

Tumbling Handbook 2022



Tumbling Technical Committee

Version 3: 27th Feb 2022

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All clubs, coaches, officials and judges must adhere to the rules and regulations contained in this handbook at all times. Failure to comply with these rules may result in disciplinary action and suspension from WMAGA tumbling events.

Information

Clubs are reminded that they may contact any member of the TUM technical committee with any queries; however, technical questions should be addressed to the Chair who will forward them to the relevant technical expert for response.

To receive all necessary information for the TUM discipline you must send your club contact name and email address to the secretary.

TUM Technical Committee

Chairperson

Rob Owen / Revolution

robrevolutiongymnastics@outlook.com

Secretary

Lauren Hayward / Sandwell

sandwellgymnastics@yahoo.co.uk

Judging Convener

Jae Chambers-Dowsing / Synergy

jaedean@live.co.uk

Members

Anna Tarrant / Walsall

Beckie Berwick / Revolution

Jack Newberry / Rugby

Jayne Dolan / Walsall

Joshua Hunter / Revolution

If you wish to join the Tumbling Technical Committee, please email the chairperson with details. Committee members are expected to attend all of the outlined committee meetings, failure to attend a meeting for more than two times in a row will result in your position on the committee being lost.

The TUM technical committee should meet throughout the year a minimum of 4 occasions, where technical matters are to be officially discussed, reviewed and agreed. Extra ordinary meetings can be organised if necessary, though the use of discussions and voting may take place via email.

TUM Calendar 2022



*** Regional Event**

*** Regional Training**

***National Event**

| Competition | Date | Venue | Host Club(s) |
|--|--|--|-----------------------|
| 2022 DATES | | | |
| West Midlands Tumbling Regional Squad Training / 4.00pm - 6.30pm | 6 th February 2022 | Revolution Gymnastics, Elliott Road, Selly Oak, Birmingham B29 6LR | |
| West Midlands Novice Tumbling Championships | 13 th February 2022 | Fenton Manor Sports Complex, Fenton, Stoke on Trent ST4 2RR | Walsall/ Rugby |
| West Midlands Tumbling Regional Squad Training / 4.00pm - 6.30pm | 6 th March 2022 | Revolution Gymnastics, Elliott Road, Selly Oak, Birmingham B29 6LR | |
| West Midlands Tumbling Regional Squad Training / 4.00pm - 6.30pm | 3 rd April 2022 | Revolution Gymnastics, Elliott Road, Selly Oak, Birmingham B29 6LR | |
| Spring Cup 1 (FIG elite level / British Champs Qualifier) | 9 th & 10 th April 2022 | Telford International Centre, St Quentin Gate, Telford TF3 4JH | |
| Silver English Championships | CANCELLED | CANCELLED | |
| Spring Cup 2 (FIG elite level / British Champs Qualifier) | 21 st & 22 nd May 2022 | Telford International Centre, St Quentin Gate, Telford TF3 4JH | |
| West Midlands Championships (Club Grade/ NDP qualifier / FIG) <i>Top 2 from Regional Cup 1-4 progress to Finals</i> | 5 th June 2022 | Fenton Manor Sports Complex, Fenton, Stoke on Trent ST4 2RR | Sandwell |
| British Age Group Championships (FIG elite level / British Champs Qualifier) | 25 th & 26 th June 2022 | Utilita Arena (old NIA) King Edwards Rd, Birmingham B1 2AA | |
| West Midlands Tumbling Regional Squad Training / 4.00pm - 6.30pm | 10 th July 2022 | Revolution Gymnastics, Elliott Road, Selly Oak, Birmingham B29 6LR | |
| Regional Cup Finals (Old NDP National Finals) <i>Top 2 from Regional Cup 1-4 progress to Finals</i> | 3 rd & 4 th September 2022 | Utilita Arena (old NIA) King Edwards Rd, Birmingham B1 2AA | |
| West Midlands TEAM Championships (Club Grade/ NDP qualifier / FIG) | 18 th September 2022 | Fenton Manor Sports Complex, Fenton, Stoke on Trent ST4 2RR | Walsall/ Rugby |
| BRITISH CHAMPIONSHIPS (FIG elite - Development: 10-12yrs / Junior: 13-16yrs / Senior: 16yrs+) | 1 st & 2 nd October 2022 | Utilita Arena (old NIA) King Edwards Rd, Birmingham B1 2AA | |

Competition Eligibility

Gymnasts must be current members of British Gymnastics.

- Bronze membership or above is for Novice Club Grades
- Silver membership or above is needed for all Regional Cup and FIG elite levels.

Clubs must ...

- Have current affiliation to British Gymnastics and the West Midlands Amateur Gymnastics Association (WMAGA)
- For BG affiliation, visit: www.british-gymnastics.org
- For WMAGA affiliation, email the Regional Treasurer (Betty Trow): betty_trow@sky.com
- Ensure the “lead coach” on the entry form is in attendance all day.

Coaches must ...

- Have current membership with British Gymnastics
 - Silver membership or above for level 1 coaches
 - Gold membership for coaches of level 2 or above.
- “Lead” coaches MUST ensure their coaching qualification is appropriate for the level of competition entry for the whole club.
- **Club Grades/ Novice Championships / Regional Cup 1:** -
Minimum qualification:
Level 2 in either; Women’s (WA), Men’s (MA), Tumbling (TUM)
Level 3.1 in General (GG)
- **Regional Cup 2-3:** Minimum qualification Level 3.1 TUM (pass).
- **Regional Cup 4 (Old FIG Development):** Please refer to your qualification syllabus to ensure you are qualified for the voluntary skills that your gymnast(s) are performing.

BG Statement: Lead Coach & Supervised Coach

As clubs look to rebuild, and we adapt and roll out our coach education courses, it has been agreed that the Lead Coach process for events will be modified until the end of 2022.

What is the Lead Coach Process?

At a British Gymnastics national event, a club can identify a “Lead” Coach. This enables a coach who has completed a coaching course, but not yet taken the assessment, to coach the skills within that higher syllabus on the competition floor, under the supervision of a higher qualified “Lead” Coach.

How is this changing?

Until the end of 2022, it has been agreed that coaches may coach skills at a maximum of one level higher than their current qualification under the guidance of a Lead Coach, even if they have not yet attended a course with a syllabus containing those skills. This will apply to British Gymnastics national events and regional events that lead to a national final (where national rules apply).

All other requirements will remain the same, including the nominated Lead Coach being present in the competition venue and this process only being applicable to Level 2 and above coaches.

In this case, a Lead Coach must be nominated during the online entry process and must be present in the competition arena, however they do not necessarily need to be at the apparatus with the gymnast. The Lead Coach must hold the qualification that covers all the skills being performed at the event by all the gymnasts under their supervision and they will take overall responsibility for the safety of the gymnasts.

For clarity, this responsibility of the Lead Coach extends to the legal responsibility from an insurance perspective and they need to be sure that the supervising coach at the event is suitably competent to maintain the safety of the gymnast.

Entry to WMAGA competitions can be found using your club's British Gymnastics, GymNet account. No late entries are accepted, it is advised that entries are completed and submitted at least 3 days prior to the given closing date.

Completing/ Submitting Entry

In order to complete an entry on GymNet, clubs must ensure that:

- The club is affiliated to the WMAGA and that the club has current BG membership
- Gymnasts have current BG membership
- Gymnasts are entered into the correct age/ gender groups
- Nominated coaches have current BG membership
- Coaches have the required coaching qualification for the category/ competition being entered.
- A judge with the required qualification and BG membership is added to each category.
- **If a judge cannot be added, the TUM secretary will need to be emailed so that a fine can be added to the entry in advance of the closing date.**

Etiquette

Gymnast Etiquette and Dress Code

1. All competitors are expected to enter the arena 'smartly dressed', as per the points below, in either their club leotard or tracksuit. Gymnasts will incur a penalty to their score if the dress code rules below are not complied with.
2. Short or long sleeved leotard/ unitard must be worn with appropriate neck and hip-line. Shorts are permitted for girls, but must be the exact same fabric, colour and design as the leotard and must not have any embellishments, such as diamanté wording. Gym shoes can be worn, as well as bandages/ supports that compliment the gymnasts' skin tone. Stirrups or gym trousers are not permitted.
3. Gymnasts must be led by competition marshals or coach at all times and should walk neatly following their lead.
4. BG 'zero tolerance' to body piercing and jewellery applies; gymnasts will not be allowed to compete unless all jewellery/ body piercing's are removed or taped over with skin coloured tape.
5. Excessive make-up, hair decorations and nail varnish is not permitted. Unless removed, the gymnast will incur a penalty.
6. Gymnasts will have a designated time slot in the warm up area; gymnasts must always be accompanied by a coach only – **not a parent**. Gymnasts should not be in the warm up area outside of their time slots. Belongings can be left here; valuables should not be left unattended.
7. Gymnasts may drink water from a sealed bottle in the arena but not eat food.
8. Gymnasts should demonstrate sportsmanlike behavior whilst at the competition.
9. Gymnasts are expected to attend the medal presentation, if medal winners are not in attendance at the presentation, medals will not be awarded. If there is a genuine reason that a gymnast cannot attend the presentation, the chairperson should be made aware beforehand.

Coach Etiquette and Dress Code

1. For the safety of the gymnasts please ensure that coaches with long hair have it tied back and jewellery is removed or taped over, as per BG jewellery policy.
2. Appropriate clothing that has club name, colours or logo on is very useful to competition marshalls as it helps us identify your club. Coaches should wear suitable clothing for coaching, i.e. Tracksuit, jogging bottoms – full length, Polo shirt or T-shirt, Sweatshirt and trainers.
3. Coaches must ensure that their language and behavior is appropriate to the sport and others around taking into account the ages of most gymnasts. Sportsmanlike behavior must be demonstrated at all times.
4. Coaches are responsible for the behaviour of their gymnasts at all times in the arena and warm up area and must ensure their club supporters abide by the spectators' etiquette rules.
5. Coaches MUST NOT communicate with the scorers, their job is extremely difficult and requires full attention.

Spectator Etiquette

1. Your support in ensuring spectators are enjoying the competition is much appreciated. Please remind people supporting your club to ensure they do not 'save'; seats with bags / clothing and that cheering, clapping etc is of a nature which is supportive for all gymnasts regardless of their club.
2. Camera devices must not use flash or lighting aids whilst in use.
3. Following the BG photography policy, all flashes must be turned off, for the safety of competitors. Anybody failing to comply with this rule may be asked to leave the competition arena. Flash may be used during medal presentation once the gymnasts have finished competing.
4. Spectators must ensure that they have paid to watch the event before taking a seat.
5. Spectators must never walk onto the competition floor.

Judge/ Official Etiquette and Dress Code

1. Judges must wear judging attire – smart clothes, navy/ black and white.
2. Judges/ officials must ensure that their language and behavior is appropriate to the sport and others around taking into account the ages of most gymnasts. Sportsmanlike behavior must be demonstrated at all times.
3. Mobile phones must not be used whilst in the competition arena.
4. If for any reason a judge finds they are unable to judge, they must let the Judging Convener know as soon as possible, with a name of a substitute judge of the equivalent qualification who is available. If not the nominating club must pay the judging fine.
5. Judges must prepare before the competition by checking any rules and recent rule clarifications relevant to the apparatus / competition they are judging. Judges should whenever possible practice judging passes either in a club or using video.
6. Judges must arrive in plenty of time for the judges meeting
7. Judges must only leave the judging table for toilet and meal breaks and must not move around the competition arena or audience if they have finished early.
8. Judges must stand to greet each rotation of gymnasts.
9. Judges (other than head judges or instructed to do so by head judge) must not speak to coaches / offer advice. Head judges should do so only in relation to the conduct of the competition.
10. Judges must be prompt and fair with scoring. Judges have the ability to stop a gymnast performing a certain skill if it is deemed too dangerous.
11. Score sheets must be completed and submitted promptly after each rotation and before the start of the next rotation competing.
12. If a judge has concerns about the conduct of another judging panel, they must raise it with the judging convener. If a judge is unhappy with the way their panel was run, they must address their concerns to the judging convener after the competition.

WEST MIDLANDS NOVICE TUMBLING CHAMPIONSHIPS

This event is only eligible to gymnasts who have **NEVER** competed in any of the Tumbling Regional Cup levels and/ or FIG elite levels. The competition hosts an individual and team event for Novice level tumblers.

Judge Nomination

Each club is required to provide at least 1 judge in order to enter. If a judge cannot be found, a judging **fine of £100** is payable in order to complete the entry. Judges need to hold a minimum of Club Level and should be current members of British Gymnastics. If a judge fails to attend the competition, the club will need to pay the £100 judging fine. For the competition to run, the WMAGA usually requires between 12–18 judges, it is advised that clubs train a number of judges. Information about courses can be found on the British Gymnastics website.

INFORMATION

Entry Fee: £20.00 **Age Groups:** 6-7yrs / 8-10yrs / 11-13yrs / 14yrs+

Definition: Age of gymnast is defined by how old they are on 31st December each year.

Teams: For each age group, a team can consist of either all boys, all girls or mixed. A team must have a minimum of 3 gymnast and max of 5 gymnasts. Gymnasts are not permitted to compete in an older or younger age group team; they must compete as an individual and a team member that is specific to their age group only.

Awards: Medals will be awarded to the top 3 girls and top 3 boys placing 1st, 2nd, 3rd in each age group. Medals will also be awarded to the top 3 teams (regardless of being all boys, all girls or mixed) placing 1st, 2nd and 3rd in each category. The individual gold medal winners and team gold medal winners will also be awarded with a trophy.

Equipment: The competition takes place on a 25 metre, world class, 'Skakun' tumbling track. Without a run-up for this event, along with a full dimensions landing area. A 30cm deep safety mat will be provided especially for passes that require a rebound to dish.

Scoring: The execution score is usually calculated with 2 judges per panel, each judge scoring a pass out of 10.00 marks, then adding both scores together to give a total score out of 20.00 marks. Each pass has a difficulty to value that the judges will add onto the final execution score (provided that the pass was completed). Scores will also be emailed to all clubs in the days following the event.

Competition Passes:

Tumblers will perform 3 passes, comprising of 2 "long" passes (5 skills or more and chosen from either Column A or B from the list below) and 1 "short" pass (4 skills or less and chosen from Column C from the list below). Tumblers must perform their "short" pass, taken from Column C, as the third and final pass.

N.B. - Clubs are required to email their gymnasts' pass numbers to the relevant committee member contact by the date specified on the reminder email. This email will also include information relating to opening and closing date.

WEST MIDLANDS NOVICE TUMBLING CHAMPIONSHIPS

Pass 1 and Pass 2 can be chosen from either Column A or Column B. Pass 3 MUST only be chosen from Column C.

| DIFFICULTY VALUE - 0.5 | | | | | | |
|------------------------|-----------------|----------------------|-----------------|--------------------------------------|------------------|---|
| All Age Groups | Column A / No.1 | | Column B / No.2 | | Column C / No. 3 | |
| | 1 | Forward Roll | 1 | Chasse (<i>side or front</i>) | 1 | Stretch Jump Walkout (<i>From standing start</i>) |
| | 2 | Straight Jump | 2 | Cartwheel | 2 | Cartwheel - 1/4 turn in |
| | 3 | Forward Roll | 3 | Chasse (<i>side or front</i>) | 3 | Fall to dish onto mat & hold (3 secs) |
| | 4 | Tuck Jump | 4 | Cartwheel | | |
| | 5 | Forward Roll | 5 | Chasse (<i>side or front</i>) | | |
| | 6 | 1/2 Turn Jump - Hold | 6 | Cartwheel (<i>optional finish</i>) | | |

| DIFFICULTY VALUE - 1.0 | | | | | | |
|------------------------|------------------|--|------------------|---|------------------|---|
| All Age Groups | Column A / No. 4 | | Column B / No. 5 | | Column C / No. 6 | |
| | 1 | Forward Roll | 1 | Round Off (<i>Start from run or jump, optional</i>) | 1 | Stretch Jump Walkout (<i>From standing start</i>) |
| | 2 | Immediate Stretch Jump Walkout (<i>From standing start</i>) | 2 | Immediate 1/2 Turn Jump (<i>hold 3 secs</i>) | 2 | Round Off |
| | 3 | Cartwheel | 3 | Stretch Jump Walkout (<i>From standing start</i>) | 3 | Rebound to dish onto mat & hold (3 secs) |
| | 4 | Chasse (<i>front</i>) | 4 | Round Off | | |
| | 5 | Cartwheel - 1/4 turn (<i>show & hold "hollow shape"</i>) | 5 | 1/2 Turn Jump | | |
| | 6 | Backward roll (<i>straight legs</i>) | 6 | Immediate Rebound - Star Jump | | |

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

| DIFFICULTY VALUE - 1.5 | | | | | | |
|------------------------|------------------|---|------------------|--|------------------|---|
| All Age Groups | Column A / No. 7 | | Column B / No. 8 | | Column C / No. 9 | |
| | 1 | Stretch Jump Walkout (<i>From standing start</i>) | 1 | Forward roll | 1 | Round Off |
| | 2 | Cartwheel | 2 | Immediate Stretch Jump Walkout | 2 | Flic |
| | 3 | Chasse (<i>front</i>) | 3 | Round off | 3 | Rebound to dish onto mat & hold (3 secs) |
| | 4 | Round Off | 4 | 1/2 Turn Jump Walkout (<i>must complete 180 degree turn, not 1/4 turn into side entry</i>) | | Performed from a small preparatory run* |
| | 5 | 1/2 Turn Jump | 5 | Round off | | |
| | 6 | Immediate Rebound - Star Jump | 6 | Straight Jump - Hold | | |

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

| DIFFICULTY VALUE - 2.0 | | | | | | |
|------------------------|---|--|-------------------|--------------------------------|-------------------|---|
| All Age Groups | Column A / No. 10 | | Column B / No. 11 | | Column C / No. 12 | |
| | 1 | Round Off | 1 | Forward roll | 1 | Round Off |
| | 2 | Flic | 2 | Immediate Stretch Jump Walkout | 2 | Flic |
| | 3 | 1/2 Turn Jump Walkout (<i>must complete 180 degree turn, not 1/4 turn into side entry</i>) | 3 | Round off | 3 | Flic |
| | 4 | Round Off | 4 | Flic | 4 | Rebound to dish onto mat & hold (3 secs) |
| | 5 | Flic | 5 | 1/2 Turn Jump | | Performed from a small preparatory run* |
| | 6 | 1/2 Turn Jump - Hold | 6 | Immediate Rebound - Star Jump | | |
| | Performed from a small preparatory run* | | | | | |

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

| DIFFICULTY VALUE - 2.5 | | | | | | |
|------------------------|---|-----------------------|---|---------------|------------------|---|
| All Age Groups | Column A / No. 13 | | Column B / No. 14 | | Column C / No.15 | |
| | 1 | Round Off | 1 | Round Off | 1 | Round Off |
| | 2 | Flic | 2 | Flic | 2 | Flic |
| | 3 | Flic | 3 | Flic | 3 | Tuck Somersault |
| | 4 | Flic | 4 | Flic | | 15 metres of track only. Performed from a small preparatory run* |
| | 5 | 1/2 Turn Jump Walkout | 5 | Flic | | |
| | 6 | Cartwheel | 6 | Straight Jump | | |
| | Performed from a small preparatory run* | | Performed from a small preparatory run* | | | |

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

WEST MIDLANDS OPEN & WEST MIDLANDS REGIONAL QUALIFIER

CHAMPIONSHIPS

(Club Grade / Regional Cup with R&C Practice / FIG elite)

This event offers competition opportunity to all ability levels in the West Midlands, with opportunity for other regions to compete alongside.

Judge Nomination

Each club is required to provide at least 1 judge in order to enter. If a judge cannot be found, a judging fine of £100 is payable in order to complete the entry. Judges need to hold a minimum of Club Level and should be current members of British Gymnastics. If a judge fails to attend the competition, the club will need to pay the £100 judging fine. For the competition to run, the WMAGA usually requires between 12–18 judges, it is advised that clubs train a number of judges. Information about courses can be found on the British Gymnastics website.

INFORMATION

Club Grade Age Groups: 7-8yrs / 9-10yrs / 11yrs+

Entry Fee: £20.00

Regional Cup Series: Refer to National Handbook

<https://www.british-gymnastics.org/technical-information/competition-handbooks/tumbling/12022-tum-regional-series-final-16-05-2021/file>

FIG Elite Age Groups: 8-9yrs / 10-11yrs / 12-13yrs / 14yrs+

Definition: Age of gymnast is defined by how old they are on 31st December each year.

Awards: Medals will be awarded to the top 3 girls and top 3 boys placing 1st, 2nd, 3rd in each age and ability group.

Equipment: The competition takes place on a 25 metre, world class, 'Skakun' tumbling track with full 10m run-up. Club Grades and NDP 1 will perform on a 25m 'Skakun' tumbling track but **without** a run-up. A 30cm deep safety mat will be provided especially for passes that require a rebound to dish.

Scoring: The execution score is usually calculated with 2 judges per panel, each judge scoring a pass out of 10.00 marks, then adding both scores together to give a total score out of 20.00 marks. For Regional Cup 4 and FIG Elite passes; the difficulty score will add onto the final execution score (provided that the pass was completed).

Tariff Sheets: For Regional Cup 4 and FIG Elite groups, coaches are required to provide a tariff sheet to the judges table at the start of the track warm-up. This should be completed as shown and signed. A copy of a generic tariff sheet can be found on the last page of this handbook. Coaches are reminded that their coaching qualification should reflect in which skills their gymnasts are performing.

Club Grades: Please remember that for the West Midlands region, we have devised our own tumbling passes for club grades. **DO NOT** use the club grade runs that feature on the British Gymnastics website (*they are simply guidance that can be adopted*).

Physical Norms: Also known as 'Range & Conditioning' for Regional Cup 1-4. Gymnasts must pass with min 70% to advance to the National Finals.

WEST MIDLANDS TUMBLING CLUB GRADES 2022

NB - Runs have been modified for West Midlands use. West Midlands will not be following the National guidelines for club grades.

| WEST MIDLANDS - CLUB LEVEL 1 | | | | | | | | | |
|---------------------------------------|-------|----------------------|--|-------|--------------------------------------|--|-------|--|--|
| Age Groups | Run 1 | | | Run 2 | | | Run 3 | | |
| 5-6yrs 7-8yrs 9-10yrs 11yrs+ | 1 | Forward Roll | | 1 | Chasse (<i>side or front</i>) | | 1 | Stretch Jump Walkout (<i>From standing start</i>) | |
| | 2 | Straight Jump | | 2 | Cartwheel | | 2 | Cartwheel - 1/4 turn in | |
| | 3 | Forward Roll | | 3 | Chasse (<i>side or front</i>) | | 3 | Fall to dish onto mat & hold (3 secs) | |
| | 4 | Tuck Jump | | 4 | Cartwheel | | | | |
| | 5 | Forward Roll | | 5 | Chasse (<i>side or front</i>) | | | | |
| | 6 | 1/2 Turn Jump - Hold | | 6 | Cartwheel (<i>optional finish</i>) | | | | |

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

| WEST MIDLANDS - CLUB LEVEL 2 | | | | | | | | | |
|---------------------------------------|-------|---|--|-------|--|--|-------|--|--|
| Age Groups | Run 1 | | | Run 2 | | | Run 3 | | |
| 5-6yrs 7-8yrs 9-10yrs 11yrs+ | 1 | Forward Roll | | 1 | Round Off (<i>Start from run or jump, optional</i>) | | 1 | Stretch Jump Walkout (<i>From standing start</i>) | |
| | 2 | Immediate Stretch Jump Walkout (<i>From standing start</i>) | | 2 | Immediate 1/2 Turn Jump (<i>hold 3 secs</i>) | | 2 | Round Off | |
| | 3 | Cartwheel | | 3 | Stretch Jump Walkout (<i>From standing start</i>) | | 3 | Rebound to dish onto mat & hold (3 secs) | |
| | 4 | Chasse (<i>front</i>) | | 4 | Round Off | | | | |
| | 5 | Cartwheel - 1/4 turn (<i>show & hold "hollow shape"</i>) | | 5 | 1/2 Turn Jump | | | | |
| | 6 | Backward roll (<i>straight legs</i>) | | 6 | Immediate Rebound - Star Jump | | | | |

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

| WEST MIDLANDS - CLUB LEVEL 3 | | | | | | | | | |
|------------------------------|-------|--|--|-------|---|--|-------|---|--|
| Age Groups | Run 1 | | | Run 2 | | | Run 3 | | |
| 7-8yrs 9-10yrs 11yrs+ | 1 | Stretch Jump Walkout (<i>From standing start</i>) | | 1 | Forward roll | | 1 | Round Off | |
| | 2 | Cartwheel | | 2 | Immediate Stretch Jump Walkout | | 2 | Flic | |
| | 3 | Chasse (<i>front</i>) | | 3 | Round off | | 3 | Rebound to dish onto mat & hold (3 secs) | |
| | 4 | Round Off | | 4 | 1/2 Turn Jump Walkout (<i>must complete 180 degree turn, not 1/4 turn into side entry</i>) | | | | |
| | 5 | 1/2 Turn Jump | | 5 | Round off | | | | |
| | 6 | Immediate Rebound - Star Jump | | 6 | Straight Jump - Hold | | | | |

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

| WEST MIDLANDS - CLUB LEVEL 4 | | | | | | | | | |
|------------------------------|-------|---|--|-------|--------------------------------|--|-------|---|--|
| Age Groups | Run 1 | | | Run 2 | | | Run 3 | | |
| 6-8yrs 9-10yrs 11yrs+ | 1 | Round Off | | 1 | Forward roll | | 1 | Round Off | |
| | 2 | Flic | | 2 | Immediate Stretch Jump Walkout | | 2 | Flic | |
| | 3 | 1/2 Turn Jump Walkout (<i>must complete 180 degree turn, not 1/4 turn into side entry</i>) | | 3 | Round off | | 3 | Flic | |
| | 4 | Round Off | | 4 | Flic | | 4 | Rebound to dish onto mat & hold (3 secs) | |
| | 5 | Flic | | 5 | 1/2 Turn Jump | | | | |
| | 6 | 1/2 Turn Jump - Hold Performed from a small preparatory run* | | 6 | Immediate Rebound - Star Jump | | | | |

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

| WEST MIDLANDS - CLUB LEVEL 5 | | | | | | | | | |
|------------------------------|-------|---|--|-------|---|--|-------|-----------------|--|
| Age Groups | Run 1 | | | Run 2 | | | Run 3 | | |
| 7-8yrs 9-10yrs 11yrs+ | 1 | Round Off | | 1 | Round Off | | 1 | Round Off | |
| | 2 | Flic | | 2 | Flic | | 2 | Flic | |
| | 3 | Flic | | 3 | Flic | | 3 | Tuck Somersault | |
| | 4 | Flic | | 4 | Flic | | | | |
| | 5 | 1/2 Turn Jump Walkout (<i>must complete 180 degree turn, not 1/4 turn into side entry</i>) | | 5 | Flic | | | | |
| | 6 | Cartwheel Performed from a small preparatory run* | | 6 | Straight Jump Performed from a small preparatory run* | | | | |

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

| WEST MIDLANDS - CLUB LEVEL 6 | | | | | | | | | |
|------------------------------|-------|---|--|-------|---|--|-------|-----------------|--|
| Age Groups | Run 1 | | | Run 2 | | | Run 3 | | |
| 7-8yrs 9-10yrs 11yrs+ | 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 | | | | |
| | 5 | Flic | | 5 | Flic | | | | |
| | 6 | Tuck back Performed from a small preparatory run* | | 6 | Straight Jump Performed from a small preparatory run* | | | | |

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

FIG ELITE (2x Voluntary Passes)

REGIONAL CUP 4 (1x Set Pass & 2x Voluntary Passes)

- A complete run will consist of 8 elements in total and must end with a somersault that lands on the landing area. A skill that lands on the track will incur a 0.2 deduction from each execution judge, a somersault that takes off when touching the landing area will still be judged but lose any difficulty value.
- In any run, flicks, whips and 360 twisting whips can be repeated across all passes in any combination, any other somersaults cannot be repeated.

As per 'FIG Code of Points 2021 – 2024'

| Element | Symbol | Value |
|-----------------------------|--------|-------|
| Round-off |) | 0.1 |
| Barani | . 1 | 0.8 |
| Flick | F | 0.1 |
| Whip | ^ | 0.2 |
| Whip 360 | 2 . | 0.9 |
| Back SS (T) | - o | 0.5 |
| Back SS (P) | - < | 0.6 |
| Back SS (S) | - / | 0.6 |
| Back SS Full Twist | 2 . | 0.9 |
| Back SS 1 1/2 Twist | 3 . | 1.1 |
| Back SS Double Twist | 4 . | 1.3 |
| Double Back SS (T) | -- o | 2.0 |
| Double Back SS (P) | -- < | 2.2 |
| Double Back SS (S) | -- / | 2.4 |
| Full Twisting Double SS (T) | 2 - o | 2.4 |
| Full Twisting Double SS (P) | 2 - < | 2.6 |
| Full Twisting Double SS (S) | 2 - / | 2.8 |
| Full-in, Full-out (T) | 2 2 o | 3.2 |
| Full-in, Full-out (S) | 2 2 / | 3.6 |
| Miller (T) | 2 4 o | 4.4 |
| Miller (S) | 2 4 / | 4.8 |
| Triple Back SS (T) | --- o | 4.5 |
| Triple Back SS (P) | --- < | 5.1 |
| Triple Back SS (S) | --- / | 5.7 |

Additional 1.0 bonus for transition (Girls Only)

Under 11yrs: whips carry a value of 0.4

max difficulty for 1 single skill = 2.4

no transitions

11-12yrs: max difficulty for 1 single skill = 2.7

13-16yrs: max difficulty for 1 single skill = 4.3

***For 11yrs+ gymnasts can perform skills above the max difficulty, but they will be capped at what the max difficulty per skill is for their age group.**

WEST MIDLANDS TUMBLING TEAM CHAMPIONSHIPS

STILL TO BE CONFIRMED

Distribution/ Deadline Dates / Final Amendments



1. Rules and entry forms for competitions must be distributed at least seven weeks prior to the event.
2. A draft programme and timetable should be distributed no later than one week after the closing date; ready for clubs to check their entry details are correct.
3. Final amendments, when affecting the draft timetable and team entry numbers, will be subject to competition organiser's agreement.
4. There are to be no name changes or team transfers after the stated deadline date for final amendments, the competition organiser will only accept withdrawals.

Competition Layout / Timetabling

Physical Norms –12-metre tribond floor strip.

Seating – all available seating must be used, with appropriate measures to stop spectators crossing onto the competition floor. There should be a designated area for competitors and coaches to be seated whilst waiting to compete, they should be encouraged to remain seated whilst the competition takes place to increase the 'tidiness' of the event, belongings should not be kept in the arena.

Tables – all tables should be covered with blue table clothes, presented in a uniformed manner. Scorers should be placed out of the way of the main competition areas for privacy and concentration. Judges should be placed in an area suitable for viewing the whole routine straight on with comfort.

Marching – Gymnasts should be marched down the track(s) then stand in front of the judges table. The clubs taking part in the competition round should be officially announced to the audience, with team members presenting. At the end of each round, teams must stand and be marched out of the existing doors to coincide with the next round marching on.

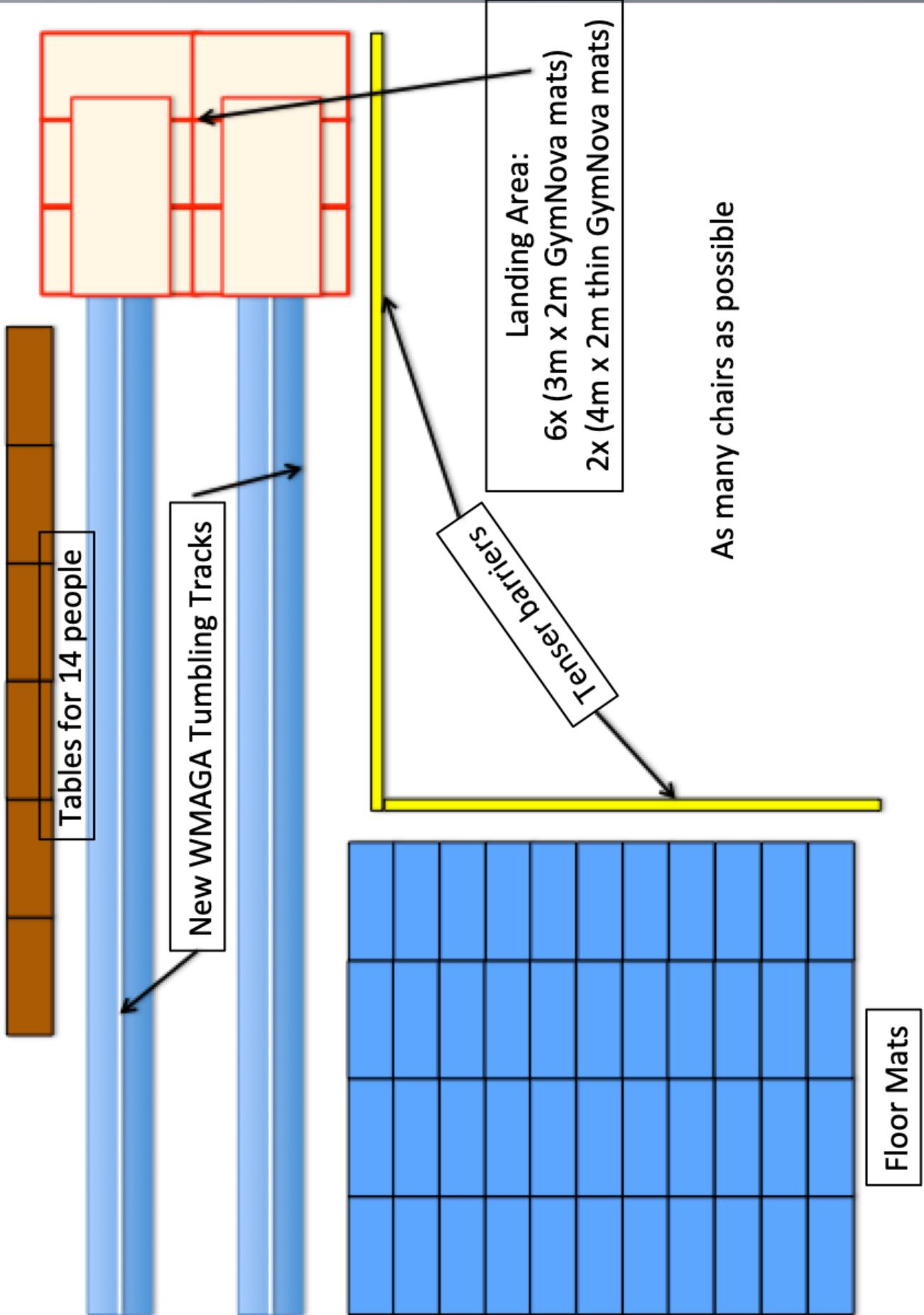
Warm up area – When there is no separate room for warm up, the area should be clearly cordoned off from the main area, ideally using sports hall barriers or curtains. The warm up area should provide a good area of matting.

Medals/ trophies – these should be displayed near the front of the competition floor so they're visible by audience members, gymnasts and coaches. This will make it easier when presenting at medal presentations.

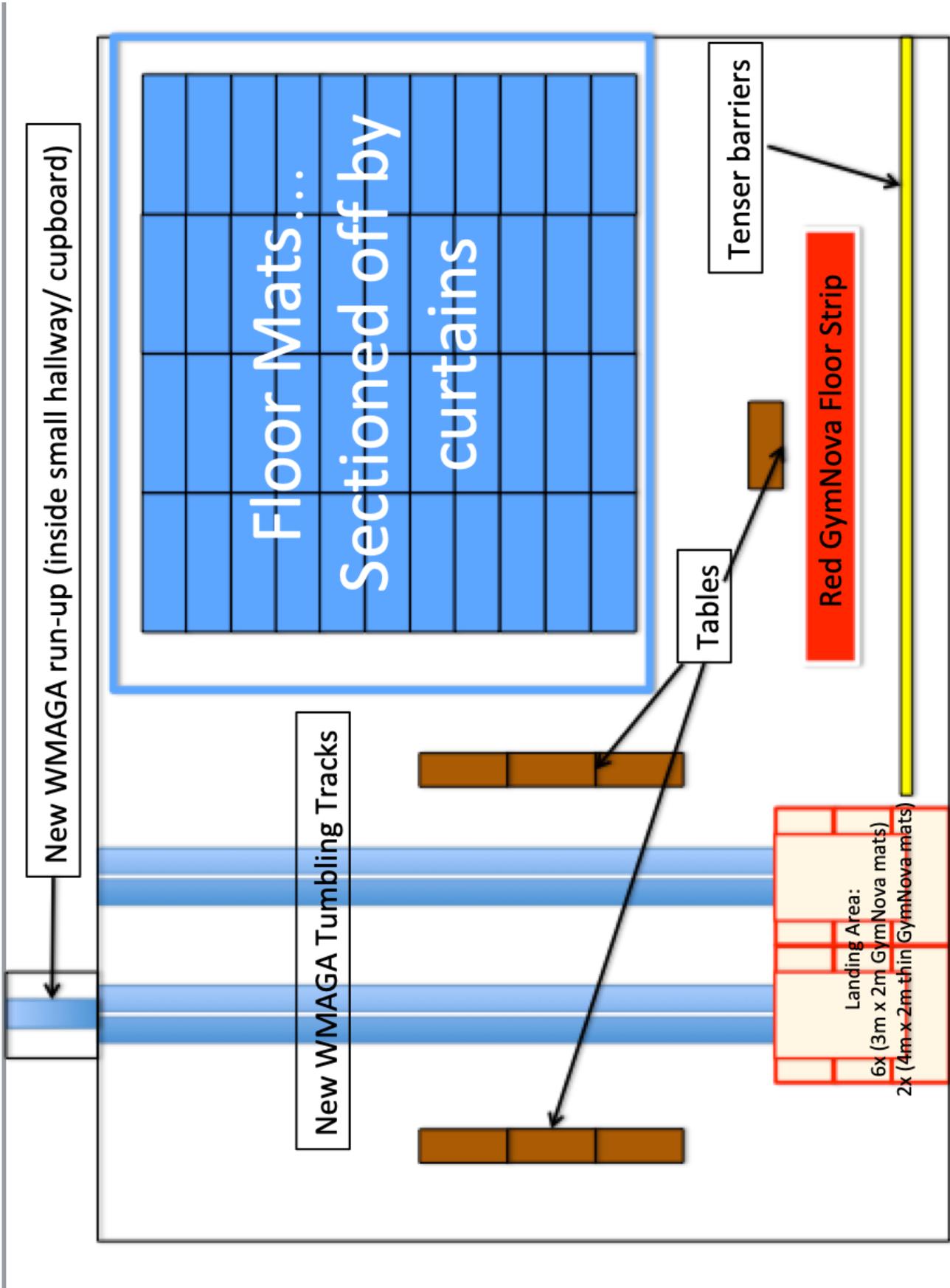
Music / Announcing – Lively music that has a beat must be used for march in and march out. Gentle background music should also be played whilst the competition is taking place to provide atmosphere. Audience members should be encouraged to clap to the beat and cheer, we are giving them a show that they have paid to watch. Throughout the day, the audience should be - kindly reminded not to use flash photography, the current top 3 teams/ individuals and where the Welfare Officer is stationed.

Timetable – The timetable must not start earlier than 8.00am and finish no later than 7.30pm, all efforts should be made to finish as early as possible.

If a round finishes earlier than expected, the Competition Organiser should start the next round early, but no earlier than 30 minutes deviated from the scheduled timetable.



MAIN LAYOUT



Tumbling - Competition Card

Name:

Level:

Age Group:

Club:

Flight:

Panel:

| Pass 1 | | | | Pass 2 | | | | Pass 3 | | | | Pass 4 | | | |
|--------|--------------|-------|------------|--------|--------------|-------|------------|--------|--------------|-------|------------|--------|--------------|-------|------------|
| # | FIG Notation | Value | Link Value | # | FIG Notation | Value | Link Value | # | FIG Notation | Value | Link Value | # | FIG Notation | Value | Link Value |
| 1 | | | | 1 | | | | 1 | | | | 1 | | | |
| 2 | | | | 2 | | | | 2 | | | | 2 | | | |
| 3 | | | | 3 | | | | 3 | | | | 3 | | | |
| 4 | | | | 4 | | | | 4 | | | | 4 | | | |
| 5 | | | | 5 | | | | 5 | | | | 5 | | | |
| 6 | | | | 6 | | | | 6 | | | | 6 | | | |
| 7 | | | | 7 | | | | 7 | | | | 7 | | | |
| 8 | | | | 8 | | | | 8 | | | | 8 | | | |
| Total | | | | Total | | | | Total | | | | Total | | | |

This declaration must be signed by the responsible coach who is present at the event and qualified to the level of the gymnast's performance

Name of Coach _____

Qualification _____

Signature _____

BG Number _____