## Gymnastics for All

## Salto 16th September 2018 Tumble and Trampette

## Skills, Entry, and Tariff Sheet

**Requirements**

**Age categories – 7-8, 9-10, 11-12, 13-14, 15+**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Level 1** | **Level 2** | **Level 3** |
| **Tumble** | * Performed on a sprung tumble track * Sequences must flow with no pause until end of tumble * No music is required   **Gymnasts have the choice of 2 tumbles to perform at competition, please chose either RUN 1 or RUN 2** | * Performed on a sprung tumble track * Sequences must flow with no pause until end of tumble * No music is required   **Gymnasts have the choice of 2 tumbles to perform at competition, please chose either RUN 1 or RUN 2** | * Performed on a sprung tumble track * Sequences must flow with no pause until end of tumble * No music is required   **Gymnasts have the choice of 2 tumbles to perform at competition, please chose either RUN 1 or RUN 2** |
| **Trampette** | * Performed on a strip floor with trampette and landing mat. * A continuous run must flow into the mount onto trampette * Gymnasts can perform 1 or both of the given skills, highest score counts   **.** | * Performed on a strip floor with trampette and landing mat. * A continuous run must flow into the mount onto trampette * Gymnasts can perform 1 or both of the given skills, highest score counts | * Performed on a strip floor with trampette and landing mat. * A continuous run must flow into the mount onto trampette * Gymnasts can perform 1 or both of the given skills, highest score counts |
| **Additional/ general** | * Incorrect clothing will incur a 0.5 deduction. * Each gymnast will have a warm up attempt on both tumble and trampette * Gymnasts will warm up both skills on trampette one after the other, and perform both skills one after the other to the judges. * TUMBLE – Run 1 gymnasts will have a starting score of 10.00 Run 2 will have a starting score of 11.00 as run 2 is a harder sequence. Please choose run suited to the abilities of the gymnast. | | |

**Skills – Tumble**

**Gymnasts have the choice of 2 tumbles to perform at competition, please chose either RUN 1 or RUN 2**

|  |  |  |  |
| --- | --- | --- | --- |
| **RUN no.** | **Level 1** | **Level 2** | **Level 3** |
| **Max score – 10.0** | **Max score – 10.0** | **Max score – 10.0** |
| **1** | Forward roll straight jump,  Forward roll star jump,  Forward roll tuck jump,  Hold landing for 3 secs before present. | Forward roll step to cartwheel ¼ turn inwards,  ½ turn jump,  Forwards roll,  Star jump,  Hold landing for 3 secs before present. | Roundoff ½ turn jump,  Forward roll step to cartwheel, Cartwheel,  Hold landing for 3 secs before present. |
|  | **Max score – 11.0** | **Max score – 11.0** | **Max score – 11.0** |
| **2** | Forward roll straight jump,  Forward roll star jump,  Forward roll ½ turn jump,  Hold landing for 3 secs before present. | Cartwheel,  Chasse,  Cartwheel ¼ turn inwards,  ½ turn jump,  Forward roll,  Star jump,  Hold landing for 3 secs before present. | Hurdle step,  Cartwheel,  Cartwheel ¼ turn inwards ½ turn jump to roundoff,  Hold landing for 3 secs before present. |

**Deductions – Tumble**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Deductions** | **0.1** | **0.2** | **0.3** | **0.5** | **1.0** |
| **Technical** | Small fault |  | X |  |  |  |
| Medium fault |  |  | X |  |  |
| Major fault |  |  |  | X |  |
| **General** | Step off floor | X |  |  |  |  |
| Concentration pauses | X |  |  |  |  |
| No presentation | X |  |  |  |  |
| Break during elements/series |  | X |  |  |  |
| Poor posture/untidiness throughout |  |  |  | X |  |
| Prompt by coach (max x2) |  |  |  | X |  |
| Missing out element |  |  |  |  | X |

**Example faults**

|  |  |  |
| --- | --- | --- |
| **Small** | **Medium** | **Major** |
| Toes not pointed  Slightly bent knees/arms  Poor posture  Legs slightly apart  Steps on landing (each step)  Exactness in turns | Bent arms/knees  Wide legs/crossed legs  Lack of height/distance in jump  Lack of split  Lack of shape e.g. tuck, pike, straddle  Balance not held  Incorrect technique | Fall  Landing on hands and knees |

**Skills – Trampette**

**Gymnastics are to perform one or both skills in the chosen grade twice, highest score counts.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Skill no.** | **Level 1** | **Level 2** | **Level 3** |
| Max score – 10.0 | Max score – 10.0 | Max score – 10.0 |
| **1** | Straight jump | ½ turn jump | Pike jump |
| **2** | Star jump | Straddle jump | Full turn jump |

**Deductions – Trampette**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Deductions** | **0.1** | **0.2** | **0.3** | **0.5** | **1.0** |
| **Technical** | Small fault | X | X |  |  |  |
| Medium fault |  |  | X | X |  |
| Major fault |  |  |  | X | X |
| **Overall** | Flow/posture/body tension/overall impression | X | X | X | X | X |
| **General** | Step off floor | X |  |  |  |  |
| Concentration pauses | X |  |  |  |  |
| No presentation | X |  |  |  |  |
| Break during elements/series |  | X |  |  |  |
| Poor posture/untidiness throughout |  |  |  | X |  |
| Prompt by coach (max x2) |  |  |  | X |  |
| Missing out element |  |  |  |  | X |

**Example faults**

|  |  |  |
| --- | --- | --- |
| **Small** | **Medium** | **Major** |
| Toes not pointed  Slightly bent knees/arms  Poor posture  Legs slightly apart  Steps on landing (each step)  Exactness in turns | Bent arms/knees  Wide legs/crossed legs  Lack of height/distance in jump  Lack of split  Lack of shape e.g. tuck, pike, straddle  Balance not held  Incorrect technique | Fall  Landing on hands and knees |

**Tariff sheet Tumble Please complete in age order.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Gymnast name** | **BG membership no.** | **Level entering** | **Tumble run** | **Age Category** |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |

**Tariff sheet Trampette Please complete in age order.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Gymnast name** | **BG membership no.** | **Level entering** | **Tumble run** | **Age Category** |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
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| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |