

PERFORMANCE TRAMPOLINE GYMNASTICS ACADEMY

Summer Open Invitational Gala

Sunday 19th July 2026

North Sports Hall, Durrington High School, The Boulevard, Worthing, BN13 1JX

We are delighted to invite clubs to enter your gymnasts into our Summer Open Invitational Gala, being held on Sunday 19th July 2026

Individual Trampoline consists of five levels from entry-level gymnasts being able to perform shapes, body landings, and twists to an intermediate gymnast with a maximum DD 5.0 (0.7 per element), and **Disability Trampoline** consisting of two levels

Synchro Trampoline is for all abilities across three levels

Double Mini Trampoline is for all abilities across four levels

See exercise criteria for all these events below

Eligibility to Enter: Open to British Gymnastics registered clubs and British Gymnastics registered gymnasts only

Entry Closing Date: 11:59pm on Sunday 21st June 2026

Entry Fees:

£27.50 – Individual Trampoline

£22.00 – Synchronised Trampoline (per gymnast)

£22.00 – Double Mini Trampoline

Clubs to make entry payments in full by 11:59pm on Sunday 21st June 2026

Account Name: Performance Trampoline Gymnastics Academy

Account Number: 74052641

Sort Code: 40-14-03

Reference: [Club Name] SUMMER OPEN

Entry Document: To be completed and emailed to performancetrampoline@gmail.com by 11:59pm on Sunday 21st June 2026

Officials: Please provide officials in the following ratios

1-5 Entries = 1 Unqualified Official

6-10 Entries = 1 Qualified Official

10-15 Entries = 2 Officials, including 1 Qualified Official

16-20 Entries = 2 Qualified Officials

21-25 Entries = 3 Officials, including 2 Qualified Officials

26-30 Entries = 3 Qualified Officials

30+ Entries = 4 Officials, including 3 Qualified Officials

Rules: as per FIG Code of Points 2025-2028, unless otherwise stated in this document

Individual Trampoline and **Disability Trampoline** will be scored for both exercise 1 & 2 added together.

Time of Flight (ToF) will be included in all ages and categories, excluding DT Cat 2

Synchro Trampoline will be ranked best of both from exercise 1 & 2

DMT will be scored for three exercises added together

No Finals in any event

Exercise Criteria: Set out in this document below

Awards: Trophies will be awarded for the top three positions in each category and team medals will be awarded to the top three teams (teams must consist of min. 3 and max. 4 gymnasts). Teams should ideally match where possible, however if this is not possible on the day, team medals will still be awarded

Welfare Officer: Nikki Larkham; contact details will be on display at the event, and in the event programme

Exercise Criteria:

INDIVIDUAL TRAMPOLINE

Categories: Separate events for Males/Females

Age Groups: 5-6 years, 7-8 years, 9-10 years, 11-12 years, 13-14 years, 15+ years

(age groups maybe combines to ensure some competition)

Time of Flight (ToF) will be included in all ages and categories, excluding DT Cat 2

Level 1	
Exercise 1	Exercise 2
Optional Routine Maximum DD 1.1	Optional Routine Capped DD 1.1
2.0 Penalty for exceeding Max DD (applied to completed exercise only)	
Max 0.2 DD per element (exercise will be interrupted by the exceeded element)	Max 0.2 DD per element
Can Repeat an element up to a maximum of 2 times	Can Repeat an element up to a maximum of *2 times
	*No DD awarded for repeated element/s
No DD Awarded	DD Capped 1.2

Level 2	
Exercise 1	Exercise 2
Optional Routine DD 1.2	Optional Routine Capped DD 1.6
2.0 Penalty for not meeting DD 1.2 (applied to completed exercise only)	
Max 0.2 DD per element (exercise will be interrupted by the exceeded element)	Max 0.5 DD per element
	No DD awarded for repeated element/s
No DD Awarded	DD Capped 1.6

Level 3	
Exercise 1	Exercise 2
Optional Routine DD 1.6	Optional Routine Capped DD 2.1
2.0 Penalty for not meeting DD 1.6 (applied to completed exercise only)	
Max 0.5 DD per element (exercise will be interrupted by the exceeded element)	Max 0.6 DD per element
	No DD awarded for repeated element/s
No DD Awarded	DD Capped 2.1

Individual Trampoline Continued

Level 4	
Exercise 1	Exercise 2
Optional Routine DD 2.0	Optional Routine Capped DD 3.4
2.0 Penalty for not meeting DD 2.0 (applied to completed exercise only)	
Max 0.6 DD per element (exercise will be interrupted by the exceeded element)	Max 0.6 DD per element
	No DD awarded for repeated element/s
No DD Awarded	DD Capped 3.4

Level 5	
Exercise 1	Exercise 2
Optional Routine DD 3.3	Optional Routine Capped DD 5.0
2.0 Penalty for not meeting DD 3.3 (applied to completed exercise only)	
Max 0.6 DD per element (exercise will be interrupted by the exceeded element)	Max 0.8 DD per element
	No DD awarded for repeated element/s
No DD Awarded	DD Capped 5.0

DISABILITY TRAMPOLINE

Categories: Cat 1 Mixed Gender, Cat 2 Mixed Gender

Age Groups: 5-8 years, 9-14 years, 15+ years

Time of Flight (ToF) will be included in all ages and categories, excluding DT Cat 2

Level 1	
Exercise 1	Exercise 2
Optional Routine Maximum DD 1.2	Optional Routine Capped DD 1.6
2.0 Penalty for exceeding Max DD (applied to completed exercise only)	
Max 0.2 DD per element (exercise will be interrupted by the exceeded element)	Max 0.5 DD per element
Can Repeat an element up to a maximum of 2 times	Can Repeat an element up to a maximum of *2 times
	*No DD awarded for repeated element/s
No DD Awarded	DD Capped 1.6

Level 2	
Exercise 1	Exercise 2
Optional Routine Maximum DD 1.6	Optional Routine Capped DD 2.1
2.0 Penalty for not meeting DD 1.6 (applied to completed exercise only)	
Max 0.2 DD per element (exercise will be interrupted by the exceeded element)	Max 0.6 DD per element
Can Repeat an element up to a maximum of 2 times	Can Repeat an element up to a maximum of *2 times
	*No DD awarded for repeated element/s
No DD Awarded	DD Capped 2.1

SYNCHRO TRAMPOLINE

Categories: Mixed i.e Male/Male, Female/Female, Male/Female

Age Groups: Minis 5-8 years, youth 9-12 years, Juniors 13-16 years, Seniors 17+ years

(age groups maybe combines to ensure some competition)

Partners can be across age ranges; however, the youngest partner must age up

Individual Levels do not restrict synchro level

Scoring: Best of Both, exercise 1/exercise 2

Somersaults: An element of 270° – 360° of Somersault Rotation

Level 1	Level 2	Level 3
Exercise 1 & 2	Exercise 1 & 2	Exercise 1 & 2
Zero to One Somersault	Minimum of Two Somersaults to Maximum Five Somersaults	Minimum of Six Somersaults
2.0 Penalty for exceeding One Somersault (applied to complete completed exercises only)	2.0 Penalty for either not meeting minimum of Two Somersaults or exceeding Five Somersaults (applied to complete completed exercises only)	2.0 Penalty for not meeting minimum of Six Somersaults (applied to complete completed exercises only)
Max 0.6 DD per element	Max 0.8 per element	No Max DD per element
No DD awarded for repeated element/s	No DD awarded for repeated element/s	No DD awarded for repeated element/s
DD Capped 1.6	DD Capped 4.0	No DD Cap

DOUBLE MINI TRAMPOLINE

Categories: Mixed Gender

Age Groups: 5-6 years, 7-8 years, 9-10 years, 11-12 years, 13-14 years, 15+ years

(age groups maybe combines to ensure some competition)

Score: All three exercises added together

Level 1	
Exercise 1 & 2	Exercise 3
Minimum Combined DD 0.4 / Maximum 0.3 per exercise	Minimum DD 0.2 / Maximum DD 0.5
No element from exercise 1 to be repeated in exercise 2 in the same place on the DMT i.e. Mount/Spotter/Dismount	Elements can be repeated from Exercises 1 & 2

Level 2	
Exercise 1 & 2	Exercise 3
Minimum Combined DD 1.2 / Maximum 0.9 per exercise	Minimum DD 0.6 / Maximum DD 1.3
No element from exercise 1 to be repeated in exercise 2 in the same place on the DMT i.e. Mount/Spotter/Dismount	Elements can be repeated from Exercises 1 & 2

Level 3	
Exercise 1 & 2	Exercise 3
Minimum Combined DD 1.8 / Maximum 1.3 per exercise	Minimum DD 1.2 / Maximum DD 1.8
No element from exercise 1 to be repeated in exercise 2 in the same place on the DMT i.e. Mount/Spotter/Dismount	Elements can be repeated from Exercises 1 & 2

Level 4	
Exercise 1 & 2	Exercise 3
Minimum Combined DD 2.5	Minimum DD 1.8
No element from exercise 1 to be repeated in exercise 2 in the same place on the DMT i.e. Mount/Spotter/Dismount	Elements can be repeated from Exercises 1 & 2