

Eastern Counties Gymnastics Association



2019

General Gymnastics
Tumble & Trampette
Handbook

The General Gymnastics Technical Committee (GGTC) 2019

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Competition Schedule 2019

Event	Venue	Date	Entries Closing Date
Level 1 & 2 Regional Final	Pipers Vale	02/06/2019	05/05/2019
Level 3 Regional Final	Pipers Vale	09/06/2019	12/05/2019
Levels 4 & 5 Regional Final	Pipers Vale	30/06/2019	02/06/2019
Levels 1 - 5 Floor & Vault Club Teams	Pipers Vale	14/07/2019	16/06/2019
Tumble and Trampoline	Pipers Vale	24/11/2019	27/10/2019

Tumble Competition

The following age levels are available at each level for each gender:

Level 1:	8 years	9 years	10 years	11-12 years	13-16 years
Level 2:	8 years	9 years	10 years	11-12 years	13-16 years
Level 3:	9 years	10 years	11-12 years	13-15 years	16-18 years
Level 4:	10 years,	11-12 years	13-15 years	16-18 years	
Level 5:	11-12 years	13-15 years	16-18 years		

Disability: There will be a Disability section available at all levels.

Apparatus

The run will comprise of a sprung tumbling track, a marked section of a sprung floor or two layers of gym mats with matted surround. Clubs will be notified on the programme of the types of run available. Where multiple tumble runs are available, the harder levels will be allocated to the runs with the most rebound

At each level, there are two compulsory runs. The final score of the two runs will be added together to determine ranking.

Level 1

Run 1 Forward roll – forward roll – straight jump with ½ turn (180 degrees) – straight jump – tuck jump *

Run 2 Forward roll – straight jump – forward roll – star jump – tuck jump

Level 2

Run 1 Forward roll – cartwheel ¼ turn inwards-straight jump with ½ turn (180 degrees) – forward roll – tuck jump

Run 2 Hurdle step – cartwheel ¼ turn outwards – straight jump – forward roll – star jump – tuck jump

Level 3

Run 1 Hurdle step into round-off – straight jump ½ turn (180 degrees) to two feet – forward roll – straight jump ½ turn step out into – cartwheel ¼ turn inwards*

Run 2 Stretch jump step out into cartwheel – round off – rebound straight jump – straight jump ½ turn (180 degrees).

Level 4

Run 1 Hurdle step into round-off – flic – straight jump ½ turn (180 degrees) to two feet –straight rebound jump step out into – cartwheel ¼ turn outwards.

Run 2 From a short run (2 or 3 steps) –round-off – flic – straight jump ½ turn (180 degrees) –round-off – flic

Level 5

Run 1 From a short run (2 or 3 steps) round-off – flic – flic – tuck back salto

Run 2 From a short run (2 or 3 steps) tuck front salto to land on two feet – immediate rebound jump into – round-off – flic – tuck jump

TUMBLE COMPETITION

Notes

Runs finish in the same direction in which they started unless they are marked with an asterisk (*) in which case they finish facing the opposite direction, i.e. facing the start position.

All jumps which are followed by a cartwheel or round off may be landed on **one foot or two feet**, with an immediate rebound to one foot with no judging penalties. **However if the gymnast does not perform the rebound immediately following a two footed landing – the judges may consider this constitutes a stop.**

All cartwheels $\frac{1}{4}$ turn outwards to side should show cartwheel; cartwheels sideways with the $\frac{1}{4}$ turn being performed as a step after the two feet have regained the tumble or matting in the sideways position. This is an allowable step not constituting a stop.

After a $\frac{1}{4}$ cartwheel turn outwards, or turn inwards to perform any following 2 footed element, either foot may be moved to join feet together. This is an allowable step not constituting a stop.

Subject to the notes detailed in this section no other steps are permitted between the elements. A step between elements will be regarded as a stop and will be subject to deductions as detailed below.

The approach run may not be attempted more than three times. After three attempts with no element executed a void score will be awarded. Once an element is attempted the run is considered to have started.

Once a run has been started, it may not be repeated or restarted unless the judges consider that there is a valid reason for doing so (for example, someone running across the tumble run while competition is in progress).

Scoring

Each element in a run has a Value Mark (VM) of 0.5, each run has five elements and therefore has a start value of 2.5. If a move is completely omitted and no attempt made, there is a deduction of 1.00 per skill omitted.

If elements are omitted from a run but the rest of the run is competed in the correct order, then the VM of the missing elements are deducted from the start value.

Performance of the elements in a run in an incorrect order will result in a deduction of 0.50 from the execution score (10.0). The decision of the judges is final in determining whether a run has missing elements, was performed with the elements in the incorrect order or both.

More than three approaches to a run without the performance of an element will result in a void score. The run starts when the gymnast places his/her hands on the floor for the first element.

Runs which contain a stop or pause will be subject to a competition specific deduction.

A stop may be identified when a gymnast leaves the tumble run without completing all the elements of the run or if the gymnast performs a step contrary to the requirements of the runs and noted allowances, or if the gymnast pauses mid-run for an amount of time

(more than 2 seconds) which disrupts the smooth and timely performance of the run.

Competition specific deductions;

Elements performed in incorrect order	1.0
Stop (each)	0.8
Pause of less than 2 seconds (each)	0.5
Uneven tempo between elements - can be taken in addition to stop or pause each	0.3
Lack of continuity and flow (overall)	0.3 or 0.5
Lack of dynamics (overall)	0.1, 0.3 or 0.5

Execution deductions will be deducted from the execution score of 10.0, the remainder will be added to the start value to determine the final score (ie the run will be marked out of 12.5).

The final score of both runs will be added together to determine ranking.

When calculating the percentage score for the purpose of determining medal allocation for lone competitors; 25.00 (2 x 12.5) will be considered 100%.

Trampoline Competition

The following age levels are available at each level for each gender:

Level 1:	8 years	9 years	10 years	11-12 years	13-16 years
Level 2:	8 years	9 years,	10 years	11-12 years	13-15 years 16-18 years
Level 3:	9 years	10 years	11-12 years	13-15 years	16-18 years
Level 4:	10 years	11-12 years	13-15 years	6-18 years	
Level 5:	11-12 years	13-15 years	16-18 years		

Disability: There will be a Disability section available at all levels.

At each level, three jumps or somersaults will be performed.

The scores for all three jumps or somersaults will be added together to determine ranking.

The jumps or somersaults may be the same or different, but if they are the same they will be subject to repetition deductions.

Apparatus

The equipment will be set up in accordance with national safety guidelines and must be adhered to.

The trampoline will be a standard sized trampoline with safety padding and will be inclined at a shallow angle.

The length of the runup will be approximately 5 metres.

The landing area will consist of a safety mattress of 30cm in depth, securely fixed together with a top surface of 10cm thick continuous length tumble or agility mat (two 5cm thick mats may be used laid one on the other).

Trampette Competition

Level 1- Gymnasts to perform 3 runs of different jumps as follows:-

Skill	Tariff
Straight Jump	10.50
Tuck Jump	11.00
Star Jump	11.00

Level 2- Gymnasts to perform 3 runs of three different jumps from the list of value mark elements below. Somi's and Level 1 jumps not permitted:

Skill	Tariff
Straddle Jump	11.50
Pike Jump	11.50
Straight ½ turn Jump (180)	12.00
Straight Jump 1/1 turn (360)	12.50

Level 3- Gymnasts to perform 3 runs to include two jumps and one Somi from the list of value mark elements:

Skill	Tariff
Straddle Jump	11.50
Pike Jump	11.50
Straight ½ turn Jump (180)	12.00
Straight Jump 1/1 turn (360)	12.50
Front Somi in Tucked position	13.00
Front Somi in Piked position	13.50

Level 4- Gymnasts to perform 3 runs to include one jump and two different Somi's from the list of value mark elements:

Skill	Tariff
Straddle Jump	11.50
Pike Jump	11.50
Straight Jump 1/1 turn (360)	12.50
Front Somi in Tucked position	13.00
Front Somi in Piked position	13.50

Level5- Gymnasts to perform 3 runs to include three different Somi's from the list of value mark elements:

Skill	Tariff
Front Somi in Tucked position	13.00
Front Somi in Piked position	13.50
Front Somi in straight position	14.00
Front Somi in straight position with ½ twist after vertical	14.50

NB Gymnast not performing three different runs will be penalised 0.5 for each repeated run

Trampette Execution Deductions

FIRST FLIGHT	SMALL	MEDIUM	LARGE
Bent knees	0.1	0.3	0.5
Leg separation	0.1	0.3	
Toes not pointed / feet relaxed	0.1		
Poor alignment of body position	0.1	0.3	
Insufficient height (consider size of gymnast)	0.1	0.3	0.5
SECOND FLIGHT			
Bent knees	0.1	0.3	0.5
Toes not pointed / feet relaxed	0.1		
Insufficient tuck, pike, straddle shape	0.1	0.3	
Failure to maintain straight body shape in straight jumps with and without turn	0.1	0.3	
Failure to maintain straight body in straight front salto	0.1	0.3	
Legs separated	0.1	0.3	
Legs crossed	0.1		
Lack of extension from tuck, pike or straddle shape before landing	0.1	0.3	
Insufficient length (consider height of gymnast)	0.1	0.3	0.5
LANDING (Max 0.8 deduction without a fall)			
Failure to land feet first			1.0
Knees / hips touching apparatus of mat			1.0
Support on mat with 1 or 2 hands			1.0
Brush / touch of landing mat without a fall		0.3	
Deep squat			0.5
Body posture	0.1	0.3	
Large step or jump (more than shoulder width)		0.3ea	
Extra steps / slight hop (less than shoulder width)	0.1ea		

Extra arm swings	0.1		
Lack of balance	0.1	0.3	
Under rotation of salto with no fall	0.1		
Under rotation of salto with a fall		0.3	
Not holding landing position for 3 secs		0.3	
Deviation from straight direction	0.1	0.3	
Up to ¼ turn either under or over rotated in Jumps / salto with turn	0.1	0.3	

OTHER DEDUCTIONS	SMALL	MEDIUM	LARGE
First repetition			1.0
Second repetition			2.0
Performance of unrecognized element or unpermitted element No Value			0.00 Score
½ turn performed before vertical in straight front salto with ½ twist (barani)			1.0
Failure to present to the judges before or after the Jump / salto		0.3	

If a jump ½ turn is missing more than a ¼ turn then it will be awarded as a straight jump.
If a jump full turn is missing more than a ¼ turn then it will be awarded as a jump ½ turn.

If a straight front salto has any hip angle then it will be awarded as a pike salto.
If a straight front salto with a ½ turn is missing more than a ¼ turn then it will be awarded as a straight front salto.

Eastern Counties Gymnastics Association – Disability Gymnastics

Gymnastics for children with disabilities are to be included in the General Gymnastics competition programme. They will perform in a separate section in the competition – Disability Gymnastics – and not compete against those without disabilities.

In order to allow the judges to make allowances for the gymnasts' disabilities, coaches will need to enter the disability on the entry form according to the list below which will additionally detail the degree of the disability. The profile of each gymnast should be determined by the coach in consultation with the gymnast and his or her parents. Once a gymnast has competed within a particular disability profile, that profile may not be changed for a subsequent competition without applying to the GGTC stating the reason why a different profile is now applicable.

Coaches are asked to be fair with their assessment. Failure to do so may result in a formal statement from a doctor or health professional for future entries.

Where a disabilities gymnast with Downs Syndrome wishes to enter a competition, the mandatory clearance for the condition known as Atlanto-Axial Instability required by BG will apply. Details are on the BG website. A copy of the completed clearance form must be attached to the entry form. Failure to do so will result in the competitor (and partner where appropriate) being refused entry to the competition arena and warm up areas on the day of the competition.

Initially, the competitions will be gender specific but open age group although, depending on the size of the entry, the organiser may introduce age banding. This will introduce a measure of competition for the gymnasts rather than a host of "sole competitor" winners.

Coaches accompanying the gymnasts will need to speak to the judges prior to their competing to explain the help/special equipment they will need to enable them to compete.

Disability Profiles*

For clarification and the guidance of coaches, the definition of the term; disability, is that made by the World Health Organisation in 1980; *"A disability is any restriction or lack (resulting from impairment*) of ability to perform an activity in the manner or within the range considered normal for a human being"*

**"An impairment is any loss or abnormality of psychological, physiological, or anatomical structure or function"*

For the purpose of this rule book, disability profiles are defined as follows:

1. **Intellectual**, language and other psychological disabilities (including hyperactivity, attention deficit disorder and dyslexia)
2. **Hearing** disabilities (including deafness and inner ear balance disorders)
3. **Sight** disabilities (including blindness, partial sightedness and tunnel vision)
4. **Reduced or impaired internal organ function** with no other physical manifestation (including coeliac disease, cystic fibrosis, asthma and some types of epilepsy)
5. **Muscular and Skeletal**, resulting in reduced limb or trunk function (including growth disorders, club foot, limb palsy and paralysis)

Each profile is further divided into Slight (A), Moderate (B) or Severe (C). Thus a gymnast with the profile 3A may be highly functioning but partially sighted and a gymnast with the profile 5C may be confined to a wheelchair and require special arrangements to compete.

Where a gymnast presents with a number of disabilities, the profile selected should reflect the disability which most affects their performance. For example, a Downs Syndrome gymnast may be profiled as 1 or 5 (A, B or C) depending on the severity of the effects on the gymnast.

Details of any special equipment or arrangements required by gymnasts with a disability should be provided to the competition organiser with the entry form. The competition organiser will try to incorporate these arrangements into the competition in a way which is sensitive to the needs of all gymnasts taking part in the competition. Any 'special equipment' should be provided by the club/coach/gymnast.

Gymnasts with disabilities should progress through the General Gymnastic competitions in the same way as gymnasts without disabilities. Should Special Olympics Rule competitions be introduced in the future, gymnasts cannot compete in both competitions if they are held on the same day.