**WEST MIDLANDS TEAM TUMBLING 2016**

**WOOD GREEN ACADEMY, 15th OCTOBER 2016**

**SET PASSES**

1. **Round off, flick, Jump ½ turn walk out, round off, flick, rebound jump. (1.0)**
2. **Stretch jump walk out, cartwheel, round off, flick, flick, rebound jump. (1.0)**
3. **Round off, flick, flick, jump ½ turn. (1.0)**
4. **Tuck front walk out, round off, flick, flick, flick, rebound. (1.5)**
5. **Round off, flick, flick, flick, flick, ½ turn jump. (1.5)**
6. **Round off, flick, tuck back. (1.5)**
7. **Pike front walk out, round off, flick, flick, flick, ½ turn jump. (2.0)**
8. **Round off, flick, whip, flick, flick, tuck back. (2.0)**
9. **Round off, flick, pike back. (2.0)**
10. **Round off, whip, flick, flick, flick, tuck back. (2.5)**
11. **Round off, flick, whip, flick, flick, flick, flick, pike back. (2.5)**
12. **Round off, flick, straight back. (2.5)**
13. **Round off, whip, whip, flick, flick, pike back. (3.0)**
14. **Round off, flick, whip, flick, whip, flick, flick, straight back. (3.0)**
15. **Round off, flick straight back 360. (3.0)**
16. **Barani, whip, whip, whip, flick, flick, flick, straight back. (3.5)**
17. **Round off, whip, whip, whip, whip, flick, flick, straight back 360. (3.5)**
18. **Round off, flick, straight 720. (3.5)**
19. **Round off, \*whip\*, \*whip 360\*, whip, whip, whip, flick, straight back 360. (\*whip 360\* can be performed as skill 2 or 3) (4.0)**
20. **Round off, whip, whip, whip, whip, flick, flick, straight back 720. (4.0)**
21. **Round off, flick, double tuck back. (4.0)**

**It is the club/coaches responsibility to ensure that the selected coach(es) has the correct qualifications to be on the competition floor.**

**COMPETITION FORMAT AND RULES**

**Entries open – 12th September 2016 Entries close – 26th September 2016**

1. Entries are only accepted via the BG online entry system.
2. Entry fee - £15 per gymnast.
3. No judge fee - £50.
4. Late entries will not be accepted.
5. Competition pass numbers sheet ***(below)*** must be completed and submitted to the programme coordinator (Gill McKee - gill@rugbygymnasticsclub.co.uk) at least 1 week before the competition (noon, 8/10/16).
6. Gymnasts/coaches will not be permitted to make any changes to their passes once submitted, under any circumstances.
7. ***Failure to submit pass numbers before the deadline will result in the club/gymnast being withdrawn from the competition.***
8. Any gymnast who has competed at any of the following events this year **(2016)** will not be permitted to compete in this competition. Spring event series 1 and 2, FIG British Championships
9. Age Groups are: - **7 in year** **8/9/10 11/12/13 14+**

Ages are the age achieved in the year of the competition. E.g. A child, who is 10 years on the day of the competition but reaches his/her 11th birthday before the end of 2016, must be entered into the 11/12/13 age group.

1. The **7 in year** age group competition will be capped at pass 6.
2. A Team consists of 3 or 4 gymnasts. A Team may be all boys, all girls or mixed.
3. A gymnast may compete in only one team. A gymnast may compete in an older age group than his/her own.
4. A gymnast must perform any 3 passes from the above list. However, the gymnast may only compete 1 pass with 4 or less skills. A gymnast can, for example, perform exercises – 1, 2, and 6, but not 10, 9, 6.
5. Any gymnast choosing to compete a short pass must compete it as their third pass, for example 1, 2, 3 and not 3, 2, 1.
6. Only 15m of the track may be used in passes with 4 or less elements.
7. The figure in brackets is the difficulty of the exercise. This is added to the Gymnasts Execution Score to give the Final Mark.
8. All passes ending with a somersault must land on the landing area.
9. A trophy will be awarded to the winning team in all of the age groups along with team medals for 1st, 2nd and 3rd placed teams.
10. In addition to the Team Awards in each age group, medals will be awarded to the first three individual boys and the first three individual girls in each age group.
11. It is the club/coaches responsibility to ensure that the selected coach(es) has the correct coaching qualifications to be on the competition floor.
12. Girls Hipsters/shorts are permitted but only if they compliment the colour of the leotard. (Head judge discretion)
13. All gymnasts must compete in their allocated time slots.

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| GYMNAST PASS NUMBERS | | | | | | | | | |
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| CLUB\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | COACH\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | |
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| Gymnasts name | | Age Group/ M/F | Pass 1 number | Pass 2 number | | Pass 3 number (short pass) |
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