

# British Vets 2013

## Tumbling

### 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. Full instructions can be found on the British Gymnastics website; [www.british-gymnastics.org](http://www.british-gymnastics.org) under **Fans/British Championships/Veterans**.

Please contact Lyn Fowler if you have any questions or require support, on 0845 129 7129 ext. 2521 or [lyn.fowler@british-gymnastics.org](mailto:lyn.fowler@british-gymnastics.org)

### Entry Fee

£30.00 per person. Please make cheques payable to **British Gymnastics**.

### Age Bonus

The age bonus for this discipline will be given as 0.2 for every five years over 20 years i.e. 26=0.2, 42=0.8

*Please note: 18, 19 & 20 year olds will not receive an age bonus.*

A competitors' age will be calculated using their age as of January 1<sup>st</sup> in the year of competition. The age bonus will be added to the total score.

### Judging

The competitor's final score = Run 1 + Run 2 + age bonus

# Code of Points

## Tumbling

**Final Score = tariff + execution score + age bonus**

*Please note: This is a simplified code*

Each competitor will be expected to perform two runs  
Each run should include a minimum of FIVE and a maximum of EIGHT acrobatic elements

### Tariff of Elements

| Tariff of Elements   |      |   |                       |
|--|------|---|-----------------------|
| <b>Tariff each element and add together</b>  |      | <b>Additional values to add to Saltos</b> |                       |
| All un-coded elements  | 0.10 | Pike Shape                                | 0.20                  |
| Round off  | 0.20 | Straight                                  | 0.40                  |
| Flic   | 0.20 | Each additional ½ twist                   | 0.20                  |
| Handspring   | 0.20 |   |                       |
| Whip back  | 0.30 |   |                       |
| Back SS  | 0.50 |   |                       |
| Front SS   | 0.60 |   |                       |
| Side SS  | 0.60 |   |                       |
| <b>Multiple Saltos</b>   |      | e.g.                                      |                       |
| In <b>Double</b> somersaults the value of the element, including any twist, will be doubled. The bonus for pike or straight position is then added to give the total value of the element. |      | Full in, Pike Back                        | 1st Salto 0.50        |
| In <b>Triple</b> somersaults the value of the element, including any twist, will be trebled. The bonus for pike or straight position is then added to give the total value of the element. |      | Twist bonus added here                    | 2nd Salto 0.50        |
|  |      |   | 360 <sup>o</sup> 0.40 |
|  |      |   | <u>Sub-total</u> 1.40 |
|  |      | Double value for multiple Salto           | x2 2.80               |
|  |      | Add extra shape here (Pike x2)            | 0.40                  |
|  |      |   | <u>TOTAL</u> 3.20     |

| Execution Faults   | Out of 10.00 |
|--------------------|--------------|
| Small faults       | 0.10 – 0.20  |
| Significant faults | 0.30         |
| Serious faults     | 0.50 – 1.00  |

*Please note: Only elements landing on the feet will be judged. If more than five acrobatic elements are performed, the difficulty score is likely to increase but these elements will still be open to execution faults.*

## Examples of skills to be performed:

### Novice

- Straight jump
- Tuck jump
- Pike jump
- Straddle jump
- Jump half turn
- Jump full turn
- Forward roll
- Handstand forward roll
- Dive forward roll
- Backward roll
- Backward roll handstand
- Cartwheel
- 1-handed Cartwheel
- Walkover
- Round-off
- Flic
- Handspring to one foot
- Handspring to two feet
- Flyspring
- NO SALTOS

### Pro

- Round-off
- Flic
- Handspring
- Whip
- Back Somersault
- Front somersault
- Side somersault

### *Additional Values to Add to Saltos:*

- Pike Shape
- Straight Shape
- Twists
- Extra Rotation

# Tariff Sheet

## Tumbling

Please complete this tariff sheet and hand it in at Registration.

### Tumbling

| Tumbling             |  |        |                      |  |        |
|----------------------|--|--------|----------------------|--|--------|
| Name:                |  |        | No:                  |  |        |
| Tumble 1             |  | Tariff | Tumble 2             |  | Tariff |
| 1                    |  |        | 1                    |  |        |
| 2                    |  |        | 2                    |  |        |
| 3                    |  |        | 3                    |  |        |
| 4                    |  |        | 4                    |  |        |
| 5                    |  |        | 5                    |  |        |
|                      |  |        |                      |  |        |
|                      |  |        |                      |  |        |
|                      |  |        |                      |  |        |
| <b>Total Tariff:</b> |  |        | <b>Total Tariff:</b> |  |        |