



British Vets 2015

Tumbling Gymnastics Code of Points

British
Gymnastics
More than a sport

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. An Online Entry Guide can be found on the British Gymnastics website: www.british-gymnastics.org under **Fans/British Championships/Vets**.

Ability levels

Novice

For people new to this fantastic sport, or for those who have never competed above **COUNTY** level.

Pro

For people who have previously competed at **REGIONAL** level or above and enjoy showing off the skills they can perform, or for anyone who is able to fulfil the requirements at this level.

Age Bonus

All competitors will be given a bonus of 0.1 per two years over 20 years of age. For example, a 27 year-old competitor will be awarded an age bonus of 0.3 and a 55 year-old competitor will be awarded an age bonus of 1.7.

A competitors' age will be calculated as the age reached in the year of the competition. The age bonus will be added to the total score.

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

Scoring

Run 1 + Run 2 + age bonus = total score

Run Composition

Skills are to be picked from the Tariff Overview table below to compose each run. Choose only those skills listed underneath your ability level (Novice or Pro). Somersaults must not be performed in Novice.

Teams

- A minimum of three gymnasts per team (no maximum)
- The highest three individual execution scores + plus age bonus' = final team score
- All gymnasts within the team must be members of the same club
- Non-British citizens competing as Guests can form part of a team but the team will not be eligible to rank in the official competition results
- Team members must all be the same gender
- Mixed abilities are encouraged
- Competitors can only represent one team

For support or assistance with your entry please contact Lyn Fowler on 0345 129 7129 ext. 2521 or lyn.fowler@british-gymnastics.org

Tumbling

Routines are marked out of 10 for execution plus the tariff (difficulty) and age bonus to calculate the total score

All competitors are expected to perform two runs

Each run should include a minimum of FIVE and a maximum of EIGHT acrobatic elements

All **Pro** runs must finish on the landing area

Tariff overview

NOVICE

Skill	Difficulty Value	
Straight Jump	0.1	
Tuck Jump	0.1	
Pike Jump	0.1	
Straddle Jump	0.1	
Half Twist Jump	0.1	
Full Twist Jump	0.2	
Forward Roll	0.1	
Handstand Forward Roll	0.1	
Dive Forward Roll	0.2	
Backward Roll	0.1	
Backward Roll Handstand	0.2	
Cartwheel	0.1	
1-Handed Cartwheel	0.1	
Walkover	0.1	
Round-off	0.2	
Handspring	0.2	
Flyspring	0.2	
Flic	0.2	

PRO

Skill	Shape	Difficulty Value
Whipback (Tempo Somersault)	Straight	0.3
Back Somersault	Tucked	0.5
Back Somersault	Piked	0.6
Back Somersault	Straight	0.6
Front Somersault	Tucked	0.5
Front Somersault	Piked	0.6
Front Somersault	Straight	0.6
Side Somersault	Tucked	0.5
Side Somersault	Piked	0.6
Back Somersault with ½ Twist	Tucked	0.6
Barani	Any shape	0.6

Back Somersault with Full Twist		0.7
Back Somersault with 1½ Twist		0.9
Back Somersault with Double Twist		1.1
Double Back Somersault	Tucked	2.0
Double Back Somersault	Piked	2.2
Double Back Somersault	Straight	2.4
Double Front Somersault	Tucked	2.0
Double Front Somersault	Piked	2.2
Double Side Somersault	Tucked	2.0
Double Side Somersault	Piked	2.2
Half in ("Arabian")	Tucked	2.2
Half in ("Arabian")	Piked	2.4
Half out (backwards)	Tucked	2.2
Half out (backwards)	Piked	2.4
Half out (backwards)	Straight	2.6
Half out (forward)	Tucked	2.2
Half out (forward)	Piked	2.4
Half out (forward)	Straight	2.6

Multiple Somersaults

In **Double** Somersaults the value of the element including any twist, will be doubled. The bonus for Pike or Straight is then added to give the total value of the element.

In **Triple** Somersaults the value of the element including any twist, will be trebled. The bonus for Pike or Straight is then added to give the total value of the element.

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 deductions.

Example routine

Round-off	Flic	Flic	Flic	Flic	Back Somersault Tucked		
0.2	0.2	0.2	0.2	0.2	0.5	=	1.5

Tariff Sheet

Tumbling					
Ability:		Novice		Pro	
Please hand in at Registration		Name:			No: <input type="text"/>
Run 1		Tariff	Run 2		Tariff
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Novice = No Somersaults		Total:	Novice = No Somersaults		Total: