

TUMBLING GYMNASTICS

2009 - 2012



Update 2010

Contacts for Tumbling



Matei Todorov matei.todorov@british-gymnastics.org

Craig Lowther craig.lowther@british-gymnastics.org

Alan Lavelle agcpaddy@netscape.net

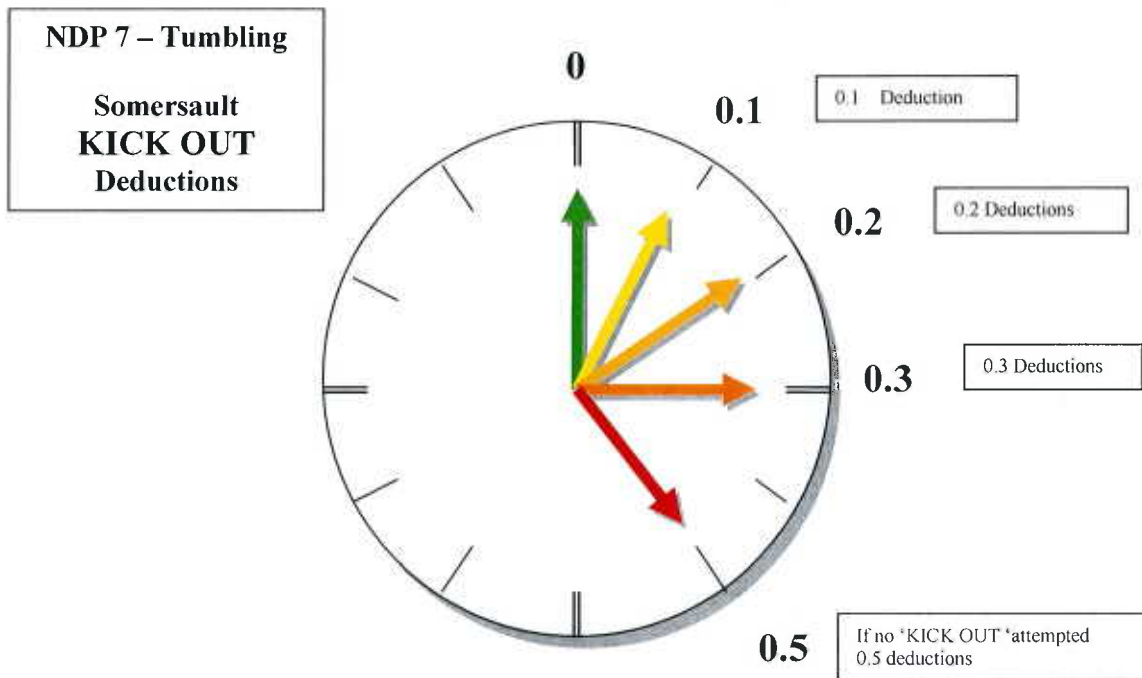
Joy Sumner Joy.sumner@welshgymnastics.org

0794-191-0972

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 |

Update 2010

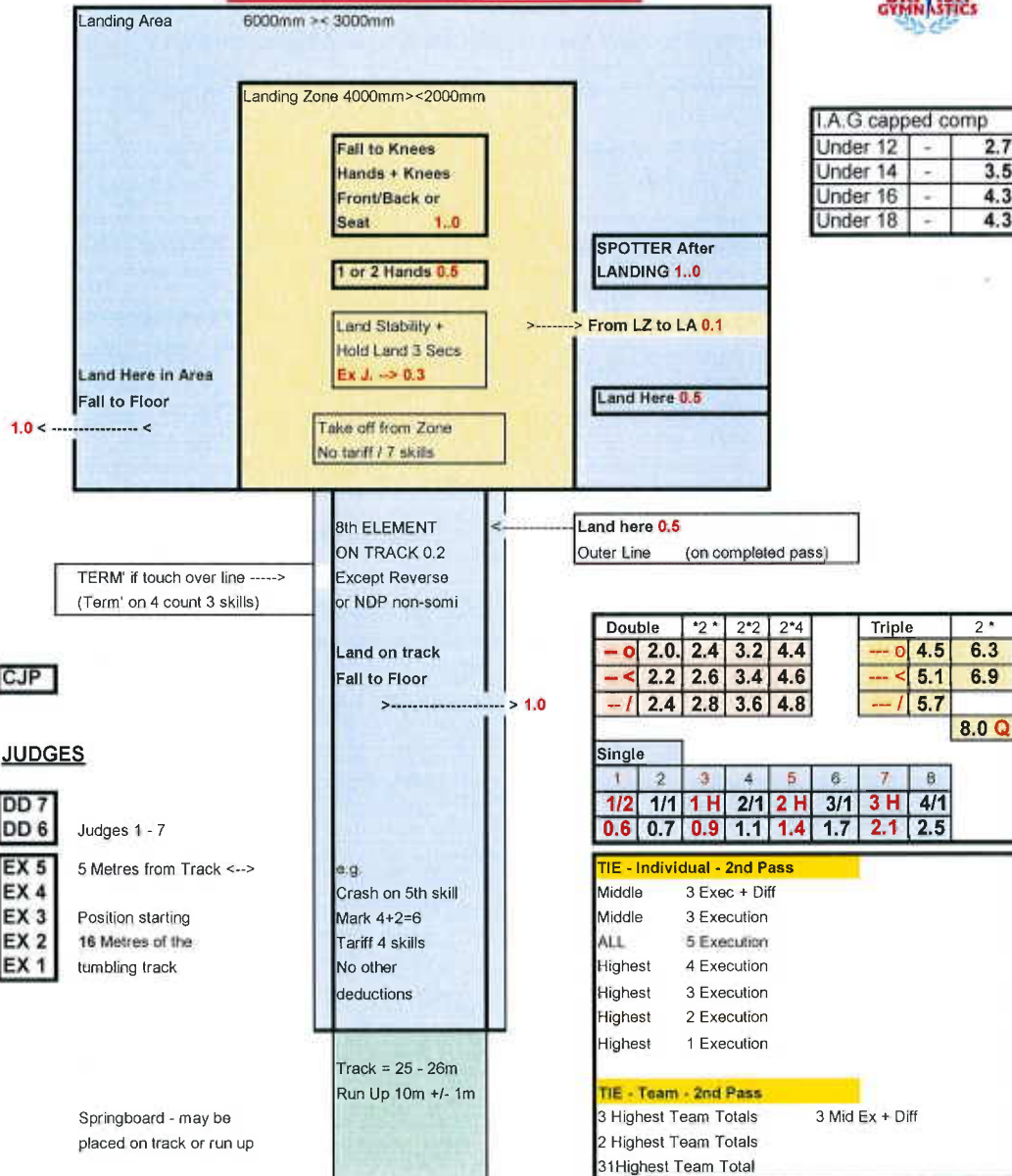


EXECUTION OF SKILL

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**

TUMBLING LANDING AREA



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 |
|----|----------|----|----------|----|----------|

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)

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 attached 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)

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.

Update 2010

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 |

NDP 7 TUMBLING

2009 - 2012

CLUB/REGIONAL

Updated Oct 09

Regional Grade A

| | 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 | CHASSE | CARTWHEEL | CHASSE | CARTWHEEL | CHASSE | 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 | CHASSE | CARTWHEEL | CHASSE | 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 | CHASSE | 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 |

No National Finals

NATIONAL

NDP 7 TUMBLING 2009 - 2012

Updated Oct 09

National Grade 1 9/10 11/12 13+ Age in the year. 1 Girl / 1 Boy 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 |

NDP 7 TUMBLING**2009 - 2012**

Updated Oct 09

ELITE**Elite Grade 1** 9/10yrs 11/12yrs 13/14yrs 15+yrs 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

Update 2010

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 tight 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.

Update 2010

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 |
|-------------------|-------------------------|------------------------|

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