

Dear Trampoline Friends,

In this document you will find the key information about the TRA U21 category at the 2026 ECh

**New to the European Championships:**

U21 Individual Competition - Trampoline

U21 Mixed Synchro - Trampoline

**U21 Individual Competition key information:**

- Trampoline competition only
- Limited to 2 athletes per gender per National Federation
- U21 athletes are in addition to those in the Junior and Senior teams
- FIG AG3 (17-21) rules and ages are applicable
- 17+ athletes may compete in one trampoline category: U21 or Senior (not both)
- Athletes in the U21 category may only compete in mixed Synchro and are not eligible to compete in the Senior SYN event.
- It is possible to compete in TRA U21 and Senior in TUM and/or Senior DMT.
- There is no requirement for an additional TRA judge if the NF is competing in TRA U21

**Mixed Synchro Competition key information:**

- Must be made up only of athletes competing in the U21 Individual competition
- 2 pairs per National Federation in qualifications and 1 pair per National Federation in finals

**Participation numbers in TRA competition:**

Trampoline	IND Male	IND Female	SYN Male	SYN Female	SYN Mixed	Team Male	Team Female
Junior	4	4	2 pairs	2 pairs	0	1	1
U21	2	2	0	0	2 pairs	0	0
Senior	4	4	2 pairs	2 pairs	0	1	1
Total	10	10	10 pairs			4 teams	