

SOUTH EAST COUNTY EVENTS 2026

INTRODUCTION

Below is the information for this year's South East County events for the 2026 season. These events will be run by the county organisations and will include Individual Trampoline (TRI), and Double Mini Trampoline (DMT) and Tumbling (TUM).

Please note there have been some changes to the exercises and passes across all three disciplines, so please ensure that you have ready them correctly.

GENERAL INFORMATION

DATES AND VENUES:

The County Associations (Kent, Surrey and Sussex) in agreement with the South East Trampoline Technical Committee (SETTC) have agreed to run the SE County events directly after the regional events.

This means that all SE County events will be at Jumpers Rebound Centre, Mill Road, Gillingham, Kent on the following dates:

14th December 2025

1st February 2026

8th March 2026

This decision was made to mitigate the number of weekends that clubs and officials are required to attend events

ELIGIBILITY:

Open to anyone who trains at a club registered with each respective County Association.

WELFARE OFFICER:

The Welfare Officer for the event will be detailed in the event program.

ENTRY DATES:

The county TTC would actively encourage clubs to complete their competition entries in good time and not on the closing date. The entry system will close at the closing time on the closing date.

Event	Entry Opens	Entry Closes
14 th December 2025	Saturday 1 st November	Saturday 22 nd November
1 st February 2026	Saturday 20 th December	Saturday 11 th January
8 th March 2026	Saturday 24 th January	Saturday 14 th February

PAYMENTS:

Payment details will be shown at the point of entry.

RULES:

As per current FIG Code of Points unless otherwise stated.

MOVING UP:

We would actively encourage gymnasts to move up through the Levels as and when they are capable of safely doing the routines/passes.

INTER COUNTY CHALLENGE CUP:

The Inter County Challenge Cup is an Open event to those that have not competed at any Regional Challenge Cup events. Gymnasts can not compete at a lower level to what they have competed at previous events.

INDIVIDUAL TRAMPOLINE

AGE GROUPS:

5-6yrs, 7-8yrs, 9-10yrs, 11-12yrs, 13- 14yrs, 15+yrs

SEX:

There will be a separate competition for male and female competitors.

ROUTINES:

At each Level two exercises (routines) will be performed. The gymnasts score will be accumulative across both exercises. Exercise 1 will be Sum of E, H & T and Exercise 2 will be the Sum of E, H, T and D scores.

If in Exercise 2 the Max Skill DD is exceeded, the routine will be considered interrupted and will be marked up to the skills prior to the interruption.

If the Total Exercise DD is exceeded, the capped DD will be awarded.

See the Exercises and Pass document for the exercises.

FINALS:

There will be no finals at the SE County events for TRI.

TROPHIES:

Trophies or Medals will be awarded to the top three individuals in each category and medals to the top three team members.

DISABILITY:

Under 15 and Over 15 as per BG disability routines and categories

WARM-UP:

Warmups will be timed, (allowing for a minimum of 4 followed by a one-touch warmup). Groups will then run straight through without a controlled warm up.

EQUIPMENT:

Eurotramp trampolines with 6x6mm, 6x4mm, or 4x4mm beds

SUBSTITUTIONS:

A substitution is only permitted if in the same Level, Age Group and Sex and from the same club.

DOUBLE MINI TRAMPOLINE

AGE GROUPS:

7-8yrs, 9-10yrs, 11-12yrs, 13+yrs

SEX:

There will be a separate competition for male and female competitors.

PASSES:

At each level, two exercises (passes) will be performed. Scores will be accumulative of both exercises.

See the Exercises and Pass document for the passes.

TROPHIES:

Trophies or Medals will be awarded to the top three individuals in each category and medals to the top three team members.

DISABILITY:

Under 15 and Over 15 as per BG disability passes and categories

WARM-UP:

Warmups will be timed, (allowing for a minimum of 4 passes).

EQUIPMENT:

6x6mm Eurotramp double mini trampoline

SUBSTITUTIONS:

A substitution is only permitted if in the same Level, Age Group and Sex and from the same club.

TUMBLING

AGE GROUPS:

See each level

SEX:

There will be a separate competition for male and female competitors.

PASSES:

See next page for details. At each level, three exercises (passes) will be performed. Scores will be accumulative of all exercises.

TROPHIES:

Trophies or Medals will be awarded to the top three individuals in each category and medals to the top three team members.

DISABILITY:

Under 15 and Over 15 as per BG disability passes and categories

WARM-UP:

Warmups will be timed, (allowing for adequate warmup)

EQUIPMENT:

Appropriate tumble track for the level of competition

SUBSTITUTIONS:

A substitution is only permitted if in the same Level, Age Group and Sex and from the same club.

EXERCISES:

See the Exercises and Pass document for the passes.

Failure to complete a prescribed exercise as published above will result in an interruption to the exercise (e.g. for performing an incorrect element). The maximum mark will be determined according to the number of correct, complete elements performed.

Landing on one foot at the end of an exercise will be deemed as an interruption, therefore that move will not be counted and the gymnasts will lose 1 mark from execution and the difficulty of the element.

Arms should come into the chest on a half turn jump (as a final skill). Failure to do this will result in a technical error of 0.1 for arm position from the execution judges.

Where the half turn is 'mid exercise, arms should go overhead. Failure to do this will result in a technical error of 0.1 for arm position from the execution judges.

SE Counties TRI Exercises 2026

COUNTY 1			COUNTY 2			COUNTY 3		
<i>Exercise 1</i>			<i>Exercise 1</i>			<i>Exercise 1</i>		
1	Front Landing	0.1	1	½ twist to Front Landing	0.2	1	Full Twist	0.2
2	to Feet	0.1	2	to Feet	0.1	2	Straddle Jump	0.1
3	Straddle Jump	0.1	3	Straddle Jump	0.1	3	Seat Landing	0.1
4	Seat Landing	0.1	4	Seat Landing	0.1	4	½ twist to Seat Landing	0.1
5	to Feet	0.1	5	½ twist to Seat Landing	0.1	5	½ twist to Feet	0.1
6	½ twist Jump	0.1	6	½ twist to Feet	0.1	6	Pike Jump	0.1
7	Tuck Jump	0.1	7	Tuck Jump	0.1	7	Back Landing	0.1
8	Pike Jump	0.1	8	Pike Jump	0.1	8	½ twist to Feet	0.2
9	Back Landing	0.1	9	Back Landing	0.1	9	Tuck Jump	0.1
10	to Feet	0.1	10	½ twist to Feet	0.2	10	Front S/S (T)	0.5
	DD Tot	1.0		DD Tot	1.2		DD Tot	1.6
<i>Exercise 2</i>			<i>Exercise 2</i>			<i>Exercise 2</i>		
	10 Individual Elements			10 Individual Elements			10 Individual Elements	
	Skill DD Capped 0.4			Skill DD Capped 0.5			Skill DD Capped 0.6	
	Total Exercise DD Capped at 1.0			Total Exercise DD Capped at 1.6			Total Exercise DD Capped at 2.0	

SE Counties DMT Passes 2026

COUNTY 1									
Exercise 1					Exercise 2				
	<i>Mount</i>	<i>Spotter</i>	<i>Dismount</i>	<i>DD</i>		<i>Mount</i>	<i>Spotter</i>	<i>Dismount</i>	<i>DD</i>
1	-	Tuck Jump	Straddle Jump	0.0	1	Tuck Jump	-	Pike Jump	0.0
2	-	Straddle Jump	½ Twist Jump	0.2	2	-	Full Twist Jump	Tuck Jump	0.4
			DD Tot	0.2				DD Tot	0.4

COUNTY 2									
Exercise 1					Exercise 2				
	<i>Mount</i>	<i>Spotter</i>	<i>Dismount</i>	<i>DD</i>		<i>Mount</i>	<i>Spotter</i>	<i>Dismount</i>	<i>DD</i>
1	Tuck Jump	-	Full Twist Jump	0.4	1	-	Tuck Jump	Front S/S (P)	0.6
2	Pike Jump	-	½ Twist Jump	0.2	2	-	Pike Jump	Front S/S (T)	0.5
			DD Tot	0.6				DD Tot	1.1

COUNTY 3									
Exercise 1					Exercise 2				
	<i>Mount</i>	<i>Spotter</i>	<i>Dismount</i>	<i>DD</i>		<i>Mount</i>	<i>Spotter</i>	<i>Dismount</i>	<i>DD</i>
1	-	Tuck Jump	Front S/S (P)	0.6	1		Tuck Jump	Barani (T)	0.7
2	-	½ Twist Jump	Back S/S (T)	0.7	2		Back S/S (T)	Tuck Jump	0.5
			DD Tot	1.3				DD Tot	1.2

SE Counties TUM Passes 2026

COUNTY 1

AG'S	Exercise 1			Exercise 2			Exercise 3				
5-6	1	Forward Roll	0.1	1	Cartwheel (From standing start, facing sideways)	0.1	1	Straight Jump (walk out) (From a standing start on floor)	0.1		
7-8	2	Straight Jump	0.1	2	Cartwheel	0.1	2	Cartwheel ¼ turn in	0.1		
9-10	3	Forward Roll	0.1	3	Cartwheel (Finish facing sideways)	0.1	3	Fall to Dish onto mat	0.1		
11-12	4	Tuck Jump	0.1				4	Hold Dish (3 secs)	0.1		
13+	5	Forward Roll	0.1								
	6	½ Twist Jump	0.1								
DD Tot			0.6	DD Tot			0.3	DD Tot			0.4

COUNTY 2

AG'S	Exercise 1			Exercise 2			Exercise 3				
5-6	1	Straight Jump (walk out) (From a standing start on floor)	0.1	1	Straight Jump (walk out) (From a standing start on floor)	0.1	1	Straight Jump (walk out) (From a standing start on floor)	0.1		
7-8	2	Cartwheel	0.1	2	Cartwheel	0.1	2	Round Off	0.1		
9-10	3	Chasse	0.1	3	Round Off	0.1	3	Jump to Dish onto mat	0.1		
11-12	4	Cartwheel	0.1	4	Straight Jump	0.1	4	Hold Dish (3 secs)	0.1		
13+	5	Chasse	0.1	5	Backward Roll	0.1					
	6	Cartwheel	0.1								
DD Tot			0.6	DD Tot			0.5	DD Tot			0.4

COUNTY 3

AG'S	Exercise 1			Exercise 2			Exercise 3				
7-8	1	Straight Jump (walk out) (From a standing start on floor)	0.1	1	Straight Jump (walk out) (From a standing start on floor)	0.1	1	Straight Jump (walk out) (From a standing start on floor)	0.1		
9-10	2	Cartwheel	0.1	2	Round Off	0.1	2	Round Off	0.1		
11-12	3	Chasse	0.1	3	½ Twist Jump (walk out)	0.1	3	Flic	0.1		
13-14	4	Round Off	0.1	4	Round Off	0.1	4	Jump to Dish onto mat	0.1		
15+	5	½ Twist Jump	0.1	5	Straight Jump	0.1	5	Hold Dish (3 secs)	0.1		
DD Tot			0.5	DD Tot			0.5	DD Tot			0.5

COUNTY 4

AG'S	Exercise 1			Exercise 2			Exercise 3		
7-8	1	Round Off	0.1	1	Handspring	0.1	1	Straight Jump (walk out) (From a standing start on floor)	0.1
9-10	2	Flic	0.1	2	Straight Jump (Walk out)	0.1	2	Round Off	0.1
11-12	3	½ Twist Jump	0.1	3	Round Off	0.1	3	Flic	0.1
13-14				4	Rebound Jump	0.1	4	Flic	0.1
15+							5	Jump to Dish onto mat (hold for 3 seconds)	0.1
		DD Tot	0.3		DD Tot	0.4		DD Tot	0.5

COUNTY 5

AG'S	Exercise 1			Exercise 2			Exercise 3		
9-10	1	Round Off	0.1	1	Round Off	0.1	1	Round Off	0.1
11-12	2	Flic	0.1	2	Flic	0.1	2	Flic	0.1
13+	3	Jump ½ turn (walk out)	0.1	3	Flic	0.1	3	Tuck Back Somersault	0.5
	4	Round Off	0.1	4	Flic	0.1		15 meters of Track only	
	5	Flic	0.1	5	Flic	0.1			
	6	Straight Jump	0.1	6	Straight Jump	0.1			
		DD Tot	0.6		DD Tot	0.6			DD Tot

COUNTY 6

AG'S	Exercise 1			Exercise 2			Exercise 3		
9-10	1	Round Off	0.1	1	Round Off	0.1	1	Round Off	0.1
11-12	2	Flic	0.1	2	Flic	0.1	2	Flic	0.1
13-14	3	Flic	0.1	3	Whip	0.1	3	Pike Back Somersault	0.6
15+	4	Flic	0.1	4	Flic	0.1		15 meters of Track only	
	5	Flic	0.1	5	Flic	0.1			
	6	Tuck Back Somersault	0.5	6	Straight Jump	0.1			
		DD Tot	1.0		DD Tot	0.6		DD Tot	0.8