

**North Of England Trampoline Technical Committee
Northern Club Series & British Gymnastics Regional Series 2026**

Other than the first groups, the organisers may run up to 60 minutes ahead of schedule.

2025 competitions

Regional qualifier 1	18 th January 2026	Billingham - TS23 3QJ
Regional qualifier 2	22 nd February 2026	Penrith – CA11 8JH
Regional final	19 th April 2026	Billingham - TS23 3QJ
Inter-regional challenge cup final	4 th & 5 th July 2026	Birmingham - B1 2AA
Northern championships	Target Oct/Nov 2026	Belle Vue – DH8 6LU

Competition structure

NETTC will run regional level categories in accordance with the British Gymnastics structure, to provide competitors in the region the ability to qualify for the Inter Regional Challenge Cup Final, representing the North of England. Only regional level categories may qualify to this event and representation is subject to meeting the requirements of the regional team such as attendance at a regional squad. Competitors in regional level categories require at least competitive British Gymnastics membership.

All non-regional level categories are Northern Club Level Categories (see below for requirements) and a non-competitive display event. These categories may qualify to the regional final but will not progress to the Inter Regional Challenge Cup Final. Northern Club Level categories require at least community level British Gymnastics membership.

Our competition structure consists of two regional qualifiers, a regional final and an inter-regional challenge cup final. In order to qualify from the two regional qualifiers to the regional final, competitors must achieve the minimum requirements listed below. They must complete all exercises and meet any requirements of each exercise and minimum difficulties. In the event of any errors being identified the region reserves the right to correct and retrospectively apply any changes.

To qualify to represent the region, at the Inter-Regional Challenge Cup Finals, competitors must qualify for, and place in the top 2, at the regional final. In categories where the region is only provided one place at the inter-regional challenge cup final, the second placed competitor will not progress. In the event of a tie, tie break rules will be applied.

Where competitors qualify for the regional final but do not finish in a qualifying position (not 1st or 2nd), if the level below them has not been fully occupied, competitors may be offered the opportunity to represent the region at the inter-regional finals at one grade lower. These will be offered in consecutive order of the position achieved at the regional finals. The maximum category reduction will be one grade. For example a competitor competes in regional 4 age 11-12 at the two qualifying events and regional final then places 3rd at the regional final. If there was a vacancy in the team at regional 3 age 11-12 the 3rd place competitor from regional 4 may be offered the place. They would not be offered a place in regional 2 age 11-12, even if there was space.

Coaches have the flexibility to place competitors in the appropriate level at each qualifying competition. Competitors are permitted to move from any level to another level at each qualifier. Competitors may only enter one category at the regional final, even if they have achieved a qualifying score in two different categories.

Trampoline qualification to regional final

Northern club level categories

Both routines must be completed

Execution score only

Age 9-10 and below	25.0
Age 11-12	26.0
Age 13 and above	27.0

Club level disabilities

Both routines must be completed

Regional level categories

Total score for qualification to regional challenge cup final

Both routines must be completed, and minimum difficulty/requirements achieved

Reg 1	Reg 2	Reg 3	Reg 4	Disabilities (no ToF)
9-10 64.1	9-10 65.5	9-10 66.6	10 66.6	Level 1 45.6
11-12 66.6	11-12 68	11-12 69.1	11-12 69.1	Level 2 47
13-17 68.1	13-14 69.5	13-14 70.6	13-14 71.6	
	15+ 71	15+ 72.1	15-16 72.1	
			17+ 72.8	

DMT qualification to regional final

Northern club level categories

4 pass execution score required

All passes must be completed

All age groups including

disabilities 72.8

DMT regional level categories – **Total score**

All passes must be completed

Reg 1	Reg 2	Reg 3	Reg 4	Disabilities
9-12 75.8	9-10 77.2	13-14 77.4	9-10 77.2	Level 1 74.9
13+ 75.8	11-12 77.2	15-16 78.2	11-12 77.8	Level 2 77.2
	13+ 77.2	17+ 78.2	13-14 81.0	
			15+ 82.8	

Competition exercises

All regional levels as per the current British Gymnastics requirements available at <https://www.british-gymnastics.org/technical-pages/trampoline-technical-resources> and [Double Mini Trampoline Technical Information](#) .

Northern Club Levels will run as follows:

Trampoline

Competitors will perform two exercises. Both the first exercise will have execution and time of flight awarded. No difficulty will be awarded however a completed second exercise must be at least as difficult as the first or the competitor will receive a 2.0 penalty and be ineligible to qualify to the finals. Both exercises must be completed to be eligible for the finals.

In mainstream, genders will be mixed at all levels and will run as age 8, age 9-10, age 11-12, age 13-14 and age 15+. In disabilities genders and Cat1/Cat2 will be mixed, running in age groups 8-12 and 13+.

	Level 1	Level 2	Level 3	Level 4
First exercise	Front landing To feet Straddle jump Seat landing To feet 1/2 twist jump Tuck jump Pike jump Back landing To feet	1/2 twist to front landing To feet Straddle jump Seat landing 1/2 twist to feet 1/2 twist jump Tuck jump Pike jump Back landing 1/2 twist to feet	Full twist jump Straddle jump Seat landing 1/2 twist to feet 1/2 twist jump Pike jump Back landing 1/2 twist to feet Tuck jump Front somersault (T)	Voluntary exercise with minimum difficulty 2.0 (no difficulty awarded)
Second exercise	Voluntary exercise with minimum difficulty 1.0 (no difficulty awarded)	Voluntary exercise with minimum difficulty 1.2 (no difficulty awarded)	Voluntary exercise with minimum difficulty 1.6 (no difficulty awarded)	Voluntary exercise with minimum difficulty 2.0 (no difficulty awarded)

Disabilities Level 1	Disabilities Level 2
1/2 twist to front landing To feet Straddle jump Seat landing 1/2 twist to feet 1/2 twist jump Tuck jump Pike jump Back landing 1/2 twist to feet	Full twist jump Straddle jump Seat landing 1/2 twist to feet 1/2 twist jump Pike jump Back landing 1/2 twist to feet Tuck jump Front somersault (T)
Voluntary exercise with minimum difficulty 1.2 (no difficulty awarded)	Voluntary exercise with minimum difficulty 1.6 (no difficulty awarded)

DMT

Competitors will complete four voluntary passes. Skills may not be repeated in passes 1 & 2. Skills may not be repeated in passes 3 & 4. Skills from passes 1 & 2 may be repeated in passes 3 & 4 but only if completed in a different area of the DMT. No difficulty will be awarded. Failing to meet the requirements or breaching the repeat rules will receive a 2.0 penalty and make the competitor ineligible to progress to the final. All passes must be completed to be eligible to progress to the final.

	Level 1	Level 2	Level 3
All passes	No somersaults are permitted.	Passes may include somersaults but may not include more than one somersault.	Each pass must contain at least one somersault.

Disabilities Level 1
No somersaults are permitted.