

Welsh Gymnastics Tumble League 2024 - Rules and Regulations

Equipment

All gymnasts where venue and timetable allows will compete on the tumble track, where this is not possible a sprung floor will be utilised to enable gymnasts to compete on the same equipment they have in their own environments. This will be very much dependant on numbers and venue.

Qualifications Coaches must be a Level 2 coach (min) - No skills to be taught out of level of qualification.

Coaches and Judges are required to have an up-to-date DBS and Safeguarding qualification.

Levels Tumble League have 5 Levels

Team CARTWHEEL - Team FLIC - Team WHIP - Team SOMI - Team F.I.G

Our Inclusive tumblers will compete alongside our Team CARTWHEEL competitors, depending on numbers and timings of competitions.

Insurance Gymnasts must have current WG/BG insurance.

BRONZE Insurance = Team CARTWHEEL / Team FLIC / Team WHIP

SILVER Insurance = Team SOMI and TEAM F.I.G

The Tumble League Series is a stand-alone competition and open to any member of Welsh or British Gymnastics.

Medals

1st 2nd 3rd Individual in each age group will receive medals, 4th, 5th and 6th will receive ribbons. 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.

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

Age Groups (Age in the year of competition)

Team INCLUSIVE / Team CARTWHEEL - 6yrs, 7yrs, 8/9yrs, 10/11yrs, 12/13yrs, 14yrs

Team FLIC - 8/9yrs, 10/11yrs, 12/13yrs, 14yrs+

Team WHIP / Team SOMI / Team F.I.G 8/9yrs, 10/11yrs, 12/13yrs, 14yrs+

Judges Ratio Clubs MUST provide the following number of judges.

1-10 competitors = 1 judge · 11-50 competitors = 2 judges · 50+ competitors = 3 judges (A £100 fine will be applied if your club does not supply a judge.)

Coach Ratio 1-15 competitors = 1 coach - 15+ competitors = at least 2 coaches **Chaperones** Tumblers not competing must be chaperoned at all times

Calculating TL Scores Individuals will receive - 1st place = 10 points / 2nd place = 8 points / 3rd place = 6 points / 4th place = 4 points / 5th place = 2 points

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 stand in the league table.

Welsh Gymnastics Tumble League 24 - INCLUSIVE

Inclusive - 6yrs, 7yrs and also 8/9yrs, 10/11yrs, 12/13yrs, 14yrs+ (BRONZE Insurance)

BRONZE Insurance

LEVEL 1

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

LEVEL 2

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

LEVEL 3

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

Welsh Gymnastics Tumble League 24 - TEAM CARTWHEEL

TEAM CARTWHEEL - 6yrs, 7yrs, 8yrs, 9yrs, 10/11yrs, 12/13yrs, 14yrs

BRONZE Insurance

3 PASSES REQUIRED - 1 pass from Column A / 1 pass from Column B / 1 pass from Column C

Column A	
1 Forward Roll	0.1
2 Straight Jump	0.1
3 Forward Roll	0.1
4 Tuck Jump	0.1
5 Forward Roll	0.1
6 Star Jump - Hold	0.1

Tariff 0.6

Column B	
1 Chasse (side or front)	0.1
2 Cartwheel	0.1
3 Chasse (side or front)	0.1
4 Cartwheel	0.1
5 Chasse (side or front)	0.1
6 Cartwheel (optional finish)	0.1

Tariff 0.6

Column C	
1 Stretch Jump Walkout (Standing start)	0.1
2 Cartwheel - 1/4 turn in	0.1
3 Fall to dish onto mat	0.1
4 Hold Dish (3 secs)	0.1

Tariff 0.4

Column A	
1 Forward Roll	0.1
2 Straight Jump - Walkout	0.1
3 Cartwheel	0.1
4 Chasse	0.1
5 Cartwheel ¼ turn in	0.1
6 Backward Roll Straight Legs	0.1

Tariff 0.6

Column B	
1 Stretch Jump Walkout (Standing start)	0.1
2 Cartwheel	0.1
3 Chasse (side or front)	0.1
4 Cartwheel	0.1
5 Chasse (side or front)	0.1
6 Cartwheel ¼ inwards	0.1

Tariff 0.6

Column C	
1 Stretch Jump Walkout (Standing start)	0.1
2 Round off	0.1
3 Jump to dish	0.1
4 Hold Dish (3Secs)	0.1

Tariff 0.4

Column A	
1 Stretch Jump Walkout (Standing start)	0.1
2 Cartwheel	0.1
3 Chasse (front)	0.1
4 Round Off	0.1
5 1/2 Turn Jump	0.1
6 Immediate rebound - Star Jump	0.1

Tariff 0.6

Column B	
1 Stretch Jump Walkout (Standing start)	0.1
2 Round Off	0.1
3 1/2 Turn Jump Walkout	0.1
4 Round Off	0.1
5 Straight Jump	0.1
6 Immediate rebound 1/2 turn jump	0.1

Tariff 0.6

Column C	
1 Stretch Jump Walkout (Standing start)	0.1
2 Round off	0.1
3 Stretch rebound Jump	0.1
4 Immediate half turn jump	0.1

Tariff 0.4

Welsh Gymnastics Tumble League 24 - TEAM FLIC

TEAM FLIC - 7yrs 8/9yrs, 10/11yrs, 12/13yrs, 14yrs+

BRONZE Insurance

3 PASSES REQUIRED - 1 pass from Column A / 1 pass from Column B / 1 pass from Column C

Column A	
1 Stretch Jump Walkout (<i>From standing start</i>)	0.1
2 Cartwheel	0.1
3 Chasse (<i>front</i>)	0.1
4 Round Off	0.1
5 1/2 Turn Jump	0.1
6 Immediate Rebound - Star Jump	0.1

Tariff 0.6

Column B	
1 Stretch Jump Walkout (<i>Standing start</i>)	0.1
2 Round Off	0.1
3 1/2 Turn Jump Walkout	0.1
4 Round Off	0.1
5 Flic	0.1
6 Straight Jump - Hold	0.1

Tariff 0.6

Column C	
1 Stretch Jump Walkout (<i>Standing start</i>)	0.1
2 Round Off	0.1
3 Flic	0.1
4 Rebound to dish onto mat	0.1
5 Hold Dish (3 secs)	0.1

Tariff 0.5

Column A	
1 Round Off	0.1
2 Flic	0.1
3 1/2 Turn Jump Walkout	0.1
4 Round Off	0.1
5 Flic	0.1
6 1/2 Turn Jump - Hold	0.1

Tariff 0.6

Column B	
1 Round Off	0.1
2 Flic	0.1
3 Flic	0.1
4 1/2 Turn Jump - Hold	0.1

Tariff 0.4

Column C	
1 Stretch Jump Walkout (<i>Standing start</i>)	0.1
2 Round Off	0.1
3 Flic	0.1
4 Flic	0.1
5 Rebound to dish onto mat (Hold 3 secs)	0.1
6 Hold Dish (3 secs)	0.1

Tariff 0.6

Column A	
1 Round Off	0.1
2 Flic	0.1
3 Flic	0.1
4 Jump 1/2 turn and hold (3 secs)	0.1
5 Stretch jump into Round Off	0.1
6 Flic	0.1

Tariff 0.6

Column B	
1 Round Off	0.1
2 Flic	0.1
3 Flic	0.1
4 Flic	0.1
5 Flic	0.1
6 Straight Jump - Hold	0.1

Tariff 0.6

Column C	
1 Round Off	0.1
2 Flic	0.1
3 Tuck Somersault	0.5

Tariff 0.7

Welsh Gymnastics Tumble League 24 - TEAM WHIP

TEAM WHIP - 8/9yrs, 10/11yrs, 12/13yrs, 14yrs+

BRONZE Insurance

3 PASSES REQUIRED - 1 pass from Column A / 1 pass from Column B / 1 pass from Column C

Column A	
1 Round Off	0.1
2 Flic	0.1
3 Flic	0.1
4 Flic	0.1
5 Flic	0.1
6 Straight Jump	0.1

Tariff 0.6

Column B	
1 Round Off	0.1
2 Flic	0.1
3 Flic	0.1
4 Flic	0.1
5 Flic	0.1
6 Tuck Back Somi	0.1

Tariff 0.6

Column C	
1 Round Off	0.1
2 Flic	0.1
3 Tuck Somersault	0.5

Tariff 0.7

Column A	
1 Round Off	0.1
2 Flic	0.1
3 Flic	0.1
4 Flic	0.1
5 Flic	0.1
6 Pike Back Somi	0.6

Tariff 1.1

Column B	
1 Round Off	0.1
2 Flic	0.1
3 Whip	0.2
4 Flic	0.1
5 Flic	0.1
6 Stretch Jump	0.1

Tariff 0.7

Column C	
1 Round Off	0.1
2 Flic	0.1
3 Pike Back Somi	0.6

Tariff 0.8

Column A	
1 Round Off	0.1
2 Flic	0.1
3 Flic	0.1
4 Flic	0.1
5 Flic	0.1
6 Straight Back Somi	0.6

Tariff 1.1

Column B	
1 Round Off	0.1
2 Flic	0.1
3 Whip	0.2
4 Flic	0.1
5 Flic	0.1
6 Tuck Back Somi	0.5

Tariff 1.1

Column C	
1 Round Off	0.1
2 Flic	0.1
3 Straight Back Somi	0.5

Tariff 0.7

Welsh Gymnastics Tumble League 24 - TEAM SOMI

TEAM SOMI - 8/9yrs, 10/11yrs, 12/13yrs, 14yrs+

SILVER Insurance

3 PASSES REQUIRED - 1 pass from Column A / 1 pass from Column B / 1 pass from Column C

Column A	
1 Round Off	0.1
2 Flic	0.1
3 Flic	0.1
4 Flic	0.1
5 Flic	0.1
6 Straight Back Somi	0.6

Tariff 1.1

Column B	
1 Round Off	0.1
2 Flic	0.1
3 Whip	0.2
4 Flic	0.1
5 Flic	0.1
6 Tuck Back Somi	0.5

Tariff 1.1

Column C	
1 Round Off	0.1
2 Flic	0.1
3 Full Twisting Back Somi	0.9

Tariff 1.1

Column A	
1 Round Off	0.1
2 Whip	0.2
3 Flic	0.1
4 Whip	0.2
5 Flic	0.1
6 Stretch Jump	0.1

Tariff 0.8

Column B	
1 Round Off	0.1
2 Whip	0.2
3 Whip	0.2
4 Flic	0.1
5 Flic	0.1
6 Stretch Jump	0.1

Tariff 0.8

Column C	
1 Round Off	0.1
2 Flic	0.1
3 One and a Half Twisting Back Somi	1.1

Tariff 1.3

Column A	
1 Round Off	0.1
2 Whip	0.2
3 Whip	0.2
4 Flic	0.1
5 Flic	0.1
6 Straight Back Somi	0.6

Tariff 1.3

Column B	
1 Round Off	0.1
2 Whip	0.2
3 Whip	0.2
4 Flic	0.1
5 Flic	0.1
6 Full Twisting Back Somi	0.9

Tariff 1.6

Column C	
1 Round Off	0.1
2 Flic	0.1
3 Double Twisting Back Somi	1.3

Tariff 1.5

Welsh Gymnastics Tumble League 24 - TEAM F.I.G

AGE Groups

- 10 years
 - 11 – 12 years
 - 13 – 14 years
 - 15 – 16 years
 - 17 – 21 years
 - Senior
- 2 x 8 skill passes required

RULES FIG Rules (including Junior and WAGC rules for age groups) apply for all events.

- 1 Each exercise consists of eight (8) elements.
- 2 With the exception of flic flacs, whipbacks round offs and full twist backs, no element may be repeated during the two (2) exercises of Q1, otherwise the difficulty of the repeated element will not be counted.
- 3 A tumbling exercise must move in one direction only; however, a single element in the reverse direction is allowed at the end of the exercise (8th element).
- 4 All completed exercises must end with a somersault, otherwise a penalty of 2.0 will be applied.
- 5 **10 years of age - whip difficulty bonus:** There will be a 0.2 difficulty bonus added per whip (bonus applies to a maximum of 5 whips in a single exercise), making each eligible whip worth a value of 0.4 for gymnasts in the 10 years age group.

MINIMUM 'D' SCORE REQUIRED

Age Group	British Men (Information Only)	British Women (Information Only)	Welsh Men 'D' Score Required for TL	Welsh Women 'D' Score Required for TL
10 years*	4.4	4.4	3	3
11 – 12 years	4	4	3.2	3.2
13 – 14 years	5.4	5.4	3.9	3.9
15 – 16 years	6.9	6.5	4.2	4.2
17 – 21 years	7.4	7	5.3	5.3
Senior	9.6	7.5	6.6	6.6

