

# MIKE WALKER INVITATIONAL SOUTHAMPTON GYMNASTICS CLUB

WWW.SOTONGYM.CO.UK 02380 529952

FACEBOOK: SOUTHAMPTON GYMNASTICS CLUB TWITTER: @SOTONGYM



## Mike Walker Invitational - Tumble

**Note** Coaches and Clubs – The rules for the Mike Walker Open Tumbling Competition 2018 for NDP, will be following the same format as the “English Silver Judging Rules 2018” as follows:-

**GB bonus applies to run 3 for all levels:**

**Whip = 0.7, Barani = 1.2, Whip 360 = 1.4, Double tuck = 2.8 - Double pike = 3.0,**

**Full in tuck = 3.2 - All non-FIG elements have a value 0.1.**

### National 1, 2 and 3

**Run 1 and Run 2:** As table below. Mark out of 10 as an NDP run.

**Run 3:** Voluntary 6 elements with difficulty.

Mark out of 10 (as an FIG run, with specific rules for this competition).

- Gymnasts may repeat run 1 or run 2 or a combination of non-FIG elements, all non-FIG elements have a value 0.1.
- No penalty for a walk out to 1 except for the final element.
- No penalty if the final element is not a somersault.
- The final element may be a somersault and should land on the landing area or will have a penalty of 0.6 (CJP) for landing on the track.
- For National 1, 2 and 3 only, tuck back final element will have a value of 1.0, pike back and straight back final elements will have a value of 1.2.

NDP National Level 1						
Age Groups	Run 1		Run 2		Run 3	
	9 - 10,	1	Round Off	1	Stretch Jump Walkout	1
2		Flick	2	Cartwheel	2	Voluntary
3		Jump 1/2 Turn Walkout	3	Round Off	3	Voluntary
11 – 12	4	Round Off	4	Flick	4	Voluntary
	5	Flick	5	Flick	5	Voluntary
13+	6	Rebound Jump	6	Rebound jump	6	Voluntary

NDP National Level 2						
Age Groups	Run 1		Run 2		Run 3	
	9 - 10,	1	Tuck Front walkout	1	Round off	1
2		Round off	2	Flick	2	Voluntary
3		Flick	3	Flick	3	Voluntary
11 – 12	4	Flick	4	Flick	4	Voluntary
	5	Flick	5	Flick	5	Voluntary
13+	6	Rebound Jump	6	Jump 1/2 Turn	6	Voluntary

NDP National Level 3						
Age Groups	Run 1		Run 2		Run 3	
	9 - 10,	1	Pike Front walkout	1	Round off	1
2		Round off	2	Flick	2	Voluntary
3		Flick	3	Whip	3	Voluntary
11 – 12	4	Flick	4	Flick	4	Voluntary
	5	Flick	5	Flick	5	Voluntary
13+	6	Jump 1/2 Turn	6	Tuck Back	6	Voluntary

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## National 4, 5, 6 and 7

**Run 1 and Run 2:** As table below. Mark out of 10 as an NDP run.

**Run 3:** Voluntary 8 elements with difficulty. Mark out of 10 as an FIG run.

NDP National Level 4									
Age Groups	Run 1			Run 2			Run 3		
	9 - 10, 11 - 12 13+	1	Round off		1	Round off		1	Voluntary
2		Whip		2	Flick		2	Voluntary	
3		Flick		3	Whip		3	Voluntary	
4		Flick		4	Flick		4	Voluntary	
5		Flick		5	Flick		5	Voluntary	
6		Tuck Back		6	Flick		6	Voluntary	
7				7	Flick		7	Voluntary	
8				8	Pike Back		8	Voluntary	

NDP National Level 5									
Age Groups	Run 1			Run 2			Run 3		
	10 - 12, 13 - 14 15+	1	Round off		1	Round off		1	Voluntary
2		Whip		2	Flick		2	Voluntary	
3		Whip		3	Whip		3	Voluntary	
4		Flick		4	Flick		4	Voluntary	
5		Flick		5	Whip		5	Voluntary	
6		Pike Back		6	Flick		6	Voluntary	
7				7	Flick		7	Voluntary	
8				8	Straight Back		8	Voluntary	

NDP National Level 6									
Age Groups	Run 1			Run 2			Run 3		
	U13 O13	1	Barani		1	Round off		1	Voluntary
2		Whip		2	Whip		2	Voluntary	
3		Whip		3	Whip		3	Voluntary	
4		Whip		4	Whip		4	Voluntary	
5		Flick		5	Whip		5	Voluntary	
6		Flick		6	Flick		6	Voluntary	
7		Flick		7	Flick		7	Voluntary	
8		Straight Back		8	Straight Back 360		8	Voluntary	

NDP National Level 7									
Age Groups	Run 1			Run 2			Run 3		
	U13 O13	1	Barani		1	Round off		1	Voluntary
2		Whip		2	Whip		2	Voluntary	
3		Whip 360		3	Whip		3	Voluntary	
4		Whip		4	Whip		4	Voluntary	
5		Whip		5	Whip		5	Voluntary	
6		Whip		6	Flick		6	Voluntary	
7		Flick		7	Flick		7	Voluntary	
8		Straight Back 360		8	Straight Back 720		8	Voluntary	

Note: National 7 Run 1, Elements 2 & 3 may be performed in any order.



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## NDP Competition Card

### Mike Walker Invitational 2018 - Pass 3 Only

Gymnast Name:

Competitor Number:

NDP Level:

Age Group:

Gender:

Club:

Fig Symbols only (see table look ups next page)

#### **Pass 3**

	<b>Skill</b>	<b>Diff.</b>	<i>for judges use only</i>	
1				
2				
3				
4				
5				
6				
7				
8				
	Total Difficult			

#### **National 1, 2 and 3**

**Run 3:** Voluntary 6 elements with difficulty.

#### **National 4, 5, 6 and 7**

**Run 3:** Voluntary 8 elements with difficulty. Mark out of 10 as a FIG run.

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All non-FIG elements have a value 0.1.

For **National 1, 2 and 3 only**, tuck back final element will have a value of **1.0**, pike back and straight back final elements will have a value of **1.2** different as shown in the example TABLE below

Items in **RED** are the GB Bonus Values for all levels NDP Levels

Element		Difficulty N4 to 7	Difficulty N1 to 3 <b>ONLY</b>
Round-off	(	0.1	0.1
Front Handspring	H	0.1	0.1
Flic-flac	F	0.1	0.1
Whipback (tempo salto)	^	<b>0.7</b>	<b>0.7</b>
Back somersault (ss)	- o	0.5	<b>1.0</b>
Back somersault	- <	0.6	<b>1.2</b>
Back somersault	- /	0.6	<b>1.2</b>
Back ss with ½ twist	1. /	0.7	<b>1.3</b>
Barani	.1	<b>1.2</b>	<b>1.2</b>
Whipback 360	2	<b>1.4</b>	<b>1.4</b>
Back ss with 1/1 twist	2.	0.9	<b>1.5</b>
Back ss with 1½ twist	3.	1.1	<b>1.7</b>
Back ss with 2/1 twist	4.	1.3	<b>2.0</b>
Back ss with 2½ twist	5.	1.6	<b>2.6</b>
Double back somersault	- - o	<b>2.8</b>	<b>2.8</b>
Double back somersault	- - <	<b>3.0</b>	<b>3.0</b>
Full in back out	2 - o	<b>3.2</b>	<b>3.2</b>