



REGIONAL COMPETITION STRUCTURE

Tumbling & Double-Mini Trampoline
(Disabilities)

Trampoline National Technical Committee – Final Version 14th August 2019

NATIONAL TRAMPOLINE TECHNICAL COMMITTEE

The Technical Committee are keen to support Disability opportunities in all of our disciplines and have received some requests for both TUM and DMT to be introduced.

In consultation with Dawn Lawson and Alan Lavell, we are pleased to produce this competition structure for both of these disciplines. For 2020, regions have the option to run these pilots, however these categories will not be included at the NDP Individual & Regional Team Final.

We will monitor the success of these categories and review annually with a view to include at the national level when numbers become viable for a competition.

Dawn will be glad to receive a report from all regions to ascertain the numbers who have entered and the success of these categories.

**TUMBLING DISABILITIES
REGIONAL LEVEL**

Disabilities Regional Tumbling Level 1						
Under 13/ Over 13	Run 1		Run 2		Run 3	
	1	Round off	1	Cartwheel	1	Round off
	2	jump ½ turn walkout	2	round off	2	flick
	3	cartwheel	3	jump ½ turn walkout	3	jump ½ turn walkout
	4	cartwheel	4	cartwheel	4	round off
	5	round off	5	round off	5	jump ½ turn walkout
	6	jump ½ turn	6	jump ½ turn	6	cartwheel ¼ turn in

Disabilities Regional Tumbling Level 2						
Under 13/ Over 13	Run 1		Run 2		Run 3	
	1	Round off	1	straight jump walkout from a spring board	1	Round off
	2	flick	2	cartwheel	2	flick
	3	jump ½ turn walkout	3	round off	3	tuck back somersault
	4	round off flick	4	flick	15 metres of Track only	
	5	jump ½ turn.	5	flick		
		6	jump ½ turn			

These levels do not qualify to NDP Individual & Regional Team Final - *It is the responsibility of the **Clubs** to ensure that this rule is understood by gymnasts and/or their parents/guardians.*

- CAT 1 Men/Women Under 13/Over 13
- CAT 2 Men/Women Under 13/Over 13
- cumulative score will determine the ranking
- Incomplete/incorrect routines will result in a zero 'DNF' score

**DMT DISABILITIES
REGIONAL LEVEL**

Disabilities Regional DMT Level 1

CAT 1 Men/Women Under 13/Over 13

CAT 2 Men/Women Under 13/Over 13

Compulsory Round 1					Compulsory Round 2				
	Mount	Spotter	Dismount	DD		Mount	Spotter	Dismount	DD
1	-	Tuck Jump	Full Twist Jump	0.4	1	-	Tuck Jump	FSS (T)	0.5
2	-	Full Twist	Pike Jump	0.4	2	-	Pike Jump	FSS (P)	0.6

Disabilities Regional DMT Level 2

CAT 1 Men/Women Under 13/Over 13

CAT 2 Men/Women Under 13/Over 13

Compulsory Round 1					Compulsory Round 2				
	Mount	Spotter	Dismount	DD		Mount	Spotter	Dismount	DD
1	-	Tuck Jump	FSS (T)	0.5	1	-	Tuck Jump	Barani (T)	0.7
2	-	Pike Jump	FSS (P)	0.6	2	-	Pike Jump	Barani (SL)	0.7

*SL (Straight legs)

Disabilities Regional DMT Level Open

CAT 1 Men/Women Under 13/Over 13

CAT 2 Men/Women Under 13/Over 13

Compulsory Round 1					Compulsory Round 2				
	Mount	Spotter	Dismount	DD		Mount	Spotter	Dismount	DD
1	Barani (T)	Barani (T)	BSS (T)	1.2	1	Barani (SL)	Barani (SL)	BSS (P)	1.3
2		BSS (T)	Barani (T)	1.2	2		BSS (SL)	FSS (P)	1.2

*SL (Straight legs)

Where skills are indicated in red, gymnasts can choose to use a mount or a spotter skill but must still ensure that the same skill is not used in the same place in another pass, otherwise the DD for the repeated element will not be awarded. All 4 passes must remain different.

These levels do not qualify to NDP Individual & Regional Team Final - It is the responsibility of the **Clubs** to ensure that this rule is understood by gymnasts and/or their parents/guardians.

- CAT 1 Men/Women Under 13/Over 13
- CAT 2 Men/Women Under 13/Over 13
- cumulative score will determine the ranking
- Incomplete/incorrect routines will result in a zero 'DNF' score