

TUMBLING GYMNASTICS

2009 - 2012



Update 2010

Contacts for Tumbling



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Tumbling Competition Dates 2010

13th March	Lilleshall	European 1st Controlled Competition
27th March	Lilleshall	European 2nd Controlled Competition
2/3rd May	Andover	The Hampshire Open
15/16th May	Stoke	British NDPs
5th June	Wakefield	The Wakefield Open
24/25th July	N.I.A Birmingham	British Championships
27/28th Nov	Stoke	British Tournament

Competition Pathways for Tumbling Gymnastics.



Tumblers May Enter:

- 1 The NDP Preliminaries and The British Championships provided that they have achieved the required result from either of the progression events
- 2 The Elite Grades and The British Championships provided that they have achieved the required result from either of the progression events
- 3 **They cannot however enter both the NDP Grades and the Elite Grades.**

For 2010 - Tumblers that competed Elite in 2009 may choose to re-enter National Grades if required.

From 2011 - Tumblers wishing to drop back to National Grades from Elite will have to have a one (1) year gap between events.

National Development Plan 2010

Club and Regional Event

Club Grade 'A'	4 age groups	8 in yr	9/10yrs	11/12yrs	13+ yrs
Club Grade 'B'	4 age groups	8 in yr	9/10yrs	11/12yrs	13+ yrs
Club Grade 'C'	3 age groups		8/9/10yrs	11/12yrs	13+yrs
Club Grade 'D'	3 age groups		9/10yrs	11/12yrs	13+ yrs

Competition organisers are free to make use of the set exercises as they wish

Winners do not proceed to a National final.

Regions should make their own decisions for younger age groups.

Regional to National Event

National Grade 1	3 age groups		9/10yrs	11/12yrs	13+ yrs
National Grade 2	3 age groups		9/10yrs	11/12yrs	13+ yrs
National Grade 3	2 age groups			U 13 yrs	13+ yrs

Regional competitions will produce ONE girl and ONE boy from each age group will go to Finals.

At the National final each competitor will perform exercises 1 and 2

The highest scoring 8 in each age group, will then perform exercise 3 All 3 score are totalled to achieve the final result.

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Regional to National Event

Elite Grade 1	2 age groups	9/10yrs	11/12yrs		
Elite Grade 2	3 age groups		10/12yrs	13/14yrs	15+ yrs
Elite Grade 3	3 age groups		10/12yrs	13/14yrs	15+ yrs
Elite Grade 4	3 age groups		11/12yrs	13/14yrs	15+ yrs

Regional competitions will produce In Age and Out of Age tumblers to go to finals. (Please see Elite Process Info)

A score of 70 for three passes in the regional event must be achieved for entry to British final

At the National final each competitor will perform exercises 1 and 2

The highest scoring 8 in each age group, will then perform exercise 3 All 3 score are totalled to achieve the final result.

National Tumbling League

This is a TEAM event but individuals can compete if they can't make up a team.

There are 4 / 5 competitions per year in different parts of the country

This competition incorporates Grade and Age Group Rules therefore is an excellent 'linking' developmental competition.

N.B. All gymnasts can enter the tumbling league regardless of what level they are competing at.

Age in the year of competition.

Springers Competitor	11 and under
Junior Competitors	12/13/14 yrs
Senior Competitors	15+ yrs

2010

Born 2002/01/00/ 99
Born 1998/97/96
Born 1995 >>

2011

Born 2003/02/01/00
Born 1999/98/97
Born 1996 >>

2012

Born 2004/03/02/01
Born 2000/1999/98
Born 1997 >>



TUMBLING GYMNASTICS 2010



ELITE GRADES PROCESS.

The pilot Elite Grade competition was staged in 2009 and was a great success. As stated at the time ‘The committee may introduce regional heats depending on competitor numbers in 2009’

From this competition the following amendments have been made for competition starting in 2010

- From 2010 there will no longer be a direct entry to the national competition.
- Each region will need to add the elite grades to their NDP selection event.
- A score of 70 for three passes must be achieved in regions in order to gain a place at the National finals. (Regardless of whether medals have been awarded at the regional event)

Elite Grades will address two strands, mass participation and elite development, with the Elite grades numbers of gymnasts allowed to represent the region are loaded to favour the grades which will emphasize “IN AGE” development, while still allowing for older gymnasts looking for a more demanding competition the opportunity to qualify to the NDP finals.

2010 onwards

Grade	Age band	No of Female gymnasts qualified/ region	No of male gymnasts qualified/ region	Total
E1	9-10	4	4	8
E1	11-12	1	1	2
E2	10-12	4	4	8
E2	13-14	1	1	2
E2	15+	1	1	2
E3	10-12	4	4	8
E3	13-14	4	4	8
E3	15+	1	1	2
E4	11-12	4	4	8
E4	13-14	4	4	8
E4	15+	1	1	2



TUMBLING GYMNASTICS 2010

BRITISH CHAMPIONSHIPS PROCESS.



- 1) Direct Entry Teams that represented GB at the previous Worlds and W.A.G.s
- 2) Wildcard from National Tumbling Coach (e.g. Because of illness or injury)
- 3) Indirect Entry Successful completion of 2 runs 'in age' at selected events (A. B.) where the top 3 gymnasts per age group will receive medals.

A minimum score must be achieved for each age group in order to gain entry into the British Championships

Age	Minimum Score - Girls	Minimum Score - Boys
9 - 10 yrs	52.2	52.2
11 - 12 yrs	53	53
13 - 14 yrs	54.9	54.9
15 - 16 yrs	55.9	55.9
17+ yrs	56	57.3

- | | | |
|-------------------------------------|---|--|
| <p>A) The Hampshire Open</p> | <p>South East
South West
Southern
East
London</p> | <p>Competition Date
2/3rd May 2010
Andover</p> |
| <p>B) The Wakefield Open</p> | <p>Yorkshire
North West
North East
East Midlands
West Midlands</p> <p>Wales
Northern Ireland
Scotland</p> | <p>Competition Date
5th June 2010
Wakefield</p> <p>Can Choose either competition
depending on location</p> |

N.B. Tumblers may choose to do one or both of the qualification competitions

2 x Voluntaries = Combined score

GB BONUS - 9/10yrs 11/12yrs

At all GB age group competitions a bonus of 0.2 will be added to all Whips and Full Twisting Whips
To encourage the development of runs with multiple whips.

i.e. Whip = 0.5
Full Twisting Whip = 0.9

NDP 7 TUMBLING**2009 - 2012**

Updated Oct 09

CLUB/REGIONAL

Regional Grade A						No National Finals
	1	2	3	4	5	6
Run 1	FORWARD ROLL	STRETCH JUMP	FORWARD ROLL	STAR JUMP	FORWARD ROLL	STRETCH JUMP
Run 2	BACK ROLL (tucked)	1/2 TURN JUMP	FORWARD ROLL	1/2 TURN JUMP	BACK ROLL (tucked)	STRETCH JUMP
Run 3	CHASSEE	CARTWHEEL	CHASSEE	CARTWHEEL	CHASSEE	CARTWHEEL 1/4 turn in 1/4 turn to face starting point of run

Regional Grade B						
	1	2	3	4	5	6
Run 1	STRETCH JUMP TO 1 from stand	CARTWHEEL	CHASSEE	CARTWHEEL	CHASSEE	ROUND OFF May rebound
Run 2	ROUND OFF	1/2 TURN JUMP to 1	CARTWHEEL	CARTWHEEL	CARTWHEEL 1/4 turn in	BACK ROLL (tucked)
Run 3	CARTWHEEL	CHASSEE	ROUND OFF	1/2 TURN JUMP	TUCK JUMP	FORWARD ROLL

Regional Grade C						
	1	2	3	4	5	6
Run 1	STRETCH JUMP TO 1 From standing on reversed springboard	HANDSPRING to 2 feet	STRETCH JUMP TO 1	ROUND OFF Rebound jump to land in puck position - arms forward	Straighten Legs to > brush hands downwards past feet to land on floor before or the same time as bottom	BACK ROLL STRAIGHT LEGS Arms to be lifted with head to finish roll with straight legs
Run 2	SIDE CARTWHEEL	1/2 TURN	SIDE CARTWHEEL alternate leg to first cwl	1/2 TURN	CARTWHEEL	ROUND OFF
Run 3	ROUND OFF	1/2 JUMP TO 1 LEG	CARTWHEEL	CARTWHEEL	ROUND OFF	1/2 TURN JUMP

Regional Grade D						
	1	2	3	4	5	6
Run 1	HANDSPRING to 2 feet	STRETCH JUMP TO 1	ROUND OFF	1/2 TURN JUMP TO 1	ROUND OFF	1/2 TURN JUMP
Run 2	ROUND OFF	1/2 JUMP TO 1 LEG	CARTWHEEL	CARTWHEEL	ROUND OFF	FULL TURN JUMP
Run 3	Stretch Jump to 1	CARTWHEEL	CARTWHEEL	ROUND OFF	1/2 TURN JUMP TO 1	HANDSPRING

NDP 7 TUMBLING

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NATIONAL

National Grade 1 9/10 11/12 13+ Age in the year. 1 Girl / 1Boy in each age group to National Final

	1	2	3	4	5	6
Run 1	ROUND OFF	FLIC	1/2 turn jump to 1	ROUND OFF	FLIC	REBOUND JUMP
Run 2	HANDSPRING to 2	Rebound Jump to 1	ROUND OFF	FLIC	FLIC	1/2 TURN JUMP
Run 3	ROUND OFF	FLIC	FLIC	REBOUND JUMP		

National Grade 2 9/10yrs 11/12yrs 13+ Age in the year.

	1	2	3	4	5	6
Run 1	Tucked FRONT SOMI Two footed landing	Rebound Jump to 1	ROUND OFF	FLIC	FLIC	REBOUND JUMP
Run 2	ROUND OFF	FLIC	FLIC	FLIC	FLIC	1/2 TURN JUMP
Run 3	ROUND OFF	FLIC	Tuck Back Somi			

National Grade 3 Under 13yrs 13+ Age in the year.

	1	2	3	4	5	6
Run 1	TUCK FRONT SOMI Walk out	ROUND OFF	FLIC	FLIC	FLIC	TUCKED BACK SOMI
Run 2	ROUND OFF	FLIC	FLIC	FLIC	FLIC	PIKE BACK SOMI
Run 3	ROUND OFF	FLIC	FLIC	FLIC	FLIC	STRAIGHT BACK SOMI

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ELITE

Elite Grade 1		9/10yrs	11/12yrs	Age in the year.		National Finals 4G / 4B x9/10yrs		1G / 1B x11/12yrs
	1	2	3	4	5	6	7	8
Run 1	ROUND OFF	WHIP	FLIC	FLIC	FLIC	Tuck Back Somi		
Run 2	ROUND OFF	FLIC	FLIC	FLIC	FLIC	FLIC	FLIC	TUCK Back Somi
Run 3	ROUND OFF	FLIC	Straight Back					
Run 3	These 3 set elements are designed for the tumbler to work on the required snap down / height of the last skill					15 metre run up from front of landing area		

Elite Grade 2		10/11/12yrs	13/14yrs	15+yrs	Age in the year.		National Finals 4G / 4B x10/12yrs		1G / 1B x13/14yrs	1G / 1B X15+yrs
	1	2	3	4	5	6	7	8		
Run 1	ROUND OFF	WHIP	WHIP	FLIC	FLIC	Tuck Back (kick Out)				
Run 2	ROUND OFF	FLIC	FLIC	FLIC	FLIC	FLIC	FLIC	PIKE Back Somi		
Run 3	ROUND OFF	FLIC	Straight Back 360 Twist							
Run 3	These 3 set elements are designed for the tumbler to work on the required snap down / height of the last skill					15 metre run up from front of landing area				

Elite Grade 3		10/11/12yrs	13/14yrs	15+yrs	Age in the year.		National Finals 4G / 4B x10/12yrs		4G / 4B x13/14yrs	1G / 1B X15+yrs
	1	2	3	4	5	6	7	8		
Run 1	Baranie	WHIP	FLIC	FLIC	FLIC	Tuck Back (kick out)				
Run 2	ROUND OFF	WHIP	WHIP	FLIC	FLIC	FLIC	FLIC	Straight Back		
Run 3	ROUND OFF	FLIC	Straight Back 720 Twist							
Run 3	These 3 set elements are designed for the tumbler to work on the required snap down / height of the last skill					15 metre run up from front of landing area				

Elite Grade 4		11/12yrs	13/14yrs	15+	Age in the year.		National Finals 4G / 4B x11/12yrs		4G / 4B x13/14yrs	1G / 1B X15+yrs
	1	2	3	4	5	6	7	8		
Run 1	ROUND OFF	WHIP / or 360 WHIP	360 WHIP /or WHIP	WHIP	FLIC	FLIC	FLIC	Straight Back		
Run 2	BARANIE	WHIP	WHIP	WHIP	FLIC	FLIC	FLIC	Straight Back 360 Twist		
Run 3	ROUND OFF	FLIC	Double Back Tuck							
Run 3	These 3 set elements are designed for the tumbler to work on the required snap down / height of the last skill					15 metre run up from front of landing area				

Tumbling Element Guidelines



REBOUND JUMP

This is a controlled stretched movement from the previous element

There should not be a pause it should be a natural rebound with a controlled ending

CHASSE

Is a long, quick linking galloping movement. Arms to side joining legs together in the air

Forward facing chasses at the beginning of run - side facing in the middle of skills

FORWARD ROLL

A stabbing action of the feet is accompanied by a stretched shape, followed by a tucking action when shoulders touch the floor.

BACKWARD ROLL (Tucked)

A quick shape action from two feet, immediate push from the hands finishing with feet together

BACKWARD ROLL (Straight Legs)

A quick shape action from two feet, immediate push from the hands finishing with feet together

After landing previous element in a puck position - Straighten legs into backward roll brushing hands downwards past feet to land on floor before or at the same time as bottom.

Raise arms with head to finishing position

STRETCH JUMP

Stabbing action of the feet

Body tight and straight and tilted slightly forward

Head up throughout

Arms straight and parallel by the ears

If a 1 leg landing is required, stretch shape should be clearly shown first

If shape required (eg Star) - It should be shown at the height of the jump - Legs and arms wide and straight

180 TURN JUMP

Stabbing action of the feet, feet parallel to centre of line at take-off.

Turn should be towards the cartwheel hand. I.e. Children who cartwheel with left hand down first should twist to left and vice-versa.

Body tight and straight and tilted slightly forward

Arms either tucked to the chest or straight overhead

Legs separate after the turn (when next element so requires)

If a 1 leg landing is required, stretch shape 180 turn should be clearly shown first

CARTWHEEL

Body sideways - Arms and legs straight throughout - May start and finish in a range of positions (fwd/bwd/side)

SIDE CARTWHEEL

Body sideways - Arms and legs straight throughout - Must start and finish in side position

360 JUMP

Body vertical and straight

Arms either tucked to the chest or straight overhead

Land on two feet, feet parallel to centre line and legs together

DIVE ROLL

Stabbing action of the feet

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Body straight in first flight phase
Arms straight and parallel above shoulders
Controlled roll to two feet

HANDSPRING

Straight arms and tight body in first phase
Elastic rebound push away through the wrists
Legs come together before vertical is reached and remain together
Legs flex slightly to cushion the landing if it is an end skill. A small rebound jump before the final stationary position is permitted, without deduction.
Some gymnasts may be able to get an instantaneous dive if a roll is required as the next skill. Either is acceptable

ROUND OFF

Controlled hurdle step entry
Arms parallel and straight
Cartwheel phase passing through vertical
Legs come together during turn phase
Good tuck in second phase allows feet to pass under body
Feet land on centre line, with legs straight

FLIC

Arms and legs straight throughout
Arms/Hands shoulder width apart
Hands facing forwards
Feet parallel on the centre line, legs together
Body fully extended. Flicks long and low

WHIP

The whip is a powerful accelerator and emphasis should be on horizontal drive
Ideally, legs and arms should be straight in the 'drive' phase
Salto height is about half the height of the gymnast
Salto length is greater than the height of the gymnast and may be twice his height or more
Feet together and parallel on the centre line
The back will arch but body stays straight until the block of the arms and the piking of the hips commence.

TUCKED BACK SOMERSAULT

Gymnasts should show a 'setting up' phase when the body is extended and vertical
The initial stretch changes to a rapid tight tuck, followed, ideally, by a 'kick-out' phase
salto above head height

FRONT SOMERSAULT

Somersault at least at shoulder height of gymnast
Overhead or Jap arm action is permitted
Tuck somi should be fast with knees to chest, hands to shins momentarily
Pike somi should show minimum angle of 90 between thighs and trunk
Feet should be kept together as long as possible before walk-out
There should be no loss of tempo in the transition to the round-off

SPRINGBOARD

As the international rules permit use of the spring-board for the first element, it is important to teach our young gymnasts the use of the board at an early stage of their development

Club/Regional Grades	Can only be used when stated in set run.
National and Elite Grades	Can be used for somersault elements only

The springboard can be placed on the Run Up or the Track but the landing of the first element must land on the track.

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LANDINGS

If the last skill is a somersault it must take off from the Track and land in the Landing Zone

All other skills can land on the track if the gymnast so wishes

If the gymnast's last skill takes off from the landing zone from their feet the skill will not be counted

I.e. They will have 1.0 deduction for missing skill and tariff deducted for that skill

NDP 7 TUMBLING GYMNASTICS

JUDGING / COACHING SUMMARY



GENERAL

Tumbling - continuous, speedy, rhythmic hands to feet and feet to feet, rotational elements without hesitation or intermediate steps.

- > Controlled, maintaining speed (not slower than run up), lightness, spring, power and good form.
- > Performed down centre line. No additional steps or elements.
- > Finish final element in static position, upright, on both feet (parallel to centre line, together)
- > Final rebound only allowed when guidelines state.

Runs ending with a somersault MUST take off from track and land in landing zone

ORGANISATION OF JUDGES

For NDP, Regional or Home Competitions.

1 x Chair of Judges Panel

3 x Technical Judges (minimum requirement - one can be CJP)

CALCULATING SCORES

(Maximum technical score = 30)

5 judges	= Middle 3 Scores - Add together
4 Judges	= Middle 2 Scores - Average - x3
3 Judges	= Total all 3 scores
2 Judges	= Average both - x3

DRESS

MALE Sleeveless Leotards, Gym Shorts. White gym shoes - foot covering allowed.

FEMALE Leotard with or without sleeves. (must be skin tight)
Long tights or Full length one piece leotard may be worn. (must be skin tight)
Any other dress which is not skin tight is not allowed
White gym shoes - foot covering allowed.

N.B. Gymnastics shorts (complimentary to leotard) may be used at Club/Regional/National levels (not Elite)

For reasons of safety, covering to the head is not allowed

START OF PASS

On signal from CJP gymnast must initiate first element in 20 seconds

In the event of a mistake made due to faulty equipment or substantial other reasons means there would be no deductions. This is at the discretion of the CJP.

Run up - Controlled speed (See recommended guidelines)

INTERRUPTION OF PASS

- a. Touched by a spotter. (no deduction - just end the run here)
 - b. Falls to track, landing area or landing zone during a pass
 - c. Touches outside the outer lines of track (no deduction - just end run here)
 - d. Intermediate steps or hops. (**National and Elite)
 - e. Touches track with body (except hands or feet), unless element requires (eg. Dive roll)
 - f. Performs movement without rotation around lateral and / or dorso-ventral axis of body
- d.- f. do not necessarily apply at all NDP grades (eg. Chasse or Stratch Jump)

NO CREDIT IS GIVEN FOR THE ELEMENT IN WHICH THE INTERRUPTION OCCURED.

Runs are only judged on the number of elements completed on the feet on the track or landing zone/area

The CJP decides on the maximum mark to be applied.

TERMINATION OF PASS

Completion of final element - landing on both feet and hold static position for 3 seconds.

Completion of run in Landing Zone

For NDP grades tumble runs can finish on the track, except when final element is a somersault.

Landing faults to be deducted separately - instability by Technical Judges (0.1 - 0.3),

Falls are called by the CJP.

NDP 7 TUMBLING GYMNASTICS**JUDGING / COACHING SUMMARY****SPECIAL REQUIREMENTS**

Run must be performed as prescribed (see criteria)	
Omission of set elements	.1.0 each + difficulty
Less than 3 elements performed	Zero
Additional elements	Mark out of 9
Incorrect order	Mark out of 9
Element where fall occurs does not get credit (no difficulty)	

EVALUATION OF SCORE

Not initiating first element in 20 seconds	.0.1
Poor body shape - Lack of extension and amplitude in each element	up to 0.5
Deviation from centre line	up to 0.3
Lack of length of tumble run	up to 0.3
Loss of speed / tempo / rhythm	up to 0.3
steps or hops (***Club / Regional)	0.2 each
Insufficient / too much twist	up to 0.3
Giving any form of signal to a gymnast by their own coach	0.3 each
A springboard is allowed for somersault starts only or unless stated in the criteria	
Assistance from a coach / spotter	.1.0

MAXIMUM DEDUCTION FOR EACH ELEMENT = 0.5**Execution**

Small Faults .0.1	Medium Faults 0.2 > 0.3	Large Faults 0.4 > 0.5
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LANDING DEDUCTIONS

Instability on landing, small step corrections (+ 3 sec hold)	0.1 > 0.3
Landing outside the outer lines of the track or landing area (not landing zone)	.0.5
After landing - falls onto 1 or 2 hands	.0.5
Falls after landing	.1.0
Assistance from a spotter after landing	.1.0
After landing leaving or touching outside with any part of body	.1.0
Failing to end run in correct area (landing zone for somersaults)	.0.2

If a gymnast's last skill takes off (from feet) from the landing zone the skill will not be counted
ie. They will have 1.0 deduction for missing skill and tariff deducted for that skill

DIFFICULTY VALUES

Round Off	0.2	Tuck Back Somi	0.5
Flic	0.2	Pike Back Somi	0.6
Handspring	0.2	Straight Back	0.6
Dive Roll	0.2	Tuck front Somi	0.6
Whip	0.3	Baranie	0.6
Whip 360	0.7	Straight Back 360	0.7
		Straight Back 720	1.1
		Tuck Double Back	.2.0

All other NDP elements have a nominal value of 0.2 unless they have a value in the FIG Code

NDP 7 TUMBLING



Clarification of Tumbling Passes with only 3 elements

Less than 3 elements	ZERO Score
Any set skills changed	ZERO Score

Landing deductions apply as normal.

i.e.

3rd Skill Landed on two feet	Pass OK
3rd Skill no possibility of landing	ZeroScore
Feet and Hands land simultaneously	ZeroScore
3rd Skill Landed - but then fall - Landing rules apply	1.0 for fall to any part of the body 0.5 if hands touch after landing

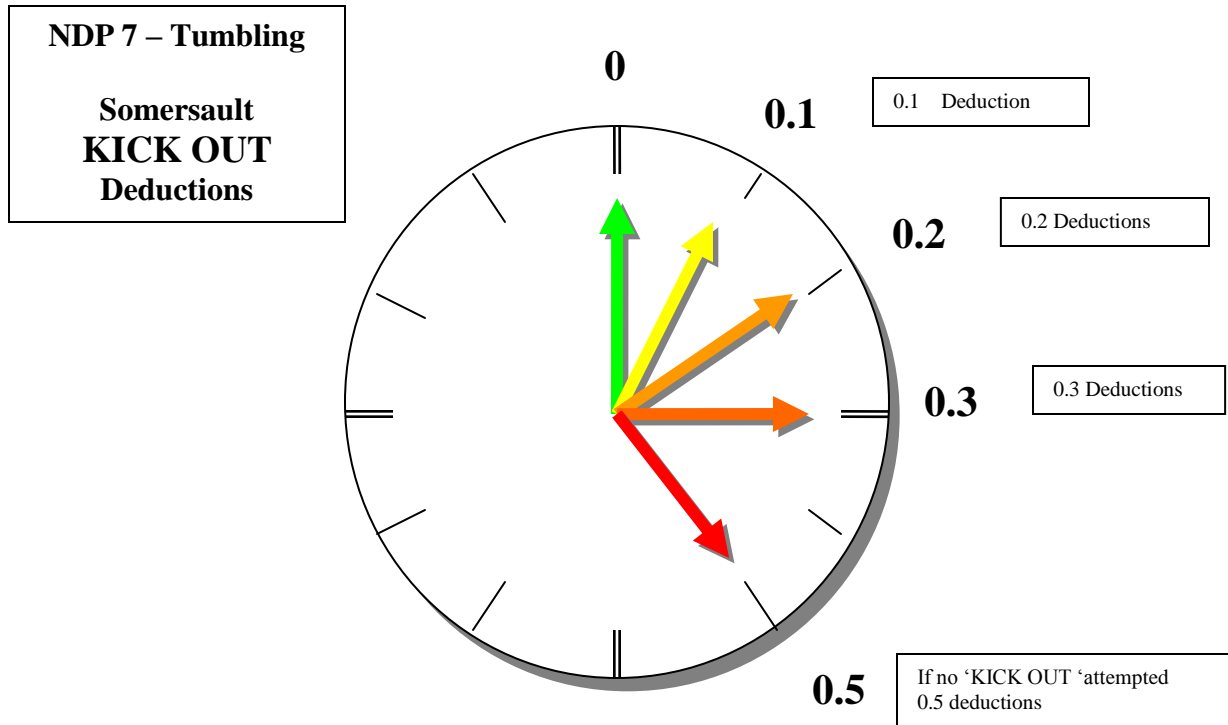
Clarification of changes to skills

If a skill has a different shape or degree of twist to that stated in the set rules then the tumbler will be deducted 1.0 special requirement

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EXECUTION OF SKILL

Up to 0.5 deductions per skill

0.0 deduction **Perfection**

0.1 deduction **Excellent - Minor Fault**

0.2 deduction **Good**

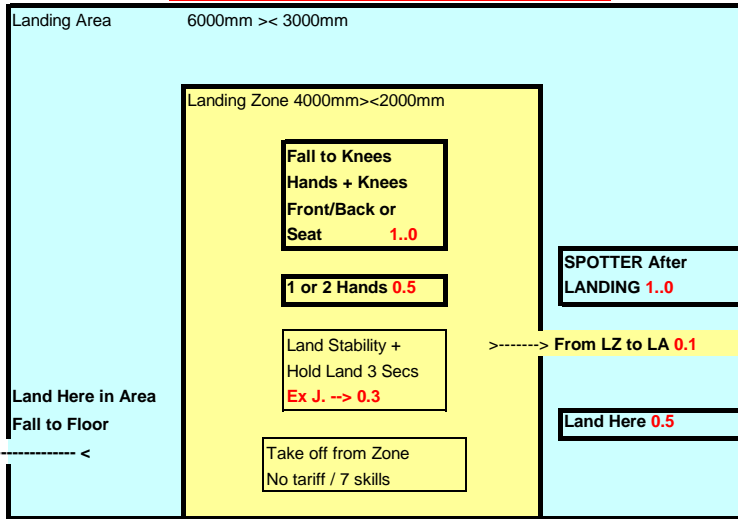
0.3 deduction **Fair - Medium Fault**

0.4 deduction **Poor**

0.5 deduction **Very Poor - Major Fault**

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TUMBLING LANDING AREA



I.A.G capped comp		
Under 12	-	2.7
Under 14	-	3.5
Under 16	-	4.3
Under 18	-	4.3

TERM' if touch over line ----->
(Term' on 4 count 3 skills)

CJP

JUDGES

DD 7
DD 6

Judges 1 - 7

EX 5
EX 4
EX 3
EX 2
EX 1

5 Metres from Track <-->
Position starting
16 Metres of the tumbling track

8th ELEMENT
ON TRACK 0.2
Except Reverse
or NDP non-somi

Land here 0.5
Outer Line (on completed pass)

Land on track
Fall to Floor

-----> 1.0

Double	*2 *	2*2	2*4	Triple	2 *	
-- o	2.0	2.4	3.2	4.4	4.5	6.3
-- <	2.2	2.6	3.4	4.6	5.1	6.9
-- /	2.4	2.8	3.6	4.8	5.7	
					8.0	Q

Single							
1	2	3	4	5	6	7	8
1/2	1/1	1 H	2/1	2 H	3/1	3 H	4/1
0.6	0.7	0.9	1.1	1.4	1.7	2.1	2.5

e.g.

Crash on 5th skill
Mark 4+2=6
Tariff 4 skills
No other deductions

TIE - Individual - 2nd Pass

Middle 3 Exec + Diff
Middle 3 Execution
ALL 5 Execution
Highest 4 Execution
Highest 3 Execution
Highest 2 Execution
Highest 1 Execution

TIE - Team - 2nd Pass

3 Highest Team Totals 3 Mid Ex + Diff
2 Highest Team Totals
31 Highest Team Total

Track = 25 - 26m
Run Up 10m +/- 1m

Springboard - may be placed on track or run up

National Tumbling League 2009 - 2012

Any 3 tumble runs can be chosen from runs 1 to 15

(Except 16/17/18 see below)

1.0 TARIFF

1	1	ROUND OFF	2	1	HANDSPRING to 2	3	1	Tucked FRONT SOMI
	2	FLIC		2	Rebound Jump to 1		2	Rebound Jump to 1
	3	1/2 turn jump to 1		3	ROUND OFF		3	Round Off
	4	ROUND OFF		4	FLIC		4	FLIC
	5	FLIC		5	FLIC		5	FLIC
	6	Rebound Jump		6	1/2 TURN JUMP		6	Rebound Jump

1.5 TARIFF

4	1	ROUND OFF	5	1	ROUND OFF	6	1	ROUND OFF
	2	FLIC		2	FLIC		2	FLIC
	3	FLIC		3	FLIC		3	FLIC
	4	FLIC		4	FLIC		4	FLIC
	5	FLIC		5	FLIC		5	FLIC
	6	1/2 TURN JUMP		6	TUCK BACK SOMI		6	PIKE BACK SOMI

2.0 TARIFF

7	1	TUCK FRONT SOMI walk out	8	1	ROUND OFF	9	1	ROUND OFF
	2	ROUND OFF		2	WHIP		2	FLIC
	3	FLIC		3	FLIC		3	FLIC
	4	FLIC		4	FLIC		4	FLIC
	5	FLIC		5	FLIC		5	FLIC
	6	TUCKED BACK SOMI		6	TUCK Back Somi		6	FLIC
							7	FLIC
							8	PIKE BACK

2.5 TARIFF

10	1	ROUND OFF	11	1	ROUND OFF	12	1	Baranie
	2	WHIP		2	FLIC		2	WHIP
	3	WHIP		3	FLIC		3	FLIC
	4	FLIC		4	FLIC		4	FLIC
	5	FLIC		5	FLIC		5	FLIC
	6	Tuck Back		6	FLIC		6	Tuck Back
		7		FLIC				
		8		STRAIGHT BACK SOMI				

3.0 TARIFF

13	1	ROUND OFF	14	1	ROUND OFF	15	1	BARANIE
	2	WHIP		2	WHIP / or 360 WHIP		2	WHIP
	3	WHIP		3	WHIP 360 / or WHIP		3	WHIP
	4	FLIC		4	WHIP		4	WHIP
	5	FLIC		5	FLIC		5	FLIC
	6	FLIC		6	FLIC		6	FLIC
	7	FLIC		7	FLIC		7	FLIC
	8	Straight Back 360 twist		8	Straight Back		8	Straight Back

Must include 360 whip

National Tumbling League 2009 - 2012

4.0 TARIFF

16	8 Skills	17	8 Skills	18	8 Skills
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If a tumbler nominates to do the 4.0 tariff runs (16-17-18)

The following rules apply

Must do 16/17/18 tumbling runs with no others and a tariff sheet must be filled in.

All runs that end in a somi must end in the landing zone

Somersaults must not be repeated (unless preceded by a different skill)

International Repeat Rule

i.e. The Internationally recognised 'repeats rule' will apply to all of the three runs 16 - 17 - 18

Round Off - Flic - Whips may be repeated as many times as you wish.

For repeated somersaults to receive tariff they must be preceded by a different skill.

PLEASE NOTE

Scores will be capped at 4.0 marks

However

If a tumbler nominates to do the runs (16-17-18) and then performs a tariff less than 3.0 they will only receive a tariff of 2.0. (or less if the tariff is below 2.0)

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National Team Tumble 2010



This is a TEAM event but individuals can compete if they can't make up a team.

There are 4 / 5 competitions per year in different parts of the country

This competition incorporates Grade and Age Group work therefore is an excellent 'linking' developmental competition.

N.B. All gymnasts can enter the tumbling league regardless of what level they are competing at.

Age Groups

There will be 3 age groups for the 2009 season.

Age in the year of competition.

Springers Competitors	11 year olds and under
Junior Competitors	12/13/14 years old
Senior Competitors	15 years old and older

Teams

4 IN A TEAM 3 TO COUNT. TEAMS CAN BE MADE UP OF GIRLS, BOYS OR MIXED

(separate medals for boys only teams)

Entries

Competitors must compete in their correct age group for individual placings but may have their score carried forward to be counted towards an **older age group** for **team** placings.

It is important that the entries are made on time. Coaches can change the names of competitors at a later date and TEAM composition can be changed on the day of competition, but must be made before the competition starts.

Cheques **MUST** be submitted with entries, together with the name of your judge. If you are unable to provide a judge please send a further £25 which will be used to provide another judge.

Entry forms to be sent out from the clubs organising the event.

Divisional Champions

A Club's position in a Division is based on the best 3 results achieved in the 4/5 competitions held.

The winning club is the one with the **lowest** sum of the 3 best **positions** achieved in that division.

Example:-

Club A	achieves the following in the Premier Division	1st-2nd-1st-3rd.	The sum of the Best 3 positions is 4
Club B	achieves the following in the Premier Division	2nd-1st-2nd	The sum of the Best 3 positions is 5
			TEAM 'A' WINS

In the event of a TIE

The best 3 Team **scores** are totalled.

If still Tied

The best 2 Team **scores** are totalled.

Awards

The awards at each competition are at the discretion of the competition organiser, based on the size of entries.

However, it is hoped that the organisers will bear in mind that these competitions are essentially TEAM events, as opposed to the Individual competitions at the National / British Championships, when deciding about awards.

Separate Individual awards may be made to each sex in all Divisions.

Competition Exercises

Competitors in the SPRINGERS, JUNIOR and SENIOR Divisions will perform 3 excersises from the attatched sets.

All completed exercises will be marked out of 10 and the tariff will then be added.

Tumblers can choose any 3 exercises from the 1 - 15 set runs or choose to compete runs 16/17/18

All runs that end in a somi must end in the landing zone unless it is a reverse somi.

If a tumbler nominates to do the 4.0 tariff runs (16-17-18)

Scores will be capped at 4.0 marks

If a tumbler nominates to do the runs (16-17-18) and then performs a tariff less than 3.0

they will only receive a tariff of 2.0. (or less if the tariff is below 2.0)