

SUSSEX CHAMPIONSHIPS 2025 - SYNCHRO TRAMPOLINE

SUNDAY 2nd November 2025

Downs Leisure Centre, Sutton Road, Seaford, East Sussex, BN25 4QW

Open to all Sussex Clubs Affiliated with British Gymnastics and Sussex Gymnastics

LEVELS: The table below outlines the levels at which gymnasts should compete, based on their previous competition experience,

OTHER COMPETITION SCHEMES	SUSSEX CHAMPS LEVEL
SE County Event Series or Regional Challenge Cup Level 1	NOVICE
SE County Event Series or Regional Challenge Cup Level 1 or Level 2	INTERMEDIATE
Regional Challenge Cup Level 2, Level 3 or Level 4, League 3 or League 2, English Silver	ADVANCED
Regional Challenge Cup Level 4, Trampoline League 2 or League 1, English Silver and Gold, National Age/FIG events	ELITE

Judging Rules based on FIG Code of Points 2025-2028

Groups will be Mixed Gender, pairings can be Male/Male, Male/Female, Female/Female

Age Groups
Age 5 - 10
Age 11 - 14
Age 15+

Teams in each age group at each level = each team will be minimum of 3, maximum of 4 members

TRAMPOLINE SYNCHRONISED
At each Level pairs will compete two exercises. (Sum of E, H, D & S)
Mixed Gender pairs can compete - uniform to match as close as possible
A gymnast may pair with another gymnast in the same level or a maximum of one level higher than in their individual, however the pair will compete in the higher level determined by the highest level gymnast
Gymnasts will compete in the age group determined by the older gymnast of the pair

At each Level two exercises will be performed.

Exercise One - No Difficulty will be awarded

Exercise Two - Difficulty will be awarded. Elements may be repeated; however, no difficulty will be awarded for repeated elements

NOVICE
The exercise must consist of 10 elements
Individual elements must not exceed 0.6 in degree of difficulty (DD)
At least one skill must be a minimum of 360° of rotation
The total degree of difficulty for the exercise will not exceed 2.0
Should skills above 0.6 DD be performed, they will only be awarded 0.6 DD
Should the routine exceed 2.0 DD, then 2.0 will be the score awarded
Should the exercise not contain the minimum of one skill of 360° of rotation, a 2.0 penalty will be applied

INTERMEDIATE
The exercise must consist of 10 elements
Individual elements must not exceed 0.7 in degree of difficulty (DD)
At least two skills must be a minimum of 360° of rotation
The total degree of difficulty for the exercise will not exceed 4.4
Should skills above 0.7 DD be performed, they will only be awarded 0.7 DD
Should the routine exceed 4.4 DD, then 4.4 will be the score awarded
Should the exercise not contain the minimum of two skills of 360° of rotation, a 2.0 penalty will be applied

ADVANCED
The exercise must consist of 10 elements
Individual elements must not exceed 1.3 in degree of difficulty (DD)
At least five skills must be a minimum of 360° of rotation
The total degree of difficulty for the exercise will not exceed 8.0
Should skills above 1.3 DD be performed, they will only be awarded 1.3 DD
Should the routine exceed 8.0 DD, then 8.0 will be the score awarded
Should the exercise not contain the minimum of five skills of 360° of rotation, a 2.0 penalty will be applied

ELITE
The exercise must consist of 10 elements
At least eight skills must be a minimum of 360° of rotation
There is no cap on individual skill degree of difficulty
There is no limit on degree of difficulty
Should the exercise not contain the minimum of eight skills of 360° of rotation, a 2.0 penalty will be applied