

TUMBLING DOMESTIC COMPETITION STRUCTURE

**TUMBLING
NATIONAL DEVELOPMENT PLAN
2019**

**British
Gymnastics**
More than a sport

NATIONAL TRAMPOLINE TECHNICAL COMMITTEE

The British Gymnastics (BG) National Trampoline Technical Committee (NTTC) is responsible and accountable to BG for the development and direction of all Trampoline, Double Mini-Trampoline and Tumbling for all BG members.

Any 'Open' competitions organised under BG membership/insurance must be authorised by the NTTC.

Any regional activity providing opportunity for members of the region must be authorised by the relevant Regional Executive Committee and in consultation with the NTTC.

The competition seasons are from 1st October to 30th September.

Gymnasts and Coaches may select their competition pathway and entry level. After the appropriate level has been selected and competed at, a gymnast cannot change levels during the same competition year.

Range and Conditioning, for NDP Levels 1 to 5 and FIG Development Level will form part of the qualification process and will be required at the Regional NDP Compulsory Final 2019.

Regional NDP Qualification Competition

1 x British Gymnastics 'sanctioned' regional qualifying competition, held on or before 31st March 2019 for NDP Levels 1-5 and FIG Development Level leading to the NDP Regional Team Final. Once a gymnast has entered a level at this event they must remain there for the remainder of the competition season that culminates with the NDP Final.

NDP Regional Team Final (

1 x British Gymnastics competition for NDP Levels 1-5 and FIG Development Level regional teams leading to the NDP Final.

NDP Final

Culmination event for NDP Levels 1-5 & FIG Development Level.

Notice of main changes to the National NDP Competition Structure 2019

Age group changes

Routine changes

NDP 6 is now FIG Development – will underpin FIG pathway for easier transition

No NDP 7

Range & Conditioning changes

Please refer to the National Competition Handbook for further information.

Gymnasts receiving a zero 'DNF' score routines **will not** be eligible to qualify or rank for the NDP Final.

Tumbling Domestic Competition Structure

Objectives

Provide two clear pathways of competition, Elite pathway and NDP pathway. Gymnasts must select their competition pathway at the beginning of the season and may not transfer pathways

Rationale

- In each level Run 1 focuses on mount (start) skills, Run 2 develops mid-run continuity and Run 3 develops dismount skills.
- Skills are progressively introduced into more complex runs

Specific Rules for NDP Series, to be applied at NDP Regional Qualifier & Regional Team Final/NDP Semi-Final only

1. Incomplete or incorrect routines will result in a zero 'DNF' score
2. Gymnasts receiving a zero 'DNF' score will not be awarded a medal.

TUM NDP Level Requirements

NB: Club Levels 1 - 4 compete at Regional events only, included for information only.

NDP Club Level 1						
Age Groups	Run 1		Run 2		Run 3	
7-8yrs 9-10yrs 11yrs,	1	Forward Roll	1	Cartwheel (From standing start, facing sideways)	1	Straight Jump (walk out) (From a standing start on floor)
	2	Straight Jump	2	Cartwheel	2	Cartwheel 1/4 turn in
	3	Forward Roll	3	Cartwheel (Finish facing sideways)	3	Fall to Dish onto mat
	4	Tuck Jump			4	Hold Dish (3 secs)
	5	Forward Roll				
	6	Jump 180 (arms to chest)				

NDP Club Level 2						
Age Groups	Run 1		Run 2		Run 3	
7-8yrs 9-10yrs 11yrs	1	Straight Jump (walk out) (From a standing start on floor)	1	Straight Jump (walk out) (From a standing start on floor)	1	Straight Jump (walk out) (From a standing start on floor)
	2	Cartwheel	2	Cartwheel	2	Round Off
	3	Chasse	3	Round Off	3	Jump to Dish onto mat
	4	Cartwheel	4	Straight Jump	4	Hold Dish (3 secs)
	5	Chasse	5	Backward Roll		
	6	Cartwheel				

NDP Club Level 3						
Age Groups	Run 1		Run 2		Run 3	
8yrs 9-10yrs 11-12yrs 13yrs	1	Straight Jump (walk out) (From a standing start on floor)	1	Straight Jump (walk out) (From a standing start on floor)	1	Straight Jump (walk out) (From a standing start on floor)
	2	Cartwheel	2	Round Off	2	Round Off
	3	Chasse	3	Jump 180 (walk out)	3	Flic
	4	Round Off	4	Round Off	4	Jump to Dish onto mat
	5	Jump 180 (arms to chest)	5	Straight Jump	5	Hold Dish (3 secs)

NDP Club Level 4						
Age Groups	Run 1		Run 2		Run 3	
8yrs 9-10yrs 11-12yrs 13-14yrs	1	Round Off	1	Handspring	1	Straight Jump (walk out) (From a standing start on floor)
	2	Flic	2	Straight Jump (walk out)	2	Round Off
	3	Jump 180 (arms to chest)	3	Round Off	3	Flic
	Performed from a small preparatory run*		4	Straight Jump	4	Flic
	Performed from a small preparatory run*		5		5	Jump to Dish onto mat (hold fro 3 seconds)

*Failure to perform a small preparatory run will result in a gymnast being given zero 'DNF' score

Range & Conditioning Routine – to be completed at NDP Qualifier (within region) only.

Range & Conditioning	
NDP Levels 1 – 5 and FIG Development	
1	Kick to handstand (hold for 1 sec) forward roll to stand
2	Straight leg forward roll to pike sit
3	Pike fold and hold for 3 seconds
4	Lower to long arm dish for 3 seconds
5	Arched hip lift for 3 seconds
6	Push to bridge and hold for 3 seconds lower to sit up tuck sit
7	Backwards roll to front support and hold for 3 seconds
8	Straight leg snap to standing dish
9	Straight arm drive to head height & return
10	Jump 180 degrees with arms straight by ears
Minimum Standard to qualify to Regional Team Final	70% pass mark

NDP National Level 1									
Age Groups	Run 1			Run 2			Run 3		
9 -10yrs 11-12yrs	1	Round Off		1	Round Off		1	Round Off	
	2	Flic		2	Flic		2	Flic	
	3	Flic		3	Flic		3	Tuck Somersault	
	4	Jump ½ turn and hold for approx. 3 secs*		4	Flic		15 metres of Track only		
	5	Stretch jump into Round Off		5	Flic				
	6	Flic		6	Straight Jump				
	7	Flic							
	8	Straight Jump							

* If gymnast doesn't hold for approximately 3 seconds, a 0.2 deduction per execution judge will be applied

Minimum Qualifying Standard for Regional Team Final - NDP Level 1	3 Run Score	Range & Conditioning
	70.0	70%

NDP National Level 2									
Age Groups	Run 1			Run 2			Run 3		
9 -10yrs 11-12yrs 13-14yrs	1	Round Off		1	Round Off		1	Round Off	
	2	Flic		2	Flic		2	Flic	
	3	Flic		3	Whip		3	Pike Somersault	
	4	Flic		4	Flic		15 metres of Track only		
	5	Flic		5	Flic				
	6	Tuck Somersault		6	Straight Jump				

Minimum Qualifying Standard for Regional Team Final - NDP Level 2	3 Run Score	Range & Conditioning
	70.0	70%

NDP National Level 3									
Age Groups	Run 1			Run 2			Run 3		
11-12yrs 13-14yrs 15+yrs	1	Round Off		1	Round Off		1	Round Off	
	2	Flic		2	Flic		2	Flic	
	3	Flic		3	Whip		3	Straight Somersault	
	4	Flic		4	Flic		15 metres of Track only		
	5	Flic		5	Flic				
	6	Flic		6	Tuck Somersault				
	7	Flic							
	8	Pike Somersault							

Minimum Qualifying Standard for Regional Team Final - NDP Level 3	3 Run Score	Range & Conditioning
	70.	70%

NDP National Level 4									
Age Groups	Run 1			Run 2			Run 3		
U13yrs O13yrs	1	Round Off		1	Round Off		1	Round Off	
	2	Whip		2	Whip		2	Flic	
	3	Flic		3	Whip		3	Full Twist	
	4	Flic		4	Flic		15 metres of Track only		
	5	Whip		5	Flic				
	6	Flic		6	Pike Somersault				
	7	Flic							
	8	Straight Somersault							

Minimum Qualifying Standard for Regional Team Final - NDP Level 4	3 Run Score	Range & Conditioning
	70.0	70%

NDP National Level 5									
Age Groups	Run 1			Run 2			Run 3		
U13yrs O13yrs	1	Round Off		1	Round Off		1	Round Off	
	2	Whip		2	Whip		2	Flic	
	3	Whip		3	Whip		3	Double Twist	
	4	Whip		4	Flic		15 metres of Track only		
	5	Flic		5	Flic				
	6	Flic		6	Full Twist				
	7	Flic							
	8	Tuck Somersault							

Minimum Qualifying Standard for Regional Team Final - NDP Level 5	3 Run Score	Range & Conditioning
	70.0	70%

FIG DEVELOPMENT LEVEL

FIG DEVELOPMENT			
Age Groups	Run 1	Run 2	Run 3
9-10yrs	1 Round Off	8 Skill Free Pass (difficulty to be added)	8 Skill Free Pass (difficulty to be added)
	2 Flic		
	3 Flic	Qualification Criteria for Regional Team Final & NDP Final	
	4 Flic	Minimum Difficulty over two free passes - 2.6 Maximum Difficulty over two free passes - 3.2	
	5 Flic	No skill repetition across all 3 runs in accordance with FIG rules	
	6 Flic	A gymnast who fails to meet the difficulty criteria will not receive a judging penalty but will be ineligible for entry to the next round of competition	
	7 Flic		
	8 Tuck Somersault		

Minimum standard for qualifying to the Regional Team Final – 11-12	3 Run Score	Range & Conditioning
	72.6	70%

FIG DEVELOPMENT			
Age Groups	Run 1	Run 2	Run 3
11-12yrs	1 Round Off	8 Skill Free Pass (difficulty to be added)	8 Skill Free Pass (difficulty to be added)
	2 Flic		
	3 Flic	Qualification Criteria for Regional Team Final & NDP Final	
	4 Flic	Minimum Difficulty over two free passes - 2.8 Maximum Difficulty over two free passes - 4.0	
	5 Flic	No skill repetition across all 3 runs in accordance with FIG rules	
	6 Flic	A gymnast who fails to meet the difficulty criteria will not receive a judging penalty but will be ineligible for entry to the next round of competition	
	7 Flic		
	8 Straight Somersault		

Minimum standard for qualifying to the Regional Team Final – 11-12	3 Run Score	Range & Conditioning
	72.8	70%

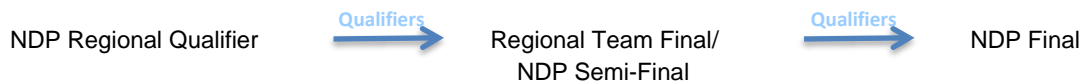
FIG DEVELOPMENT			
Age Groups	Run 1	Run 2	Run 3
13-14yrs	1 Round Off	8 Skill Free Pass (difficulty to be added)	8 Skill Free Pass (difficulty to be added)
	2 Whip		
	3 Whip	Qualification Criteria for Regional Team Final & NDP Final	
	4 Whip	Minimum Difficulty over two free passes - 3.3 Maximum Difficulty over two free passes - 5.4	
	5 Flic	No skill repetition across all 3 runs in accordance with FIG rules	
	6 Flic	A gymnast who fails to meet the difficulty criteria will not receive a judging penalty but will be ineligible for entry to the next round of competition	
	7 Flic		
	8 Full Twist		

Minimum standard for qualifying to the Regional Team Final – 13-14	3 Run Score	Range & Conditioning
	73.3	70%

FIG DEVELOPMENT			
Age Groups	Run 1	Run 2	Run 3
15+yrs	1 Round Off	8 Skill Free Pass (difficulty to be added)	8 Skill Free Pass (difficulty to be added)
	2 Whip		
	3 Whip	Qualification Criteria for Regional Team Final & NDP Final	
	4 Whip	Minimum Difficulty over two free passes - Women 3.6 & Men 4.0 Maximum Difficulty over two free passes - Women 7.0 & Men 7.5	
	5 Whip	No skill repetition across all 3 runs in accordance with FIG rules	
	6 Flic	A gymnast who fails to meet the difficulty criteria will not receive a judging penalty but will be ineligible for entry to the next round of competition	
	7 Flic		
	8 Full Twist		

Minimum standard for qualifying to the Regional Team Final – 15+	3 Run Score	Range & Conditioning
	73.6 (Women) 74.0 (Men)	70%

COMPEITION PATHWAY



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 below, 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.

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;
- (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.

NDP FINALS – TIE BREAKS

Ties will not be broken at the NDP finals.