulty must be met in at least one of their attempts in the qualifying round to be eligible to progress to finals.

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

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 shall be 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	2 elements	5 elements

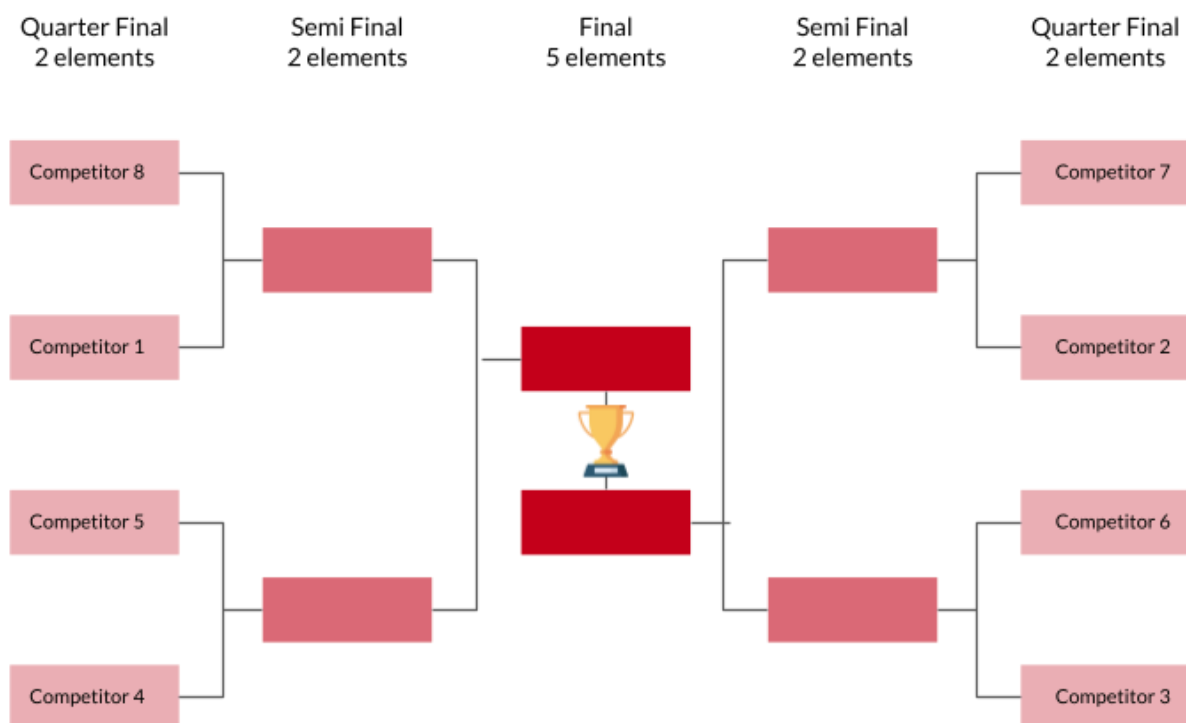
If an element is repeated within the same exercise, it shall be deemed an interruption. There are no restrictions on repeating elements between exercises. There is no minimum or maximum difficulty for any exercise.

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. Landing deductions will not be taken by Execution judges.

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.

In all rounds, exercises must start on the feet, but they may finish in any recognised landing position. A push-in mat may be used for the landing of the outbouce following a complete exercise without penalty.

KNOCKOUT BRACKET



SYNCHRONISED TRAMPOLINE

SYNCHRONISED TRAMPOLINE LEVELS

There are four levels of synchronised trampoline which are all mixed gender categories. The pair must consist of competitors in the corresponding individual levels in the matrix below.

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

SYNCHRONISED TRAMPOLINE RULES

A first and second exercise will be performed in 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 ROUND

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 phase of the DMT will not be deemed a repeat (mount, spotter, or dismount). Failure to meet the minimum round difficulty 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	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 difficulty 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

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

FINAL ROUND

	Mount	Spotter	Dismount	Difficulty
1	Barani (S)*		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)	0.6
2	-	½ Twist jump	Back s/s (T)	0.7
			Round Total	1.3

FINAL ROUND

	Mount	Spotter	Dismount	Difficulty
1	-	Pike jump	Front s/s (P)	0.7
2	-	Back s/s (T)	Tuck jump	0.6
			Round Total	1.3

BUCS LEVEL 4

QUALIFYING ROUND

	Mount	Spotter	Dismount	Difficulty
1	-	Tuck jump	Full twist	0.5
2	-	Pike jump	½ twist	0.3
			Round Total	0.8

FINAL ROUND

	Mount	Spotter	Dismount	Difficulty
1	-	Full twist	Pike jump	0.5
2	-	Straddle jump	½ twist	0.3
			Round Total	0.8

DISABILITY DOUBLE-MINI TRAMPOLINE

The BUCS Disability Double-Mini Trampoline competition is offered in addition to the BUCS Double-Mini Trampoline competition. Gymnasts who do not wish to compete within the Double-Mini Levels FIG to 4, may self-certify their disability and enter one of the two levels outlined below. Coaches and gymnasts are encouraged to enter the level which best suits the ability of the gymnast.

Each performance level of the Disability Double-Mini Trampoline competition is separated into two categories: Category 1 (Intellectual Disability) and Category 2 (Physical Disability). Coaches and gymnasts are allowed to self-certify into either one of the two categories which best suits the needs of the gymnast.

The four disability competitions are as below:

- Disability Level 1 Category 1
- Disability Level 1 Category 2
- Disability Level 2 Category 1
- Disability Level 2 Category 2

FIG Rules will be applied other than:

- No penalty will be applied for communication between the coach and the gymnast.
- Any other reasonable adjustments that gymnasts may require can be requested to the BUCS Event Co-ordinator. Ultimately some requests will have to be approved on the day by the Chair of judges.

DISABILITY LEVEL 1

Gymnasts should choose either one of the two options offered below which best suits their ability.

QUALIFYING ROUND - OPTION 1

	Mount	Spotter	Dismount	Difficulty
1	-	Tuck jump	Front s/s (T)	0.6
2	-	Pike jump	Front s/s (P)	0.7
			Round Total	1.3

FINAL ROUND - OPTION 1

	Mount	Spotter	Dismount	Difficulty
1	-	Tuck jump	Barani (T)	0.8
2	-	Pike jump	Barani (SL)	0.8
			Round Total	1.6

QUALIFYING ROUND - OPTION 2

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

*May be performed as either a mount or spotter element

FINAL ROUND - OPTION 2

Two voluntary exercises.

Minimum Round Difficulty: 2.6

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 difficulty will result in a 2.0 penalty.

Gymnasts may repeat exercises from the qualifying round without penalty.

DISABILITY LEVEL 2

QUALIFYING ROUND

	Mount	Spotter	Dismount	Difficulty
1	-	Pike jump	Straddle jump	0.2
2	-	Straddle jump	½ twist	0.3
			Round Total	0.5

FINAL ROUND

	Mount	Spotter	Dismount	Difficulty
1	Tuck jump	-	Pike jump	0.2
2	-	Tuck jump	Full twist	0.5
			Round Total	0.7

DOUBLE-MINI TRAMPOLINE RULES

Deviation from prescribed elements 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.

Gymnasts who do not meet the minimum difficulty requirements in the qualifying round will be ineligible to qualify to the final.

Institutions and coaches are strongly encouraged to assess the readiness of the gymnast before entering them to any level within the Double-Mini Trampoline competition. Gymnasts should be sufficiently physically and psychologically prepared to perform in a competition environment in advance of entering BUCS Championships.

TEAM COMPETITIONS

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 consist of the same or different team members across each discipline. Guests are not eligible to contribute to the All Around Team.