

LYG Trampolining 2026

Entry Information & Rules



Event Overview

Date: Saturday 24th January 2026.

Venue: Sobell Leisure Centre, N7 7NY.

Approx Timings : 9am-4.40pm

Contact: becca@londonyouthgames.org

Entry Information

Squad Entry Deadline: Wednesday 17th December at 10pm.

Squad Size: Each borough is permitted to have 2 competitors per competition tier, per gender. This provides each borough with a maximum of 20 competitors.

Competitions: Novice Girls, Novice Boys, Intermediate Girls, Intermediate Boys, Expert Girls, Expert Boys, Para Category 1 Girls, Para Category 1 Boys, Para Category 2 Girls, Para Category 2 Boys.

Eligibility Criteria:

- Novice Tier (1):
 - Competitors must not compete/previously competed at British Gymnastics Challenge Cup level, NDP level, or higher
 - Should be working at a Level 1.
 - Must hold a minimum of [British Gymnastics Community membership \(£24\)](#) for insurance purposes.

- Intermediate Tier (2):
 - Competitors must not have competed any higher than Level 2 in other competitions.
 - Should not be working higher than Level 2 and only competing at local or up to one regional competition in the 2023/24 season.
 - Must hold a minimum of [British Gymnastics Community membership \(£24\)](#) for insurance purposes.

- Expert Tier (3):
 - Competitors should compete/or previously competed in British Gymnastics Challenge Cup level, NDP level or Spring Cup or equivalent levels.
 - Should be working at a Level 3 or higher.



LYG Trampolining 2026

Entry Information & Rules

- Must hold a minimum of [British Gymnastics Competitive membership \(£60\)](#) for insurance purposes.
- Para Categories:
 - Must hold a minimum of [British Gymnastics Community membership \(£24\)](#) for insurance purposes.
 - Young people from the following impairment groups are eligible to compete in the Para Category 1:

Group	Impairment	Descriptor
G4.	Severe Learning Disability (SLD)	Anyone who has severe difficulties with pattern recognition, sequencing and memory, as well as having slower reaction time. They are likely to need support in communicating their needs and understanding abstract or complex ideas. This category includes Level 3 autism.
G5.	Mild Learning Disability (MLD)	Anyone who has mild difficulties with pattern recognition, sequencing and memory. They may need some support to understand abstract or complex ideas. This category includes Level 2 autism.

- Young people from the following impairment groups are eligible to compete in the Para Category 2:

Group	Impairment	Descriptor
G1.	Wheelchair User	Power chair or manual wheelchair user.
G2.	Ambulant	-Standing with 4 limbs affected. -Standing with 1 or 2 lower limbs affected. -Standing with 1 or 2 upper limbs affected.
G3A.	Sensory-Hearing Impairment	Anyone with a hearing impairment that requires them to wear a hearing aid or implant.
G3B.	Sensory-Visual Impairment	Anyone with a visual impairment which impacts their daily lives. This does not include simply wearing glasses or contact lenses.

Age Categories

Age Category	Oldest DOB	Youngest DOB
U17	01/09/2008	31/08/2017

Replacements: Each borough is permitted two replacements. Replacements are where you can bring an undeclared competitor to replace a registered competitor not attending on the day. Any replacements must be in line with the eligibility criteria. All replacement details must



LYG Trampoline 2026

Entry Information & Rules

be provided at registration on the day, including proof of their membership. No additions will be allowed even if a borough does not have the maximum squad number.

Full Rules & Regulations

TRA 1 The London Youth Games Trampoline Competition will be run in accordance with [British Gymnastics](#) rules.

TRA 1.1 Should any rules listed below contradict those outlined by British Gymnastics, these rules will supersede those.

TRA 1.2 It will be at the discretion of the event referee and LYG personnel as to the application of these rules, and any subsequent decision made as a result will be final.

TRA 1.3 London Youth Games Trampoline competition will follow the transgender guidance outlined in the [British Gymnastics Policy for the participation of trans people in gymnastics competition](#).

TRA 2 Age Category

TRA 2.1 The following age groups and respective minimum/maximum date of births will apply to the London Youth Games Trampoline Competition;

Age Category	Oldest DOB	Youngest DOB
U17	01/09/2008	31/08/2017

TRA 2.2. Competitors are not permitted to enter this competition if they are ineligible. No exceptions will be made.

TRA 2.3 It is the responsibility of competitors/parents/team managers/local authority staff to ensure all competitors details are entered correctly at the time of submission, and that they are eligible to compete for their borough under the '[London Youth Games' Games Rules](#), and in accordance with the age groups and membership criteria outlined for the competition.

TRA 2.3.1 In the instance a competitor is found to be ineligible, they will be disqualified from the competition entirely, and the borough will receive a points penalty as per the Games Rules.

TRA 3 Squad Size Boroughs are permitted to enter a maximum of 2 competitors per competition tier and gender i.e. 2 competitors in Novice Girls, 2 competitors in Novice Boys, 2 competitors in Intermediate Girls, 2 competitors in Intermediate Boys, 2 competitors in Expert Girls, 2 competitors in Expert Boys, 2 competitors in Para Category 1 Girls, 2 competitors in Para Category 1 Boys, 2 competitors in Para Category 2 Girls and 2 competitors in Para Category 2 Boys.

TRA 3.1 Boroughs are permitted to bring all competitors entered in each competition tier and gender to the event on the day.



LYG Trampolining 2026

Entry Information & Rules

TRA 3.2 If boroughs have more than 8 Para competitors, please contact London Youth Games to see if they can be accommodated.

TRA 4 Para Category

TRA 4.1 Competitors participating in the Para Category will compete the assigned novice tier routines outlined below in TRA 5.1.1 & TRA 5.1.2

TRA 4.2 The Para Category will be scoring and eligible to contribute to overall borough scoring.

TRA 4.3 Verbal or visual assistance by a coach is permitted during the competition routine and will not result in any penalty points.

TRA 4.4 Some participants may present with a medical condition that in some cases may be linked to disability and will either need to seek medical advice through their GP prior to participation or should not participate in trampolining. This includes, but is not limited to;

- Detaching Retina
- Confirmed Atlanto Axial Instability (common in those with Down's Syndrome)
- Rodded back
- Brittle bones
- Dwarfism

Please refer to the [British Gymnastics - Health, Safety & Welfare Guidance](#) if you have any concerns around participation in this event.

TRA 4.5 Competitors will be split into two categories based on the disability groups identified by the London Youth Games Impairment Grid.

- Category 1: Learning disabilities – LYG impairment groups G4 and G5
- Category 2: Physical and sensory disabilities – LYG impairment groups G1, G2, G3a, G3b

TRA 4.5.1 LYG reserve the right to combine Para categories due to low numbers however medals will be awarded separately as per the competition classes outlined.

TRA 5 Competition Tiers Competitors must compete a compulsory exercise and a voluntary exercise as per the competition tier routine requirements outlined below;

TRA 5.1 Novice Tier and Para Categories:

TRA 5.1.1 Competitors competing in the Novice Tier & Para Categories must complete the below compulsory exercise for which they will receive scores in execution, horizontal displacement and time of flight:

1. Straddle jump
2. Seat landing
3. To feet
4. Tuck jump
5. Half twist jump



LYG Trampolining 2026

Entry Information & Rules

6. Pike jump
7. Seat landing
8. Half twist to feet
9. Tuck jump
10. Full twist

TRA 5.1.2 Novice & Para Category athletes must complete either the above compulsory routine again, or one of the below voluntary exercise routines, for which they will receive scores in execution, horizontal displacement, time of flight and difficulty.

Voluntary 1	Voluntary 2	Voluntary 3
1. Front landing	1. Half twist to front landing	1. Full twist
2. To feet	2. To feet	2. Straddle jump
3. Straddle jump	3. Straddle jump	3. Seat landing
4. Seat landing	4. Seat landing	4. Half twist to seat
5. To feet	5. Half twist to seat landing	5. Half twist to feet
6. Half twist jump	6. Half twist to feet	6. Pike jump
7. Tuck jump	7. Tuck jump	7. Back landing
8. Pike jump	8. Pike jump	8. Half twist to feet
9. Back landing	9. Back landing	9. Tuck jump
10. To feet	10. Half twist to feet	10. Front S/S (T)
1.0 difficulty score	1.2 difficulty score	1.6 Difficulty score

TRA 5.2 Intermediate Tier:

TRA 5.2.1 Competitors competing in the Intermediate Tier must complete the below compulsory exercises for which they will receive scores in execution, horizontal displacement and time of flight:

Level 1
1. Back s/s (T)
2. Straddle jump
3. Seat landing
4. Half twist to feet
5. 1/2 twist jump
6. Pike jump
7. Back landing
8. Half twist to feet
9. Tuck jump
10. Front s/s (P)

TRA 5.2.2 There are no prescribed voluntary routines for Intermediate athletes however they must meet the following criteria:

- Difficulty capped at 4.3.
 - If a competitor fails to meet the minimum degree of difficulty then they will receive a 2.0 penalty per complete (10 element) exercise.
- Degree of difficulty per element is capped at 1.1.
- The performing of double, triple or quadruple somersaults is prohibited and will result in disqualification.

LYG Trampolining 2026

Entry Information & Rules



TRA 5.3 Expert Tier:

TRA 5.3.1 Competitors competing in the Expert Tier must complete the below compulsory exercise for which they will receive scores in execution, horizontal displacement and time of flight:

1. Back s/s (S)
2. Barani (S)
3. Straddle jump
4. Back s/s (P)
5. Barani (P)
6. Tuck jump
7. Barani (T)
8. Back s/s (T)
9. Pike jump
10. Front s/s (P)

TRA 5.3.2 There are no prescribed voluntary routines for Expert athletes however they must meet the following criteria:

- Difficulty capped at 5.0.
 - If a competitor fails to meet the minimum degree of difficulty then they will receive a 2.0 penalty per complete (10 element) exercise.
- Degree of difficulty per element is capped at 1.5.
- The performing of triple or quadruple somersaults is prohibited and will result in disqualification.

TRA 5.4 The competition will use the [FIG Code of Points 2025-2028](#).

TRA 6 Clothing & Equipment

TRA 6.1 Clothing Attire The event will adopt the [British Gymnastics Clothing Attire At Events Policy](#).

6.1.1 Boys compulsory dress is as follows:

- Sleeveless or short sleeved leotard*
- Gymnastics shorts or gym trousers in a single colour*
**This does not need to match other athletes in your team*
- Socks or gymnastics shoes
- Long hair should be tied back

6.1.2 Girls compulsory dress is as follows:

- Leotard or unitard may be worn with or without sleeves (must be skin tight)*
**This does not need to match other athletes in your team*
- Socks or gymnastics shoes
- Long hair should be tied back
- Optional dress:
 - Long tights, leggings or gymnastics shorts may be worn

LYG Trampolining 2026

Entry Information & Rules



- Suitable head covering (gymnasts may wear alternative competition attire in accordance with their particular faith, belief or religion (including head coverings) with the proviso that the Lead Coach or Coach has assessed the risk associated with this and has taken any suitable mitigating action(s), where applicable, to ensure the highest standards of safety are upheld. The element of risk should be explained to the gymnast and parent/guardian and every attempt to control the risk should be adopted. Further safety information can be found in the [British Gymnastics Health & Safety Guidance: Safe Coaching](#).

6.1.3 Additional Novice, Intermediate and Para Category only (NOT Expert):

- Participants may wear **tight fitting sport shorts and a tight-fitting t-shirt tucked into the shorts** if they wish, in addition to or instead of a unitard or leotard as in the compulsory dress above.
- Any shorts or t-shirts that are assessed by LYG to be unsafe will not be accepted and the participant will be withdrawn from the competition.

TRA 6.2 Equipment Trampoline beds will be Eurotramp 4x4mm and 4x6mm beds (category dependent). It is the Team Managers/Coaches responsibility to ensure your athletes are familiar with this equipment.

TRA 7 Memberships Each competitor and coach must hold a valid British Gymnastics Membership to compete in this competition.

TRA 7.1 Participant membership numbers will be collected at squad nomination and validated by British Gymnastics prior to the competition.

TRA 7.1.1 It is the responsibility of competitors/parents/team managers/local authority staff to ensure all competitor and coach details are entered on time and correctly at submission. It will be at the discretion of LYG to withdraw competitors if valid memberships are not provided.

TRA 7.2 Each team must be accompanied throughout the competition by at least one lead coach who must hold a minimum of [British Gymnastics Gold Membership](#) and must be qualified to the level of skills being performed by their competitors.

TRA 7.2.1 Coaches must register their membership numbers here <https://forms.office.com/e/RjcSgHYY4d> by the deadline date Wednesday 17th December 2025.

TRA 7.2.2 A team will not be allowed to warm up or compete unless an adequately qualified coach has signed in and is present in the competition arena.

TRA 8 Officials Each team must provide a British Gymnastics qualified judge. Judges may be used in any capacity and must be available all day. Judges' details must be entered here <https://forms.office.com/e/sG7mkPC9Ma> by the deadline date Wednesday 17th December 2025.

Judges must be revalidated for 2026. Online revalidation courses and courses for new judges can be found here: [Judging Courses](#)

TRA 8.1 It is not permissible for judges to officiate for more than one borough.



LYG Trampolining 2026

Entry Information & Rules

TRA 8.2 If a borough cannot provide a judge, they must provide a supporting volunteer who may be used in any capacity.

TRA 8.3 If a borough does not nominate a suitably qualified judge or supporting volunteer at the time of online entry, the organisers reserve the right to withdraw the borough from the competition.

TRA 8.4 In the event of a borough arriving at the competition without their nominated judge or volunteer, the borough may face disqualification.

TRA 9 Scoring Overall borough results will be across both genders. All competition tiers are eligible to contribute to a boroughs overall score for the event, but only the top 8 competitor placings across any gender or tier will be combined to calculate a borough's overall score. The lowest combined placings across the 8 competitors will be deemed the winner (1st = 1 point, 2nd = 2 points, etc.)

TRA 9.1 If a borough does not have 8 competitors, 100 points will be added for each no score ranking. E.G. a borough only has 6 competitors in their team, the 7th and 8th placings will receive 100 points each to create their overall score.

TRA 9.2 In the instance that two or more borough teams are eligible for a podium finish are tied in overall score, then the highest number of first placings will be the deciding factor, then second placings and so on.

TRA 10 Medals & Trophies Medals and trophies will be awarded as follows;

TRA 10.1 Individuals who place 1st, 2nd or 3rd in each respective competition tier, per gender, will be awarded medals.

TRA 10.2 Overall Borough Teams who receive the top final respective positions will be awarded medals (refer to TRA 9 for more details on scoring) and a trophy for the winning team.