



Adult Open Competition 2025 Double Mini Trampoline **(DMT) Handbook**

Entry Instructions

All entries for this competition are made via our website: www.react-club.com. You can find the entry form under the 'competition registration' tab. An online handbook for all disciplines can also be found on our website under this tab.

Categories – Ability Levels

Introductory

For beginners who are capable of performing a combined exercise of difficulty between 0.2 and 0.4. Working at Club 1 level.

Novice

For competitors who are capable of performing a combined exercise of difficulty between 0.6 and 1.1. Working at Club 2 level.

Intermediate

For experienced competitors who are capable of performing a combined exercise of difficulty between 1.7 and 2.8. Working at Regional 1 level.

Pro

For experienced competitors who are capable of performing a combined exercise of difficulty between 2.4 and 4.8. Working at Regional level 2.

Open

For experienced competitors who are working at Regional level 3/4, or above.

Categories - Age Bands

Each category shall be further subdivided into the following age bands:

18 and over 30 and over 45 and over

Competitors are required to enter the correct level according to their age and ability level.

Age Bonus

All competitors will be given a bonus of 0.1 per two years above the base year of the age group. A competitors' age will be calculated as the age reached in the year of the competition. The age bonus will be added to the total score.

Please note: 18, 19 & 20 year olds will not receive any age bonus.

Over 18

Age	18-21	22-23	24-25	26-27	28-29
Age bonus	0	0.1	0.2	0.3	0.4

Over 30

Age	30-31	32-33	34-35	36-37	38-39	40-41	42-43	44
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7

Over 45

Age	45-46	47-48	49-50	51-52	53-54	55-56	57-58	59-60	61-62	62-63	64-65	66-67	68-69	70-71
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3

Age	68-69	70-71	73-73	74-75	76-77	78-79
Age bonus	1.4	1.5	1.6	1.7	1.8	1.9

Exercise Requirements

Each competitor will complete 4 passes:

Introductory & Novice-

- X4 compulsory exercises

Intermediate, Pro & Open-

- X2 compulsory exercises
- X2 voluntary exercises

If the minimum difficulty isn't met in the voluntary exercise (excluding Introductory), a penalty of 2.0 will be applied for not meeting the requirements. If the maximum difficulty is exceeded in the voluntary exercise, the difficulty applied to the competitor's score will be capped at the maximum for the category.

Introductory:

Competitors must compete all of the following passes in order.

Compulsory Round 1					Compulsory Round 2				
	Mount	Spotter	Dismount	DD		Mount	Spotter	Dismount	DD
1	-	Tuck Jump	Straddle Jump	0.0	1	Tuck Jump	-	Pike Jump	0.0
2	-	Straddle Jump	½ Twist Jump	0.2	2	-	1/1 Twist Jump	Tuck Jump	0.4
Combined round DD				0.2	Combined round DD				0.4

Novice:

Competitors must compete all of the following passes in order.

Compulsory Round 1					Compulsory Round 2				
	Mount	Spotter	Dismount	DD		Mount	Spotter	Dismount	DD
1	Tuck Jump	-	1/1 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
Combined round DD				0.6	Combined round DD				1.1

Intermediate:

Compulsory Round 1					Optional Round 2	
	Mount	Spotter	Dismount	DD		
1	Tuck Jump	-	Barani (T)	0.7	Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Exercises and skills cannot be repeated from the compulsory round exercises, unless in different place on the DMT. Repeat exercises or skills will result in a loss of DD for that skill or exercise.	
2	-	Back S/S (T)	Front S/S (T)	1.0		
Combined round DD				1.7	Minimum Combined Round DD	1.7
					Maximum Element DD (Cap)	0.7

Pro:

Compulsory Round 1					Optional Round 2	
	Mount	Spotter	Dismount	DD		
1	Barani (T)	-	Back S/S (T)	1.2	Gymnasts will perform 2 voluntary exercises of their choice which must equal or exceed the minimum combined round DD shown below. Exercises and skills cannot be repeated from the compulsory round exercises, unless in different place on the DMT. Repeat exercises or skills will result in a loss of DD for that skill or exercise.	
2	-	Back S/S (T)	Barani (P)	1.2		
Combined round DD				2.4	Minimum Combined Round DD	2.4
					Maximum Element DD (Cap)	1.2

Open:

Gymnasts will perform 4 passes of their choice which must equal or exceed the minimum combined round DD shown below.

Exercises and skills cannot be repeated, unless in a different place on the DMT. Repeat of exercises or skills will result in a loss of DD for that skill or exercise.

Minimum Combined Round DD 2.9

Teams

Team rules be as per below:

1. A minimum of three gymnasts and maximum of four gymnasts per team
2. All gymnasts within the team must be members of the same club
3. Teams may comprise of members of mixed gender
4. All gymnasts within the team must be entered in the same category

Competition and Technical Rules

Shall be per the FIG Code of Points, except where varied in this document. Median deduction scoring may not be used.