



Trampoline and Double Mini - Trampoline Competition Handbook January to December 2026

Version 1.0 – Original

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/coach's 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

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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 Trampoline & DMT Competition Handbook.

Please note Scottish Gymnastics are not following the British Gymnastics Lead Coach Guidance 2022/2023. Please refer to the coach's section below.

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 2026

Key
Scottish event/competition
British event/selection
Representative competition

Event	Date	Venue	Levels*	Closing date
Challenge Cup Regional Qualifier 1	31 January- 1 February	Regional Performance Centre, Dundee	All TRA & DMT Levels*+ SYN: All levels	03 December (noon) Entries
Challenge Cup Regional Qualifier 2	7-8 March	DISC, Dundee	All TRA & DMT Levels*+ SYN: All levels	07 January (noon)
FIG Qualifier 1	25-26 April	International Centre, Telford	FIG only	TBC
Challenge Cup Qualifier 3	18-19 April	DISC, Dundee	All TRA & DMT Levels*+ SYN: All levels	18 February (noon)
FIG Qualifier 2	20-21 June	International Centre, Telford	FIG only	TBC
Inter-Regional Finals	3-6 July	Utilita Arena, Birmingham	TRA: Levels 1-4 ^ DIS DMT: Levels 1-4 & DIS (*selected gymnasts only*)	TBC
Scottish National Championships	19-20 September	Regional Performance Centre, Dundee	All TRA, DMT & SYN Levels*	22 July (noon)
National Age Group finals & British Championships	3-4 October	International Centre, Telford	FIG	TBC

* Scottish Gymnastics/Competition organiser has the right to amend the days on which levels are competed.

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

Inter-Regional Finals

Selection to Inter-Regional Finals will follow the same format as selection to Scottish Championships for all Regional levels. The rankings for each eligible age-group category will be calculated using the gymnasts' best set of 2 points (see page 35) from the 3 qualifying competitions (Jan/Feb, Mar & Apr). The top 2 gymnasts in each age-group category, provided they have met all requirements, will be selected to proceed to the Inter-Regional Finals. The next 2 gymnasts in the rankings will be designated as reserve gymnasts.

General Regulations

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.

Safeguarding

All coaches are required to hold a current PVG certificate through Scottish Gymnastics, or home nation equivalent, and have current Scottish Gymnastics safeguarding training, at the time of entry and through to the end of the event, in order to be allowed to officiate at a Scottish Gymnastics event. Any coaches who do not fulfil this requirement will not be accredited or allowed to participate at Scottish Gymnastics events.

All coaches, officials, helpers and staff are required to adhere to the standards of behaviour detailed within the Scottish gymnastics [code of practice for coaches and officials](#).

All gymnasts must always have an accredited coach present on the competition floor. If a gymnast attends a competition without a coach, they **will not be allowed** to compete.

If it is found that a club is in breach of the policies above, Scottish Gymnastics reserves the right to reject an entry on the grounds of gymnast safety or, if discovered post-performance, to disqualify the competitor and remove their score(s) from the official results.

If you have any safeguarding concerns, during the competition, please report it immediately to the event manager, floor manager or complete the [Club Portal](#) alternatively by scanning one of our QR codes, which you will find on our report a concern posters displayed around the venue. If outside of a competition, please report it immediately to the Safe Sport team by completing a [Quick Referral form](#).

Overnight Stay

For trips out with Scotland or overnight stays the [travel permit](#) must be completed in full and sent to Scottish Gymnastics at least 4 weeks before travel. Please note that Scottish Gymnastics membership insurance does not cover travel or emergency expenses out of Scotland. We therefore recommend where necessary you take out additional travel insurance.

Babies and Young Children

In the interests of safety, for the smooth running and professional presentation of the events, babies and young children are not permitted to enter the warm-up hall/area or field of play, even if they are being supervised by an adult.

Health and Safety

The safety of all participants (gymnasts, coaches and officials) is the primary consideration. All Scottish Gymnastics policies will be rigorously applied with regard to health, safety, safeguarding and child wellbeing. Coaches are reminded of their responsibility in relation to their gymnasts – in the competition environment this will specifically include ensuring the gymnasts are adequately prepared (physically and psychologically) for performing their exercises in a competition situation. Anyone requiring first aid assistance should speak to either a member of the events team or the competition organiser.

Food and Drink

There may be restrictions within the competition areas with regards to food and drink. This is to manage food intolerances and allergies.

It may be necessary to place restrictions on the use of products that may contain allergens, where this is made known to the organisers.

Membership

Scottish gymnastics is committed to ensuring the safeguarding and well-being of all members taking part in gymnastics.

All persons attending Scottish Gymnastics events in an official capacity, whether as a gymnast, coach or judge, are required to hold current Scottish Gymnastics/British Gymnastics membership in line with the level of competition entered and awards held

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](#).

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

Competition Entries

Disability Gymnastics

Disability gymnastics is designed to provide competition and development for people who have a disability and choose not to participate in mainstream gymnastics competition.

British Gymnastics has produced its own sport-specific disability gymnastics classification certificate. There are forty-four eligible classifications (profile groups) in the classification pack, however there is not a separate competition for each of these classifications. Where competitions provide disability categories, the details of these can be found on the competition information pages of this handbook.

Gymnasts will be required to provide proof of disability at least six weeks before the event. Please complete and return the disability gymnastics classification certificate by following the instructions in the [Disability Classification Pack](#) and sending to the Scottish Gymnastics events team.

All clubs and coaches must inform the Scottish Gymnastics events team of any gymnasts who have medical conditions that require special consideration at Scottish Gymnastics events. This information should be shared with the Scottish Gymnastics events team at the point of competition entry and will enable the Scottish Gymnastics events team to make the necessary adjustments, where possible, to cater for the additional needs of each gymnast.

Registration

Gymnasts **will not be allowed** to register or begin warm-up without their coach present.

Coaches must organise a meeting point to collect gymnasts that is not in a location that could cause disruption (not in corridors or registration area).

Coaches

Coaches must be qualified to the level of the participant's performance and be a minimum of a level two before being allowed to participate in a Scottish Gymnastics event.

Coaches must have a current valid safeguarding certificate and PVG. Please see the safeguarding section.

The practice of supervising participants working above the level of the coach's qualification is not allowed. The caveat that permits coaches to practice one level above their coaching qualification (appropriately supervised) in the coaching syllabus refers to a training environment only and is not permitted at Scottish Gymnastics events. Its purpose is to enable coaches to practice within the post-course guided learning environment following attendance at a course and in preparation for the examination, under the supervision of a Scottish Gymnastics mentor coach.

Coaches entered into the event entry **MUST** be the same ones attending the event. All coaches who may be in attendance to an event should be entered through MyBG (JustGo) at time of entry however it is unacceptable to enter a coach who you know will not be attending. Coaches have a duty of care towards their performers and have a responsibility to ensure that they are both qualified and competent to teach at the appropriate level, as well as ensuring that the participant is adequately prepared, physically and psychologically, for performing their exercises in a competition situation.

The British Gymnastics lead coach rule that allows a lead coach to be nominated and to authorise other coaches from their club/region to coach skills at a maximum of 1 level higher than the coaches' qualification (having the coach attend the course) does not apply at Scottish events or to Scottish members. The coach who is on the competition floor coaching the gymnast/s must be qualified to the level of skills being performed by the gymnast/s.

If it is found that a club is in breach of these policies Scottish Gymnastics reserves the right to reject an entry on the grounds of gymnast safety or, if discovered post-performance, to disqualify the competitor and remove their score(s) from the official results.

Coach code of conduct

Coaches permitted on the competition floor **must** have been named in the entry or subsequently approved by the event team. Any coach without cleared accreditation will be asked to leave the floor. Where this leaves gymnasts without a qualified and registered coach from the club, the gymnasts may need to be withdrawn from the competition.

- Coaches are expected to adhere to [the Scottish Gymnastics code of practice for coaches and officials](#).
- Coaches are expected to maintain a high standard of dress, ensure hair is tied back and jewellery removed. As outlined in the table on page 18 of this handbook.

- 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 behaviour at all times are appropriate, reflecting highly on their club, themselves and the sport.
- Coaches are not permitted to eat or chew whilst in the competition arena/warm-up area.
- Coaches are always expected to show respect for their fellow coaches and competition officials.
- Any coach who is injured or pregnant **MUST** complete a risk assessment (and send to events@scottishgymnastic.org) prior to the competition happening and it is recommended that a second coach from the Club is attends the competition and should be entered prior to the closing date.

Assisting Coaches

Additional assisting coaches (level one and above) may be accredited and must be included in the online entry on JustGo (MyBG), to be present in the competition arena to assist with the pastoral care of the gymnasts. Assisting coaches must have a current valid safeguarding certificate and PVG.

Stand In Coach

Coaches are to be reminded that using a “stand-in coach” must be used in **exceptional circumstances only** and is **NOT** to be relied on.

If any coach requires the use of a “stand in coach”, the coach/club must email events@scottishgymnastics.org for prior approval and written consent with 2 weeks notice prior to the event. Please find the [Stand In Coach form](#).

Coaching Ratios

At competitions (Outside Home Gym Environment)

- At events and competition, the stricter ratio of 1:8 must be followed at all times. This is because of
- **the increased risk at events** (unfamiliar environments, adults needing to leave temporarily), it is strongly recommended to work to the **stricter 1:8 supervision ratio** across all activities.
- Clubs are advised to bring **extra adults (“+1”)** to ensure that ratios are maintained **even if someone steps away**.
- **Movement** (e.g., walking to registration) = supervision ratio (1:8). can be appropriately trained chaperones.
- **Warm-up/competition** = coaching ratio (1:8) must be suitably qualified coaches
- Clubs are advised to bring **extra adults (“+1”)** to ensure that ratios are maintained **even if someone steps away**.

Why We Recommend Working to 1:8 at All Times at Events

- Minimises the risk of falling out of ratio unexpectedly.
- Prevents a situation where a single adult is left alone with multiple children.
- Maintains compliance with the Coaches' Code of Practice and Safe Sport requirements.

Quick Summary Table

Situation	Recommended Ratio	Notes
General Supervision (non-coaching)	1:8	Applies when supervising (e.g., walking, waiting, traveling)
Coaching (structured gymnastics)	1:16 head coach and 1:8 per assistant	In a recognised and controlled gymnastics environment
Events (e.g., Gymfest)	1:8	Bring extra adults to account for emergencies or movement needs

Registration

Coaches must register gymnast(s)/club when those competing in that section of the event have arrived at the event and intend to compete. Any withdrawals must be made at registration as soon as possible.

During registration, accreditation/passes may be issued. Abuse of accreditation/passes may result in 'Conduct in Sport' action being taken by Scottish Gymnastics.

Order of Performance

The order of competing for individual events and team events shall be decided by the competition organiser, or officials authorised by the technical panel. To maintain the smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the technical panel reserve the right to alter the grouping of gymnasts and/or running order of performances as, up to the start of warm up. Once underway, the order of performance will only be changed, in extenuating circumstances.

For competitions where there is an official podium training, no changes will be made to the running order without the consultation of the coach and gymnast(s) affected.

Wherever practical the organiser shall produce and circulate a provisional start list and running order for an event to all participating clubs at least 2 weeks before the event. Please note that due to potential withdrawals, the final running orders will be available on the day.

Please note that due to potential withdrawals, the final running orders will be available on the day.

Warm up Floor

Access to the warmup hall/ area will be limited to the appropriate number of coaches as defined. On arrival, coaches must register and collect accreditation from the registration area. In the case of an event spanning more than one day, separate accreditation may be issued for each day.

Judges will not be allowed into this area once the judges meeting has taken place unless directed by the judging coordinator.

Medical Provision

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.

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.

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**.

Accident and Incident Reporting

When an injury occurs at the event that requires first aid or medical support, including emergency services or hospital visits, or when the gymnast is unable to continue and has to leave the competition, this must be recorded on [an Incident Report Form](#) found in the insurance portal, under clubs. You do not need to report where a plaster or ice has been applied and then the gymnast has continued.

Reporting enables us to ensure the club is protected against any potential future claims, and also means that, if the injured party makes a personal accident claim (e.g. for physiotherapy or rehabilitation treatments) we can process the claim for the gymnast without any delay. Insurers require the Incident Reporting Form to process personal accident claims.

If you are unsure whether to report an incident or accident, it is better to report it just to be safe. This also applies within the club environment. Reporting accidents or incidents at events is the responsibility of the coach who is present with the injured gymnast.

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 Conduct & 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](#).

***This is subject to change; all home nations are reviewing the clothing and jewellery policies.**

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		Must be unbranded & match leotard
Longs		X		
Trampoline Shoes / Socks	X			Socks must be white & unbranded
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			
Footwear (Trainers)	X			
Footwear (Sliders or Crocs)			X	
Jewellery			X	This includes earrings, watches & smart watches

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

Medal Ceremonies

Except in exceptional circumstances, gymnasts who win a medal at a Scottish Gymnastics event are expected to remain in the venue until the completion of the competition and participate in the medal presentation ceremony in order to collect their award in person.

Please be aware as per the FIG rule, gymnasts competing at National events may be asked to participate in the medal ceremony wearing their tracksuits.

Tenure of Trophies

All perpetual trophies remain the property of Scottish Gymnastics.

Perpetual trophies are the responsibility of the winning club or individual. The winners are responsible for the inscription of, as well as safekeeping and maintenance of, the trophy and for returning it to the organiser prior to the competition the following year. **Failure to do this or loss of a trophy will incur a cost to the individual / club.**

Judges

Scottish Gymnastics requires that judges MUST hold a PVG to judge at Scottish Gymnastics competitions. As well as Scottish Gymnastics Safeguarding training. Judges must also hold the current cycle of judging awards.

International judges invited by Scottish Gymnastics to officiate at an event will not require Scottish Gymnastics membership but are required to complete a PVG check and have attended a safeguarding course. Judges must also hold the current cycle of judging awards.

Currently, some judges are actively involved in club gymnastics and may provide judging instruction to children and young people in a training environment or carry out a supervisory role (or may complete a PVG by virtue

of another role they undertake e.g. coach). As not all judges use their qualifications in the same way, it is the club's responsibility to assess the role a judge is undertaking and determine whether the activities involved fall within the eligibility criteria for a PVG i.e. working with children and young people. It is recommended that judges attend safeguarding training.

All judges' coaches, officials, helpers and staff are required to adhere to the standards of behaviour detailed within the [Scottish gymnastics code of practice for coaches and officials](#).

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 must be a qualified DMT judge, who has revalidated to or completed their qualification under the 2025-2028 FIG Code of Points. Judges who only hold TRA judging qualifications will no longer be accepted for DMT entries.
- DMT Difficulty judges must be either a DMT judge (Regional level or higher) or a county level trampoline judge (or above) and must have experience tariffing DMT exercises. Clubs should be aware that from 2026 onwards, only judges with a specific DMT judge qualification will be accepted in relation to DMT entries.
- 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.

Judge code of conduct

- Judges are expected to adhere to the [Scottish Gymnastics code of practice for coaches and officials](#).
- Judges are expected to march into the competition arena prior to the march in of the competing gymnasts unless notified otherwise.
- Judges should keep their tables and area clean and only have on the table items required for judging.

- Judges are not allowed to access mobile phones, tablets or other items on the competition floor (except devices which are being used for scoring purposes)
- Judges are required to stay at the venue until released by the competition organiser in case they are required to assist with the checking of scores.

If no judge is provided by the Club there will be a fee of £50

Judge attire

Regulations of dress are contained in the F.I.G Code of Points and must be adhered to.

Spectator Code of Conduct

Clubs should take responsibility for the behaviour of their members and supporters, spectators must:

- Switch mobile phones to silent during the competition.
- Ensure the flash and lights are turned off on all devices
- Remain supportive throughout the competition and must not interfere with other spectators' enjoyment or disturb any of the gymnasts.
- Refrain from moving about the seating area whilst gymnasts are competing.
- Remain in the spectator seating area and not enter controlled areas including the competition field of play and the control desk.
- Treat the competition venues with respect, particularly in respect of food and drink rules.
- Respect all competitors, coaches and competition officials. The competition organiser reserves the right to remove any spectators in breach of this code of conduct.

Video, Film & Photography

In accordance with current Scottish Gymnastics policy, flash photography is not permitted during the warm-up or competition phases of any Scottish Gymnastics event. Scottish Gymnastics accredited photographers may be present at Scottish Gymnastics events and in some cases, events may be videoed. These images/footage may be used by Scottish Gymnastics and our partners for the purposes of promotion, education and development of the sport. They may also be shared with relevant third part organisations for journalistic/promotional purposes.

Clubs must ensure that gymnasts/parents are informed of the photography arrangements for the relevant event. Any gymnast or parent who does not wish themselves or their child to be photographed/filmed at the event must advise the Scottish Gymnastics events department.

The Scottish Gymnastics photography guidelines are available on the Scottish Gymnastics website.

Privacy

Scottish Gymnastics [privacy notice](#).

At many events, Scottish Gymnastics may produce event merchandise e.g. t-shirts and programs. These may include the names and or the club of the gymnasts taking part.

Trampoline, DMT and Synchro technical information

Gymnast membership requirements

Gymnasts competing Club 3 or above require Scottish Gymnastics/British Gymnastics silver competitive gymnast membership or above.

Competition Structure

Competition Entry

Changes after an entry has been submitted but before the closing date can be made by contacting events@scottishgymnastics.org. Amendments may be made to submitted entries after the closing date at the discretion of the competition organiser. These amendments will be made at a **£30** admin fee.

Late Entries

Late entries will only be considered in exceptional circumstances. In the unlikely event of a late entry being accepted, the following penalty structure will be imposed: **Late entries received up to 48 hours after the closing date, if accepted, are charged a double entry fee Late entry payments will be capped at £1,000** (i.e. the additional payment over and above the normal entry fee per gymnast/partnership/group/team). Late entries must be made in writing to the Scottish Gymnastics events department and will then be referred to the organiser for consideration. The organiser and Scottish Gymnastics events department will have absolute discretion whether or not to accept a late entry. Late entry requests may be placed on a reserve list and clubs will be notified if their entry is accepted up to 1 week prior to the event.

Withdrawals and Substitutions

Amendments to an entry before the closing date will not incur a penalty and in the case of withdrawals, the entry fee will be refunded; **withdrawals after the closing date will NOT receive a refund on the entry fee unless under extenuating circumstances.**

Where it is necessary to substitute a coach, the club must inform the Scottish Gymnastics events department, so the coach can be checked for membership, awards, safeguarding and PVG, before they can be accredited for the event before the deadline agreed.

Where, through unforeseen circumstances, this is not possible or, where information has not previously been supplied, the substitute must inform the organiser immediately on arrival at the venue and login into the individuals MyBG (JustGo) to show details of the above with photo identification that will also be required.

Age policy

Gymnasts' ages for the purpose of entry to all age group 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: Regional Levels 1 & 2 & National Level
DMT	
Level	Age groups (age in year of competition)
Club 3	7-8yrs*, 9-10yrs*, 11-12yrs*
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: Regional Levels 1 & 2 & National Level*
Synchro	
Level	Age groups (age in year of competition)
Tartan	Under 13yrs*, Under 17yrs*, 17+yrs*
Thistle	Under 13yrs*, Under 17yrs*, 17+yrs*
Saltire	Under 13yrs*, Under 17yrs,* 17+yrs*
FIG	Youth (10-12yrs)*, Junior (13-16yrs)*, Senior (17+yrs)*
*Gymnasts in these age categories are not eligible to qualify for Inter-Regional Finals.	

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, where one gymnast in the pair is younger. For example, a pair made up of a 12 year old gymnast and a 14 year old gymnast could compete in the Under 17 category but not the Under 13 category.

Gymnasts may only compete in the synchro category they are eligible for, as determined by the level they have entered in the individual competition, as follows;

TARTAN	Any combination of Level 1 / Level 2
THISTLE	Any combination of Level 2 / Level 3
SALTIRE	Any combination of Level 3 / Level 4
FIG	Any combination of Level 4 / FIG

Level 1 TRA gymnast	can only enter the TARTAN synchro level
Level 2 TRA gymnast	can enter either TARTAN synchro (with a gymnast who competed L1 / L2 TRA) or THISTLE synchro (with a gymnast who competed L2 / L3 TRA)
Level 3 TRA gymnast	can enter either THISTLE synchro (with a gymnast who competed L2 / L3 TRA) or SALTIRE synchro (with a gymnast who competed L3 / L4 TRA)

Level 4 TRA gymnast	can enter either SALTIRE synchro (with a gymnast who competed L3 / L4 TRA) or FIG synchro (with a gymnast who competed L4 / FIG TRA)
FIG TRA gymnast	can only enter FIG synchro (with a gymnast who competed either Level 4 / FIG TRA)

Trampoline exercise requirements

	Scottish Qualifying 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 National Age Group Finals, Plus a Final Bounce Off (of a single voluntary exercise) for all eligible gymnasts
Disabilities Regional Levels 1 & 2	As per British Gymnastics Technical Requirements	As per British Gymnastics Technical Requirements
Disabilities National Level	As per British Gymnastics Technical Requirements	As per British Gymnastics Technical Requirements

DMT exercise requirements

	Challenge Cup Series and Preparation Competitions	Scottish National Championships
Club 3 Level	Compulsory Round exercises and the Optional Round exercises as per the Scottish Gymnastics Technical Requirements	Compulsory Round exercises and the Optional Round exercises as per the Scottish Gymnastics Technical Requirements
Regional Levels 1 – 4	Compulsory Round exercises and the Optional Round exercises as per the British Gymnastics Technical Requirements	Compulsory Round exercises and the Optional Round exercises as per the British Gymnastics Technical Requirements
FIG	As per British Gymnastics Technical Requirements for National Qualification events (Q1 & Q2)	As per British Gymnastics Technical Requirements for National Age Group Finals (Q1), plus a final round (F1) for all eligible gymnasts
Disabilities Regional Levels 1 & 2	As per British Gymnastics Technical Requirements	As per British Gymnastics Technical Requirements
Disabilities National Level	As per British Gymnastics Technical Requirements for National Qualification events	As per British Gymnastics Technical Requirements for British Championships

Synchro exercise requirements

TARTAN	<i>Age groups: Under 13yrs, Under 17yrs, 17+yrs</i>
	<p>Gymnasts will perform 2 voluntary exercises, which must each contain 10 different elements.</p> <p>Placings and overall rankings will be determined by the highest score of the two exercises for each pair (i.e. gymnasts will have 2 attempts and their best score will count).</p> <p>Pairs can decide whether or not to perform their second exercise and if they do not, a score of 0 will be given for their second exercise.</p> <p>Minimum degree of difficulty for exercise: 2.4 (2.0 penalty for failing to meet minimum degree of difficulty)</p> <p>Maximum degree of difficulty for exercise: 3.3</p> <p>Difficulty cap per element: 0.6</p> <p>No more than 1 body landing is permitted. Performing more than one body landing will be deemed an interruption to the exercise.</p> <p>The performing of double, triple or quadruple somersaults is prohibited and will result in disqualification.</p> <p><u>*Scottish Championships*</u></p> <p>Gymnasts will perform 1 voluntary exercise, which must contain 10 different elements.</p> <p>No minimum difficulty will be required but the maximum difficulties (as detailed above) will still apply</p>
THISTLE	<i>Age groups: Under 13yrs, Under 17yrs, 17+yrs</i>
	<p>Gymnasts will perform 2 voluntary exercises, which must each contain 10 different elements.</p> <p>Placings and overall rankings will be determined by the highest score of the two exercises for each pair (i.e. gymnasts will have 2 attempts and their best score will count).</p> <p>Pairs can decide whether or not to perform their second exercise and if they do not, a score of 0 will be given for their second exercise.</p> <p>Minimum degree of difficulty: 3.0 (2.0 penalty for failing to meet minimum degree of difficulty)</p> <p>Maximum degree of difficulty for exercise: 4.8</p> <p>Difficulty cap per element: 0.8</p> <p>No more than 1 body landing is permitted. Performing more than one body landing will be deemed an interruption to the exercise.</p>

	<p>The performing of double, triple or quadruple somersaults is prohibited and will result in disqualification.</p> <p><u>*Scottish Championships*</u></p> <p>Gymnasts will perform 1 voluntary exercise, which must contain 10 different elements.</p> <p>No minimum difficulty will be required but the maximum difficulties (as detailed above) will still apply</p>
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SALTIRE	Age groups: Under 13yrs, Under 17yrs, 17+yrs
	<p>Gymnasts will perform 2 voluntary exercises, which must each contain 10 different elements.</p> <p>Placings and overall rankings will be determined by the highest score of the two exercises for each pair (i.e. gymnasts will have 2 attempts and their best score will count).</p> <p>Pairs can decide whether or not to perform their second exercise and if they do not, a score of 0 will be given for their second exercise.</p> <p>Minimum degree of difficulty: 4.2 (U13) 4.8 (U17) 5.0 (17+) (2.0 penalty for failing to meet minimum degree of difficulty)</p> <p>No maximum degree of difficulty for exercise.</p> <p>Difficulty cap per element: 1.1 (U13) 1.3 (U17) 1.5 (17+)</p> <p>No more than 1 body landing is permitted. Performing more than one body landing will be deemed an interruption to the exercise.</p> <p>The performing of triple or quadruple somersaults is prohibited and will result in disqualification.</p> <p><u>*Scottish Championships*</u></p> <p>Gymnasts will perform 1 voluntary exercise, which must contain 10 different elements.</p> <p>No minimum difficulty will be required but the maximum difficulties (as detailed above) will still apply</p>

FIG	Age Groups: Youth (10-12), Junior (13-16), Senior (17+)
	<p>Gymnasts will perform two exercises, as per British Gymnastics Technical Requirements</p> <p><u>*Scottish Championships*</u></p> <p>Gymnasts will perform 1 voluntary exercise, which must contain 10 different elements.</p>

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 for ties at any place in a specific competition.

Scottish Nationals in all disciplines

In case of a tie at any place the tie will not be broken.

Competition apparatus

Trampoline equipment unless otherwise stated will be Eurotramp 4x4 or Eurotramp Ultimate. DMT equipment will vary dependent on host venue.

Appeals

In the case of obvious errors concerning calculation of any scores, a coach should approach the CJP in a professional and friendly way before the end of the actual round, to allow the CJP to clarify the situation before the next round has started.

If the coach is not satisfied with the CJP's decision following such an approach, the coach may lodge a formal appeal. Official appeal forms are available from the organiser and must be completed and returned, with the appropriate fee, as soon as possible after the publication of the scores. There is a fee of **£20** for the appeal which increases with each appeal made by the club. **The placement of an appeal form becomes a contract to pay the appropriate fee to Scottish Gymnastics.**

A coach **may only appeal the difficulty score for their own club's competitors**, in accordance with the FIG Code of Points / Technical Regulations. The appeal will be reviewed by the Superior Jury.

An appeal may be made if the difficulty score does not appear to correlate with what was performed, or there is an error in the calculation of the difficulty value, conversion to the difficulty score or in the calculation of the final score.

No appeals can be made against execution or horizontal displacement scores, time penalties, or other penalties. The appeal must be submitted before the end of the next exercise that follows the release of a score.

The supervising coach for the club of the competing gymnasts places the appeal form with the president of the superior jury or designated person. An appeal form must be delivered without verbal exchange.

The appeal request will be considered by the superior jury (or delegate), in conjunction with the CJP of the panel concerned of the appeal.

If the appeal proves correct, the fee is returned. If the appeal is rejected, the fee is forfeited and transferred to Scottish Gymnastics. This will be invoiced to the club after the event.

The technical panel cannot accept any photographic analysis at an event unless an official video replay system is available and could be referred to by the judging panel for the benefit of every competitor.

Volunteering regulations

Scottish Gymnastics recognises the significant contribution that club volunteers have made to the successful delivery of events over the years, and we extend our heartfelt gratitude for their unwavering support and dedication.

While volunteers will continue to be an essential part of our sport, we aim to reduce the reliance on those who have diligently supported Scottish Gymnastics in running our domestic competitions for the members.

In 2026, Scottish Gymnastics plans to employ contracted service providers for key roles that were previously filled by volunteers. These contracted roles will encompass responsibilities such as ticketing and music at all events where applicable.

Judges and other technically specific roles will still be required at events and will be sourced through the entry process, technical committees and SG office.

We are excited to implement these changes and look forward to delivering our events with this new opportunity. We hope you welcome this change, designed to enhance your experience at and enjoyment of our events.

Competition Programme

Date	Event	Closing date
31 January- 1 February	Regional Qualifier 1	10 December (noon) Entries
Venue	Regional Performance Centre, Dundee	
Information/ Outcome	Qualification to Inter-Regional Finals and Scottish Championships	
Levels	TRA: All Levels (see Page 29) DMT: All Levels (see Page 29) SYN: All Levels (see Page 29)	
Entry fee	1 Apparatus £26 2 Apparatus £45	

Date	Event	Closing date
7-8 March	Regional Qualifier 2	07 January (noon) Entries
Venue	DISC: Dundee International Sports Centre	
Information/ Outcome	Qualification to Inter-Regional Finals and Scottish Championships	
Levels	TRA: All Levels (see Page 29) DMT: All Levels (see Page 29) SYN: All Levels (see Page 29)	
Entry fee	1 Apparatus £26 2 Apparatus £45	

Date	Event	Closing date
18-19 April	Regional Qualifier 3	18 February (noon) Entries
Venue	DISC: Dundee International Sports Centre	
Information/ Outcome	Qualification to Inter-Regional Finals and Scottish Championships	
Levels	TRA: All Levels (see Page 29) DMT: All Levels (see Page 29) SYN: All Levels (see Page 29)	
Entry fee	1 Apparatus £26 2 Apparatus £45	

Date	Event	Closing date	
19-20 September	Scottish National Championships	22 July (noon) Entries	
Venue	Regional Performance Centre, Dundee		
Qualification & eligibility	Only gymnasts who have achieved qualification through the qualifying events are eligible to take part in this competition.		
	Qualification Scores Summary		
	TRAMPOLINE		
	Trampoline Criteria		
	All Gymnasts must complete all required exercises, otherwise are not eligible for qualification.		
	All Gymnasts must meet all exercise requirements (including minimum voluntary difficulty and minimum total score) 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 (which must be an eligible event).		
	In order to qualify for Scottish Championship, all Regional Levels 1 – 4 gymnasts must achieve a top-24 ranking place, based on points awarded following all the qualification events (page 35).		
	Qualification Requirements		Eligible Events
	TRA Level 1 – 4	1. Gymnasts must complete 2 full exercises and meet all minimum requirements for the level & age category (including the minimum number of somersaults in the Level 4 compulsory exercise, and the minimum difficulty level in the voluntary exercise at all levels) as set out by British Gymnastics in the 2026 TRA Technical Requirements Regional Pathway. 2. In order to qualify for Scottish Championships, gymnasts must achieve a top-24 ranking place, based on points awarded following all the qualification events (page 35).	Regional Qualifiers (January/February, March & April)
Disabilities Regional Levels 1 & 2	Gymnasts must complete 2 full exercises and meet all minimum requirements for the level & age category as set out by British Gymnastics in the 2026 TRA Technical Requirements Disabilities Pathway.		
FIG		Regional Qualifiers (January/February, March & April) FIG British Qualifiers (April & June)	
10yrs	In order to qualify for Scottish Championships, gymnasts must have completed both exercises and met all the minimum requirements as per the British Gymnastics Technical Requirements 2026 in the same competition (which must be an eligible event).		
11-12yrs			
13-14yrs			
15-16yrs			
17-21yrs	In order to qualify for Scottish Championships, gymnasts must have completed one exercise meeting all of the minimum difficulty requirements as per the British Gymnastics Technical Requirements 2026 in an eligible event		
Senior			

Disabilities National Level	In order to qualify for Scottish Championships, gymnasts must have completed both exercises and met all the minimum requirements as per the British Gymnastics Technical Requirements 2026 in the same competition (which must be an eligible event).	
DMT		
DMT Criteria DMT Criteria		
All Gymnasts must complete all required exercises, otherwise are not eligible for qualification.		
All Gymnasts must meet all exercise requirements (including minimum difficulty) as per BG/SG Technical Requirements; otherwise, gymnasts will not be eligible for qualification to Scottish Championships.		
All requirements (as per BG/SG Technical Requirements) must be completed in the same competition (must be an eligible event).		
In order to qualify for Scottish Championship, all Club 3 & Regional Level 1 – 4 gymnasts must achieve a top-20 ranking place, based on points awarded following all the qualification events (page 22).		
In order to qualify for Scottish Championships, FIG level gymnasts must complete both exercises on Q1 and achieve the minimum 2-exercise cumulative difficulty score for their age-group.		
Qualification Requirements		Eligible Events
DMT Club Level 3	<ol style="list-style-type: none"> Gymnasts must complete 4 full exercises and meet all minimum requirements for the level & age category as set out by Scottish Gymnastics in the 2026 DMT Club 3 Technical Requirements document. In order to qualify for Scottish Championships, gymnasts must achieve a top-20 ranking place, based on points awarded following all the qualification events (page 35). 	Regional Qualifiers (January/February, March & April)
DMT Level 1 – 4	<ol style="list-style-type: none"> Gymnasts must complete 4 full exercises and meet all minimum requirements for the level & age category as set out by British Gymnastics in the 2026 DMT Technical Requirements Regional Pathway. In order to qualify for Scottish Championships, gymnasts must achieve a top-20 ranking place, based on points awarded following all the qualification events (page 35). 	
Disabilities Regional Levels 1 & 2	Gymnasts must complete 4 full exercises and meet all minimum requirements for the level & age category as set out by British Gymnastics in the 2026 DMT Technical Requirements Disabilities Pathway.	
FIG		

10yrs	In order to qualify for Scottish Championships, gymnasts must have completed both exercises in Q1 and achieved the minimum 2-exercise cumulative difficulty score for their age-group, as per the 2026 DMT Technical Requirements National Pathway, all in the same competition.	Regional Qualifiers (January/February, March & April), FIG British Qualifiers (April & June)
11-12yrs		
13-14yrs		
15-16yrs		
17-21yrs		
Senior		
Disabilities National Level	Gymnasts must complete 4 full exercises and meet all minimum requirements for the level & age category as set out by British Gymnastics in the 2026 DMT Technical Requirements Disabilities Pathway.	

Synchro Criteria

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 Tartan, Thistle and Saltire, and BG Technical Requirements for FIG) must be completed in the same competition (must be an eligible event).

SYN Qualification Requirements		Eligible Events
Tartan Thistle Saltire	<ol style="list-style-type: none"> 1. Pairs must complete 1 full exercise and meet all minimum requirements for the level & age category as set out this handbook. 2. All Pairs must achieve a top-12 ranking place, based on ranking points awarded following all the qualification events (page 35). 	Regional Qualifiers (January/February, March & April),
FIG (Youth & Junior)	Pairs must complete 2 full exercises and meet all minimum requirements for the level & age category as set out in this handbook and the BG Technical Requirements	Regional Qualifiers (January/February, March & April), British FIG Qualifiers (April & June)
FIG (Senior)	Pairs must complete 1 full exercise and meet all minimum requirements for the level & age category as set out in this handbook and the BG Technical Requirements	Regional Qualifiers (February, March & April) British FIG Qualifiers (April & June)

Any Scottish gymnast, who has represented Great Britain in the World Championships (Senior or Junior) in 2025 or European Championships in 2026 but have not achieved the performance standard to qualify to Scottish Championships, will need to apply to the Trampoline and DMT TC to be considered and approved to compete.

The Technical Committee reserves the right to offer wild card places to gymnasts who have been unable to compete in the qualifying events due to injury / medical reasons but such decisions will be at the Technical Committee's sole discretion.

At the request of the National Technical Lead for each discipline, PPP/NPP gymnasts who have failed to qualify for Scottish Championships may be given the opportunity to participate as a 'guest' but such decisions will be at the Technical Committee's sole discretion. Gymnasts competing as a 'guest' shall not be eligible for any medal or other award.

TRAMPOLINE & DMT RANKING POINTS FOR CLUB 3 DMT, 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 24 for TRA, page 24 for DMT or page 25 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

FOR TRA & DMT: After all eligible qualification events have taken place, each gymnast's highest two sets of points will be added together to produce the final rankings for each category. The top 20 gymnasts with the highest points total in each category will qualify to Scottish Championships.

FOR SYN: After all eligible qualification events have taken place, each pair's highest two sets of points will be added together to produce the final rankings for each category. The top 12 pairs with the highest points total in each category will qualify to Scottish Championships.

Trampoline

In case of a tie in ranking points, the ranking will be determined by the following criteria

1. the gymnast with the highest sum of Execution (E) scores over the exercises from which that gymnast earned their 2 highest sets of points
2. the gymnast with the highest sum of Time of Flight (T) scores over the exercises from which that gymnast earned their 2 highest sets of points
3. the gymnast with the highest sum of Horizontal Displacement (H) scores over the exercises from which that gymnast earned their 2 highest sets of points
4. the gymnast with the highest sum of Difficulty (D) scores over the exercises from which that gymnast earned their 2 highest sets of points

	<p><i>DMT</i></p> <p>In case of a tie in ranking points, the ranking will be determined by the following criteria</p> <ol style="list-style-type: none"> 1. the gymnast with the highest sum of Execution (E) scores over the exercises from which that gymnast earned their 2 highest sets of points 2. the gymnast with the highest sum of Difficulty (D) scores over the exercises from which that gymnast earned their 2 highest sets of points 3. the gymnast with the lowest sum of CJP penalties over the exercises from which that gymnast earned their 2 highest sets of points <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 20 for more than one category, the gymnast must decide which level to enter. Or if a pair is ranked in the top 12 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 29)</p> <p>DMT: All Levels (see Page 29)</p>
Competition format	<p>TRAMPOLINE</p> <p>Time of Flight will be applied to all levels except in Disabilities Categories.</p> <p>Regional Levels 1 to 3 Compulsory Exercise x 1 AND Voluntary Exercise x 1 as per BG Technical Requirements.</p> <p>Regional Level 4 Compulsory Exercise x 1 AND Voluntary Exercise x 1 – both must meet requirements as per BG Technical Requirements.</p> <p>FIG</p> <p>1 exercises / 2 exercises – as per BG Technical Requirements.</p> <p>The winner of each age group (except Senior) will be determined by cumulative 2 round score (Time of Flight included).</p> <p>The winner of each of the Senior age groups will be determined by the highest score of the 2 exercises (Time of Flight included).</p> <p>The Male & Female Scottish Champions will be determined by the Final Bounce Off. All FIG gymnasts who have (i) completed the required exercises, (ii) met the minimum requirements in the First Exercise (except Senior), and (iii) met the minimum difficulty score in the qualifying rounds (i.e. the age-group competition) shall be eligible to compete in the Final Bounce Off.</p> <p>The Bounce Off will consist of one voluntary exercise, starting from zero, and Time of Flight will be included. No minimum difficulty will apply.</p> <p>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.</p> <p>The start order will be randomly selected.</p>

Disabilities Regional Levels 1 & 2

Compulsory Exercise x 1 AND Voluntary Exercise x 1 as per BG Technical Requirements.

National Disabilities Level

Compulsory Exercise x 1 AND Voluntary Exercise x 1 as per BG Technical Requirements.

DMT

Club 3, Regional Levels 1 to 4, Disabilities Regional & National Levels

2 Compulsory exercises and 2 Optional exercises, as per BG/SG Technical Requirements.

Winner of each age group will be determined by cumulative 4 exercise score.

FIG

2 exercises (Q1) – as per BG Technical Requirements.

The winner of each age group will be determined by cumulative 2 exercise (Q1) score.

The Male & Female Scottish Champions will be determined by a 1 exercise final (F1). All FIG gymnasts who have completed both exercises and met all minimum requirements (including the minimum difficulty) in the qualifying round (Q1) shall be eligible to compete in the Final.

The Final will consist of one exercise (F1) starting from zero.

SYNCHRO**Tartan, Thistle & Saltire**

Voluntary Exercise x 1 as per SG Technical Requirements

FIG

1 Voluntary Exercise – as per BG Technical Requirements.

Scottish Champion will be the pair with the highest 1 exercise score from FIG competitors.

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 Male Trampoline Champion Scottish Female Trampoline Champion Scottish Junior Male Trampoline Champion Scottish Junior Female Trampoline Champion Scottish Male DMT Champion Scottish Female DMT Champion Scottish Synchro Champions</p> <p>TRA and DMT Form/Tariff Awards The Form Award will be awarded to the gymnast with the highest one exercise execution score within the FIG category of Trampoline.</p> <p>The Form Award will be awarded to the gymnast with the highest 2-exercise execution score 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 exercise completed is eligible.</p> <p>The Tariff Award will be awarded to the gymnast with the highest cumulative 2-exercise difficulty score 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-exercise 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-exercise execution score within the Disabilities Trampoline categories.</p> <p>There will DMT Level Form Awards for CLUB 3 and EACH REGIONAL LEVEL (1-4) and they will be awarded to the gymnast with highest 4-exercise execution score within each of the DMT Club 3 and Regional Levels (1-4).</p> <p>DMT Disabilities Form Award will be awarded to the gymnast with the highest 4-exercise execution score within the Disabilities DMT categories.</p> <p>Synchro Awards There will SYN Level Awards for TARTAN, THISTLE & SALTIRE, and they will be awarded to the pair with the highest total score within each of the SYN Levels (Tartan, Thistle & Saltire).</p>
Entry fee	<p>1 Apparatus £44 2 Apparatus £59</p>