



LONDON[®]
GYMNASTICS

Tumbling Handbook 2022



TUMBLING

TUMBLING CLUB CONTACT NAMES

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TUMBLING COMMITTEE

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2022

“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
Club Level 1 & 2	7 years in the year of competition
Club Level 3 & 4	8 years in the year of competition
Club Level 5 & 6	9 years in the year of competition
Regional Levels	9 years in the year of competition
National Levels	10 years in the year of competition

TUMBLING REGIONAL COMPETITION PROGRAMME

Regional Challenge Series 1 & 2: Club and Regional Levels	Open to LG affiliated, tumbling registered clubs Entry required for qualification to Regional Championships Coaches must have tumbling qualification
Regional Challenge Series 3: Club and Regional Levels	Open to LG affiliated, tumbling registered clubs Entry required for qualification to English Silver Championships Coaches must have tumbling qualification
Regional Championships: Club and Regional Levels	Open to LG affiliated, tumbling registered clubs Entry required for qualification to Inter-Regional Championships 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

Gymnasts must select their competition pathway (Club / Regional / National) at the beginning of the season and may not transfer pathways during the season.

Please see the BG handbook for details on the change in level descriptions.
Roughly translated NDP is now Regional and FIG / FIG DEV is now National.

British Gymnastics Handbooks:

<https://www.british-gymnastics.org/technical-information/competition-handbooks/tumbling>

English Gymnastics Handbook:

<https://www.british-gymnastics.org/documents/regions-and-home-countries/england/handbooks/12440-competition-handbook-tra-dmt-tum-2022/file>

TUMBLING COACHING LEVELS

LEAD COACHES

Lead Coaches' membership level must be Coach or Life Member of British Gymnastics and coaches must be Tumbling qualified to the level of all the skills being performed by all gymnasts in the club (minimum level 2) before being allowed to participate in a London Gymnastics Event. Lead Coaches must have current safeguarding and DBS certificates. The Lead Coach may authorise other coaches from their club to coach skills at a maximum of 1 level higher than that coaches' qualification (Supervised Coach) but has responsibility for ensuring that they are competent.

ADDITIONAL COACHES

Coaches' membership level must be Coach or Life Member of British Gymnastics and Coaches must be qualified to a minimum of level 1. Coaches must be qualified to the level of the all the skills being performed by the gymnasts for which they are responsible Coaches must have current safeguarding and DBS certificate

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

REGIONAL CHALLENGE SERIES (THREE EVENTS)

Challenge Series Events 1 and 2 – Qualification Events for the Regional Tumbling Championships

Gymnasts must achieve a total score of 42 at either event 1 or 2 to qualify for the Regional Tumbling Championships. The TC recommends entering both events 1 and 2 to give gymnasts the best chance of qualifying.

Challenge Series Event 3 – Qualification Event for the English Silver Championships

The top two scoring gymnasts in each category will represent London at the English Silver Championships

CLUB LEVELS TUMBLING: 1 - 6

Individual Regional Competition for inexperienced tumblers, leading to Regional Tumbling Championships only. Levels 1 - 4 do not lead to Inter-Regional or English Silver Championships. Levels 5 – 6 are expected to lead to English Silver Championships.

Age Categories



REGIONAL LEVELS TUMBLING: 1 - 4

Individual Regional Competition for tumblers with some experience, leading to Regional Tumbling Championships and then (subject to qualifying criteria) Inter-Regional and English Silver Championships.

Age Categories



Medals will be presented to 1st, 2nd and 3rd M & F in each category

Gymnasts

- Club Level Gymnasts must have current Bronze BG membership
- Regional Level Gymnasts must have current Silver BG membership

Coaches

- Lead Coaches must be Tumbling level 2 or above
- Lead Coaches must have current Gold BG membership & safeguarding 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 or £100 fine.
- After Regional Challenge Series Event 2, a gymnast can submit a request to the TC to move down a level if less than two entries have been made in the requested level.
- Out of Age categories will be offered at Regional Challenge Series Event 3 where the TC feels there is demand and it benefits the gymnasts and region. Out of Age categories will be ineligible to progress to the English Silver Championships unless offered by English Gymnastics (please see the EG Handbook).

INTER-REGIONAL CHALLENGE CUP

REGIONAL LEVELS 1 – 4 TUMBLING

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

COMPEPTITION PATHWAY

Regional Challenge Series Events 1 & 2



Regional Tumbling Championships



Inter-Regional Challenge Cup

Regional Tumbling Championships as a Qualifier

Regional Levels 1 – 4: The top 2 ranked gymnasts, per age group, per level, per gender will qualify to the Inter-Regional Challenge Cup, providing all runs competed are as stated in the BG Competition Handbook, the minimum execution scores are achieved, and the Physical Norms (previously called Range and Conditioning) pass mark has been achieved.

No more than 2 gymnasts may progress to the Inter-Regional Challenge Cup.

Gymnasts represent the London Region rather than their individual clubs.

Regional Kit will be required in order to participate.

TIE BREAKS AT REGIONAL TUMBLING CHAMPIONSHIPS

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

GYMNASTS

- Gymnasts must have Silver Competitive BG membership

COACHES

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

CLUBS

- Must be affiliated to LG and registered for Tumbling

ENGLISH SILVER CHAMPIONSHIPS

The English Silver Championships draws on tumblers that are working at Regional Level but adds some National Level requirements.

Tumblers are selected by the region (from challenge series event 3) but entries are made by clubs on Gymnet.

REGIONAL LEVELS 1 – 4 TUMBLING and CLUB LEVELS 5 - 6

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

COMPEPTITION PATHWAY

Regional Challenge Series Event 3



English Silver Championships

Regional Challenge Series 3 as a Qualifier

Regional Levels 1 – 4 / Club Levels 5 - 6: The top 2 ranked gymnasts, per age group, per level, per gender will qualify to the English Sliver Championships, providing all runs competed are as stated in the BG Competition Handbook.

No more than 2 gymnasts may progress to the English Silver Championships

The following grades/age bands will be covered by the event.

Club 5 9-10, 11-12, 13+

Club 6 9-10, 11-12, 13-14, 15+

Regional 1 9-10, 11-12, 13+

Regional 2 10-12, 13-14, 15+

Regional 3 U13, O13

Regional 4 9-10, 11-12, 13-14, 15+

NATIONAL LEVEL

Gymnasts must select their competition pathway (Club / Regional / National) 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 National Level Tumblers but the region may choose to include National Level event categories at regional events in order to provide opportunities for National Level Tumblers to compete. Any such event will not lead to further competitions.

Age Rules

National	British Championships	Youth (10 - 12)		Junior (13 - 16)		Senior (17+)	
	Spring Cup & NAG Finals	10	11 - 12	13 - 14	15 - 16	17 - 21	Senior
	Adult British	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 ranked gymnasts per age group, per gender from the Spring Event Series 2022 will qualify for the British Championships and National Age Group Finals
- Current members of the GBR Senior and Junior National Squads will be invited to enter the British Championships. (See technical requirements).
- 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 TRA 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

2022 LONDON REGION TUMBLING CALENDAR

Date	Venue	Event	Level
16 th – 17 th February	Bromley Valley	Regional Training	Club / Regional
6 th March	Bromley Valley	Regional Challenge Series 1	Club / Regional
13 th March	Bromley Valley	Regional Challenge Series 2	Club / Regional
3 rd April	Bromley Valley	Regional Challenge Series 3	Club / Regional
9 th April	Telford	Spring Cup	FIG (National)
21 st May	Telford	Spring Cup 2	FIG (National)
12 th June TBC	Redbridge TBC	Regional Championships	Club / Regional Qualifiers From Regional Challenge Series 1 and 2
25 th June	Utilita Arena, Birmingham	National Age Group Championships	FIG (National) - From Spring Cup Results
June or July TBC	Bromley Valley	Regional Squad Training	Inter-Regional finalists & English Silver Qualifiers
14 th – 17 th July	Telford	English Silver Championships	Club Level 5 – 6 / Regional (From Regional Challenge Series Event 3 Results)
3 rd – 4 th September	EIS Sheffield	Inter-Regional Challenge Cup Final	From Regional Championship Results
1 st October	Utilita Arena, Birmingham	British Championships	FIG (National)
15 th – 16 th October	EIS Sheffield	English Gold Championships	FIG (National)
November TBC	TBC	Regional Challenge Series 1 (2023)	Club / Regional

2022 REGIONAL TRAINING SQUADS

Date	Event	Who for?	Cost
Weds 16 th February 2022	Regional Club Grade Camp	10am-12pm Club Levels 1-4 12.30-2.30pm Club Level 5 & 6	£10 per tumbler (max 5 per club per session)
Thurs 17 th February 2022	Regional Challenge Camp	10am-12pm National 1 12.30-2.30pm National 2, 3 & 4 plus FIG	£10 per tumbler (max 5 per club per session)
TBC June / July 2022	Regional Squad Training	Qualifiers to Inter-Regionals & English Silver	Free

CLUB DIRECTORY

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