



Trampoline Gymnastics

2025 TG CANADIAN PATHWAYS

December 11, 2024

Changes – [November 26nd 2024](#), [December 6th 2024](#)



TABLE OF CONTENTS

1.0 INTRODUCTION	3
2.0 MOBILITY	3
2.1 MOBILITY OPPORTUNITIES.....	3
2.2 MOBILITY SCORES	4
3.0 COMPETITION ELIGIBILITY	5
3.1 PROVINCIAL CHAMPIONSHIPS.....	5
3.2 OUT OF PROVINCE CUPS.....	5
3.3 ELITE CANADA	5
3.4 CANADIAN CHAMPIONSHIPS	5
3.5 INTERNATIONAL COMPETITIONS.....	5
4.0 GENERAL RULES FOR ALL EVENTS	6
5.0 COMPETITION FORMAT	6
6.0 INDIVIDUAL TRAMPOLINE (TRI)	8
6.1 GENERAL TRI RULES.....	8
6.2 TRI LEVEL REQUIREMENTS	9
7.0 SYNCHRONIZED TRAMPOLINE (TRS).....	11
7.1 TRS LEVEL REQUIREMENTS.....	12
8.0 TUMBLING (TUM)	13
8.1 TUM GENERAL RULES.....	13
8.2 TUM LEVEL REQUIREMENTS	14
9.0 DOUBLE MINI TRAMPOLINE (DMT)	17
9.1 DMT GENERAL RULES	17
9.2 DMT LEVEL REQUIREMENTS	18



1.0 INTRODUCTION

The TG Canadian Pathways are designed to help athletes progress in all TG disciplines: Trampoline, Synchronized Trampoline, Tumbling and Double Mini Trampoline.

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2.0 MOBILITY

Any athlete may enter the sport in levels 1-4. In order to register in a higher category, athletes must meet a mobility standard in the previous category. Once an athlete has competed in a level they ordinarily may not move down to a lower level. Petitions to enter the sport at a higher level or to move to a lower level must be made to GymCan via the athlete's Provincial TG Technical Committee.

2.1 MOBILITY OPPORTUNITIES

Athletes may mobilize at the following competitions, with Level 4 athletes being limited to the first 5 competitions they participate in each season.

Competition	Level 4	Level 5	Levels 6, 7, Junior, Senior
Provincial Cups (maximum 3)	✓	✓	✓
Provincial Championships	✓	✓	✓
Out-of-Province Cups (maximum 1)	✓	✓	✓
Western or Eastern Canadian Championships	✓		
Elite Canada		✓	✓
Canadian Championships		✓	✓
Third Canadian Trials (Virtual)			✓
International Events Recognized by GymCan		✓	✓

Provinces are responsible for providing GymCan with the list of athletes who have met mobility after each Provincial Cup. Not providing this information to GymCan will render the athlete not eligible to compete in the new category.

2.2 MOBILITY SCORES

The mobility requirements are detailed in the charts below, but may consist of a total score, a difficulty standard, and/or required skills. All of the mobility requirements for a level must be met at the same time. If any rules are changed or not followed, mobility will not be granted.

			TRI				
From Level	To Level	Based On	Women		Men		Requirement
			Score	DD	Score	DD	
4	5	Prelim (including bonus)	89.6	7.7	89.6	7.7	Double Salto
5	Junior or 6	Prelim	85.8	9.2	87.2	10.1	–
Junior	6	By Age (17+)	–	–	–	–	–
Junior or 6	7	2 nd Voluntary or Final	49.0	10.8	51.0	12.3	–
Junior	Senior	2 nd Voluntary or Final	50.9	12.7	53.7	14.5	–
7	Senior	Any Routine					–

Athletes in Level 7 in 2024 will automatically be registered in Level 6 in 2025. Athletes who achieve the following mobility score at any mobility opportunity in 2024 may instead register in the new 2025 Level 7.

			Women				Men		
From Level	To Level	Based On	Score	DD	Score	DD	Requirement		
Junior or 7 (2024)	7 (2025)	Any Voluntary Routine	48.7	10.3	50.6	11.9	–		

			TUM				
From Level	To Level	Based On	Women		Men		Requirement
			Score	DD	Score	DD	
4	5	Prelim	34.9	2.1	34.9	2.1	Skill of 1.1 DD+
5	Junior or 6	Prelim	39.2	6.0	41.0	7.8	Skill of 2.0 DD+
Junior	6	By Age (17+)	–	–	–	–	–
Junior or 6	Senior	Prelim	41.6	7.2	43.6	10.6	Double Salto in each Prelim Pass

			DMT				
From Level	To Level	Based On	Women		Men		Requirement
			Score	DD	Score	DD	
4	5	Prelim + Final	82.3	9.1	82.3	9.1	Double Salto
5	Junior or 6	Prelim or Final	43.8	7.0	45.6	8.8	–
Junior	6	By Age (17+)	–	–	–	–	–
Junior or 6	Senior	Prelim or Final	46.4	9.6	50.4	13.6	–

3.0 COMPETITION ELIGIBILITY

3.1 PROVINCIAL CHAMPIONSHIPS

- Provinces may set qualification scores as desired

3.2 OUT OF PROVINCE CUPS

- Athletes must inform PTO's before attending any out-of-province cups and declare whether it will be the one counting for mobility.
 - Host provinces must send results of visiting athletes directly to GymCan.

3.3 ELITE CANADA

- Athletes must have met mobility for the category they wish to compete in.

3.4 CANADIAN CHAMPIONSHIPS

- Level 5 athletes (or TRS pairs) must hit the Canadian Championships qualification score in the preliminary round in Level 5 **within the competition season. The standard must be met with the minimum DD of L5.** These events must use the 2025-2028 Code of Points.

	TRI	TRS	TUM	DMT
Level 5	81.9	38.4	34.9	40.8

- Level 6, 7, Junior, and Senior athletes must have met mobility (score and DD) for the category they wish to compete in **within the competition season.** These events must use the 2025-2028 Code of Points.
- For TRS, where there is no mobility, pairs must hit the following scores (with minimum difficulty or more).

	Women	Men	Mixed
Level 6	40.3	41.0	–
Senior	42.5	44.3	42.5

- National Team members can also submit petitions directly to GymCan.
- Provinces may not set additional qualification scores to attend Canadian Championships, but may set additional scores to receive provincial funding as desired.

3.5 INTERNATIONAL COMPETITIONS

- FIG sanctioned events may only be attended by National Team members. See the National Team Selection Procedure for details how to qualify.
- GymCan may identify one international age group event per year for selected Age Group athletes.
- Travel sanction to all other competitions will be managed by the provinces, but GymCan recommends the following standards:
 - Athletes should be competing at National level competitions as well.
 - Athletes should have competed domestically in at least level 3 to attend events in the USA or level 5 to attend events in other countries.

4.0 GENERAL RULES FOR ALL EVENTS

- The Canadian Pathways only lists additional rules or deviations from the FIG Code of Points. For complete rules this document should be read in conjunction with the FIG Code of Points and the Canadian Competition Regulations.
- Canadian tie breaking rules are published in the Canadian Competition Regulations, but provinces can add additional tie breaking rules for Levels 1-4 if desired.
- Age splits for Level 1-7 may be set by the provinces based on registration numbers. Age splits for National events will use the values in the charts below, and will be updated every year based on registration numbers from the previous season.
- Age is determined by the participant's age as of December 31 of the competition year.
- Canadian bonus values must be entered in a separate field, while FIG bonus values are combined with DD. Elements must receive DD (not be a repetition) to be eligible for a bonus.
- The penalty for a missing requirement is 2.0 per missed requirement (taken by the DD judges). Requirements may be combined into one element where applicable.
- Minimum DD Penalties
 - Minimum DD is expected to be adhered to in Levels 1-4, although no penalty will be applied if it is not met.
 - There will be a penalty for Levels 5, 6, 7, Junior, and Senior for failing to meet minimum DD in a complete routine/pass. This penalty will be 0.1 per 0.1 below minimum DD, applied by the DD judges. On DMT/TUM, this penalty will be a maximum of 1.0, but on TRI/TRS there will be no maximum penalty.

5.0 COMPETITION FORMAT

Competitions will consist of the following routines in the preliminary and final rounds. Provinces may decide to hold finals at Provincial Cups and Provincial Championships as noted.

TRI

Level	Round	Provincial Cups	Provincial Championships	National Events
1, 2, 3, 4	Preliminary	Compulsory + Voluntary	Compulsory + Voluntary	–
	Final	Voluntary (may be omitted)	Voluntary (recommended)	–
5	Preliminary	Voluntary 1 + Voluntary 2	Voluntary 1 + Voluntary 2	Voluntary 1 + Voluntary 2
	Final	Voluntary (may be omitted)	Voluntary (recommended)	Voluntary
6, Junior	Preliminary	Voluntary 1 + Voluntary 2	Voluntary 1 + Voluntary 2	Voluntary 1 + Voluntary 2
	Final	Voluntary (recommended)	Voluntary (recommended)	Voluntary
7, Senior	Preliminary	Best of 2 Voluntaries	Best of 2 Voluntaries	Best of 2 Voluntaries
	Final	Voluntary (recommended)	Voluntary (recommended)	Voluntary

TRS

Level	Round	Provincial Cups	Provincial Championships	National Events
1, 2, 3, 4	Preliminary	–	–	–
	Final	Voluntary	Voluntary	–
5	Preliminary	Voluntary	Voluntary	Voluntary
	Final	Voluntary (may be omitted)	Voluntary (recommended)	Voluntary
6	Preliminary	Voluntary	Voluntary	Voluntary
	Final	Voluntary (recommended)	Voluntary (recommended)	Voluntary
Senior	Preliminary	Best of 2 Voluntaries	Best of 2 Voluntaries	Best of 2 Voluntaries
	Final	Voluntary (recommended)	Voluntary (recommended)	Voluntary

TUM

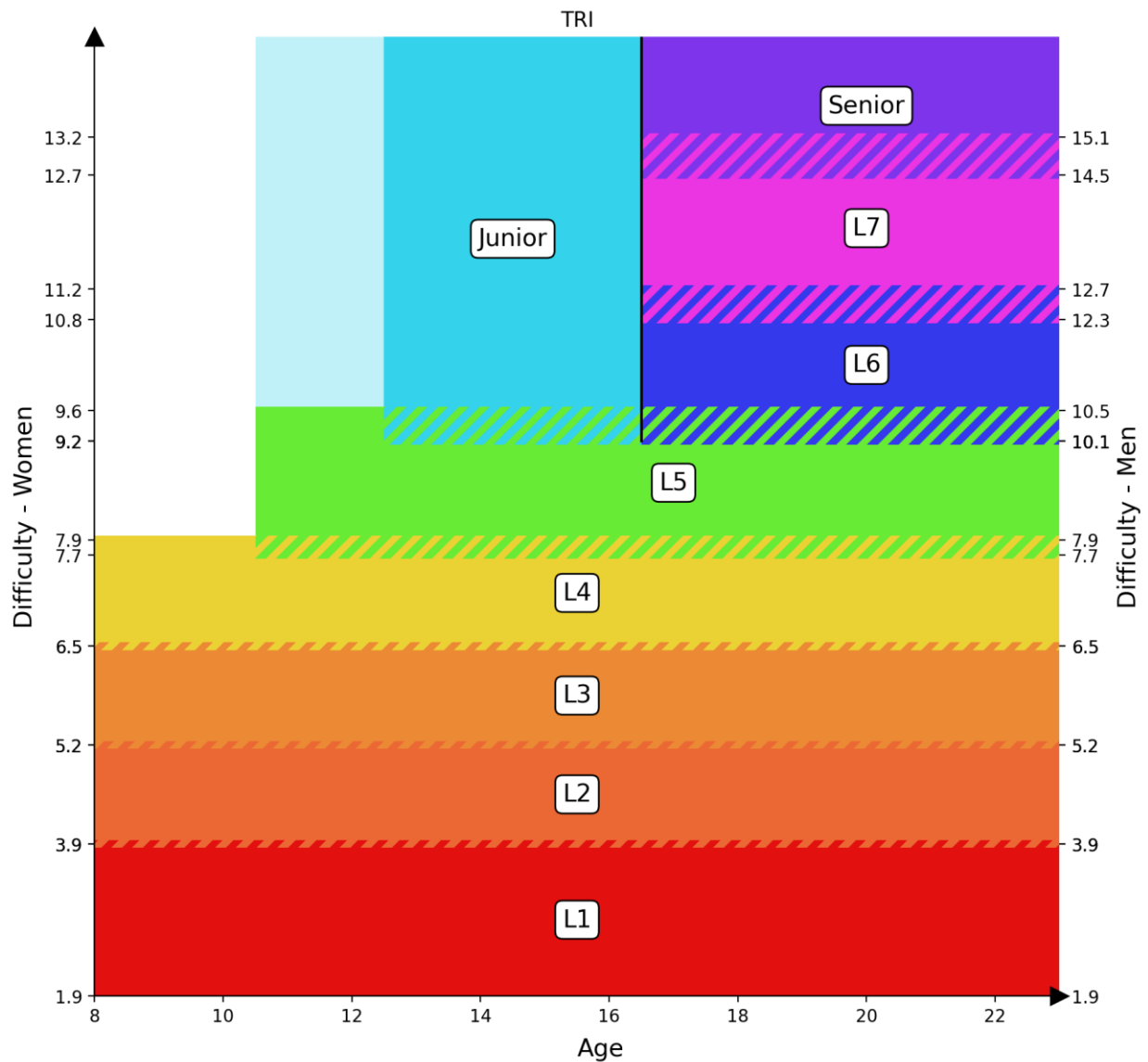
Level	Round	Provincial Cups	Provincial Championships	National Events
1, 2	Preliminary	Compulsory (5) + Voluntary (5)	Compulsory (5) + Voluntary (5)	–
	Final	Voluntary (5) (may be omitted)	Voluntary (5)	–
3, 4	Preliminary	Compulsory (8) + 2 Voluntaries (8+3)	Compulsory (8) + Voluntary 1 (8)	–
	Final	–	2 Voluntaries (8+3)	–
5	Preliminary	2 Voluntaries (8+8)	2 Voluntaries (8+8)	2 Voluntaries (8+8)
	Final	2 Voluntaries (8+3)	2 Voluntaries (8+3)	2 Voluntaries (8+8)
Junior, 6, Senior	Preliminary	2 Voluntaries (8+8)	2 Voluntaries (8+8)	2 Voluntaries (8+8)
	Final	2 Voluntaries (8+8)	2 Voluntaries (8+8)	2 Voluntaries (8+8)

DMT

Level	Round	Provincial Cups	Provincial Championships	National Events
1, 2, 3	Preliminary	2 Passes	2 Passes	–
	Final	2 Passes (may be omitted)	2 Passes	–
4, 5, Junior, 6, Senior	Preliminary	2 Passes	2 Passes	2 Passes
	Final	2 Passes	2 Passes	2 Passes

6.0 INDIVIDUAL TRAMPOLINE (TRI)

The general level structure for Individual Trampoline (TRI) is shown below



6.1 GENERAL TRI RULES

- Levels 1-4 have compulsory first routines, which must be performed as written. No DD will be given for these routines, and they will be considered interrupted if a different skill is performed.
- Time of Flight (TOF) is part of all score calculations.
 - Provinces may elect to reduce or eliminate TOF for levels 1-3 to compensate for large age ranges, however GymCan recommends instead to keep TOF as is and instead split the levels by age.



6.2 TRI LEVEL REQUIREMENTS

	Level 1	Level 2	Level 3	Level 4
Age Range	8+	8+	8+	8+
Preliminary Routine 1 (Compulsory)	4 – o Back Tuck	4 – / Back Straight	4 1 / Barani Straight	-- o Tuck Jump
	-- o Tuck Jump	4 – o Back Tuck	4 – < Back Pike	3 – / ¾ Back Straight
	-- L Seat Drop	4 1 o Barani Tuck	4 – / Back Straight	5 – o Cody Tuck
	- 1 L ½ Twist To Seat	-- o Tuck Jump	-- o Tuck Jump	4 – o Back Tuck
	- 1 ↑ ½ Twist To Feet	4 1 < Barani Pike	4 1 o Barani Tuck	4 1 < Barani Pike
	-- < Pike Jump	4 – < Back Pike	4 – o Back Tuck	4 – < Back Pike
	1 – F Front Drop	-- L Seat Drop	4 1 < Barani Pike	4 – / Back Straight
	1 – ↑ To Feet	- 1 ↑ ½ Twist To Feet	-- < Pike Jump	4 1 / Barani Straight
	-- v Pike Straddle Jump	-- < Pike Jump	3 – / ¾ Front Straight	4 2 Back Full
	4 – < Front Pike	4 1 / Barani Straight	5 1 o Barani Ballout Tuck	4 3 Rudi
	OR OR			
	4 1 o Barani Tuck			
Preliminary Routine 2 and Final Routine	Voluntary routine of 10 elements Bonus equal to the DD			
DD Range	1.9 – 3.9	3.9 – 5.2	5.2 – 6.5	6.5 – 7.9

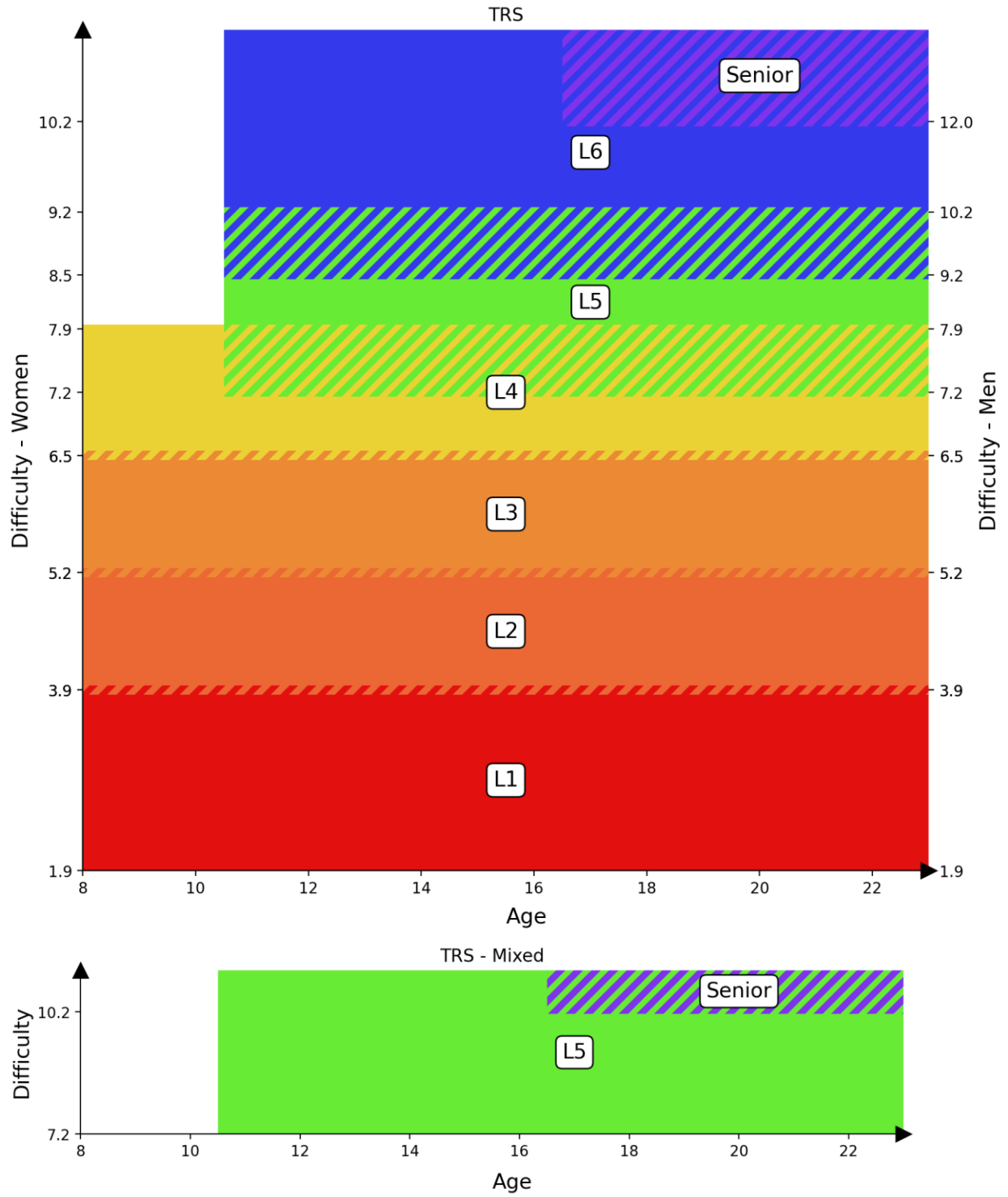


		Level 5	Junior	Level 6
Age Range		11+	11–16 (Recommended 13-16)	17+
National Event Age Split		14U, 15-16, 17+	–	–
Preliminary Routine 1		Voluntary routine of 10 elements with requirements These requirements must be performed as separate elements. <ul style="list-style-type: none"> • 9 elements must contain at least 270° somersault • One element landing on the front or back • One element from the front or back • One double somersault • One element with minimum 540° twist and maximum 450° somersault No DD will be given		
Preliminary Routine 2		Voluntary routine of 10 elements with requirements: <ul style="list-style-type: none"> • One element with at least 720° somersault 	Voluntary routine of 10 elements	Voluntary routine of 10 elements
Final Routine		Voluntary routine of 10 elements		
DD Range	Women	7.7 – 9.6	9.2+	9.2 – 11.2
	Men	7.7 – 10.5	10.1+	10.1 – 12.7

		Level 7	Senior
Age Range		17+	17+
National Event Age Split		–	–
All Routines		Voluntary routine of 10 elements	
DD Range	Women	10.8 – 13.2	12.7+
	Men	12.3 – 15.1	14.5+

7.0 SYNCHRONIZED TRAMPOLINE (TRS)

The general level structure for Synchronized Trampoline (TRS) is shown below.





7.1 TRS LEVEL REQUIREMENTS

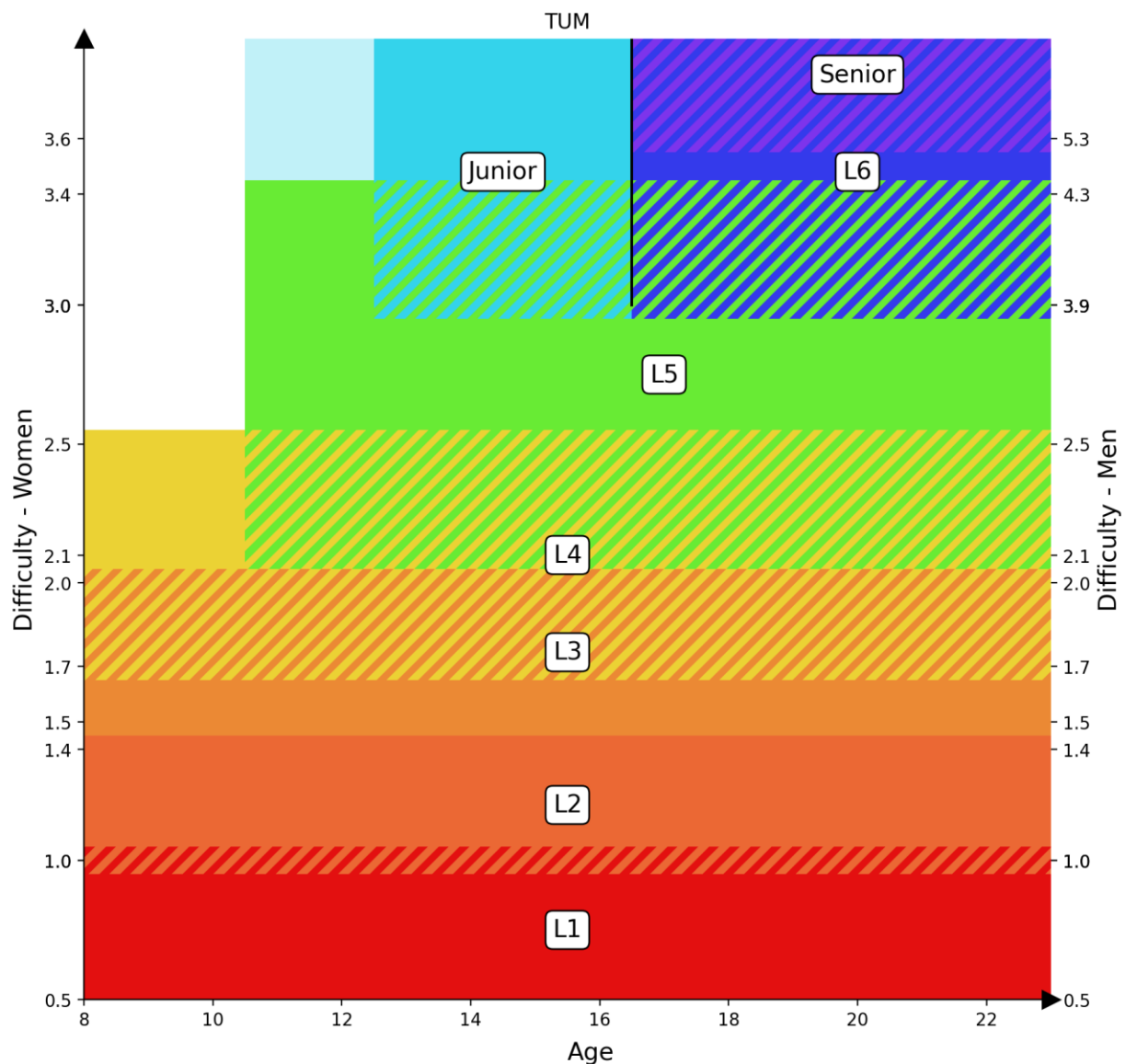
	Level 1	Level 2	Level 3	Level 4
Age Range	8+	8+	8+	8+
All Routines	Voluntary routine of 10 elements Bonus equal to the DD			
DD Range	1.9 – 3.9	3.9 – 5.2	5.2 – 6.5	6.5 – 7.9

	Level 5	Level 6	Senior
Age Range	11+	11+ (Recommended 13+)	17+
National Event Age Split	–	–	–
Eligibility	<ul style="list-style-type: none"> Both athletes must be Level 5 in TRI 	<ul style="list-style-type: none"> At least one athlete must be Level 6, 7, or Junior in TRI The other athlete can be Level 5, 6, 7, or Junior in TRI 	<ul style="list-style-type: none"> Both athletes must be Level 7 or Senior in TRI
All Routines	Voluntary routine of 10 elements		
DD Range	Women 7.2 – 9.2 Men 7.2 – 10.2	8.5+ 9.2+	10.2+ 12.0+

	Mixed Level 5	Mixed Senior
Age Range	11+	17+
National Event Age Split	–	–
Eligibility	<ul style="list-style-type: none"> Neither athlete can be Senior in TRI Neither athlete can compete in any other TRS event 	<ul style="list-style-type: none"> Both athletes must be Senior in TRI Athletes may compete in both Mixed Senior and Senior TRS
All Routines	Voluntary routine of 10 elements	
DD Range	7.2+	10.2+

8.0 TUMBLING (TUM)

The general level structure for Tumbling (TUM) is shown below.



8.1 TUM GENERAL RULES

- Levels 1-4 have compulsory first passes, which must be performed as written. No DD will be given for these routines, and they will be considered interrupted if a different skill is performed.
- In Levels 1-4, the FIG rule that any skill below shoulder height will be considered a whipback (TUM CoP §12.2) will not apply.

8.2 TUM LEVEL REQUIREMENTS

	Level 1	Level 2	Level 3	Level 4
Age Range	8+	8+	8+	8+
Compulsory Pass	(Round off f Spring f Spring f Spring f Spring Requirement: end with a straight jump	(Round off ^ Whip f Spring f Spring – o Back Tuck	(Round off ^ Whip ^ Whip f Spring f Spring f Spring – o Back Tuck	(Round off ^ Whip ^ Whip ^ Whip f Spring f Spring f Spring – / Back Straight
Voluntary Pass 1	Voluntary pass of 5 elements with requirements <ul style="list-style-type: none"> • End with a salto or straight jump • Maximum 1 salto • No twisting skills 	Voluntary pass of 5 elements with requirements <ul style="list-style-type: none"> • Minimum 1 salto • Maximum 2 saltos • Maximum element 0.9 DD • Must end with a salto 	Voluntary pass of 8 elements with requirements <ul style="list-style-type: none"> • Minimum 3 saltos • Maximum 5 saltos • Maximum element 0.9 DD 	Voluntary pass of 8 elements with requirements <ul style="list-style-type: none"> • Minimum 4 saltos • Maximum element 2.0 DD
DD Range	0.5 – 1.0	1.0 – 1.4	1.5 – 2.0	1.7 – 2.5
Voluntary Pass 2	–	–	Voluntary pass of 3 elements with requirements <ul style="list-style-type: none"> • Minimum 1 salto • Maximum element 1.3 DD Repetitions are allowed	Voluntary pass of 3 elements with requirements <ul style="list-style-type: none"> • Minimum 1 salto • Maximum element 2.2 DD
DD Range	–	–	1.1 – 1.5	1.3 – 2.4
Penalties/Bonuses	<ul style="list-style-type: none"> • Bonus 0.5 for ending with a backwards salto For each pass: <ul style="list-style-type: none"> • One-foot landing will be judged as a 0.3 instability, not an interruption • No deduction for landing on the track 	<ul style="list-style-type: none"> • No deduction for landing on the track (each pass) • Bonus 0.3 for competing max DD 	<ul style="list-style-type: none"> • Bonus 0.3 for competing max DD (each pass) 	<ul style="list-style-type: none"> • Bonus 0.3 for competing max DD (each pass)



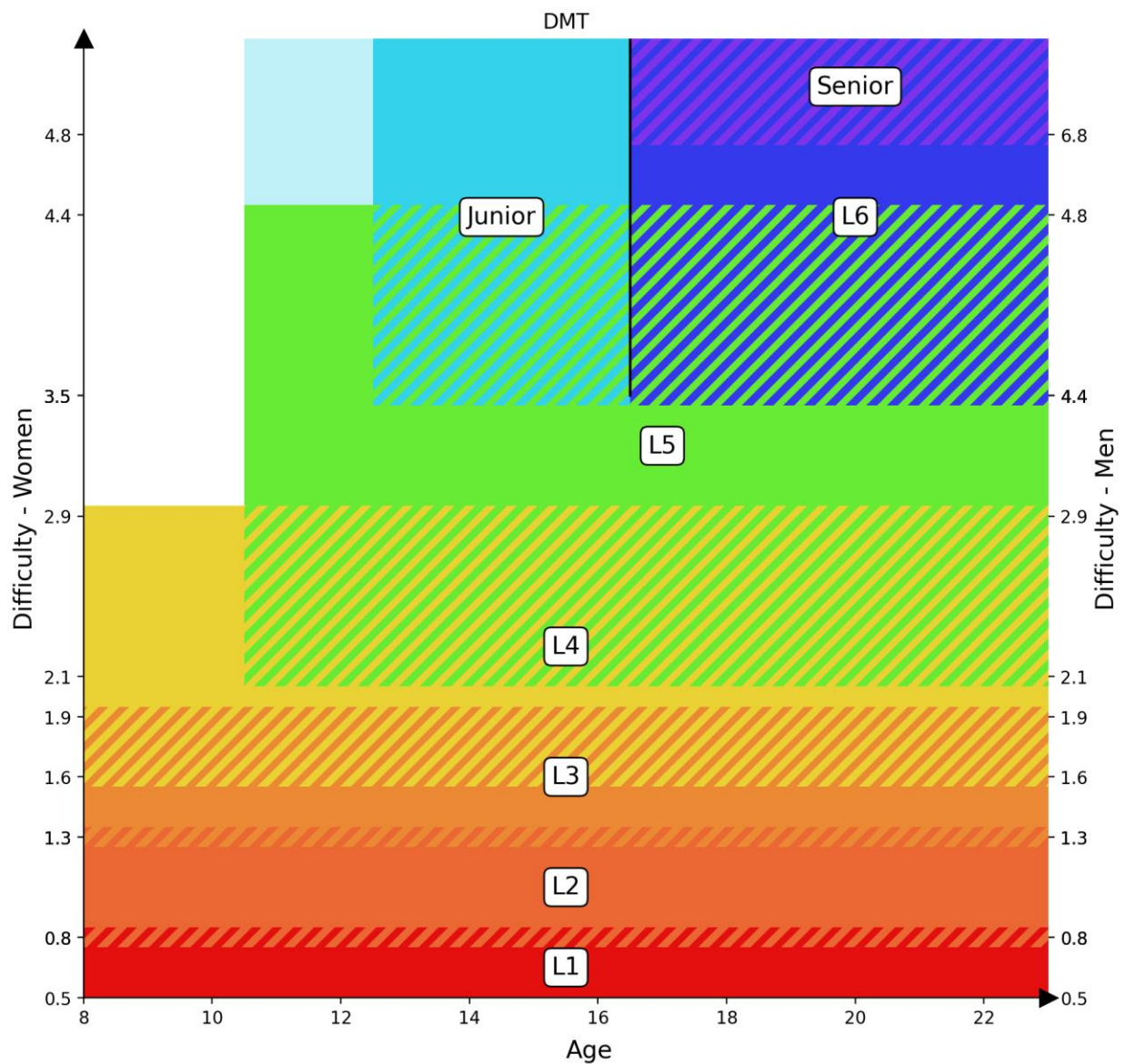
	Level 5 (Provincial Events)	Level 5 (National Events)	Junior
Age Range	11+		11-16 (Recommended 13-16)
National Event Age Split	14U, 15-16, 17+		–
Preliminary – 2 Passes	Voluntary pass of 8 elements with requirements <ul style="list-style-type: none"> • Element with 360° or more twist (one prelim pass) • Element of 1.1 DD+ (one prelim pass) 		Voluntary pass of 8 elements with requirements <ul style="list-style-type: none"> • Element with 360° or more twist (one prelim pass) • Double salto (one prelim pass)
DD Range	Women 2.1 – 3.4 Men 2.1 – 4.3		3.0+ 3.9+
Finals Pass 1	Voluntary pass of 8 elements with requirements <ul style="list-style-type: none"> • Element of 1.1 DD+ (one final pass) 		Voluntary pass of 8 elements
DD Range	Women 2.1 – 3.4 Men 2.1 – 4.3		
Finals Pass 2	Voluntary pass of 3 elements with requirements <ul style="list-style-type: none"> • Element of 1.1 DD+ (one final pass) 	Voluntary pass of 8 elements with requirements <ul style="list-style-type: none"> • Element of 1.1 DD+ (one final pass) 	
DD Range	Women 1.3 – 2.6 Men 1.3 – 2.6	2.1 – 3.4 2.1 – 4.3	3.0+ 3.9+
Bonuses	<ul style="list-style-type: none"> • Bonus 1.0 for a double salto (all four passes) 		<ul style="list-style-type: none"> • Bonus 0.7 for double salto in transition (all four passes) • Women: bonus 0.7 for elements 2.4 DD+ (all four passes) • Max 0.7 Canadian bonus per pass



	Level 6	Senior
Age Range	17+	17+
National Event Age Split	–	–
Preliminary – 2 Passes	Voluntary pass of 8 elements with requirements <ul style="list-style-type: none"> • Element with 360° or more twist (one prelim pass) • Women: double salto (one prelim pass) • Men: double salto (both prelim passes) 	Voluntary pass of 8 elements with requirements <ul style="list-style-type: none"> • Women: double salto • Men: element of 2.4 DD+
DD Range		
Women	3.0+	3.6+
Men	3.9+	5.3+
Finals – 2 Passes	Voluntary pass of 8 elements	Voluntary pass of 8 elements
DD Range		
Women	3.0+	3.6+
Men	3.9+	5.3+
Bonuses	<ul style="list-style-type: none"> • Bonus 0.7 for double salto in transition • Women: bonus 0.7 for elements 2.4 DD+ • Max 0.7 Canadian bonus per pass 	Women: <ul style="list-style-type: none"> • Bonus 0.7 for double salto in transition • Women: bonus 0.7 for elements 2.4 DD+ • Max 0.7 Canadian bonus per pass

9.0 DOUBLE MINI TRAMPOLINE (DMT)

The general level structure for Double Mini Trampoline (DMT) is shown below.



9.1 DMT GENERAL RULES

- FIG Repetition rules will only be used for Levels 6, Junior, and Senior. Levels 1-5 will use Zone Repetition rules, previously used in the 2017-2020 FIG Code of Points. The repetition rule sets are listed next to the respective levels for clarity.



9.2 DMT LEVEL REQUIREMENTS

	Level 1	Level 2	Level 3	Level 4
Age Range	8+	8+	8+	8+
Repetition Rules	Zone Repetition	Zone Repetition	Zone Repetition	Zone Repetition
All Passes	Voluntary pass of 2 elements with requirements <ul style="list-style-type: none"> • Element of 0.5 DD+ (each pass) 	Voluntary pass of 2 elements with requirements <ul style="list-style-type: none"> • Element of 0.7 DD+ (each pass) • Two saltos (one prelim and one final pass) 	Voluntary pass of 2 elements with requirements <ul style="list-style-type: none"> • Element of 0.9 DD+ (one prelim and one final pass) • Two saltos or one double (each pass) 	Voluntary pass of 2 elements with requirements <ul style="list-style-type: none"> • Element of 0.9 DD+ (each pass) • Two saltos or one double (each pass)
DD Range	0.6 – 0.8	0.8 – 1.3	1.3 – 1.9	1.6 – 2.9
Bonus	–	• Bonus 0.7 for barani mount (each pass)	–	–

		Level 5
Age Range		11+
National Event Age Split		14-, 15-16, 17+
Repetition Rules		Zone Repetition
Preliminary – 2 Passes		Voluntary pass of 2 elements with requirements <ul style="list-style-type: none"> • Element of 2.0 DD+ (one prelim pass) Every element must have at least 360° somersault or will be considered an interruption
Finals – 2 Passes		Voluntary pass of 2 elements with requirements <ul style="list-style-type: none"> • Element of 1.2 DD+ (each pass) Every element must have at least 360° somersault or will be considered an interruption
DD Range	Women	2.1 – 4.4
	Men	2.1 – 4.8

Zone Repetition Rules:

- No skill from any pass (Preliminary and Finals combined) can be repeated in a zone it has already been competed in.
- Skills may be repeated if they are in different zones (mount, spotter, or dismount).



		Junior	Level 6	Senior
Age Range		11–16 (Recommended 13-16)	17+	17+
National Event Age Split		–	–	–
Repetition Rules		FIG Repetition	FIG Repetition	FIG Repetition
All Passes		Voluntary pass of 2 elements with requirements <ul style="list-style-type: none"> • One double salto (each pass) Every element must have at least 360° somersault or will be considered an interruption	Voluntary pass of 2 elements with requirements <ul style="list-style-type: none"> • One double salto (each pass) Every element must have at least 360° somersault or will be considered an interruption	Voluntary pass of 2 elements Every element must have at least 360° somersault or will be considered an interruption
DD Range	Women Men	3.5+ 4.4+	3.5+ 4.4+	4.8+ 6.8+
Bonuses		–	<ul style="list-style-type: none"> • Women: bonus 0.3 for 8–1< mount (each pass) • Women: bonus 0.3 for elements 4.4 DD+ (each element) 	<ul style="list-style-type: none"> • Women: bonus 0.3 for elements 4.4 DD+ or a double with 540° or more twist (max 0.3 bonus per element) • Men: bonus 0.3 for elements 4.8 DD+ (each element)

FIG Repetition Rules:

- In a round (Preliminary or Finals), the same skill cannot be repeated regardless of zone on the DMT (4 unique skills must be competed).
- Skills may be repeated if they are in different rounds.