



TRA Technical Requirements
Regional Challenge Cup Series & Final
2022

TRA Physical Preparation Requirements

Range & Conditioning	
Level 1 to Level 4, All Age Groups	
Forward Roll to Dish Shape (SL) - hold for 2 seconds	
4 x 1 Leg Alternate V Sit (2 x left & 2 x right)	
Back Support – hold for 2 seconds	
Straddle Fold – hold for 2 seconds	
Pike Fold – hold for 2 seconds	
Left Splits, Right Splits	
Back Arch – hold for 2 seconds	
Press up to Front Support – hold for 2 seconds	
Burpee to Long Stand with Arms Overhead	
Standing Shoulder Flexibility – hold for 2 seconds	
Minimum Standard to qualify to Inter-Regional Challenge Cup Final	70% pass mark

TRA Technical Requirements

First exercise requirements

Level 1	Level 2	Level 3
Age Groups 9-10yrs, 11-12yrs, 13-17yrs	Age Groups 9-10, 11-12yrs, 13-14yrs, 15+yrs	Age Groups 9-10yrs, 11-12yrs, 13-14yrs, 15+yrs
Back s/s (T) Straddle jump Seat landing ½ twist to feet ½ twist jump Pike jump Back landing ½ twist to feet Tuck jump Front s/s (P)	Back s/s (S) Straddle jump Back s/s (T) Barani (T) ½ Twist jump Tuck jump Back s/s to seat landing (T) ½ twist to feet Pike jump Front s/s (P)	Back s/s (S) Barani (S) Straddle jump Back s/s (P) Barani (P) Tuck jump Barani (T) Back s/s (T) Pike jump Front s/s (P)

Second exercise requirements

Level 1 to 3	Level 1	Level 2	Level 3
Minimum degree of difficulty per exercise	1.6	3.2	3.6
Degree of difficulty per element is capped	0.6	0.7	0.8
1. The exercise must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption to the exercise. 2. The performing of double, triple, quadruple somersaults is prohibited and will result in disqualification.			
Failure to meet minimum degree of difficulty	2.0 penalty per complete (10 element) exercise		

* Regions may run out of age events, but gymnasts are not eligible to qualify to the Regional Challenge Cup Final. However, the TC would strongly recommend gymnasts competing in 'out of age' groups (e.g. 18+yrs level 1) consider entering into the Adult British Championships.

Level 4

10 years

The exercise consists of 10 different elements, only three (3) elements allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.

1. one (1) element landing on the back of the body,

11-12 years

The exercise consists of 10 different elements, only three (3) elements allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.

1. one (1) element landing on the front of the body,
2. one (1) element landing on the back of the body,

13-14 years

The exercise consists of 10 different elements, only two (2) elements allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.

1. one (1) element landing on the front of the body,
2. one (1) element landing on the back of the body,
3. one (1) element with 360° somersault rotation, at least, 360° of twist.

15-16 years

The exercise consists of 10 different elements, only two (2) elements allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.

1. one (1) element landing on the front of the body,
2. one (1) element landing on the back of the body,
3. one (1) element with 360° somersault rotation, at least, 360° of twist.

17 years +

The exercise consists of 10 different elements, only two (2) elements allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.

1. one (1) element landing on the front of the body,
2. one (1) element landing on the back of the body,
3. one (1) element with 360° somersault rotation, at least, 360° of twist.

Second exercise requirements

Level 4	10yrs	11-12yrs	13-14yrs	15-16yrs	17yrs+
Minimum degree of difficulty	3.6	3.6	4.2	4.8	4.8
Degree of difficulty per element is capped	0.7	1.0	1.1	1.2	1.3
1. The exercise must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption to the exercise.					
2. The performing of triple, quadruple somersaults is prohibited and will result in disqualification.					
Failure to meet minimum degree of difficulty		2.0 penalty per complete (10 element) exercise			

* Regions may run out of age events, but gymnasts are not eligible to qualify to the Inter-Regional Challenge Cup Final

Competition Format

Regional Challenge Cup Series

- Qualification (1st & 2nd exercise)

- FIG rules will apply for the qualification round other than:
 - Gymnasts who do not demonstrate the minimum difficulty performance standard or compete two complete exercises will not be eligible to qualify for the Regional Challenge Cup Championships but may be awarded a medal at the Region's discretion.

Regional Challenge Cup Championships

- Qualification (1st & 2nd exercise)
- FIG rules will apply for the qualification round

Qualification to the Inter-Regional Challenge Cup Final

A maximum of two gymnasts per category from each region will qualify to the Inter-Regional Challenge Cup Final made up of the following:

- Places will be allocated in rank order from the Regional Challenge Cup Series events (max 3).
 - Gymnasts must have achieved the 70% range & conditioning minimum score
- In the event of a tied position the tie break rule will apply (see below)
- All Regions must submit the list of the gymnasts that have qualified to BG

Entry to the event must be completed by Regions via British Gymnastics' GymNET online Entry Portal by the published closing date.

Tie Breaks

In case of a tie at any place, the ranking will be determined by the following criteria:

1. The gymnast with the higher sum of the Execution scores of both exercises prevails
2. The gymnast with the higher sum of the HD scores of both exercises prevails
3. The gymnast with the higher sum of the Time of Flight scores of both exercises prevails
4. The gymnast with the higher R&C score prevails

If there is still a tie, the tie will not be broken.