



Adult Gymnastics British Championships 2018

Tumbling Gymnastics Code of Points

British
Gymnastics
More than a sport

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 on the British Gymnastics website; www.british-gymnastics.org under **Find an event or result>Adult Gymnastics British Championships**.

Ability levels

The competition is split into two levels as detailed below:

Novice

For people new to this fantastic sport, or for those who have never competed above **COUNTY** level.

Pro

For people who have previously competed at **REGIONAL** level or above and enjoy showing off the skills they can perform, or for anyone who is able to fulfil the requirements at this level and wish to compete 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 20, 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 Run 1 and the total for Run 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	80-82
Age bonus	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0

What are the runs in each ability level?

Novice

A choice of two different routines, from the 'compulsory routines' table (Appendix 1), must be performed. The Compulsory Routine Form (Appendix 2) must be fully completed, including routine numbers, and handed in to registration on the day of the competition, at least one hour prior to the start of the competition.

Pro

Skills are to be selected from the FIG Code of Points 2017-2020 Difficulty – Tumbling Tariff Summary. The 'tariff overview' table (Appendix 3) details some of the popular elements together with their tariffs. The run must consist of a MINIMUM of 5 elements. Up to 8 elements may be competed and the last move must be a somersault, whether 5, 6, 7 or 8 elements (please note different scoring dependent upon number of elements performed - see below). 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. Tariff sheets must be completed and handed in to registration on the day (Appendix 4), at least one hour prior to the start of the competition.

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 both 'Pro' and 'Novice' participants
- 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

- Each run will have an Execution and a Difficulty score.
- The Execution score is usually marked out of 10 per judge.
- The Difficulty score is then calculated. The Novice difficulty score will be as per Appendix 1 depending on which runs are selected. The Pro difficulty score will be calculated based on the run undertaken.
- In each run the Execution score is added to the Difficulty score. The total of these scores for each of the runs is then added to the Age Bonus to give a final total score for the gymnast.
- In the Novice competition, where a move is missed out a deduction of 1.0 will be made, for each missed element.
- In the Novice competition, where a move is performed in the wrong order a deduction of 1.0 will be made, for each element performed in the wrong order.
- In the Pro competition, where 8 elements are performed the Execution score will be marked out of 10. However, a run of 5 moves will be marked out of 8.5, a run of 6 moves out of 9, and a run of 7 moves out of 9.5.

Apparatus specification

The competition apparatus will be as per FIG.

For support or assistance with your entry please contact the Events department on 0345 129 7129 ext. 2396 or at events@british-gymnastics.org

Appendix 1

Novice Compulsory Routines

Compulsory routines		
Routine no.	Skills	Tariff
1.	Forward roll, jump to one leg, cartwheel, chasse, cartwheel, backward roll	0.2
2.	Forward roll, jump, forward roll, star jump, forward roll, ½ turn jump	0.2
3.	Cartwheel, chasse, cartwheel, round off, straight jump, backward roll	0.4
4.	Cartwheel, chasse, cartwheel, round off, ½ turn jump, forward roll	0.4
5.	Round off, flic, ½ turn jump to one foot, cartwheel, round off, jump	0.6
6.	Handspring, jump to one foot, cartwheel, chasse, round off, jump	0.6
7.	Handspring, jump to one foot, cartwheel, round off, flic, jump	0.8
8.	Round off, flic, ½ turn jump to one foot, round off, flic, jump	0.8
9.	Round off, flic, flic, flic, flic, jump	1.0
10.	Tuck front salto, rebound jump to one foot, round off, flic, flic, jump	1.0

Appendix 2

Novice Compulsory routine form

Tumbling			
Novice only			
Please hand in at registration – one hour before start of competition			
Name:		BIB no:	
Run 1	Compulsory routine no:	Tariff:	
Run 2	Compulsory routine no:	Tariff:	

Appendix 3

Pro Tariff Table

Tariff overview		
Skill	Shape	Tariff
Round off		0.1
Front Handspring		0.1
Flic-flac		0.1
Whipback (Tempo Somersault)		0.2
Back Somersault	Tucked	0.5
Back Somersault	Piked	0.6
Back Somersault	Straight	0.6
Front Somersault	Tucked	0.6
Front Somersault	Piked	0.7
Side Somersault	Tucked	0.5
Side Somersault	Piked	0.6
Back Somersault with ½ Twist	Straight	0.7
Barani	Any shape	0.8
Back Somersault with Full Twist		0.9
Back Somersault with 1½ Twist		1.1
Back Somersault with Double Twist		1.3
Double Back Somersault	Tucked	2.0
Double Back Somersault	Piked	2.2
Double Back Somersault	Straight	2.4

Please see the FIG Code of Points for further information and clarification of difficulty values

Example routine

Round-off Flic Flic Flic Flic Back Somersault Tucked
 0.1 0.1 0.1 0.1 0.1 0.5 = 1.0

Appendix 4

Pro Tariff Sheet

Tumbling					
Pro only					
Please hand in at registration – one hour before start of competition		Name:		BIB no:	
Run 1		Tariff	Run 2		Tariff
1			1		
2			2		
3			3		
4			4		
5			5		
6			6		
7			7		
8			8		
Total:			Total:		