



Cardiff Open and Welsh Open Trampoline/Tumbling/DMT Championships 2025 Directives

Date: 20th and 21st September 2025

Venue: Sport Wales National Centre, CARDIFF CF11 9SW

We are pleased to invite all clubs along to compete at our TRA/TUM/DMT open Championships 2025.

This will be the second year we are holding all bounce discipline together at the same time. Last years pilot was a huge success and it was lovely to see all disciplines working together, enjoying our sport.

Eligibility/Insurance:

- This event includes a Guest-open opportunity for those who are not Welsh Gymnastics members. Entries may be submitted from any Region or Federation for the Open competition.
- All Welsh gymnasts who compete across the weekend will be eligible to compete for Welsh Championships titles, they can also medal in the Open competition. If there are no Open competitors in any age/category, only the closed competition will be presented.
- For those who are not members of Welsh Gymnastics but would like to apply for eligibility, please follow this link and send into performance@welshgymnastics.org
For further details regarding consideration for the Closed competition please click [here](#)
- The host Federation (Welsh Gymnastics) and organising committee will not be held responsible for any liabilities in the case of accidents, illness, repatriation and the like. All participating clubs and federations participating are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and repatriation for all the members of their delegation. The organisers of the competition will verify the insurance upon definitive entry and/or arrival of the delegation (i.e. Cover note or photocopy of the insurance policy, or British Gymnastics membership numbers). Delegations with insufficient insurance will not be allowed to compete.
- For all entries membership requirements must be Silver.

ENTRY

Entries can be done via the clubs Sport80 system. Entries will open: July 9th and close: 11th August 2025.

Sport80: <https://welshgymnastics.sport80.com/public/wizard/e/415>

Entry cost

£28 per person per discipline for Cardiff Open

£60 per person per discipline for Welsh Championships

£45 per synchro pair

Late entry fees:

Competition information including judging requirements and late fee information can be found in our Generic Competition handbook, which can be found in the resources section of the Welsh Gymnastics website. Also all relevant policies and procedure can be found within the resources and policies section of the website.

Code of Conduct:

Gymnasts: [Codes-of-Conduct-for-Gymnasts-Version-1-021023.pdf \(welshgymnastics.org\)](#)

Coaches/Officials: [Codes-of-Conduct-for-Coaches-Version-1-021023.pdf \(welshgymnastics.org\)](#)

Parents: [Codes-of-Conduct-for-Parents-Version-1-021023.pdf \(welshgymnastics.org\)](#)

Coaching requirements

All coaches requiring access to the competition floor and accreditation must be nominated at least 3 weeks prior to the competition date, so all relevant check can be completed. Coaches without the relevant DBS, SPC, membership and qualifications will NOT gain access to the Field of Play.

Judges (all disciplines)

All clubs must supply the following judges ratio's:

1 – 8 gymnasts – 1 judge

9 – 16 – 2 judges (one of which must be a Regional or above)

17 – 25 - 3 judges (two of which must be a Regional or above)

25+ gymnasts – 4 judges, (one of which must be at a National or above)

Where clubs cannot supply a judge a fine of £200 per missing judge will be applied.

Volunteers

No Non-Welsh club will be asked to supply a volunteer. Welsh Gymnastics will supply a volunteer but would also ask that Welsh club supply at least one volunteer to cover one session. Volunteers must have memberships and a current DBS.

Tickets

Tickets will be available to purchase 3 weeks before the competition. Clubs will be given 2 weeks to share details with their members then the tickets will go on general release to the public.

ADULTS - £18

CHILD - £10

U4'S – FREE

PRESENTATION

Medals Ceremonies:

- All ceremonies will have a march-on of all competing gymnasts in club alphabetical order (for those wanting to stay)

Open and Closed Competition Awards: Welsh Championships

- For the Closed competition we will be presenting Welsh Championship medals to gymnasts placed 1st, 2nd and 3rd, and Welsh Championship rosettes to gymnasts placed 4th, 5th and 6th. Those finishing in 1st overall position will be presented with a Trophy
- For the Open competition (where applicable) we will be presenting large Welsh Gymnastics medals to gymnasts placed 1st, 2nd and 3rd, and Welsh Gymnastics rosettes/ribbons to gymnasts placed 4th, 5th, and 6th.
- If there are only Welsh competitors in a category, then the category event will only be presented as a Closed category.
- There will be recognition for the coach of the Senior winning gymnast in each discipline.
- We will also be presenting to the winner of routine 1 and 2 separately in each discipline and age group. (ie: the highest scoring TUM/TRA/DMT qualifying routine 1 and 2 will be presented with medals)
- For those gymnasts who podium in first position but do not reach the minimum D-score (in Welsh Champs ONLY), only a medals will be awarded

FINALS

For a final to take place there must be 8 or more in a qualifying round. For those categories with less than 8 the competition will be a straight final, and podium places will be determined after the qualifying round.

- All finals will be ZERO start and gymnasts will compete in a random order.
- TRA finals – 1 x routine
- DMT – final 1, then the top 4 in reverse order compete in final 2
- TUM – final 1, then the top 4 in reverse order compete in final 2

All disciplines - All final routine composition will take the same format as BG Championships rules:

Special Awards: - TRA ONLY

- Welsh gymnasts competing in the Trampoline Disability Elite and F.I.G. categories will be eligible for the following awards:
 - A trophy will be awarded for highest execution score (HD, D score, ToF excluded) across a single routine.
 - The Chris Fordham Cup will be awarded for highest overall score (set+vol+final).
 - The score will not include any difficulty score from the first routine.

In the event of a tie for either or both of these two Cups, the performers will share the trophy over the year, to be handed back at the next Welsh Open. This will need to be arranged between the performers.

- Welsh gymnasts competing in DMT F.I.G. Cymru/Wales categories will be eligible for the following award:
 - The DMT Shield will be awarded for the highest overall score (across 4 passes)
 - The score will include only difficulty.

EQUIPMENT

- It is the responsibility of every performer's coach and team manager to ensure the performer is able to use the equipment provided to a safe standard.
- Each individual must nominate and be accompanied by a coach qualified to the level of their competition performance.
- Biscuit Matting will be used during the weekend.

Trampoline

- Trampolines for FIG, Performance, Disability Elite & Synchro Level 2 groups will be 4x4mm Ultimate beds;
- Trampolines for Intermediate, Entry, Disability Novice & Synchro Level 1 will be 6x4mm beds.
- Euro Tamp Time of flight machines will be in use.

DMT

- 6mm DMT.
- Welsh Gymnastics landing module or other FIG spec DMT Landing Area
- For Perfformiad/Performance and Mynediad/Entry Finals only, a 400 x 200 x 10 cm 'stinger' mat marked with the appropriate 250 x 100 'red' zone mat must be used.

TUMBLE TRACK

We will be using a Skakoon 25m track

TRANSGENDER POLICY

We will be following the British Gymnastics 'Policy For The Participation Of Trans People In Gymnastics Competition', which can be found [here](#). Section 7 is the part most useful in this document for this event.

DISABILITY CLARIFICATION

Each disability level has two categories according to the nature of the gymnast's permanent disability:

- Category 1 – Learning Disabilities
- Category 2 – Physical or Sensory Disabilities

Please see the British Gymnastics website for guidance on qualifying conditions [here](#).

PHOTOGRAPHY POLICY

When taking photos or videos can we ask that everyone is mindful of the BG photography policy, and only photo or video your own gymnasts, please also be mindful when posting photos on social media. If you have gymnasts that can't be photographed, please let us know on the competition day and we will ensure they are given a wrist band.

[file \(british-gymnastics.org\)](https://www.british-gymnastics.org)

TUMBLING

- Efydd (BRONZE) – Entry level
- Efydd (BRONZE) – ADVANCED Level (to be circulated separately)
- Arian (SILVER) – Intermediate
- Aur – (GOLD) – Performance
- Platinwm (PLATINUM) – FIG/High Performance

Using the current British RCC and club series work -

<https://s3.amazonaws.com/a.storyblok.com/f/83342/x/3fadd840dc/tum-technical-requirements-regional-pathway.pdf>

CARDIFF OPEN - TUMBLING

Efydd/BRONZE Entry Level

Regional Challenge Cup Level 1									
Age Groups - YRS	Exercise 1		D	Exercise 2		D	Exercise 3		
	1	Round Off	0.1	1	Round Off	0.1	A voluntary routine of 6 moves – marked out of 10, using FIG values. You can re-use a dismount with no penalty		
	2	Flic	0.1	2	Flic	0.1			
	3	Flic	0.1	3	Whip	0.2			
	4	Flic	0.1	4	Flic	0.1			
	5	Flic	0.1	5	Flic	0.1			
	6	Back s/s (P)	0.6	6	Back s/s (T)	0.5			
			1.1			1.1			

Arian/SILVER – Intermediate

Regional Challenge Cup Level 2									
Age Groups - YRS	Exercise 1		D	Exercise 2		D	Exercise 3		D
	1	Round Off	0.1	1	Round Off	0.1	A voluntary routine of 8 moves – marked out of 10, using FIG values. You can re-use a dismount with no penalty		
	2	Flic	0.1	2	Flic	0.1			
	3	Flic	0.1	3	Whip	0.2			
	4	Flic	0.1	4	Flic	0.1			
	5	Flic	0.1	5	Flic	0.1			
	6	Flic	0.1	6	Flic	0.1			
	7	Flic	0.1	7	Flic	0.1			
	8	Back s/s (S)	0.6	8	Back s/s (T)	0.5			
			1.3			1.3			1.1

WELSH TUMBLING CHAMPIONSHIPS 2025

Aur/GOLD – Performance

Regional Challenge Cup Level 3									
Age Groups - YRS	Exercise 1		D		Exercise 2		D		Exercise 3
9-10 11-12 13-14 15+	1	Round Off	0.1		1	Round Off	0.1		A voluntary routine of 8 moves – marked out of 10, using FIG values. You can re-use a dismount with no penalty
	2	Whip	0.2		2	Whip	0.2		
	3	Flic	0.1		3	Whip	0.2		
	4	Flic	0.1		4	Flic	0.1		
	5	Whip	0.2		5	Flic	0.1		
	6	Flic	0.1		6	Flic	0.1		
	7	Flic	0.1		7	Flic	0.1		
	8	Back s/s (S)	0.6		8	Full Twisting Back s/s	0.9		
			1.5					1.8	1.5/1.3

Platinwm/PLATINUM – FIG/High Performance

<https://s3.amazonaws.com/a.storyblok.com/f/83342/x/0f96801366/tum-technical-requirements-fig-pathway.pdf>

AGE GROUPS (separate competitions for M/F)

- 9 -10 years
- 11 – 12 years
- 13 – 14 years
- 15 – 16 years
- 17 – 21 years
- Senior

COMPEITION D SCORES REQUIREMENTS

D score MALE	D score FEMALE
4.4*	4.4*
4.0	4.0
5.4	5.4
6.9	6.5
7.4	7.0
9.6	7.5

*bonus for whips already built into D-score

MINIMUM AGE REQUIREMENTS

Competitors must be nine in the year to compete at Welsh Championships as per British Gymnastics Rules regarding competitions leading to National Titles.

i.e. birth date on or before 31/12/2025

SPECIAL AWARDS

Execution Award (Welsh Gymnasts only)

This award will be given to the Senior gymnast male or female with the highest overall execution score taken from the first two qualifying rounds (where a final is competing these executions scores will not count towards the award)

Difficulty Award (any competing gymnast)

This award will be given to the Senior gymnast male or female with the highest overall difficulty score taken from the first two qualifying rounds (where a final is competed these difficulty scores will not count towards the award)

INDIVIDUAL TRAMPOLINE ROUTINES

Details for all Trampoline routines:

Microsoft Word - TRA Competition Handbook 2025 Version 7