**WEST MIDLANDS TEAM TUMBLING 2014**

**WOOD GREEN ACADEMY 18th OCTOBER 2014**

**SET PASSES**

1. Forward roll, stretch jump, forwards roll, star jump, forwards roll, full turn.
2. Chasse, cartwheel, chasse, cartwheel, chasse, cartwheel (to land side on)
3. Cartwheel, Cartwheel ¼ turn in, backwards roll, ½ turn, forwards roll, star jump.
4. Round off, half turn, cartwheel, cartwheel, round off, rebound jump.
5. Cartwheel, chasse, cartwheel, round off, stretch jump, backward roll.
6. Handstand forwards roll, forwards roll to 1, cartwheel, cartwheel, round off, ½ turn.
7. Round off, ½ turn jump to 1, cartwheel, round off, rebound jump, ½ turn jump. (.5)
8. Handspring to 2, stretch jump to 1, cartwheel, round-off, ½ turn, rebound roll (.5)
9. Round off, flick, rebound jump. (Hold for 3 seconds) and finish. Turn around and repeat. (.5)
10. Round off, flick, ½ turn jump to 1, round off, flic, rebound jump. (1.0)
11. Handspring to 2, stretch jump to 1, cartwheel, round off, flick ½ turn jump. (1.0)
12. Round off, flick, flick, rebound jump (1.0)
13. Round off, flick, flick, flick, flick, rebound jump. (1.5)
14. Tucked front to 2, rebound jump to 1, round off, flick, flick, ½ turn jump. (1.5)
15. Round off, flick, tuck back. (1.5)
16. Round off, flick, flick, flick, flick, tuck back. (2.0)
17. Round off, flick, whip, flick, flick, rebound jump. (2.0)
18. Round off, flick, pike back. (2.0)
19. Round off, flick, flick, flick, flick, flick, flick, pike back. (2.5)
20. Round off, flick, whip, flick, flick, tucked back. (2.5)
21. Round off, flick, straight back. (2.5)
22. Round off, flic, whip, flic, whip, flic, flic, pike back (3.0)
23. Round off, whip, whip, flick, flick, straight back. (3.0)
24. Round off, flick, straight back + 360. (3.0)
25. Baranie, whip, whip, flick, flick, flick, flic, straight back. (3.5)
26. Round off, whip, whip, whip, whip, flick, flick, straight back + 360. (3.5)
27. Round-off, flic, straight back + 720 (3.5)
28. Round off, whip, whip, whip, whip, whip, flic, straight back + 720 (4.0)
29. Round-off, \*whip\*, \* 360 whip\*, whip, whip, flic, flic, straight back (\*360 whip can be performed as either skill 2 or 3) (4.0)
30. Round off, flick, double tuck. (4.0)

**COACHING QUALIFICATION KEY**

**UKCC L1 - NUMBERS 1-9**

**UKCC L2 – NUMBERS 1-21**

**UKCC L3, MOD 1 – NUMBERS 1-27**

**UKCC L3, MOD 2 – NUMBERS 1-30**

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

**COMPETITION FORMAT AND RULES**

1. 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 - 4, 8, 10, but not 12, 15, 21

2. The figure in brackets is the difficulty of the exercise. This is added to the Gymnasts Execution Score to give the Final Mark.

3. Only 15m of the track may be used in passes with 4 or less elements.

4. All passes ending with a somersault must land on the landing area.

5. Age Groups are: - 7 year olds **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 2013, must be entered into the **11/12/13** age group.

6. A Team consists of 3 or 4 gymnasts. A Team may be all boys, all girls or mixed.

7. A gymnast may compete in only one team. A gymnast may compete in an older age group than his/her own.

8. 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.

9. The **7 year** age group will be a mixed gender competition with boys competing against the girls. Medals will be awarded to the first three individuals. There will NOT be a team competition for this age group.

10. The **7 year** age group competition will be capped at pass 12.

**FIG COMPETITION**

This competition will follow the FIG Age Group rules.

1. Gymnasts must perform 3 tumbling passes of 8 skills.

2. FIG repeat rule applies – No repeated somersaults in pass 1 or 2 unless preceded from a different skill.

2. Pass 3 can be the same as pass 1 or 2 or completely different.

3. GB Bonuses will not apply.

4. Age groups are: -

Under 13 Boys

13+ Boys

Under 13 Girls

13+ Girls

Ages are the age achieved in the year of the competition.

5. A Team consists of 3 or 4 tumblers from any of the above age groups.

6. In addition to the Team award, medals will be awarded to the first three individuals in each age group.