



LONDON[®]
GYMNASTICS

Tumbling Handbook 2018



TUMBLING

TUMBLING CLUB CONTACT NAMES

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SUTTON	Selwyn Walmsley	swalmsley@carewacademy.org

TUMBLING COMMITTEE

Chairman	Paul Welch	paulbvqc@aol.com
Treasurer	Andy Payne	Andrew.payne@southwarkgymnastics.co.uk
Committee members	Kath Small	kathpeberdy@hotmail.com
	Kay Ongley	allstarzgymclub@hotmail.com
	Jo Little	croydonacro@gmail.com

2018

“BG, acting through its Committees, reserves the right to refuse any entry and disqualify a competitor or coach, if they do not comply with BG regulations.”

COMPETITION TITLE	Minimum age in year of competition
Novice Tumble League:	7 years in the year of competition
London Tumble League:	8 years in the year of competition
Club level 1 2	7 years in the year of competition
Club level 3	8 years in the year of competition
NDP comps leading to Nat final	9 years in the year of competition

TUMBLING REGIONAL COMPETITION PROGRAMME

Novice level Tumble league :	3 competitions per year Open to LG affiliated, tumbling registered clubs Entry forms & tumbling ladder available on LG website
London Tumble league:	3 competitions per year Open to LG affiliated, tumbling registered clubs Entry forms & tumbling ladder available on LG website Coaches must have tumbling qualification
Invitational competitions: varied levels	BG membership required By invitation only from host club Team Entry & payment direct to host club Entry forms sent with invitations
Club level Regional Championships	BG membership & LG affiliation and required Tumbling registration required Club level tumbles. On-line entry Coaches must have min. L2 tumble qualification
Regional tumbling Championships:	BG membership & LG affiliation required Tumbling registration required Club & NDP levels. On-line entry Coaches must have min. L2 tumble qualification
Regional tumbling NDP Prelims: Leading onto semi finals	BG membership & LG affiliation required NDP levels. Tumbling registration required On-line entry Coaches must have min. L2 tumble qualification

Gymnasts must select their competition pathway (NDP/FIG) at the beginning of the season and may not transfer pathways during the season

TUMBLING COACHING LEVELS

LEVEL	COMPETITION	MIMIMUM COACH REQUIREMENTS
NDP level 1	9-10 yrs. women & men	Tumbling UKCC level 2
	11-12 yrs. women & men	Tumbling UKCC level 2
	13 + yrs. Women & men	Tumbling UKCC level 2
NDP level 2	9-10 yrs. women & men	Tumbling UKCC level 2
	11-12 yrs. women & men	Tumbling UKCC level 2
	13 + yrs. Women & men	Tumbling UKCC level 2
NDP level 3	9-10 yrs. women & men	Tumbling UKCC level 2
	11-12 yrs. women & men	Tumbling UKCC level 2
	13 + yrs. Women & men	Tumbling UKCC level 2
NDP level 4	9-10 yrs. women & men	Tumbling UKCC level 2
	11-12 yrs. women & men	Tumbling UKCC level 2
	13 + yrs. Women & men	Tumbling UKCC level 2
NDP level 5	10-12 yrs. Women & men	Tumbling level 3 module 1
	13-14 yrs. Women & men	Tumbling level 3 module 1
	15 + yrs. Women & men	Tumbling level 3 module 1
NDP level 6	Under 13 yrs. Women& men	Tumbling level 3 module 1
	Over 13 yrs. Women & men	Tumbling level 3 module 1
NDP level 7	Under 13 yrs. Women& men	Tumbling level 3 module 2
	Over 13 yrs. Women & men	Tumbling level 3 module 2
FIG Grades	9-10 yrs. women & men	Tumbling UKCC level 2
	11-12 yrs. women & men	Tumbling UKCC level 2
	13-14 yrs. Women & men	Tumbling UKCC level 2
	15-16 yrs. Women & men	Tumbling UKCC level 2
	17-18 yrs. Women & men	Tumbling UKCC level 2
	Senior women & men	Tumbling UKCC level 2

TANSFER COACHING MATRIX TO TUMBLING

I currently have a qualification at;	L1	L2	L3	L4	L5
in GG, so I can attend a tumbling course at level:	L1	L1	L2	L2	XX
in MAG	L1	L1	L2	L3	L4
in WAG	L1	L1	L2	L3	L4
in ACRO	L1	L1	L2	L3	L4
in TEAM	L1	L1	L2	L3	L4
in RG	L1	L1	L1	L1	L1
in TRAMP	L1	L1	L1	L1	L1
in AER	L1	L1	L1	L1	L1
in PS	L1	L1	L1	L1	XX

NOVICE TUMBLING PROGRAMME

TUMBLE LEAGUE

A team competition, for novice tumblers, with scores aggregated over a set of competitions throughout the year

Qualifications:

Clubs must be affiliated to LG and registered for Tumbling with BG

The lead coach with a Club Level team must be at least Level 2 tumbling, Acro, GG, WA or MA

The lead coach with a London Level team must be at least level 2 tumbling or Level 4 Acro, WA or MA.

The Gymnasts must have current, minimum bronze BG membership

Clubs must provide a Tumbling Judge with a minimum 'Intro to Tumbling Judge' qualification at each event.

Ages:

Novice Level tumblers must be a minimum of 7 years in the year of competition

London Level tumblers must be a minimum of 8 years in the year of competition

Competition rules

A team comprises of 5 tumblers

The team may change members throughout the set of competitions

The 4 highest scores of the team will count for each run.

The tumblers compete 5 consecutive runs

Each team is allowed one bye during the set of competitions and the top 2 scores will count.

However, all teams must be present for the Final in order to collect medals if not they forfeit their position.

Presentations: Team Medals in each category will be presented at the final competition.

Competition Entry:

A club may enter more than 1 team in each category.. Team entry will be confirmed before payment is made.

Forms available on LG website

£60.00 per team / per set of 3 competitions (*£4.00 per tumbler / per comp.*)

Entry forms emailed to the organiser: Andrew.payne@southwarkgymnastics.co.uk who will confirm team entry

Payment must be made by bank transfer by TBC once your teams have been confirmed

BANK TRANSFER: HSBC Sortcode 40-19-04 Acc 42156288

2018 Novice Level Tumble league

FROM A RUN:

1	Cartwheel, Chasse, Cartwheel (¼ in)
2	Cartwheel, Chasse, R/O, Star J, Tuck J
3	R/O, J180, Cartwheel, Cartwheel
4	R/O, J180, Dive Fwd. Roll
5	R/O, J180, R/O, J180
6	Cartwheel, Cartwheel, Round off, Straight J
7	R/O, Flic, Straight J
8	R/O, Flic, J180, R/O, Flic, Straight J
9	R/O, Flic, Flic, Straight J
10	Front Somi

2018 London Level Tumble league

1	Front somi W/O R.off, Flic, straight J
2	R/O, Flic, Flic, Flic, Straight J
3	R/O, Flic, Tuck back somi
4	Pike, front somi W/O, R/O, Flic, Straight J
5	R/O, Flic, Whip, Flic, Straight J
6	R/O, Flic, Pike back somi
7	R/O, Flic, Flic, Flic, Tuck back somi
8	R/O, Flic, Pike back somi
9	R/O, Flic, Flic, Flic, Pike back somi
10	R/O, Flic, Straight back somi

DEVELOPMENT LEVEL TUMBLING PROGRAMME

REGIONAL LEVEL TUMBLING PROGRAMME

CLUB LEVEL

TUMBLING: 1 2 3

Individual Regional Competition for inexperienced tumblers,
Regional Championships only. This level does not lead to a National Final

Age Rules:

Club Level 1&2 tumblers must be a minimum 7 years in the year of competition

Club level 3 tumblers must be a minimum of 8 years in year of competition

Club level 1: Age Groups 7-8, 9-10, 11-12, 13+

Club level 2: Age Groups 7-8, 9-10, 11-12, 13+

Club level 3: Age Groups 8-10, 11-12, 13+

Medals will be presented to highest scoring M & F in each category

Gymnasts:

Gymnasts must have current Silver Competitive BG membership

Coaches:

Coaches must be tumbling level 2 or above

Coaches must have current Gold BG membership & qualifications

Clubs:

Must be affiliated to LG and registered for tumbling

Competition rules:

Tumblers must complete all three set runs

Competition Entry:

On-line entry

Payment on-line with debit or credit card

Clubs must provide a minimum of 1 qualified tumbling judge for every 10 tumblers

NATIONAL DEVELOPMENT PLAN

NDP Levels 1-7 TUMBLING

Gymnasts must select their competition pathway (NDP/FIG) at the beginning of the season and may not transfer pathways during the season

Prelims for tumbling semi-finals + Regional Tumbling Championships

Age Rules

- NDP Level tumblers must be a minimum 9 years in the year of competition

NDP 1-4: Age Groups 9-10, 11-12, 13+

NDP 5: Age Groups 10-12, 13-14, 15+

NDP 6 & 7: Age Groups Under 13yrs, Over 13yrs

Gymnasts

- Gymnasts must have Silver Competitive BG membership

Coaches:

- Coaches must have required tumbling qualification for the level of tumblers being performed
Coaches must have current BG Gold membership & qualifications

Clubs:

- Must be affiliated to LG and registered for tumbling

Competition rules

- Gymnast must complete all three set runs
- To progress to NDP Finals, gymnasts will compete in Regional Prelims through to NDP Semi-Finals
- The top two gymnasts per level / age group / gender will progress from the Regional Prelims to the NDP Semi-Finals
- The top eight gymnasts per level / age group / gender will progress from NDP Semi-Finals to NDP Finals
- Ranking at the Regional Prelims and the NDP Semi-Finals is determined by the cumulative scores from all 3 runs

Tie Break

Tie for first place: Awards, 2 x Gold and 1 Silver (No Bronze)

Tie for second place: Awards, 1 x Gold, 2 x Silver (No Bronze)

Tie for third place: 1 x Gold, 1 x Silver and 2 x Bronze

Competition Entry:

On-line entry on BG website

Payment on-line by debit or credit card only

Clubs must provide a minimum of 1 qualified tumbling judge for every 10 tumblers. Failure to provide the correct number of judges for the competition will incur a levee

Late entries not accepted

ELITE PATHWAY- FIG

Gymnasts must select their competition pathway (NDP/FIG) at the beginning of the season and may not transfer pathways during the season

Entry to the British Championships is via the North and South Qualifiers, organised by British Gymnastics, or by pre selection from world events
There will not be regional prelim competition for FIG level tumblers

Age Rules

FIG: Senior Men, Senior Women

Elite: Age Groups: 9-10, 11-12, 13-14, 15-16, 17-18,

Gymnasts

Gymnasts must have current Silver Competitive BG membership

Coaches:

Coaches must have required tumbling qualification for the level of tumblers being performed

Coaches must have current BG membership & qualifications

Competition rules

Two direct entry Elite British qualifier events

Gymnasts progress to the British Championships dependent on attaining the minimum qualifying score at the qualifier events

Minimum qualifying score per age group / gender set by the Nat TUM T C and based on the cumulative score from the two qualifying runs

Gymnasts may attend one or both qualifying events to obtain the best score

Automatic entry to the British Championships for any gymnast who has been selected to represent Great Britain in either the World Championships, World Age Group Competition and European Championships (Senior & Junior)

National Coach may utilise wild cards to confer automatic entry to the British Championships

Senior Elite competitions will follow FIG criteria with the British Bonus System

Age Group Elite competitions will follow World Age Group bands with the British Bonus System

Tie Break

FIG rules apply

Competition Entry:

On-line entry on BG website by individual clubs

Payment on-line by debit or credit cards only

Late entries not accepted

National tumble league

All tumblers may enter the National Tumbling League

The National Tumble League is organised by the Nat TC

Times, venues and entry forms on BG website



CODES OF CONDUCT AT COMPETITIONS

Gymnasts: This code applies to all tumblers who compete in Regional, or National competitions.

- Gymnasts will be under the supervision of the coaches for the duration of the competition.
- Gymnasts should demonstrate good sportsmanship and support for others.
- Gymnasts must sit with their team throughout the competition & support their team members
- Gymnasts should demonstrate professionalism.
- Gymnasts should not take any action that would bring 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 including the presentations.
- Gymnasts should be ready to compete;
- Gymnasts should wear full track suit, clean white socks, and appropriate leotards.
- Hair should be ready dressed.
- 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

COACHES AND OFFICIALS SHOULD:

- Hold valid qualifications to the level of the participant's performance.
- Develop an appropriate working relationship with gymnasts
- Ensure gymnastic activities are appropriate to age, ability & experience, and prepare gymnasts correctly when learning new skills.
- Never exert undue influence over gymnasts to obtain personal benefit or reward.
- Never try to recruit gymnasts who are already receiving coaching
- Promote the positive aspects of gymnastics
- Never condone rule violations
- Report incidents or disclosures, following child protection guidelines
- Ensure confidential information is not divulged.
- Encourage gymnasts to value performance & not just results.
- Demonstrate respect for other clubs, coaches and gymnasts
- Not attempt to influence the decisions made by officials at a competition.
- Not be in contact with gymnasts through social networking sites
- Follow all guidelines and policies laid down by LG and BG in relation to Health, Safety & Welfare, Child Protection and BG member rules and standard

Club	ALLSTARZ
Telephone	0208 405 9355
E- mail	allstarzgymclub@hotmail.com
Website	www.allstarzgymclub.co.uk
Contact	Head coach Kay Ongley

Club	BROMLEY VALLEY GYMNASTIC CENTRE
Telephone	020 8300 5964
E mail	office@bromleyvalley.co.uk
Website	www.bromleyvalley.co.uk
Contact	Paul Welch

Club	CROYDON ACRO
Telephone	01737 551 714
E- mail	croydonacro@gmail.com
Website	http://Croydonacro.googlepages.com
Contact	Jo Little

Club	E17
Telephone	01737 551 714
E- mail	e17gym@gmail.com
Website	http://www.e17gymnasticsclub.co.uk/
Contact	Tracey Morrison

Club	NITRO
Telephone	07504305185
E- mail	nitrogymnastics@live.com
website	http://nitrogymnastics.wix.com/nitrogymnastics
Contact	Helen Korro

Club	RICHMOND GYMNASTICS ASSOCIATION
Telephone	020 8878 8682
E- mail	salme@richmondgymnastics.co.uk
Website	www.richmondgymnastics.org
Contacts	Kath Small

Club	SPORTAC
Telephone	Gym: 0208 751 4311(some evenings only) Karen at Home: 0208 549 2798
E mail	karen.p.edney@sky.com
Website	http://www.sportacacrobatics.co.uk/
Contact	Karen Edney

Club	SOUTHWARK GYMNASTICS CLUB
Telephone	07751204043
E mail	Andrew.payne@southwarkgymnastics.co.uk : info@southwarkgymnastics.co.uk
Website	www.southwarkgymnastics.co.uk
Contact	Andy Payne

Club	SUTTON
Telephone	07903222286
E- mail	swalmsley@carewacademy.org
website	http://www.better.org.uk/leisure-centre/london/sutton/sutton-sports-village-activities-gymnastics
Contact	Selwyn Walmsley