



TUMBLING GYMNASTICS

2019 HANDBOOK



LONDON[®]
GYMNASTICS

Tumbling Handbook 2019



TUMBLING

TUMBLING CLUB CONTACT NAMES

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TUMBLING COMMITTEE

Chairman	Andrew Payne	Andrew.payne@southwarkgymnastics.co.uk
Treasurer	Leon Beuzeval	leonbeuzeval@hotmail.com
Secretary/ Disability	Kay Ongley	allstarzgymclub@hotmail.com
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2019

"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
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	11-12 yrs. women & men	Tumbling UKCC level 2
	13-14 yrs. women & men	Tumbling UKCC level 2
	15 + yrs. Women & men	Tumbling UKCC level 2
NDP level 4	Under 13 Years	Tumbling level 3 module 1
	Over 13 Years	Tumbling level 3 module 1
NDP level 5	Under 13 Years	Tumbling level 3 module 1
	Over 13 Years	Tumbling level 3 module 1
FIG Development Level	9-10 yrs. women & men	Tumbling UKCC level 2
	11-12 yrs. women & men	Tumbling UKCC level 2
	13-14 yrs. women & men	Tumbling level 3 module 1
	15+ yrs. women & men	Tumbling level 3 module 1
FIG Performance Level	9-10 yrs. women & men	Tumbling UKCC level 2
	11-12 yrs. women & men	Tumbling UKCC level 2
	13-14 yrs. Women & men	Tumbling level 3 module 1
	15-16 yrs. Women & men	Tumbling level 3 module 1
	17-21 yrs. Women & men	Tumbling level 3 module 1
	Senior women & men	Tumbling level 3 module 1

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: TBC who will confirm team entry

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

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

2019 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

2019 London Level Tumble League

FROM A RUN:

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

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 1-5/ FIG Development Level 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

COMPEPTITION PATHWAY

NDP Regional Qualifier → Regional Team Final/ NDP Semi-Final → NDP Final

NDP REGIONAL QUALIFIER

NDP 1-5 The top 2 ranked gymnasts, per age group, per level, per gender will qualify to the Regional Team Final, providing all runs competed are as stated in the BG NDP Competition Handbook, the minimum execution scores are achieved, and the range & conditioning pass mark has been achieved.

No more than 2 gymnasts may progress to the Regional Team Final.

FIG DEVELOPMENT LEVEL

The top 1 ranked gymnast, per age group, per level, per gender will qualify to the Regional Team Final, providing all runs competed are as stated below, the minimum execution scores are achieved, and the physical pass mark has been achieved.

No more than 1 gymnast may progress to the Regional Team Final.

TIE BREAKS AT NDP REGIONAL QUALIFIER

In the event of a tie for a qualification place, the following tie break rules will be used:

(1) The gymnast with the highest 'pass score' in the range & conditioning will qualify; (2) if there is still a tie, the gymnast with the higher total E-score prevails; (3) if there is still a tie, the gymnast with the higher total E-score from the final two passes prevails; (4) if there is still a tie, the gymnast with the higher E-score from the final pass prevails.

If there is still a tie, the tie will not be broken

AGE RULES

NDP Level Tumblers must be a minimum 9 years in the year of competition.

NDP 1: Age Groups 9-10, 11-12

NDP 2: Age groups 9-10, 11-12, 13-14

NDP 3: Age Groups 11-12, 13-14, 15+

NDP 4 and 5: Age Groups Under 13, Over 13

FIG Development Level: Age Groups 9-10, 11-12, 13-14, 15+

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

REGIONAL TEAM FINAL/NDP SEMI-FINAL

- ALL LEVELS Ranking at the Regional Team is determined by the cumulative scores from all 3 runs. The top eight ranked gymnasts per level / age group / gender will progress to the NDP Finals.
- Any gymnast receiving a zero 'DNF' score will not be ranked and will not be eligible to progress to NDP Finals.
- TIE BREAKS AT REGIONAL TEAM FINAL/NDP SEMI-FINAL In the event of a tie for a qualification place, the following tie break rules will be used:

(1) The gymnast with the higher total E-score prevails; (2) if there is still a tie, the gymnast with the higher total E-score from the final two passes prevails; (3) if there is still a tie, the gymnast with the higher E-score from the final pass prevails.

If there is still a tie, the tie will not be broken.

NDP FINALS – TIE BREAKS

- Ties will not be broken at the NDP finals.

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
- Spectator entry at Regional NDP Qualifier is by debit/credit card only on the door (cash not accepted)

FIG PERFORMANCE LEVEL

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 Spring Event Series, organised by British Gymnastics, or by pre-selection from world events

There will not be regional prelim competition for FIG Performance 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 tumbles being performed

Coaches must have current BG membership & qualifications

COMPETITION RULES

- The top 16 ranked gymnasts per age group, per gender from the Spring Event Series 2019 will qualify for the British Championships

- These qualifiers will be ranked according to the best, cumulative scores from both runs (at the same event) to determine the top ranked gymnasts in each age group, per gender.

- Qualification will be subject to meeting the minimum scores defined in the **Tumbling Competition Structure** [🔗](#).

- Any gymnast who has represented Great Britain in the 2018 World Championships, World Age Group Competition or is a current member of the National Squad who does not achieve the performance standard to qualify to the British Championships will need to apply in writing to the Technical Committee to be considered and approved to compete.

- The NTTC in agreement with the Performance Team may utilise unallocated places to offer automatic entry to the British Championships which reflect the long-term direction and aims of the TUM Performance Programme.

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



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
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E- mail	croydonacro@gmail.com
Website	http://Croydonacro.googlepages.com
Contact	Jo Little

Club	E17
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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	

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	07960001572
E mail	Andrew.payne@southwarkgymnastics.co.uk / info@southwarkgymnastics.co.uk
Website	www.southwarkgymnastics.co.uk
Contact	Andrew Payne

Club	SUTTON GA
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