



Trampoline and DMT
Competition Handbook
January to December 2024



Version History

Scottish Gymnastics reserves the rights to make amendments to this Handbook.

Notification of a change to the handbook will be communicated through the Scottish Gymnastics website and an updated version will be made available to download at the time of change. It is the club/coaches responsibility to ensure they are using the most up to date version of the handbook.

All versions will be listed on this page, with reference to amendments made;

- Version 1.0 – Original
- Version 2.0
 - Update March Competition Location and Closing date (pages 6 & 16).
 - April Competition Name and clarification that there are no qualification requirements to enter this event (pages 6 & 17).

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Introduction

This handbook contains details of the forthcoming competitions and the entry procedures, rules and regulations relating to the competition programme.

FIG & BG regulations will apply at all Scottish competitions unless stated otherwise.

This handbook must be read in conjunction with the British Gymnastics Trampoline & Double Mini Competition Handbook (available from the British Gymnastics website).

Abbreviations - In this handbook the following abbreviations have been used:

FIG	International Gymnastics Federation	DMT	Double Mini Trampoline
BG	British Gymnastics	TRA	Trampoline Gymnastics



Domestic & national competition calendar 2024

Key
Scottish event/competition
British event/selection
Representative competition

Event	Date	Venue	Levels*	Closing date
Challenge Cup Regional Qualifier 1	17 – 18 February	Sparta Centre, Glasgow	All TRA, DMT & SYN Levels*+	22 January (noon)
Challenge Cup Regional Qualifier 2	30 – 31 March	Sparta Centre, Glasgow	All TRA, DMT & SYN Levels*+	14 February (noon)
Challenge Cup Regional Qualifier 2	20 – 21 April	Micheal Woods Sports Centre, Glenrothes	All TRA, DMT & SYN Levels*+	21 February (noon)
FIG Qualification Event 1	18 – 19 May	International Centre, Telford	FIG & DIS	05 April (noon)
FIG Qualification Event 2	22 – 23 June	International Centre, Telford	FIG & DIS	10 May (noon)
Scottish Championships Qualifier~	29 – 30 June	Micheal Woods Sports Centre, Glenrothes	All TRA, DMT & SYN Levels*+	1 May (noon)
Inter-Regional Challenge Cup Final	6 – 7 July	Utilita Arena Birmingham, Birmingham	TRA: Levels 1 – 4 & DIS DMT: Levels 1 – 4 & DIS	24 May (noon)
Scottish National Championships	28 – 29 September	Bells Sports Centre, Perth	All TRA, DMT & SYN Levels*	17 July (noon)
British Championships	5 – 6 October	International Centre, Telford	FIG & DIS	23 August (noon)

* Competition Organiser has the right to amend the days levels are competed on and will be entry number dependent.

+ FIG & Disabilities Levels can use these events as preparation events as well.

~As the June event is a stand-alone event Gymnasts will be able to move from Regional Levels to FIG and vice versa for this event.

For Inter-Regional Challenge Cup Finals (IRCCF), the rankings would be calculated using the gymnasts' best set of 2 points from the first 3 competitions (Feb, Mar & Apr). The rankings at that point will determine who is selected for IRCCFs (top 2 per category). For Scottish National Championships, the rankings, will be recalculated and based on the gymnasts' best set of 2 points from all 4 competitions (Feb, Mar, Apr & Jun). Only those rankings calculated after the June competition will be used for selecting who qualifies for Scottish National Championships.

Competition Specifics

Nationality

Participation in all Scottish Gymnastics events is subject to the requirements of membership, club/regional registration and any other conditions of entry.

For more information regarding Scottish eligibility please follow the link [here](#).

It is the responsibility of the person making the competition entry to ensure all gymnasts meet the eligibility criteria for the competition.

Terms & conditions of entry to all competitions

In addition to Scottish Gymnastics General Rules & Regulations -

- All entrants agree to be treated by Scottish Gymnastics appointed medical staff only and be bound by the decision of Scottish Gymnastics medical staff in relation to their ability to compete in the competition.
- You agree to the storing of competition scores. Scottish Gymnastics will redact your details from the published results unless there is a justifiable reason to reject an objection to publication.
- Scottish Gymnastics reserves the right to refuse any entry and disqualify a competitor or team at any time if they do not comply with Scottish Gymnastics regulations.
- You agree to abide by the Scottish Gymnastics photography policy.
- The person making the online entry on behalf of gymnast(s)/a club undertakes to ensure that those who they are making an entry on behalf of are fully aware of and agree to abide by the contents of this handbook.

Medical Provision

Anyone requiring first aid assistance should speak to either the competition organiser or Scottish Gymnastics medical team. It is recommended that all coaches have a first aid kit with them for minor injuries.

At all Scottish Gymnastics events an official medical team will be appointed and will be available to treat gymnasts who sustain an injury at the event. The medical team are not able to treat pre-existing or chronic injuries.

Any injury occurring during the official training or competition must be reported to the medical team, to ensure a record can be kept of treatment given and by whom. The coach responsible must also complete the online accident report form on the Scottish Gymnastics website.

The decision of the organiser based upon the recommendation of the Scottish Gymnastics appointed medical officer as to the gymnast's health and medical status and their ability to compete at the event is absolute and final.

Clean Sport

Scottish gymnastics believes in clean gymnastics and works in partnership with British Gymnastics, adopting their anti-doping policy and rules. Anti-doping rules apply to all Scottish Gymnastics and British Gymnastics members regardless of your role and level of involvement.

> Find out more information about our [clean sport policy](#)

All athletes have the right to compete in sport knowing that they and their competitors, are clean. Whether by accident or on purpose, doping is against the rules of the sport.

The use of performance-enhancing drugs, other banned substances and doping behaviour severely damages the legitimacy of sport and undermines the integrity of clean athletes.

Testing

UK Anti-Doping (UKAD) may attend any of our listed and approved gymnastics competitions throughout the year and carry out testing to protect the integrity of clean sport in gymnastics. Event staff and volunteers will be briefed on the protocols to follow if UKAD attend the event for athlete testing and provide appropriate support to the athlete(s) selected. This could be an athlete at any age or level of performance.

A minor – gymnast aged under 18 – may not participate in gymnastics unless their parent or carer has agreed to the gymnast being testing. For avoidance of doubt, the consent of a parent/carers to testing a minor is assumed, based on them allowing their child to be a member of Scottish Gymnastics and actively participate in Scottish Gymnastics events and activity.

Code of conducts & competition attire

Please also refer to the [Clothing attire at events for gymnastics policy](#) & as per FIG regulations.

Exceptions to the above may be applicable in special circumstances which are outlined within the Scottish Gymnastics [Body Piercing & Adornments Policy](#).

Gymnast Attire – TRA/DMT				
	Required	Allowed	Prohibited	Notes
Leotard	X			Must be suitable supportive, safe, non-transparent Leotards are not allowed to be removed on the competition floor.
Clothing indicating national team representation should not be worn by gymnasts or coaches at domestic competitions. Any gymnasts found breaking this rule will receive a deduction for attire violation in accordance as per FIG Code of Points.				
Unitard		X		
Shorts		X		
Longs		X		
Trampoline Shoes / Socks	X			
DMT Shoes	X			
Identifiable Club Tracksuit	X			
Earrings			X	
Hair				Hair MUST be tied up
Alternative competition attire		X		May wear attire in accordance with their particular faith, belief or religion with the coach having completed a risk assessment.
Coach Attire – TRA/DMT				
T-Shirt / Polo Shirt	X			
Tracksuit Top / Fleece	X			

Full Length Bottoms (Tracksuit / Leggings)	X			Coaches can wear shorts
Footwear (Trainers)	X			
Footwear (Sliders)			X	
Jewellery			X	This includes earrings, watches & smart watches

- Coaches are not permitted to use mobile phones or any other electronic communication devices including tablets, to make calls, take photographs/video footage or be used for any other forms of communication in the main arena during a competition.
- Coaches must ensure that their language and behavior at all times is appropriate, reflecting highly on their club, themselves and the sport.

Gymnast & coaches are always expected to show respect for their fellow coaches and competition officials.

Trampoline, DMT and Synchro technical information

Gymnast membership requirements

Gymnasts competing Level 1 or above require Scottish Gymnastics/British Gymnastics silver competitive gymnast membership or above.

Age policy

Gymnasts' ages for the purpose of entry to all age depended on competitions will be taken at the age reached in the year of competition.

Trampoline	
Level	Age groups (age in year of competition)
Level 1	7-8yrs*, 9-10yrs, 11-12yrs, 13-17yrs, 18+yrs*
Level 2	7-8yrs*, 9-10yrs, 11-12yrs, 13-14yrs, 15+yrs
Level 3	7-8yrs*, 9-10yrs, 11-12yrs, 13-14yrs, 15+yrs
Level 4	7-9yrs*, 10yrs, 11-12yrs, 13-14yrs, 15-16yrs, 17+yrs
FIG	10yrs, 11-12yrs, 13-14yrs, 15-16yrs, 17-21yrs, Senior (17+yrs)
Disabilities	9yrs-14yrs & 15+yrs, in Categories 1 and 2 will be offered in: Challenge Cup Levels 1 & 2 & National Disabilities Level
DMT	
Level	Age groups (age in year of competition)
Level 1	7-8yrs*, 9-12yrs, 13+yrs
Level 2	7-8yrs*, 9-10yrs, 11-12yrs, 13+yrs
Level 3	13-14yrs, 15-16yrs, 17+yrs
Level 4	9-10yrs, 11-12yrs, 13-14yrs, 15+yrs
FIG	10yrs, 11-12yrs, 13-14yrs, 15-16yrs, 17-21yrs, Senior (17+yrs)
Disabilities	9yrs-14yrs & 15+yrs, in Categories 1 and 2 will be offered in: Challenge Cup Levels 1 & 2 & National Disabilities Level
Synchro	
Level	Age groups (age in year of competition)
Thistle (TRA Regional levels 1 and 2 only)	Under 15yrs*, 15+yrs*
Saltire (TRA Regional levels 3 and 4 only)	Under 15yrs*, 15+yrs*
FIG (TRA FIG only)	Youth (10-12yrs)*, Junior (13-16yrs)*, Senior (17+yrs)*
*Gymnasts in these age categories are not eligible to qualify for Inter-Regional Challenge Cup.	

All age categories are eligible for Scottish National Championships.

All levels in TRA and DMT will have separate classes for male and female performers. However, the SYN Categories will be mixed, i.e., there will not be separate male and female categories. Mixed pairs (male & female) are permitted.

Gymnasts' age category is determined by their age reached in the year of the competition.

Eligibility for Synchro:

Gymnasts may only enter the synchronised competition if they have also entered the individual competition at the same event.

Gymnasts may compete in a higher age group, e.g. 12year old and a 15year old pair would compete in Over 15+yrs.

Gymnasts may only compete in the synchro category that corresponds to their individual competition category.

Gymnasts may only compete in one pair at each competition.

Trampoline routine requirements

	Challenge Cup Series and National Qualification Competitions	Scottish National Championships
Regional Levels 1 – 4	As per British Gymnastics Technical Requirements	As per British Gymnastics Technical Requirements
FIG	As per British Gymnastics Technical Requirements	As per British Gymnastics Technical Requirements for British Championships Plus a Final Bounce Off (of a single voluntary routine) for the winners of each age category.
Disabilities Challenge Cup Levels 1 & 2	As per British Gymnastics Technical Requirements	As per British Gymnastics Technical Requirements
National Disabilities Level	As per British Gymnastics Technical Requirements	As per British Gymnastics Technical Requirements for British Championships

DMT pass requirements

	Challenge Cup Series and National Qualification Competitions	Scottish National Championships
Regional Levels 1 – 4	Compulsory Round passes and the Optional Round passes as per the British Gymnastics Technical Requirements	Compulsory Round passes and the Optional Round passes as per the British Gymnastics Technical Requirements
FIG	3 passes (Q1+Q2 which all count) so it will now be a 3-pass cumulative score as per the British Gymnastics Technical Requirements	3 passes (Q1+Q2 which all count) so it will now be a 3-pass cumulative score as per the British Gymnastics Technical Requirements
Disabilities Challenge Cup Levels 1 & 2	As per British Gymnastics Technical Requirements	As per British Gymnastics Technical Requirements
National Disabilities Level	Compulsory Round passes and the Optional Round passes as per British Gymnastics Technical Requirements	As per British Gymnastics Technical Requirements for British Championships

Synchro routine requirements

	Challenge Cup Series, National Qualification Competition and National Championships
Thistle	Gymnasts will perform 1 exercise only, which must contain 10 different elements. Minimum degree of difficulty: 3.0 (2.0 penalty for failing to meet minimum degree of difficulty) Difficulty cap per element: 0.7 No more than 1 body landing is permitted. Performing more than one body landing will be deemed an interruption to the exercise. The performing of double, triple or quadruple somersaults is prohibited and will result in disqualification.
Saltire	Gymnasts will perform 1 exercise only, which must contain 10 different elements. Minimum degree of difficulty: 4.1 (U15) 4.6 (O15) (2.0 penalty for failing to meet minimum degree of difficulty) Difficulty cap per element: 1.1 (U15) 1.3 (O15) No more than 1 body landing is permitted. Performing more than one body landing will be deemed an interruption to the exercise. The performing of triple or quadruple somersaults is prohibited and will result in disqualification.
FIG	Gymnasts will perform two exercises, as per British Gymnastics Technical Requirements. At Scottish National Championships it will be 1 x voluntary routine as per British Gymnastics Technical Requirements.

Dress Code for Synchro: Gymnasts in each pair must wear the same 'dress' – for mixed pairs, this must be the same colours.

Tiebreak rule

All trampoline, DMT and Synchro competitions will use the BG tiebreak rule.

Scottish Nationals in all disciplines

In case of a tie at any place the tie will not be broken. However, the tie break rule will be followed for the qualification for Inter-Regional Challenge Cup.

Competition apparatus

Trampoline equipment unless otherwise stated will be Eurotramp 4x4 or Eurotramp Ultimate.

DMT equipment will vary dependent on host venue.

Nomination of judges/officials

Failure to supply a judges form prior to the entry closing date will result in entries being considered as late entries. Failure to supply the required number of judges will result in a £50 non-judge penalty fee being applied to the event entry per missing judge/official. Clubs MUST ensure they have the agreement of the judge/official in question to officiate at the competition entered PRIOR to submitting their entry. Failure to do so may result in a further £30 administration fee being levied.

Clubs having problems organising their officials should contact the judging coordinator at least two weeks before the competition closing date to discuss possible solutions.

Suitable officials

- With entries of 3 competitors and above, you will be required to provide a judge (club grade or above).
- Unqualified officials (2nd official) i.e. marshals, spotter co-ordinators, computer and manual recorders, must be suitably experienced. The judging coordinator has a right to refuse an unqualified/inexperienced official and ask the team manager of the club concerned to replace that official.
- In DMT, execution judges should preferably be either a DMT judge or a county grade trampoline judge (or above) but we will accept club grade trampoline judges until the end of 2024. Difficulty judges must be either a DMT judge or a county grade trampoline judge or above and must have experience tariffing DMT passes.
- At the discretion of the judging convenor, extra judges wishing to gain experience are welcome to sit on or by the panel and 'shadow' judges. Please contact the judging coordinator in advance to arrange this. Unqualified officials wishing to gain experience in other areas may also be allowed to do so.
- Clubs are required to provide the correct number of officials for the whole day. If your club wishes to split a job between two officials, this is acceptable providing the judging coordinator is informed of this at the time of entry.

The number of officials that clubs for TRA and DMT are required to provide for competitions is listed below:

Number of entries	Number of officials to be nominated
1-2 entries	None (but officials will be gratefully accepted)
3-5 entries	One judge (club grade or above)
6-9 entries	Two judges at club grade or above
10-14 entries	Three officials (two of which must be judges at club grade or above)
15-19 entries	Four officials (three of which must be judges at club grade or above)
20-24 entries	Five officials (three of which must be judges at club grade or above)
25-29 entries	Six officials (four of which must be judges at club grade or above)
30-34 entries	Seven officials (four of which must be judges at club grade or above)
35-39 entries	Eight officials (five of which must be judges at club grade or above)
40 entries or over	Requirements continue at the same ratio as outlined above with at least half of the officials being suitably qualified judges.

NUMBER OF ENTRIES IS CLASSED AS THE COMBINED TOTAL OF TRA AND DMT ENTRIES.

IF ENTERING GYMNASTS ON BOTH DAYS FOR TWO-DAY EVENTS – JUDGES MUST BE SUPPLIED FOR BOTH DAYS OTHERWISE WE WILL IMPOSE A £50 PENALTY FEE.

For example, if entering 20 gymnasts (14 on the Saturday and 6 on the Sunday) you would need 5 officials (3 for Saturday and 2 for Sunday).

FOR SYNCHRO:

Clubs who submit synchro entries must also provide qualified judges who are available to judge the synchro categories, in line with the following ratio:

Number of entries	Number of officials to be nominated
1-4 pairs	One judge (club grade or above)
5-8 pairs	Two judges at club grade or above
9-12 pairs	Three judges at club grade or above
13+ entries	Four judges at club grade or above

Failure to provide the required number of judges (or where nominated judges are not available to judge at the competition) will result in a £50 fine per missing judge.

Reserve officials

Reserve officials are expected to be at the competition, in the appropriate uniform, and report for duty at 9am (or other time stated on the competition programme) with all other officials.

If reserves are not required as all officials have turned up, and the reserve specifically wishes to judge or help, the TTP competition officer may make arrangements to accommodate them. Reserve officials are also welcome to 'shadow' judges.

New clubs nominating officials

New clubs do not have to provide qualified judges for the first calendar year in which they compete (e.g. April to April, not just one season). New clubs should, however, try to provide unqualified officials and if submitting three or more gymnasts must provide at least one.

Date	Event	Closing date
17/18 Feb	Challenge Cup Regional Qualifier 1	22 Jan (noon)
Venue	Sparta Centre, Glasgow	
Information/ Outcome	Qualification to Challenge Cup Qualifier, Inter-Regional Challenge Cup and Scottish Championships	
Levels	TRA: All Levels (see Page 11) DMT: All Levels (see Page 11) SYN: All Levels (see Page 11)	
Entry fee	£22 per gymnast (£17 for each additional discipline if competing TRA & DMT) £22 per pair for SYN	

Date	Event	Closing date
30/31 Mar	Challenge Cup Regional Qualifier 2	14 Feb (noon)
Venue	Sparta Centre, Glasgow	
Information/ Outcome	Qualification to Challenge Cup Qualifier, Inter-Regional Challenge Cup and Scottish Championships	
Levels	TRA: All Levels (see Page 11) DMT: All Levels (see Page 11) SYN: All Levels (see Page 11)	
Entry fee	£22 per gymnast (£17 for each additional discipline if competing TRA & DMT) £22 per pair for SYN	

Date	Event	Closing date
20/21 Apr	Challenge Cup Regional Qualifier 3	21 Feb (noon)
Venue	Michael Woods Sports Centre, Glenrothes	
Information/ Outcome	Qualification to Challenge Cup Qualifier, Inter-Regional Challenge Cup and Scottish Championships	
Levels	TRA: All Levels (see Page 11) DMT: All Levels (see Page 11) SYN: All Levels (see Page 11)	
Entry Fee	£22 per gymnast (£17 for each additional discipline if competing TRA & DMT) £22 per pair for SYN	

Date	Event	Closing date
29/30 Jun	Scottish Championships Qualifier	1 May (noon)
Venue	Michael Woods Sports Centre, Glenrothes	
Information/ Outcome	Qualification for Scottish Championships. As the June event is a stand-alone event Gymnasts will be able to move from Regional Levels to FIG and vice versa for this event.	
Levels	TRA: All Levels (see Page 11) DMT: All Levels (see Page 11) SYN: All Levels (see Page 11)	
Entry fee	£22 per gymnast (£17 for each additional discipline if competing TRA & DMT) £22 per pair for SYN	

Date	Event	Closing date																					
28/29 Sep	Scottish National Championships	17 July (noon)																					
Venue	Bells Sports Centre, Perth																						
Qualification & eligibility	Only gymnasts who have achieved the qualification score at any of qualifying events are eligible to take part in this competition.																						
	Qualification Scores Summary																						
	TRAMPOLINE																						
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	Score required		Qualification Events																				
	TRA Level 1 – 4	1. Gymnasts must complete 2 full routines and meet all minimum requirements for the level & age category (including the minimum number of somersaults in the Level 4 compulsory routine, and the minimum difficulty level in the voluntary routine at all levels) as set out by British Gymnastics in the 2024 TRA Technical Requirements Regional Pathway. 2. In order to qualify for Scottish Championships, gymnasts must achieve a top-16 ranking place, based on points awarded following all the qualification events (page 20).	Challenge Cup Regional Qualifiers (February & March) Challenge Cup Qualifier (April) Scottish Championship Qualifier (June)																				
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National Disabilities Level	Gymnasts must complete 2 full routines and meet all minimum requirements for the level & age category as set out by British Gymnastics in the 2024 TRA Technical Requirements Disabilities Pathway.																						

DMT

DMT Criteria

All Gymnasts must complete all required passes, otherwise are not eligible for qualification.

All Gymnasts must meet all pass requirements (including minimum difficulty) as per BG Technical Requirements; otherwise, gymnasts will not be eligible for qualification to Scottish Championships.

All requirements (as per BG Technical Requirements) must be completed in the same competition (must be an eligible event).

In order to qualify for Scottish Championship, all Regional Levels 1 – 4 gymnasts must achieve a top-16 ranking place, based on points awarded following all the qualification events (page 20).

In order to qualify for Scottish Championships, FIG level gymnasts must achieve the minimum combined difficulty in Q1+Q2 (3 cumulative passes) for their age-group as detailed below.

Score Required		Qualification Events
DMT Level 1 – 4	1. Gymnasts must complete 4 full passes and meet all minimum requirements for the level & age category as set out by British Gymnastics in the 2024 DMT Technical Requirements Regional Pathway. 2. In order to qualify for Scottish Championships, gymnasts must achieve a top-16 ranking place, based on points awarded following all the qualification events (page 20).	Challenge Cup Regional Qualifiers (February & March) Challenge Cup Qualifier (April) Scottish Championship Qualifier (June)
Disabilities Challenge Cup Levels 1 & 2	Gymnasts must complete 4 full passes and meet all minimum requirements for the level & age category as set out by British Gymnastics in the 2024 DMT Technical Requirements Disabilities Pathway.	
FIG	Minimum Combined DD for Q1 + Q2	
	Male	Female
10yrs	4.5	4.5
11-12yrs	6.0	5.0
13-14yrs	9.0	7.5
15-16yrs	13.0	9.0
17-21yrs	15.0	12.0
Senior	18.0	14.0
National Disabilities Level	Gymnasts must complete 4 full passes and meet all minimum requirements for the level & age category as set out by British Gymnastics in the 2024 DMT Technical Requirements Disabilities Pathway.	Challenge Cup Regional Qualifiers (February & March) Challenge Cup Qualifier (April) British FIG Qualification Events (May & June) Scottish Championship Qualifier (June)

SYNCHRO

Synchro Criteria

All Pairs must complete all required routines, otherwise are not eligible for qualification.

If a gymnast qualifies for Scottish Championships with more than one partner, that gymnast must decide which partner to compete with and may only compete in one pair at Scottish Championships.

All requirements (as per this handbook for Thistle and Saltire and BG Technical Requirements for FIG) must be completed in the same competition (must be an eligible event).

In order to qualify for Scottish Championships, pairs must achieve a top-8 ranking place, based on points awarded following all the qualification events (page 20).

Level	Requirements	Qualification Events
Thistle (all ages)	1. Pairs must complete 1 full routine and meet all minimum requirements for the level & age category as set out this handbook. 2. All Pairs must achieve a top-8 ranking place, based on points awarded following all the qualification events (page 20).	Challenge Cup Regional Qualifiers (February & March) Challenge Cup Qualifier (April) Scottish Championship Qualifier (June)
Saltire (all ages)	1. Pairs must complete 1 full routine and meet all minimum requirements for the level & age category as set out this handbook. 2. All Pairs must achieve a top-8 ranking place, based on points awarded following all the qualification events (page 20).	
FIG (all ages)	1. Pairs must complete 2 full routines for Youth and Junior and 1 full routine for Senior. And meet all minimum requirements for the level & age category as set out this handbook and the BG Technical Requirements. 2. All Pairs must achieve a top-8 ranking place, based on points awarded following all the qualification events (page 20).	Challenge Cup Regional Qualifiers (February & March) Challenge Cup Qualifier (April) British FIG Qualification Events (May & June) Scottish Championship Qualifier (June)

Any Scottish gymnast, who has represented Great Britain in the World Championships (Senior or Junior) in 2022 or European Championships in 2022 but have not achieved the performance standard to qualify, will need to apply to the Trampoline and DMT TC to be considered and approved to compete.

TRAMPOLINE & DMT RANKING POINTS FOR REGIONAL LEVELS 1 – 4 & SYNCHRO RANKING POINTS FOR ALL LEVELS

Gymnasts (individual or pairs) placing in the top 20 at each competition (provided they have met criteria listed on either page 18 for TRA, page 19 for DMT or page 20 for SYN) will be allocated ranking points on the following basis:

Ranking Points			
Position	Points	Position	Points
1 st	100	11 th	18
2 nd	85	12 th	16
3 rd	70	13 th	14
4 th	60	14 th	12
5 th	50	15 th	10
6 th	40	16 th	8
7 th	35	17 th	6
8 th	30	18 th	4
9 th	25	19 th	2
10 th	20	20 th	1

	<p>FOR TRA & DMT: After all eligible qualification events have taken place, each gymnast's <u>highest two sets of points</u> will be added together to produce the final rankings for each category. The top 16 gymnasts with the highest points total in each category will qualify to Scottish Championships.</p> <p>FOR SYN: After all eligible qualification events have taken place, each pair's <u>highest two sets of points</u> will be added together to produce the final rankings for each category. The top 8 pairs with the highest points total in each category will qualify to Scottish Championships.</p> <p>Gymnasts may change level during the season (in accordance with the BG rules) and may obtain ranking points at different levels but may only compete in one category at Scottish Championships. If a gymnast is ranked in the top 16 for more than one category, the gymnast must decide which level to enter. Or if a pair is ranked in the top 8 for more than one category, they must decide which level to enter. No changes to levels will be permitted after the specified closing date.</p>
Levels	<p>TRA: All Levels (see Page 11)</p> <p>DMT: All Levels (see Page 11)</p>

Competition format	<p>TRAMPOLINE Time of Flight will be applied to all levels except in Disabilities Categories.</p> <p>Regional Levels 1 to 3 Compulsory Routine x 1 AND Voluntary Routine x 1 as per BG Technical Requirements.</p> <p>Regional Level 4 Compulsory Routine x 1 AND Voluntary Routine x 1 – both must meet requirements as per BG Technical Requirements.</p> <p>FIG 2 routines – as per BG Technical Requirements. The winner of each age group (except 17-21 & Senior) will be determined by cumulative 2 round score (Time of Flight included). The winner of each of the 17-21 & Senior age groups will be determined by the highest score of the 2 exercises (Time of Flight included). The Male & Female Scottish Champions will be determined by the Final Bounce Off, and only the winners of each FIG age group shall be eligible. The Bounce Off will consist of one voluntary routine, starting from zero, and Time of Flight will be included. Bounce-Off for Junior Champion will be between winners of 10, 11-12, 13-14 & 15-16yrs age groups, and Bounce-Off for Senior Champion will be between winners of 17-21 & Senior age-groups. The start order will be randomly selected</p> <p>Disabilities Levels Challenge Cup Levels 1 & 2 Compulsory Routine x 1 AND Voluntary Routine x 1 as per BG Technical Requirements.</p> <p>National Disabilities Level Compulsory Routine x 1 AND Voluntary Routine x 1 as per BG Technical Requirements.</p> <p>DMT Regional Levels 1 to 4 & Disabilities Levels Challenge Cup 1 & 2 2 Compulsory passes and 2 Optional passes, as per BG Technical Requirements. All four passes must be different. Repeat passes or skills will result in a loss of DD for that pass or skill. Winner of each age group will be determined by cumulative 4 pass score.</p> <p>FIG Gymnasts will compete as per BG Technical Requirements performing: – cumulative 3-pass (Q1+Q2) competition</p>
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	<p>Winner of each age group will be determined by the highest cumulative 3-pass score in the Finals round (Q1+Q2). National Male & Female Scottish Champion will be the gymnast with the highest cumulative 3-pass score from FIG competitors. The Junior Champion will be between winners of 10, 11-12, 13-14 & 15-16yrs age groups, and the Senior Champion will be between winners of 17-21 & Senior age-groups.</p> <p>Disabilities Levels Challenge Cup Levels 1 & 2 Gymnasts will compete as per BG Technical Requirements performing both Compulsory Round 1 & 2. Winner of each age group will be determined by cumulative 4 pass score.</p> <p>National Disabilities Level 2 Compulsory passes and 2 Optional passes, as per BG Technical Requirements. All four passes must be different. Repeat passes or skills will result in a loss of DD for that pass or skill. Winner of each age group will be determined by cumulative 4 pass score.</p> <p>SYNCHRO Thistle & Saltire Voluntary Routine x 1 as per SG Technical Requirements FIG 1 voluntary routine – as per BG Technical Requirements. Scottish Champion will be the pair with the highest 1 routine score from FIG competitors. The Junior Champion will be between winners of 10-12, 13-16yrs age groups, and the Senior Champion will be between winners of 17+yrs age-group.</p>
Awards	<p>Individual 1st/2nd/3rd for each age group – gymnasts receiving a true zero score (didn't complete skill 1) will not be awarded a medal.</p> <p>Scottish Senior Male Trampoline Champion Scottish Senior Female Trampoline Champion Scottish Junior Male Trampoline Champion Scottish Junior Female Trampoline Champion Scottish Senior Male DMT Champion Scottish Junior Female DMT Champion Scottish Junior Male DMT Champion Scottish Senior Female DMT Champion Scottish Senior Synchro Champion Scottish Junior Synchro Champion</p> <p>TRA and DMT Form/Tariff Awards The Form Award will be awarded to the gymnast with the highest one routine execution score within the FIG category of Trampoline.</p> <p>The Form Award will be awarded to the gymnast with the highest 3-pass execution score in Qualification within the FIG category of DMT.</p> <p>The Tariff Award will be awarded to the gymnast with the highest difficulty score within the FIG category of Trampoline – any voluntary routine completed is eligible.</p> <p>The Tariff Award will be awarded to the gymnast with the highest difficulty score of any single pass within the FIG category of DMT.</p> <p>There will TRA Regional Level Form Awards for EACH REGIONAL LEVEL (1-4) and they will be awarded to the gymnast with the highest 2-routine execution score within each of the TRA Regional Levels (1-4).</p>

	<p>TRA Disabilities Form Award will be awarded to the gymnast with the highest 2-routine execution score within the Disabilities Trampoline categories.</p> <p>There will DMT Regional Level Form Awards for EACH REGIONAL LEVEL (1-4) and they will be awarded to the gymnast with highest 4-pass execution score within each of the DMT Regional Levels (1-4).</p> <p>DMT Disabilities Form Award will be awarded to the gymnast with the highest 4-pass execution score within the Disabilities DMT categories.</p> <p>Synchro Awards</p> <p>There will SYN Level Awards for THISTLE & SALTIRE, and they will be awarded to the pair with the highest total score within each of the SYN Levels (Thistle & Saltire).</p> <p>Scottish Champion will be the pair with the highest 1 routine score from FIG competitors.</p>
Entry fee	<p>£38 per gymnast (£17 for each additional discipline if competing TRA & DMT)</p> <p>£22 per pair for SYN</p>