

Adult Gymnastics British Championships 2024

Tumbling Competition Structure

Entry Instructions

All entries are to be made via a BG registered club using the online entry system on the GymNET portal. Only club secretaries and coaches who have been granted the correct entry permissions will be able to submit an entry. An online entry guide can be found [here](#).

For support or assistance with your entry please contact the Events department at events@british-gymnastics.org

Ability categories

The competition is split into three levels as detailed below:

Novice

Suitable for beginners or those who have never competed above club level.

Intermediate

Suitable for experienced competitors or those who have competed at regional level.

Pro

For experienced competitors who have previously competed at national level or for anyone who is able to fulfil the requirements at this level.

Age Bonus

All competitors over the age of 22 will be given a bonus. The bonus is 0.1 per three years above the age of 22, as shown below.

A competitor's age will be calculated as the age reached in the year of the competition. The age bonus will be added to the total score, which is the total for Exercise 1 and the total for Exercise 2.

Age	18-22	23-25	26-28	29-31	32-34	35-37	38-40	41-43	44-46	47-49	50-52	53-55	56-58
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2

Age	59-61	62-64	65-67	68-70	71-73	74-76	77-79	80
Age bonus	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0

Novice

A choice of two different exercises, from the table below must be performed. The Novice tariff sheet (Appendix 1) must be fully completed, including exercise numbers, and handed in to registration on the day of the competition, at least one hour prior to the competition.

All skills must be competed in the same order with no extra steps or jumps in-between. Less than 3 elements competed will result in a 'DNF' (zero score). The tumble should flow with no extra steps or jumps, if the tumble stops or extra steps or jumps are used it will result in an interruption and the exercise will stop there. Please note the values that will be awarded for each skill completed are written in brackets in each skill box in the tables above.

Novice							
Choose 2 different exercises							Diff value
1	Forward roll (0.1)	Straight Jump (0.1)	Forward roll (0.1)	Tuck Jump (0.1)	Forward roll (0.1)	1/2 turn jump (0.1)	0.6
2	Chasse (0.1)	Cartwheel (0.1)	Chasse (0.1)	Cartwheel (0.1)	Chasse (0.1)	Cartwheel (0.1)	0.6
3	Cartwheel (0.1)	Chasse (0.1)	Round off (0.2)	1/2 jump (0.1)	Forward roll (0.1)	1/2 turn jump (0.1)	0.7
4	Forward roll (0.1)	Jump to one (0.1)	Cartwheel (0.1)	Round off (0.2)	Straight jump (0.1)	Backward roll (0.2)	0.8
5	Handspring (0.3)	Straight jump to one foot (0.1)	Cartwheel (0.1)	Round off (0.2)	1/2 jump (0.1)	Forward roll (0.1)	0.9
6	Round off (0.2)	Flic (0.3)	1/2 turn jump to one foot (0.1)	Cartwheel (0.1)	Round off (0.2)	Straight jump (0.1)	1.0

Intermediate

A choice of two different exercises, from the table below must be performed. The Intermediate tariff sheet (Appendix 2) must be fully completed, including exercise numbers, and handed in to registration on the day of the competition, at least one hour prior to the competition.

All skills must be completed in the same order with no extra steps or jumps in-between. Less than 3 elements competed will result in a 'DNF' (zero score). The tumble should flow with no extra steps or jumps, if the tumble stops or extra steps or jumps are used it will result in an interruption and the exercise will stop there. Please note the values that will be awarded for each skill completed are written in brackets in each skill box in the tables above.

Intermediate							
Choose 2 different exercises							Diff value
1	Round off (0.1)	Flic (0.2)	1/2 turn jump to one foot (0.1)	Round off (0.1)	Flic (0.2)	Straight jump (0.1)	0.8
2	Handspring (0.2)	Straight jump to one foot (0.1)	Round off (0.1)	Flic (0.2)	Flic (0.2)	Straight jump (0.1)	0.9
3	Round off (0.1)	Flic (0.2)	Flic (0.2)	Flic (0.2)	Flic (0.2)	Straight jump (0.1)	1.0
4	Round off (0.1)	Flic (0.2)	Flic (0.2)	Flic (0.2)	1/2 turn jump to one foot (0.1)	Handspring (0.2)	1.0
5	Front somersault walkout (0.6)	Round off (0.1)	Flic (0.2)	Flic (0.2)	Flic (0.2)	Straight jump (0.1)	1.4
6	Round off (0.1)	Flic (0.2)	Flic (0.2)	Flic (0.2)	Flic (0.2)	Tuck Back somersault (0.5)	1.4

Pro

As per the FIG Code of Points 2017-2020, with the exception of a minimum of 6 elements and maximum of 8 elements per exercise. The 'tariff overview' table below details some of the popular elements together with their tariffs. For every element performed above the 6 required, to a maximum of 8, the gymnast will receive an additional bonus of 0.2 per element. All exercises must end in a somersault. Where the final element is a back somersault it must land in the landing zone. If the final somersault is a forward somersault, then it may land on the track. The Pro tariff sheet (Appendix 3) must be completed and handed in to registration on the day, at least one hour prior to competition. There will be no deduction if the gymnast changes the skills performed from what is written on the tariff sheet.



FIG Code of Points 2017-2020 - Trampoline Gymnastics
Part III - Appendices



F. DIFFICULTY TUMBLING – EXAMPLES

Element		Difficulty
Round-off	(0.1
Front Handspring	h	0.1
Flic-flac	f	0.1
Whipback (tempo salto)	^	0.2
Back somersault (ss)	- o	0.5
Back somersault	- <	0.6
Back somersault	- /	0.6
Front somersault	. - o	0.6
Front somersault	. - <	0.7
Side somersault	- o x	0.5
Side somersault	- < x	0.6
Back ss with ½ twist	1. /	0.7
Barani	.1	0.8
Back ss with 1/1 twist	2.	0.9
Front ss with 1/1 twist	.2	1.0
Back ss with 1½ twist	3.	1.1
Front ss with 1½ twist	.3	1.2
Back ss with 2/1 twist	4.	1.3
Front ss with 2/1 twist	.4	1.4
Back ss with 2½ twist	5.	1.6
Back ss with 3/1 twist	6.	1.9
Back ss with 3½ twists	7.	2.3
Back ss with 4 twists	8.	2.7
Double back somersault	-- o	2.0
Double back somersault	-- <	2.2
Double back somersault	-- /	2.4
Double front somersault	. -- o	2.4
Double front somersault	. -- <	2.6
Double side somersault	-- o x	2.0
Double side somersault	-- < x	2.2

Element		Difficulty
Half in ("arabian")	1 - o	2.2
Half in ("arabian")	1 - <	2.4
Half out (backwards)	- 1 o	2.2
Half out (backwards)	- 1 <	2.4
Half out (backwards)	- 1 /	2.6
Half out (forward)	. - 1 o	2.6
Half out (forward)	. - 1 <	2.8
Full in back out	2 - o	2.4
Full in back out	2 - <	2.6
Full in back out	2 - /	2.8
Full in half out	2 1 /	3.2
Full in Full out	2 2 o	3.2
Full in Full out	2 2 /	3.6
Full in 1½ twist out	2 3 o	3.8
Full in 1½ twist out	2 3 /	4.2
Full in Double-full out	2 4 o	4.4
Full in Double-full out	2 4 /	4.8
Double-full in Double-full out	4 4 /	6.4
Triple back	--- o	4.5
Triple back	--- <	5.1
Triple back	--- /	5.7
Half in Triple ("arabian")	1 -- o	5.4
Half in Triple ("arabian")	1 -- <	6.0
Full in Triple	2 -- o	6.3
Full in Triple	2 -- <	6.9
Quadruple back	---- o	8.0

The FIG abbreviation is written next to the name of each skill in the above table of difficulty.

Teams

- A minimum of three gymnasts and maximum of six gymnasts per team
- The highest three individual execution scores + plus age bonus' = final team score
- Teams need to have two categories of ability level ie, Novice and Intermediate
- All gymnasts within the team must be members of the same club
- Non-British citizens competing as guests can form part of a team but the team will not be eligible to rank in the official competition results
- Teams can consist of mixed genders
- Competitors can only represent one team

Scoring

A final score is achieved by adding the total score of both exercises to the age bonus.

E.g. Execution score + difficulty score - CJP deductions for exercise 1, execution score + difficulty score - CJP deduction for exercise 2 + age bonus.

Start of a exercise

- Each gymnast will start on the signal given by the Chair of Judges Panel.
- After the signal has been given, the gymnast must initiate the first element within 20 seconds, otherwise a penalty of 0.3 points will be given by the Chair of Judges' Panel. If this time limit is exceeded as a result of faulty equipment or other substantial cause, no deduction will be applied. This decision is made by the Chair of Judges' Panel.
- A springboard may be used only to initiate the first element. It may be placed anywhere on the tumbling track or the exercise-up.
- Whether using a spring board or not, the first element must land on the tumbling track, though may be initiated on the exercise-up.
- After a exercise is started, talking to or giving any form of signal to a gymnast by their own coach during the exercise will result in a penalty of 0.9 pts applied only once by the CJP.

Interruption of a exercise

A exercise will be considered interrupted if the gymnast:

- Is touched by a spotter.
- Takes intermediate steps or stops.
- Falls to the track/zone/area during a exercise.
- Touches any part outside the outer lines of the tumbling track with any part of the body.
- Touches the tumbling track with any part of the body other than hands or feet (this rule does not apply to novice and intermediate compulsory exercises where the body is expected to touch the track, ie. rolls).
- No credit will be given for the element in which the interruption occurs.
- A gymnast will be judged only on the number of elements completed on the feet on the tumbling track or the landing area.
Note: any element with a take-off initiated from the landing zone/area will not be counted.
- The Chair of Judges' Panel will decide the maximum mark

Termination of a exercise

- Each exercise must end on both feet on the track or the landing area, otherwise the last element will not be counted.
- After the last element, the gymnasts must stand upright and show stability for approximately 3 (three) seconds; otherwise they will receive a deduction.
- The last element must be performed from the tumbling track to the landing area except in the case of an element in the reverse direction as per. This rule only applies to the end skill if it is a somersault. A failure to observe this rule will result in a penalty of 0.6 points by the CJP.
- **Pro only** - All completed exercisees (6-8 elements) must end with a somersault, otherwise there will be a penalty of 3.0 points by the CJP.

- For additional elements, (an extra element added to the end of novice/intermediate or more than 8 elements in pro), a penalty of 3.0 points (total) will be made by the CJP.

Duties of the Chair of Judges' panel

- Make decisions regarding a second attempt
- Make decisions regarding the suitability of a gymnast's attire
- Make decisions regarding whether any assistance given by a spotter was necessary
- Declare the maximum mark in the case of an interrupted exercise
- Apply the following landing penalties:
 - landing outside the outer lines of the track or landing zone 1.5 pts
 - after landing, stepping out of the landing zone to the landing area or the track 0.3 pts
- Make decisions regarding penalties
- Supervise and control all scores, calculations and the final results and interfere if (s)he recognises obvious calculation errors.

Duties of the execution judges

- Evaluate the execution in the range 0.0 to 0.5 pts per element and write down their deductions on the deduction sheets.
- Subtract their deductions from maximum mark indicated by the chair of judges.
- Display their execution mark.

Deductions for execution judges

- Lack of form, control, height and rhythm in each element: **0.1-0.5**
- Lack of stability after a complete exercise, a single deduction for the greater fault only:
 - not standing still in an upright position and showing stability for approximately 3 seconds: **0.1-0.3**
 - after landing, touching the track or landing zone/area with one or both hands: **0.5**
 - after landing, touching with or falling to the knees, hands & knees, front, back or seat on the track or landing area: **1.0**
 - assistance from a spotter after landing: **1.0**
 - after landing in the landing area or on the track, leaving the landing area or the track, or touching outside the landing area or touching the floor with any part of the body, or performing an additional somersault: **1.0**

Apparatus specification

The competition apparatus will be as per FIG.

For support or assistance with your entry please contact the Events department at events@british-gymnastics.org

Appendix 1

<u>TUMBLING</u>			
Novice Tariff Sheet			
Please hand in at registration – one hour before start of competition			
<u>NAME</u>		<u>BIB NO.</u>	
<u>EXERCISE 1</u>	<u>Compulsory exercise no:</u>	<u>DIFFICULTY</u>	
<u>EXERCISE 2</u>	<u>Compulsory exercise no:</u>	<u>DIFFICULTY</u>	

Appendix 2

<u>TUMBLING</u>			
Intermediate Tariff Sheet			
<u>Please hand in at registration – one hour before start of competition</u>			
<u>NAME</u>		<u>BIB NO.</u>	
<u>EXERCISE 1</u>	<u>Compulsory exercise no:</u>	<u>DIFFICULTY</u>	
<u>EXERCISE 2</u>	<u>Compulsory exercise no:</u>	<u>DIFFICULTY</u>	

Appendix 3

<u>TUMBLING</u>					
Pro Tariff Sheet					
Please hand in at registration – one hour before start of competition					
NAME				BIB NO.	
<u>EXERCISE 1</u>		Tariff	<u>EXERCISE 2</u>		Tariff
<u>1</u>			<u>1</u>		
<u>2</u>			<u>2</u>		
<u>3</u>			<u>3</u>		
<u>4</u>			<u>4</u>		
<u>5</u>			<u>5</u>		
<u>6</u>			<u>6</u>		
<u>7</u>			<u>7</u>		
<u>8</u>			<u>8</u>		
<u>Total</u>			<u>Total</u>		