

TUMBLING HANDBOOK

2022

A large, dark blue, stylized ribbon graphic that loops and curves across the bottom half of the cover, partially overlapping the year '2022'.

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Section 1 – VERSION HISTORY

The Tumbling Technical Panel (TTP) reserves the right to make amendments to this handbook. Notification of a change to the handbook will be communicated through the Welsh Gymnastics website and an updated version will be made available to download at the time of change.

Any enquiries regarding competitions should be directed to one of the following:

Tumbling Technical Panel Lead – Maria Gaynor maria.gaynor@welshgymnastics.org

Tumbling National Competition Organiser – TBC

Welsh Gymnastics, WG funded Disciplines – maria.gaynor@welshgymnastics.org

Technical Panel Members: Joan Morgan, Jayne Hughes.

Head Tumble Coach: Rob Owen

Assistant Head Tumble Coach: Josh Hunter

| Version | Summary of changes | Document Status | Date | Signed off by Who |
|---------|---|-----------------|------------|-------------------|
| V12021 | N/A | DRAFT | 16/12/2022 | |
| V12021 | No changes handbook sent to clubs | FINAL | | Maria |
| V12021 | Amendments to venue for Welsh Champs | Final | 18/01/2022 | Maria |
| V12021 | Correction made to Welsh Sq in B'ham (Sept) | | | |

| | | | | |
|---------|-------------------------------|-------|------------|-------|
| V12022A | Amendments to Code of Conduct | FINAL | 17/05/2022 | Maria |
| V12022B | Amendments to Comp Dates | Final | 17/05/2022 | Maria |
| V12022C | Amendment to clothing policy | Final | 19/05/2022 | Maria |

Section 2 - INTRODUCTION

Welcome to the Tumbling Handbook 2022.

Over the past 2 years Tumbling like all disciplines has undergone a dramatic change. Changes to how gymnasts were coached, we have all become zoom experts and coaching virtually rather in person and became the norm very quickly for a while. As coaches we are not taught to teach virtually so this was a huge learning curve for our tumbling coaches. We had to learn to teach skills without supporting (physically) the gymnasts and a huge learning curve in the power of communication and how to communicate effectively, firmly, yet kindly.

With communication at the forefront of my mind I am hopeful that this handbook will help cut down on the number of emails sent out to clubs, help with planning within your squads, give clear guidelines of the code of conduct required from all involved in our discipline/sport and generally be a source of information that you may find useful. This handbook is issued as a means of guidance and for the purpose of imparting information, there will always be instances where issues need addressing, certain issues will be not be addressed on the day unless the issue concerns safeguarding or conduct, which of course will be acted on immediately. The young people within our Sport and the welfare and enjoyment (of our sport) for and of them and all involved will always remain our priority.

Our elite level Tumbler Megan Surman gained a fantastic Team Bronze at the Senior Worlds in her debut year, giving our younger squad and community members some real role modelling and showing an excellent example that even through COVID hard work and persistence does pay off.

Can I thank you all for your support over the past two years and I look forward to watching our discipline grow and flourish in the coming months.

Yours in Sport

Maria

Section 3 - CODE OF CONDUCT

Please find below the code of conduct for Participant/Gymnast. A version was sent out previously to everyone involved in the squad system and will be *subject to change* during the year based on any developments in our community and sport.

CODE OF CONDUCT

CODES OF CONDUCT AT COMPETITIONS/SQUADS

Gymnasts: This code of conduct applies to all gymnasts who compete in Regional, or National competitions and squad sessions, which take in and outside of Wales.

- Gymnasts will be under the supervision of the coaches for the duration of a competition, i.e.: in the warmup area and competition floor
- Gymnasts should demonstrate good sportsmanship and support for others. Gymnasts must sit with their team throughout the competition & support their team members
 - Gymnasts should not sit on equipment and must act in a professional manner. No skills outside of competition will be permitted on any equipment.
 - Gymnasts should demonstrate professionalism. Gymnasts should not belittle, upset be rude to their partners/ team members, coaches or officials under any circumstances, if a gymnast would like to raise an issue their first port of call is their coach.
 - Gymnasts should not take any action that would bring either themselves or their club into disrepute.
 - Gymnasts must not leave the competition arena without the knowledge and agreement of their coach.
 - Gymnasts are expected to remain for the duration of the competition, up to and including their own presentations.
- Gymnasts should be ready to compete; Gymnasts should wear full track suit, clean socks, and appropriate leotard of their choice, gymnasts are allowed to wear shorts at all levels of competition. Gymnasts should remove all jewellery.
- Gymnasts should bring emergency supplies: Food or drink that is required depending on the duration of the competition The required bands, pins, spray for hair & spare kit
 - When attending a competition or squad session, gymnasts are expected to dress appropriately, either in Club or Squad kit. Appropriate training clothing must be work, wearing of sports bar tops or cut off training tops will not be permitted neither will anything other than training shorts or leggings. Female gymnasts must wear a leotard, shorts and unitards are now permitted for all squad sessions or competition (in line with BG: Clothing policy, [file \(british-gymnastics.org\)](http://file.british-gymnastics.org), page 5, 4.6). All leotards must remain in place on the competition floor
 - If you are not invited to attend a squad session you must seek prior permission to attend.
 - If attending a competition when not competing gymnasts must act in a respectful and professional manner. Unless a ticket is purchased you must sit in the designated area.

Coaches: this code of conduct applies to all coaches irrespective of levels or qualification.

- Coaches **MUST** at all times treat each other with the utmost respect
- It is advised (where possible) that Club or Regional kit be worn (depending on the competition structure). Welsh Tumbling would ask that coaches kit is clean and well presented, with coaches being professionally dressed and presentable.
- For our Welsh Inter Regional Championships we would ask that Coaches purchase a T-shirt at a cost of £20 per person.
- Coaches must use a positive coaching method
- Do not approach the judging table whilst judges are in situ, whether before, during or after the competition. If you have a query regarding the judging of a routine, you **MUST** not approach a judge.
- If you have a query, please approach the competition organiser and not the judging table. The competition organiser will approach the CJP on your behalf.
- We would politely ask that coaches do not sit on the equipment that is situated around the gymnastics arena and that the appropriate footwear is worn.
- Coaches and clubs must send in their attending coaches in before hand if they differ from coaches entered on Gymnet. Coaches whose names are not on the attendance list beforehand will **NOT** be permitted onto the competition floor.
- Apart from as required for the running of the competition or squad session, gymnasts, coaches, judges, and officials must not use mobile phones or any other electronic communication devices including tablets in the main arena during the event.

Failure to comply with any of these points will result in firstly a warning on the day of the competition, if the issue is not resolved by the next competition (day), the following sanctions will be executed – this is at the discretion of the floor manager/competition organiser.

1. Verbal Warning on the day of the competition, followed up by an email after the competition has taken place (consider this **yellow card number 1**)
2. Written warning, with a verbal warning on the day of the competition. Coach may be asked to leave the competition floor, providing their absence doesn't affect the young people competing (consider this **yellow card number 2**)
3. Final Warning (consider this **Red card**) – coach will not be allowed to enter the next competition.

Parents: Parents can support their children, and the coaches, at competitions in the following ways:

- Ensure that your child understands the Competition Code of Conduct and follows it.
- Ensure that your child understands the principles of good sportsmanship and the need to support and show courtesy to others. Set an example by supporting other gymnasts, not leaving the arena during a 'round' or rotation, or leaving before the presentations (unless for a specific reason – i.e. travel)
- Ensure that your child remains under the supervision of the coach during the competition. This will help them to focus on the competition, their team and in particular their performance, to enable them to give of their best.
 - Assist your child to remain focused by not distracting them.

- Encourage your child to support their partners or teammates, [especially if mistakes occur] and not show bad temper or irritation whilst in the arena. Such a demonstration of unsportsmanlike behaviour may incur penalty points from the judges.
- Ensure that your child is prepared for the competition by arriving at the stated time & having the correct kit, removing jewellery etc.
- Parents should not approach the officials or judges under any circumstances but should liaise via their lead coach at the competition.

Participant/Gymnast

Section 4 - SPECIFIC WELSH TUMBLING SQUAD: CODE OF CONDUCT

Full attendance and compliance to all programme opportunities will be expected, (unexpected circumstances will of course be taken into consideration).

It is expected that gymnasts selected will attend the detailed dates, except for injury or illness. Should you sustain an injury that will prevent you from completing any of the practical aspects of the sessions we would kindly ask you not to attend and to inform the programme lead – Maria Gaynor as soon as possible.

Gymnasts attending squad will be expected to take part in the structured sessions and be expected to take instruction from our squad coaches. Personal coaches are expected to attend and take part in and engage with the session. If coaches have a conflict of times and are unable to attend, please get in touch with Maria Gaynor and arrangements can be made.

All gymnasts and their place in the squad programme will be monitored and reviewed following each session. You should therefore be aware that your place is never guaranteed but more so on a continual assessment basis.

Section 5 - SQUAD DEFINITIONS

Home Nations Squad – This squad has been put in place for to strengthen the FIG/Elite level of gymnastics in Wales giving our more able and talented gymnasts the opportunity to compete for Wales as a country and give our coaches the benefit of mentoring by some of the best tumble coaches in the UK.

The expectations for the gymnasts within this squad are as follows:

Regional Challenge Cup Level 4 and above, into the Spring Cup 1/2 and National Age Group and British Championships.

For Spring Cups there will be a verification process for these competitions, we are still waiting on absolute confirmation from regarding the process moving forward. If a gymnast is not verified by the BG nominated officials, their place in Squad will remain, and a development plan will be discussed with the Lead Coaches.

National Development Squad – this squad has been put in place, to help strengthen and develop Wales as a Region at the Inter Challenge Cup Finals, previously the Regional Team Finals (RTF). The National Development Squad will be comprised of gymnasts from across Wales, with all ages, and all genders.

Gymnasts selected into this squad will be expected to compete in the Regional Challenge Cup competition. They will be permitted to compete at FIG/Elite levels in any Welsh wide competitions but for any qualifiers that lead to a British Finals, the expectation will be for National Development Squad gymnasts to compete at Regional Challenge Cup standard competition.

Area Squad – the Area Squad is currently running in the South with our Lead Coach Shelley Pace. The rationale behind the area squad is that we give as many clubs, coaches and gymnasts the opportunity to learn from each other, learn the techniques that lead to skills, which will hopefully lead onto a stronger National Development and Home Nation squad moving forward.

Squad selection and appeals process

Our squad selection policy (with the exception of the area squad), in place requires that any pre-requisite set by the Lead Coaches are met. Information and a selection policy will be circulated to clubs and coaches prior to the selection event, an emphasis will always be on beautiful and strong basic skills.

We are in the process of putting together a robust and comprehensive appeals process that will work across all disciplines, Olympic and Non-Olympic.

Section 6 - ELIGIBILITY

In order to be considered for selection for any Welsh National Squad structure, or participate in the Welsh Championships (closed) gymnasts: -

- Must be born in Wales
- or
- Their mother, father or a grandparent must have been born in Wales
- or
- They must have lived in Wales for a period exceeding 48 months prior any selection/event
- They must be a member of a WG/BG registered club with appropriate membership
- They must not be under disciplinary or suspension
- They must not have any fees outstanding to WG i.e. membership fees, that are deemed outstanding without good reason

Section 7 – FEEDBACK AND DEVELOPMENT

We will be sending squad coaches feedback on individual gymnasts periodically as a way of keeping the lines of communication open as a form of continued development for both coach and gymnast between squads. This feedback will be a few short sentences and be very much goal orientated towards the level of skills expected for the squad and aged group of the gymnasts.

Section 8 - COACHING STANDARDS & QUALIFICATIONS

With the standard of tumbling within Wales on the rise I would remind coaches to always coach within their qualifications. If you are unsure of what level of skill you can teach or progressions, you are able to coach please get in touch. Once you have been on a training course you are able to coach and develop those skills within your gymnastics setting under the guidance of your mentor, but you will need to seek coach cover at a competition to ensure the gymnast has the appropriately qualified person with them.

Section 9 - TUMBLE SQUAD OPPORTUNITIES

Gymnasts - There will be plenty of opportunities for the squads throughout the next 12 months, I would encourage all gymnasts to take part and make the most of the opportunities to be involved and have their say.

Coaches/judges – throughout the year Welsh Gymnastics are hoping to be able to offer some CPD workshops for coaches in our community. We would however encourage all coaches with gymnasts in any of the squads to send in their requests into Maria Gaynor.

Section 10 - COACHES/PARENTS MEETING

All squad parents were invited to attend an initial introduction meeting, which the feedback was very positive for. Welsh Gymnastics are aiming to do this every 3 months with our Non-Olympic Discipline squad parents, when possible and when needed.

Throughout lockdown several tumbling coaches met regularly on a weekly basis via zoom. The feedback from these meetings was that individuals found having someone to off load to at a very difficult time, both comforting and useful. Please let me know if coaches feel this resource on a bi-monthly basis, useful.

Coaches in Attendance at competitions

Only coaches named at the time of entry will be allowed on the competition floor. One coach per 16 gymnasts in an individual competition. Additional nominated coaches for a competition (Level 1 may be accredited to be present on the competition floor) and may assist with pastoral care of the gymnasts, moving equipment (mats etc.) under the supervision of the higher qualified coach. If the coach named on the competition entry form is unavailable on the day of competition, the Competition Organiser must be informed as soon as possible. If due to unforeseen circumstances, this is not possible before the day, the substitute coach must inform the Organiser on her/his arrival at the event. Any coach on the floor is there to support and accompany gymnasts. It is not permissible for a coach undertaking this role to video or take photographs within the competition area.

Competition opportunities

During 2022 we will be holding several opportunities for gymnasts to compete, and coaches may use the new competition structure to help decide what level they would like to compete at, squad depending.

There will be two competitions before the Welsh Regional qualifiers, one in the North and one in the South. These are NOT qualifiers but merely opportunities for you and your gymnast to assess where they currently are and to decide on a level, they would like to compete in and subsequently attend Welsh Regional Qualifiers later in the year.

Gymnasts must however choose their National Competition pathway at the beginning of the year (ie January) and they are not allowed to deviate from that pathway until the end of the competition year.

All gymnasts are invited and encouraged to compete in the Tumble League series and would encourage gaining as much competition experience as possible, Welsh Gymnastics will put on a FIG level competition for all gymnasts who want to compete.

There is a new competition structure within British Gymnastics, and I would encourage you all to go through and familiarise yourself with the information.....

[file \(british-gymnastics.org\)](http://british-gymnastics.org) – Regional Challenge Cup information

[file \(british-gymnastics.org\)](http://british-gymnastics.org) – Club Cup information

[file \(british-gymnastics.org\)](http://british-gymnastics.org) – Spring Cups and National Age group Final

[file \(british-gymnastics.org\)](http://british-gymnastics.org) – British Championships

We are hoping to be able to offer several different level competitions which will enable every tumbler/gymnast who would like to try tumbling an opportunity to compete next year.

Some of the dates and competition venues are yet to be confirmed. The Internationals are the competitions that we have been granted permission to attend by BG and we have not yet confirmed if we will be attending.

Welsh Inter-Regional Finals

Welsh Gymnastics have recently undergone a change of logo and leotard supplier. For the above competition we will be asking gymnasts to purchase the regional leotard at a cost of £78.00, a Regional T shirt - £20. Welsh Gymnastics will pay half of the entry fee per person. Election letter will be sent to the successful gymnasts after the Welsh Qualifying competition.

Squad kit

With the new logo and the change of leotard supplier, we are waiting for Squad kit to be available online. Kit would be available to order via the Kukri site and once all set up and confirmed we will share the details with parents of squad gymnasts - leotards will be order via the WG office.


Results

Clubs and Parents will be notified of the results of all competitions within two weeks of the competition taking place, results will be sent to the clubs and also be published on our website.

Section 11: COMPETITION DATES

| TUMBLE DATES 2022 | | | | | |
|-------------------|---------------------------|--|----------|--|-----------|
| TUM | 28th/29th May | | Regional | Regional Challenge Cup - Welsh Regional Qualifier (Finals) | Deeside |
| TUM | 19th June | | National | Novice Agility | WIS |
| TUM | w/c 17th August | | CAMP | Home Nations | RGC |
| TUM | 1st/2nd/3rd August (prov) | | CAMP | Regional Squads | All Stars |
| TUM | 22nd/23rd August | | CAMP | Area Squads | CSOG |
| TUM | September - 3rd/4th | | National | Regional Challenge Cup FINALS | Bham |
| TUM | 25th Sept | | Regional | Tumble League 1 | All Stars |
| TUM | 1st/2nd October | | National | Tramp and TUM BG Championships | Bham |
| TUM | 17th/18th December | | Regional | Tumble League 2 | TBC |

Competition Structure 2022

| | | Age Eligibility | | | | | | | | | | | | | | | | | | | |
|---|---------------------------|-----------------|---------|----------|------------------|----------|----------|-------------|-------------------|----------|--------|----------|---------------------|----|--------|----|-----|------------|--|--|--|
| | | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22+ | | | | |
|  NATIONAL | British Championships | | | | Youth (10-12yrs) | | | | Junior (13-16yrs) | | | | Senior (17yrs plus) | | | | | | | | |
| | Spring Cup and NAG Finals | | | | 10yrs | 11-12yrs | | 13-14yrs | | 15-16yrs | | 17-21yrs | | | Senior | | | | | | |
| | Adult Championships | | | | | | | | | | | | | | | | | 18yrs plus | | | |
| | | | | | | | | | | | | | | | | | | | | | |
|  REGIONAL | LEVEL 4 | | | | 9-10yrs | | 11-12yrs | | 13-14yrs | | 15yrs+ | | | | | | | | | | |
| | LEVEL 3 | | | | | | | Under 13yrs | | | 13yrs+ | | | | | | | | | | |
| | LEVEL 2 | | | | | 10-12yrs | | 13-14yrs | | 15yrs+ | | | | | | | | | | | |
| | LEVEL 1 | 9-10yrs | | 11-12yrs | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | |
|  CLUB | LEVEL 6 | 9-10yrs | | 11-12yrs | | 13-14yrs | | | | | | | | | | | | | | | |
| | LEVEL 5 | 9-10yrs | | 11-12yrs | | 13yrs+ | | | | | | | | | | | | | | | |
| | LEVEL 4 | 8yrs | 9-10yrs | | 11-12yrs | | 13-14yrs | | 15yrs+ | | | | | | | | | | | | |
| | LEVEL 3 | 8yrs | 9-10yrs | | 11-12yrs | | 13yrs | | | | | | | | | | | | | | |
| | LEVEL 1-2 | 7-8yrs | | 9-10yrs | | 11yrs | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | |
| | | Age Eligibility | | | | | | | | | | | | | | | | | | | |
| | | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22+ | | | | |



Gym for All

1 x Regional Competition

Level 1 - 4



Tumble League

Wales Wide Competitions only

3 x cumulative competitions 2022

Foundation

Development

Advanced Development



Club

Wales Wide Competitions

1 x North

1 x South

Welsh Championships



Regional

Wales Wide Competitions

1 x North RCC

1 x South RCC

Welsh Regional Challenge Cup Championships

Inter Regional Challenge Cup Final



National

2 x Spring Cup

National Age Group (NAG) Finals

British Championships

Gym for All

Regional Grades

Elite/FIG



| <u>Welsh Gymnastics Tumble League 2022</u> | |
|---|--|
| <u>Rules and Regulations</u> | |
| <u>Criteria</u> | All gymnasts with the exception of the 6/7yrs, 8/9yrs and potentially 10/11yrs (depending on numbers) will compete on the tumble track at the competition venue, these ages groups will compete on a sprung floor at the venues |
| <u>Qualification</u> | Level 2 coach (min) - No skills to be taught out of level of qualification. ALL coaches and Judges MUST have an up to date DBS and Safeguarding qualification |
| <u>Competition</u> | <ul style="list-style-type: none"> • Team (per comp only) and Individual. • This competition is not exclusive to just tumbling but rather aimed at development of the Tumbling Discipline. We would encourage participation from all disciplines. • Gymnasts must have current WG/BG insurance. Specific details of Insurance levels can be found in the details attached. • With the development of Tumbling and our Welsh Gymnasts in mind, gymnasts that have chosen and competed at the FIG elite level or who are currently in the tumbling Home Nations Squad, MUST compete in the FIG section throughout this competition year. FIG level will follow FIG/BG criteria, with tariff sheets needed for all gymnasts. • Coaches must indicate at what level the gymnast will be competing on the GymNet system. For a gymnast to be eligible for a 2021 overall category title they must compete in at least 2 out of the 3 competitions. • There is a new INCL section which is aimed for those gymnasts who have a disability. If gymnasts select to compete the other routines, coaches must indicate this on their entry form. At the discretion of the competition organiser and after discussion with the personal coaches, where possible, a decision will be made as to which part of the day these gymnasts compete. • The Tumble League Series 2021 forms part of the competitive pathway structure. |
| <u>Medals</u> | <ul style="list-style-type: none"> • 1st 2nd 3rd Teams in each age group (Teams can be girls, boys or mixed) • Maximum 5 in team - Best 9 Scores to count. Clubs can enter as many teams as they wish • 1st 2nd 3rd Individual in each age group will receive medals, 4th, 5th and 6th will receive ribbons/rosettes. As per the development handbook, boys will have a separate competition if there are more than 3 in any age group or level, if there are less than 3 they will be incorporated into the main competition. |
| <u>Groups</u> | <ul style="list-style-type: none"> • Age in the year of competition. (Gymnasts can only compete in their own age group) • Foundation = 6yrs, 7yrs, 8/9yrs, 10/11yrs, 12/13yrs, 14yrs (no age group variations will be accepted) • Dev and ADV Dev = 8/9 year olds • Dev and ADV Dev = 10/11 year olds • Dev and ADV Dev = 12/13 year olds • Dev and ADV Dev = 14+ year olds |
| <u>Judges</u> | <ul style="list-style-type: none"> • Can be used from any discipline but must be at least a club level judge within cycle 13 or 14. • Clubs MUST provide a judge, if a club cannot provide a judge there will be a judging fine of £100 added to the clubs basket, minimum of cycle 13/14, with a minimum of club judge. • We would ask that clubs provide volunteers if available and encourage participation in the Welsh Gymnastics GymVol scheme |
| <u>Structure</u> | <ul style="list-style-type: none"> • In the <u>Foundation</u> competition gymnasts can choose any three of the runs marked from 1 - 12. • In the <u>Inclusive</u> competition gymnasts can choose either L1,L2 or L3 • In the <u>Dev</u> competition gymnasts can choose 2 runs from 13-18 with a dismount run from 19 -21. • In the <u>ADV Dev</u> gymnasts can choose any two runs from 22 -30 with a dismount run from 31 -33 • Tumbling runs will be marked out of 10 then the tariff is added, with the exception of the FIG level competition • Team Results - up to 5 in a team with the 9 top scores will be added to decide team placings • Each competition will be judged as a separate competition, with scores added up at the end of the year and presentations for the overall league winners presented at the final competition |
| For 1st place an individual will receive 10 points , for second 8 points , for 3rd 6 points , 4th - 4points , 5th - 3 points , 6th - 2 points . | |

Calculating scores

Team/Club positions will be announced at the final competition of the year (ie the Christmas comp), and will be calculated by any individual points (positions, as above) accumulated throughout the 3 competitions.

LEAGUE INFORMATION: There will be overall winning categories for individuals in all age groups, male and female, and overall club, which will be presented at the final competition of the year.

After each league competition we will notify clubs of the running totals so clubs know where they are in the league table.

Welsh Gymnastics Tumble League 2022

Any 3 tumble runs can be chosen from runs 1 to 12

Age - in year of the Competition

5 in team, top 9 scores to count

Teams can be girls, boys or mixed.

FOUNDATION

Age Groups: 6yrs, 7 yrs, 8/9yrs, 10/11yrs, 12/13yrs, 14yrs plus

INSURANCE LEVEL - MINIMUM BRONZE CLUB FOR RUNS 1 - 12

0.5 TARIFF

| | | | | | | | | |
|---|---|--------------|---|---|------------------------|---|---|---|
| 1 | 1 | FORWARD ROLL | 2 | 1 | BACK ROLL (tucked) | 3 | 1 | CHASSEE (to the side) |
| | 2 | STRETCH JUMP | | 2 | 1/2 TURN JUMP | | 2 | CARTWHEEL |
| | 3 | FORWARD ROLL | | 3 | FORWARD ROLL | | 3 | CHASSEE (to the side) |
| | 4 | STRETCH JUMP | | 4 | 1/2 TURN JUMP | | 4 | CARTWHEEL |
| | 5 | FORWARD ROLL | | 5 | BACKWARD ROLL (TUCKED) | | 5 | CHASSEE (to the side) |
| | 6 | STRETCH JUMP | | 6 | STRETCH JUMP | | 6 | CARTWHEEL 1/4 turn * |
| | | | | | | | | * 1/4 in, turn to face starting point of run |

0.5 TARIFF

| | | | | | | | | |
|---|---|----------------------|---|---|-----------------------|---|---|---|
| 4 | 1 | ROUND OFF | 5 | 1 | STRETCH JUMP TO 1 | 6 | 1 | CARTWHEEL |
| | 2 | 1/2 TURN JUMP to 1 | | 2 | CARTWHEEL | | 2 | CHASSEE (to the side) |
| | 3 | CARTWHEEL | | 3 | CHASSEE (to the side) | | 3 | ROUND OFF |
| | 4 | CARTWHEEL | | 4 | CARTWHEEL | | 4 | 1/2 TURN JUMP |
| | 5 | CARTWHEEL | | 5 | CHASSEE (to the side) | | 5 | TUCK JUMP |
| | 6 | CARTWHEEL 1/4 TURN * | | 6 | ROUND OFF | | 6 | DIVE ROLL |
| | | | | | | | | * 1/4 Turn to face starting point of run |

1.0 Tariff

| | | | | | | | | |
|---|---|---|---|---|-----------------------------------|---|---|-------------------|
| | | From standing on a Reversed springboard | | | From a small run (rec'ed 3 steps) | | | |
| 7 | 1 | STRETCH JUMP TO 1 | 8 | 1 | ROUND OFF | 9 | 1 | ROUND OFF |
| | 2 | HANDSPRING to 2 | | 2 | FLIC | | 2 | 1/2 JUMP TO 1 LEG |
| | 3 | STRETCH JUMP TO 1 | | 3 | REBOUND JUMP TO DISH | | 3 | CARTWHEEL |
| | 4 | ROUND OFF | | 4 | (onto a 30cm mat) | | 4 | ROUND OFF |
| | 5 | REBOUND JUMP to land | | 5 | | | 5 | 1/2 JUMP |
| | 6 | Backward roll with STRAIGHT LEGS | | | | | | |

1.0 tariff

| | | | | | | | | |
|----|---|-------------------|---|---|-------------------|---|---|-------------------|
| 10 | 1 | STRETCH JUMP TO 1 | 1 | 1 | STRETCH JUMP TO 1 | 1 | 2 | HANDSPRING |
| | 2 | ROUND OFF | | 2 | CARTWHEEL | | 2 | STRETCH JUMP TO 1 |
| | 3 | FLIC | | 3 | ROUND OFF | | 3 | CARTWHEEL |
| | 4 | 1/2 TURN | | 4 | FLIC | | 4 | ROUND OFF |
| | 5 | ROUND OFF | | 5 | FLIC | | 5 | FLIC |

| | | | | | |
|---|--------------|---|--------------|---|---------------|
| 6 | REBOUND JUMP | 6 | REBOUND JUMP | 6 | 1/2 TURN JUMP |
| | | | | 7 | DIVE ROLL |
| | | | | | |



| INCLUSIVE COMPETITION | | | | | |
|---|---|--------------------------|---|----------------|--|
| INCL L1 - (6yrs, 7yrs and also 8/9yrs, 10/11yrs, 12/13yrs, 14yrs+) | | | | | |
| INSURANCE LEVEL - MINIMUM BRONZE CLUB FOR RUNS 1 - 9 | | | | | |
| RUN 1 | - | Run 2 | - | Run 3 | |
| Forward roll | | Half jump turn | | Star cartwheel | |
| Stretch jump | | Forward roll | | Chasse | |
| Forward roll | | Stretch jump to one foot | | Star cartwheel | |
| Stretch jump | | Cartwheel | | Chasse | |
| | | | | Star cartwheel | |
| | | | | | |

| INCL L2 - (6yrs, 7yrs and also 8/9yrs, 10/11yrs, 12/13yrs, 14yrs+) | | | | | |
|---|---|--------------|---|-----------------------------|--|
| RUN 4 | - | RUN 5 | - | RUN 6 | |
| hurdle step | | Forward roll | | Backward Roll (Tucked) STOP | |
| round off | | Star Jump | | 1/2 turn jump | |
| rebound jump (stop) | | Forward Roll | | Forward Roll | |
| half jump turn | | Stretch Jump | | 1/2 turn jump | |
| forward roll | | Forward Roll | | Cartwheel | |
| stretch jump | | Tuck Jump | | Stretch Jump | |
| | | | | | |

| INCL L3 - (6yrs, 7yrs and also 8/9yrs, 10/11yrs, 12/13yrs, 14yrs+) | | | | | |
|---|---|-----------------------------------|---|--------------------------|--|
| RUN 7 | - | RUN 8 | - | RUN 9 | |
| Round off | | Stretch jump to one (hurdle step) | | Handspring to two feet | |
| Half jump turn | | Round off | | Stretch jump to 1 foot | |
| Round off | | Backward roll | | Cartwheel | |
| Cartwheel | | Half jump turn | | Round off | |
| Cartwheel | | Cartwheel (¼ turn in) | | Rebound (push back into) | |
| Stretch jump | | | | Backward roll | |

THIS LEVEL OF COMPETITION HAS NOW BEEN SPLIT INTO SEPARATE CATEGORIES. **Development (Dev)** - runs 13-21. Gymnast can choose any two from runs 13-18 and a dismount run from 19 -21 must be chosen. **Advanced Development (ADV Dev)** - runs 22-33. Gymnasts must choose two runs 22 - 30 and then a dismount run must be chosen from 31 - 33

Age Groups - Age in the year of competition - 5 in team (top 9 scores to count) - Teams can be girls, boys or mixed. ALL teams regardless of gender will compete against each other

DEVELOPMENT

8/9years 10/11years 12/13yrs 14+yrs

INSURANCE LEVEL - MINIMUM BRONZE COMPETITIVE

0.5 TARIFF

| | | | | | | | | |
|----|---|--------------------|----|---|-------------------|----|---|-------------------|
| 13 | 1 | ROUND OFF | 14 | 1 | HANDSPRING to 2 | 15 | 1 | Stretch Jump to 1 |
| | 2 | FLIC | | 2 | Rebound Jump to 1 | | 2 | Round Off |
| | 3 | 1/2 turn jump to 1 | | 3 | ROUND OFF | | 3 | FLIC |
| | 4 | ROUND OFF | | 4 | FLIC | | 4 | FLIC |
| | 5 | FLIC | | 5 | FLIC | | 5 | FLIC |
| | 6 | Rebound Jump | | 6 | 1/2 TURN JUMP | | 6 | Rebound Jump |

0.75 TARIFF

| | | | | | | | | |
|----|---|---|----|---|----------------|----|---|--|
| 16 | 1 | ROUND OFF | 17 | 1 | ROUND OFF | 18 | 1 | Tucked FRONT SOMI walk out |
| | 2 | FLIC | | 2 | FLIC | | 2 | Round Off |
| | 3 | FLIC | | 3 | FLIC | | 3 | FLIC |
| | 4 | FLIC | | 4 | FLIC | | 4 | FLIC |
| | 5 | FLIC | | 5 | FLIC | | 5 | FLIC |
| | 6 | 1/2 Jump Turn (to show controlled landing) | | 6 | Tuck Back Somi | | 6 | REBOUND JUMP (to show controlled landing) |

0.5 TARIFF

0.6 TARIFF

0.7 TARIFF

| | | | | | | | | |
|----|---|----------------------|----|---|-----------|----|---|---------------|
| 19 | 1 | ROUND OFF | 20 | 1 | ROUND OFF | 21 | 1 | ROUND OFF |
| | 2 | FLIC | | 2 | FLIC | | 2 | FLIC |
| | 3 | TUCK BACK (KICK OUT) | | 3 | PIKE BACK | | 3 | STRAIGHT BACK |

ADVANCED DEVELOPMENT

8/9years 10/11years 12/13yrs 14+yrs

Gymnasts **MUST** have silver membership to compete these routines

1.0 TARIFF

| | | | | | | | | |
|----|---|--------------|----|---|--------------|----|---|-----------|
| 22 | 1 | ROUND OFF | 23 | 1 | ROUND OFF | 24 | 1 | round off |
| | 2 | WHIP | | 2 | FLIC | | 2 | whip |
| | 3 | FLIC | | 3 | WHIP | | 3 | flic |
| | 4 | FLIC | | 4 | FLIC | | 4 | whip |
| | 5 | FLIC | | 5 | FLIC | | 5 | flic |
| | 6 | rebound jump | | 6 | STRETCH JUMP | | 6 | rebound |

1.25 TARIFF

| | | | | | | | | |
|----|---|----------------|----|---|---------------|----|---|-----------|
| 25 | 1 | ROUND OFF | 26 | 1 | ROUND OFF | 27 | 1 | ROUND OFF |
| | 2 | FLIC | | 2 | FLIC | | 2 | WHIP |
| | 3 | FLIC | | 3 | FLIC | | 3 | FLIC |
| | 4 | FLIC | | 4 | FLIC | | 4 | FLIC |
| | 5 | FLIC | | 5 | FLIC | | 5 | FLIC |
| | 6 | Pike Back Somi | | 6 | STRAIGHT BACK | | 6 | TUCK BACK |

1.5 TARIFF

| | | | | | | | | |
|----|---|----------------------|----|---|---------------|----|---|------------|
| 28 | 1 | ROUND OFF | 29 | 1 | ROUND OFF | 30 | 1 | ROUND OFF |
| | 2 | WHIP | | 2 | WHIP | | 2 | WHIP |
| | 3 | FLIC | | 3 | WHIP | | 3 | WHIP |
| | 4 | WHIP | | 4 | FLIC | | 4 | WHIP |
| | 5 | FLIC | | 5 | FLIC | | 5 | FLIC |
| | 6 | TUCK Back (kick out) | | 6 | Straight back | | 6 | FULL TWIST |

| 1.1 TARIFF | | | 1.5 TARIFF | | | 2.4 TARIFF | | |
|------------|---|------------|------------|---|--------------|------------|---|-------------|
| 31 | 1 | ROUND OFF | 32 | 1 | ROUND OFF | 33 | 1 | ROUND OFF |
| | 2 | FLIC | | 2 | FLIC | | 2 | FLIC |
| | 3 | FULL TWIST | | 3 | DOUBLE TWIST | | 3 | DOUBLE BACK |



Novice Agility Championships 2022

Rules and Criteria

General Rules

- The competition is open to gymnasts of all disciplines.
- Competing gymnasts must be members of Welsh/ British Gymnastics and have **Bronze Competitive Membership**.
- For 2022 ONLY there are no pre-requisites or restrictions on entry (with the exception of insurance level)
- Gymnasts may enter at any level suitable to their ability in their appropriate age group. Once they have competed at this level they are unable to drop down a level unless special dispensation is provided by the Competition Organiser. This must be applied for in writing prior to the entry closing date.
- There will be a **separate** competition for Girls and Boys, where there are more than 3 boys in any one category, if this is not the case then boys will compete against girls.
- Teams can consist of either 3 - 5 Gymnasts. Teams can be made up of gymnasts of the same or mixed gender, with all gymnasts competing at the **same level in the same age group**. The top 9 runs will count toward the team total. Coaches must indicate clearly on the entry form which gymnasts are in which team.
- To ensure that tumbling remains an inclusive discipline, we have included a section where gymnasts with impairments can compete. (INCL L1, L2, L3).

Judging Rules

Judges may be qualified in any discipline but will follow the rules listed below.

Where possible a specific Tumbling Judge will be used as CJP in order to encourage standardisation of the following rules:-

1. General Notes:

- All Tumble runs will be marked out of 10.00
- All Tumble runs will be performed on a matted, not sprung, tumble run
- Each performer will perform three runs
- A spring board may be used at the beginning of the run for any element listed

2. Judges May Deduct Under Six Headings:

a) Deviation

A tumble should be performed astride the centre line of the track. Deductions ranging from 0.1 to 1.0 may be made for any deviation from the centre line. Should the Tumbler deviate from the centre line they are advised to continue

parallel to the centre line rather than strive to regain the line. A zig-zag course could lead to several deductions under this heading although the maximum is 1.0.

b) Finish

The Tumbler should finish with the body vertical in a two foot landing with the feet astride the centre line at the end of the tumble. Any foot movements, arm and body movements to maintain balance, or stooping forward, will be penalised.

Penalties range from 0.1 to 0.3.

c) Tempo

A Tumble should be i) Fast and ii) Maintain momentum or accelerate throughout. A Tumbler can incur deductions for loss of momentum between elements. These deductions are additional to the technical deductions and range from 0.3 to 1.0 for stopping.

e) General Impression

A Tumbling exercise should be fast, ideally accelerating throughout. It should have rhythm and lightness and an uninterrupted smooth flow. Fulfil all the requirements of shape and height. All landings should be exact. A Judge may deduct 0.1 to 1.0 for his general impression of the exercise. Deductions can also be made under this heading for untidiness, discourtesy, and behaviour of the coach; however, the maximum deductions under this heading cannot exceed 1.0.

Faults for Composition and General Impression

Minors Errors (0.1)

- insufficient lightness and rhythm
- repeated small technical faults
- uncertain approach
- indistinct start and finish to exercise
- untidy or immodest dress

Significant Faults (0.2)

- incorrect dress
- repeated significant technical deductions - visible effort or strain

Serious Errors (0.3)

- presence of a spotter
- most elements performed with serious technical faults

f) Technical Deductions

Minor Errors (0.1)

- slight bending or spreading of arms or legs - slight deviation in direction
- landing with a small bounce or step
- other small insignificant errors in technique

Significant Faults (0.2 to 0.3)

- a distinct bending or spreading of the arms or legs
- a large step in landing or three small steps

- poor shape in the element
- distinct deviation from the centre line
- slight loss of tempo
- deep bend in landing

Serious Faults (0.5)

- distinct loss of tempo
- additional steps after landing (more than three)
- touching the boundary line of the runway with one hand or foot - significant bending of arms or legs
- landing any move on one leg when it should have been two
- touching the floor briefly with the hands
- stepping out of the exercise area with one hand or foot.
- stops in the routine
- crossing the boundary line of the track with both hands or feet (remainder not evaluated)
- fall on head, hands and feet, front, back or seat
- physical assistance from a spotter (element and remainder of exercise not evaluated)

AGE GROUPS FOR ALL LEVELS

| | | | |
|------------------|---------------------|----------------------|--------------------|
| 8 IN YEAR | 9/10 IN YEAR | 11/12 IN YEAR | 13+ IN YEAR |
|------------------|---------------------|----------------------|--------------------|

LEVEL 1

| | RUN 1 | | RUN 2 | | RUN 3 |
|----------|----------------|----------|---------------------------|----------|-----------------------|
| 1 | FORWARD ROLL | 1 | CHASSE | 1 | CARTWHEEL |
| 2 | STRETCH JUMP | 2 | CARTWHEEL (sideways) | 2 | CARTWHEEL 1/4 TURN IN |
| 3 | FORWARD ROLL | 3 | CHASSE | 3 | BACK ROLL |
| 4 | STAR JUMP | 4 | CARTWHEEL (sideways) | 4 | 1/2 TURN JUMP |
| 5 | FORWARD ROLL | 5 | CHASSE | 5 | FORWARD ROLL |
| 6 | FULL TURN JUMP | 6 | CARTWHEEL to land side on | 6 | STAR JUMP |

LEVEL 2

| | RUN 1 | | RUN 2 | | RUN 3 |
|----------|--------------------|----------|---------------|----------|------------------------|
| 1 | ROUND OFF | 1 | CARTWHEEL | 1 | HANDSTAND FORWARD ROLL |
| 2 | 1/2 TURN JUMP TO 1 | 2 | CHASSE | 2 | FORWARD ROLL to 1 |
| 3 | CARTWHEEL | 3 | CARTWHEEL | 3 | CARTWHEEL |
| 4 | CARTWHEEL | 4 | ROUND OFF | 4 | CARTWHEEL |
| 5 | ROUND OFF | 5 | STRETCH JUMP | 5 | ROUND OFF |
| 6 | REBOUND JUMP | 6 | BACKWARD ROLL | 6 | 1/2 TURN JUMP |

LEVEL 3

| | RUN 1 | | RUN 2 | | RUN 3 |
|----------|-------------------------|----------|-------------------|----------|-------------------------------|
| 1 | ROUND OFF | 1 | HANDSPRING TO 2 | 1 | ROUND OFF |
| 2 | 1/2 TURN JUMP TO 1 | 2 | STRETCH JUMP TO 1 | 2 | FLIC |
| 3 | CARTWHEEL | 3 | CARTWHEEL | 3 | REBOUND JUMP (Hold 3 seconds) |
| 4 | ROUND OFF | 4 | ROUND OFF | | Turn Around and Repeat |
| 5 | REBOUND JUMP | 5 | 1/2 TURN JUMP | 1 | ROUND OFF |
| 6 | JUMP 1/1 TURN (arms in) | 6 | REBOUND ROLL | 2 | FLIC |
| | | | | 3 | REBOUND JUMP (Hold 3 seconds) |

LEVEL 4

| | RUN 1 | | RUN 2 | | RUN 3 |
|----------|---|----------|--------------------------|----------|----------------------|
| | From standing | | From standing | | From Standing |
| 1 | ROUND OFF | 1 | ROUND OFF | 1 | ROUND OFF |
| 2 | FLIC | 2 | FLIC | 2 | FLIC |
| 3 | Onto a mat - Jump to deep dish and hold | 3 | HALF JUMP TURN TO 1 FOOT | 3 | FLIC |

| | | | | | |
|---|--|---|--|---|--|
| 4 | Onto a mat - Jump to deep dish and hold 3 secs | 4 | ROUND OFF | 4 | Onto a mat - Jump to deep dish and hold 3 secs |
| | | 5 | FLIC | | |
| | | 6 | Onto a mat - Jump to deep dish and hold 3 secs | | |

| |
|----------------------------------|
| <u>Inclusive Tumbling</u> |
| <u>INCL L1</u> |

| <u>RUN 1</u> | <u>Run 2</u> | <u>Run 3</u> |
|---------------------|--------------------------|---------------------|
| Forward roll | Half jump turn | Star cartwheel |
| Stretch jump | Forward roll | Chasse |
| Forward roll | Stretch jump to one foot | Star cartwheel |
| Stretch jump | Cartwheel | Chasse |
| | | Star cartwheel |
| | | |

| <u>INCL L2</u> | | |
|-----------------------|---------------------|---------------------------|
| <u>RUN 1</u> | <u>RUN 2</u> | <u>RUN 3</u> |
| Hurdle step | forward roll | back roll (tucked) (stop) |
| Round off | star jump | i/2 turn jump |
| Rebound jump (stop) | forward roll | forward roll |
| Half jump turn | stretch jump | 1/2 turn jump |
| Forward roll | forward roll | Cartwheel |
| Stretch jump | tuck jump | stretch jump |
| | | |

| <u>INCL L3</u> | | |
|-----------------------|-----------------------------------|------------------------|
| <u>RUN 1</u> | <u>RUN 2</u> | <u>RUN 3</u> |
| Round off | Stretch jump to one (hurdle step) | handspring to two feet |
| half jump turn | Round off | stretch jump to 1 foot |

| | | |
|--------------|------------------------------------|--------------------------|
| round off | backward roll | Cartwheel |
| cartwheel | half jump turn | round off |
| Cartwheel | cartwheel ($\frac{1}{4}$ turn in) | rebound (push back into) |
| stretch jump | | backward roll |
| | | |