



ENGLISH GYMNASTICS

English Silver Tumbling Judging Rules 2019 (v2)

National 1, 2 and 3

Run 1 and Run 2: As Table below. Mark out of 10 as an NDP run.

1. Incomplete or incorrect routines will result in a zero 'DNF' score.
2. Gymnasts receiving a zero 'DNF' score will not be awarded a medal.

Run 3: Voluntary 6 elements with difficulty. Mark out of 10 as an FIG run, with these specific rules.

1. Gymnasts may repeat Run 1 or Run 2 or a combination of non-FIG elements. All non-FIG elements have a value of 0.1.
2. No penalty for a walk out to 1 except for the final element.
3. No penalty if the final element is not a somersault.
4. The final element may be a somersault and should land on the landing area of will have a penalty of 0.6 (CJP) for landing on the track.
5. For National 1, 2 and 3 only – tuck back final element will have a value of 1.0, pike back and straight back final elements will have a value of 1.2.

NDP National Level 1						
Groups	Run 1		Run 2		Run 3	
9-10 Years	1	Round Off	1	Round Off	1	Voluntary
	2	Flic	2	Flic	2	Voluntary
	3	Flic	3	Flic	3	Voluntary
11-12 Years	4	Jump ½ turn and hold for approx. 3 secs *	4	Flic	4	Voluntary
	5	Stretch Jump Round Off	5	Flic	5	Voluntary
	6	Flic	6	Straight Jump	6	Voluntary
	7	Flic				
	8	Straight Jump				

* If gymnast doesn't hold for approximately 3 seconds, a 0.2 deduction per execution judge will be applied

NDP National Level 2						
Groups	Run 1		Run 2		Run 3	
9-10 Years	1	Round Off	1	Round Off	1	Voluntary
	2	Flic	2	Flic	2	Voluntary
	3	Flic	3	Whip	3	Voluntary
11-12 Years	4	Flic	4	Flic	4	Voluntary
	5	Flic	5	Flic	5	Voluntary
13-14 Years	6	Tuck Somersault	6	Straight Jump	6	Voluntary

NDP National Level 3						
Groups	Run 1		Run 2		Run 3	
11-12 Years	1	Round Off	1	Round Off	1	Voluntary
	2	Flic	2	Flic	2	Voluntary
	3	Flic	3	Whip	3	Voluntary
13-14 Years	4	Flic	4	Flic	4	Voluntary
	5	Flic	5	Flic	5	Voluntary
15+ Years	6	Flic	6	Tuck Back Somersault	6	Voluntary
	7	Flic				
	8	Pike Back Somersault				

National 4 and 5

Run 1 and Run 2: As Table below. Mark out of 10 as an NDP run.

Run 3: Voluntary 8 elements with difficulty. Mark out of 10 as an FIG run.

NDP National Level 4										
Groups	Run 1				Run 2				Run 3	
	U13 Years	1	Round Off			1	Round Off			1
2		Whip			2	Whip			2	Voluntary
O13 Years	3	Flic			3	Whip			3	Voluntary
	4	Flic			4	Flic			4	Voluntary
	5	Whip			5	Flic			5	Voluntary
	6	Flic			6	Pike Back Somersault			6	Voluntary
	7	Flic							7	Voluntary
	8	Straight Back Somersault							8	Voluntary

NDP National Level 5										
Groups	Run 1				Run 2				Run 3	
	U13 Years	1	Round Off			1	Round Off			1
2		Whip			2	Whip			2	Voluntary
O13 Years	3	Whip			3	Whip			3	Voluntary
	4	Whip			4	Flic			4	Voluntary
	5	Flic			5	Flic			5	Voluntary
	6	Flic			6	Full Twist			6	Voluntary
	7	Flic							7	Voluntary
	8	Tuck Back Somersault							8	Voluntary

FIG DEVELOPMENT LEVEL

Runs 1, 2 and 3: As Table below. Mark out of 10 as an FIG run.
There will be a timed warm up, compete two voluntary runs, one touch warm up compete set run 1.

FIG DEVELOPMENT				
Age Groups	Run 1		Run 2	Run 3
	9-10yrs	1	Round Off	8 Skill Free Pass (difficulty to be added)
2		Flic		
3		Flic	Minimum Difficulty over two free passes – 2.6 Maximum Difficulty over two free passes – 3.2 Gymnasts not making the Minimum difficulty requirement will score zero Gymnasts exceeding the requirements will have their difficulty capped No skill repetition across all 3 runs in accordance with FIG rules	
4		Flic		
5		Flic		
6		Flic		
7		Flic		
8		Tuck Somersault		

FIG DEVELOPMENT				
Age Groups	Run 1		Run 2	Run 3
	11-12yrs	1	Round Off	8 Skill Free Pass (difficulty to be added)
2		Flic		
3		Flic	Minimum Difficulty over two free passes – 2.8 Maximum Difficulty over two free passes – 4.0 Gymnasts not making the Minimum difficulty requirement will score zero Gymnasts exceeding the requirements will have their difficulty capped No skill repetition across all 3 runs in accordance with FIG rules	
4		Flic		
5		Flic		
6		Flic		
7		Flic		
8		Straight Somersault		

FIG DEVELOPMENT				
Age Groups	Run 1		Run 2	Run 3
	13-14yrs	1	Round Off	8 Skill Free Pass (difficulty to be added)
2		Whip		
3		Whip	Minimum Difficulty over two free passes – 3.3 Maximum Difficulty over two free passes – 5.4 Gymnasts not making the Minimum difficulty requirement will score zero Gymnasts exceeding the requirements will have their difficulty capped No skill repetition across all 3 runs in accordance with FIG rules	
4		Whip		
5		Flic		
6		Flic		
7		Flic		
8		Full Twist		

FIG DEVELOPMENT				
Age Groups	Run 1		Run 2	Run 3
	15+yrs	1	Round Off	8 Skill Free Pass (difficulty to be added)
2		Whip		
3		Whip	Minimum Difficulty over two free passes – Women 3.6 & Men 4.0 Maximum Difficulty over two free passes – Women 7.0 & Men 7.5 Gymnasts not making the Minimum difficulty requirement will score zero Gymnasts exceeding the requirements will have their difficulty capped No skill repetition across all 3 runs in accordance with FIG rules	
4		Whip		
5		Whip		
6		Flic		
7		Flic		
8		Full Twist		