

Frequently Asked Questions - TUMBLING

- **I am really busy with getting gymnasts ready for artistic/acro/other discipline grades.....how much time will I need to dedicate to the routines?**

Tumbling forms, a huge part of an artistic and acrobatic dynamic floor routines. Allot of the lower level routines and grades are very similar to the tumble runs within these discipline routines. There is not a lot of difference between what they are expected to do. It is not until you get beyond NDP L3 that the shape changes become apparent and it becomes more necessary to spend time working on them. At the stage where you have gymnast who could potentially go beyond this level you may want to spend a little more time on specific tumble shapes and transitions between skills, or seek support and guidance from a tumble coach or colleague.

- **When are the competitions and where will I find information about them?**

Tumble competitions run frequently throughout the year. The Non-Olympic Development Officer is currently in the process of putting together a new tumble league which we are hoping to launch in January. This will give anyone who wishes to try tumbling an opportunity to compete and get the feeling of what a tumble competition runs like. The league allows gymnasts at all levels to compete. We have a Welsh National Development Programme competition usually in the first 3 months of the year, along with Welsh Championships at the end of the year. There are always competitions opportunities in England, and if a club/coach is interested please get in touch with Maria, who will be able to help you out.

- **What are the development pathways?**

Welsh tumbling run a grassroots level competition every year - The Novice Agility. This comp is run as a tumble competition would, and gives coaches, judges and more importantly gymnasts the opportunity to compete in tumble competitions before entering higher level competitions. Generally, gymnasts would start off competing at local level competitions, with perhaps a routine containing no more than maybe 5 or 6 moves, perhaps round off 4 flicks somersault dismount. Tumbling like all other disciplines has a National Development programme that most tumble clubs compete in. There will be a regional qualifier where gymnasts must compete 3 tumble runs and a body preparation routine - this can be likened to range and conditioning in an artistic competition. For a gymnast to qualify through to represent Wales as a region they must finish in the top two having qualified with a score of 70 or over and having passed their Body Preparation with a score of 35 or more (70%). The gymnast will then go through to Regional Team semi-finals, where they get the opportunity to help Wales as region to compete for the UK Team trophy, to wear Welsh Regional kit, and compete for a place in the individual finals later in the year,

the top 8 gymnasts in each age group and level qualify through to British finals to compete for individual titles.

At every stage, a coach should be assessing and seeking advice from their peers, to ensure they are on the right pathway with their gymnasts. Gymnasts can progress quickly in tumbling if they are well conditioned, so working with other coaches will help all involved.

If you have a gymnast who shows particular promise then a coach should consider going down the FIG World Age Group (WAG) elite pathway, then we would suggest getting in touch with the office who can discuss the pathway and the best way forward for you and your gymnast.

- **What the best routines to work on first?**

We would probably suggest working on a couple of flicks into a dismount and getting gymnasts used to landing their tumbles in a certain place, in tumble terms would be the landing area. A gymnast can get a deduction on their overall score if they don't land a somersault dismount in the landing area.

We would suggest that working in perhaps 4 flicks into a dismount firstly then start working on upgraded the dismounts and adding them into the routines. Tumbling is a discipline that on the whole requires a gymnast to tumble backwards. There are however certain levels within the National Development Plan that requires gymnasts to include forward entry routines, so keep an eye in the actual routines requirements, of the NDP pathway.

<https://www.british-gymnastics.org/technical-information/competition-handbooks/tumbling/8777-tum-ndp-competition-structure-2018-pdf/file>

- **Who can I get in touch with to find out further information??**

Initially Maria Gaynor (Non-Olympic Discipline Development Officer) TC Team Manager

Or any of the Technical Committee

Carly Hawke - Wye Gymnastics Club (Competition Organiser)

Joan Morgan - Aberystwyth (West Wales Representative)

Jayne Hughes - Deeside Gymnastics Club (North Wales Representative)

- **Where will I find all this information and handbooks etc?**

Welsh gymnastics are currently working towards the BG handbook, the TC are in the process of putting together a WG handbook and will upload to the Welsh Gymnastics website.... www.welshgymnastics.org

- **At what level can I put my gymnasts in at? What do my current qualifications cover me to do?**

As a rough guide using Artistic levels as a starting point.....

Tumbling National Development Plan (NDP) level 1 - Novice (level 6) ALL ages

Tumbling NDP 2 - Novice (level 6) 10/11 and above

Tumbling NDP 3 /NDP 4 - Intermediate at all ages.