British Veterans Championships 2012
Tumbling

There will be two levels for this competition for both men and women: Recreational and Former.

Age Bonus

The age bonus for this discipline will be given as 0.2 for every five years over 20 years i.e. 26=0.2, 42=0.8

Specific Requirements

Please refer to the British Gymnastics Veterans Code below for the specific requirements of each discipline for this competition.

Judging

The competitor's final score will be calculated by adding together the scores from both runs and then adding the age bonus.

Apparatus

A competition track will be provided.

Entry Instructions

All entries are to be made via a BG registered club using the Online Entry System through the GymNet Portal. Only Club Secretaries and coaches who have been granted the correct entry permissions will be able to submit an entry.

Full instructions can be found on the British Gymnastics website; www.british-gymnastics.org under **Technical information & judges/Newsletters & Updates/Gymnastics for All.**

Should you require assistance please contact Stuart Sinclair on 0845 129 7129 ext 2521 or stuart.sinclair@british-gymnastics.org

Entry Fee

£20.00 per person. Please make cheques payable to British Gymnastics.

British Veterans Championships 2012

Code of points

Tumbling

Final Score = Tariff + Execution score

NB This is a simplified code

Each competitor will be expected to perform two runs.
Each run should include a minimum of FIVE acrobatic elements.
The final score will be the total of the two runs, plus the age bonus.

Tariff of moves

Tariff each element and add together		Additional Values to add to Saltos	
All un-coded elements	0.10	Pike Shape	0.20
Round off	0.20	Straight	0.40
Flic	0.20	Each additional ½ turn	0.20
Handspring	0.20		
Whip back	0.30		
Back SS	0.50		
Front SS	0.60		
Side SS	0.60		

Multiple Saltos

In **Double** somersaults the value of the element, including any twist, will be doubled. The bonus for pike or straight position 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 position is then added to give the total value of the element.

e.g.		
Full in, Pike Back	1st Salto	0.50
Twist bonus added here	2nd Salto	0.50
	360°	0.40
	Total	1.40
Multiply	X2	2.80
Add extra shape here		0.40
	TOTAL	**3.20**

Execution Faults Out of 10.00

Small faults	0.10 – 0.20
Significant faults	0.30
Serious faults	0.50 – 1.00

Only elements terminating on the feet will be evaluated.

Examples of moves expected to be performed:

Recreational

- Straight jump
- Tucked jump
- Pike jump
- Straddle jump
- Jump half turn
- Jump full turn
- Forward roll
- Handstand forward roll Dive forward roll Backward roll
- Backward roll handstand Cartwheel
- 1-handed Cartwheel Walkover
- Round-off
- Flic
- Handspring to one foot Handspring to two feet Flyspring
- *NO SALTOS*

Former

- Round-off
- Flic
- Handspring Whip back
- Back Somersault Front somersault Side somersault etc

Additional Values to Add to Saltos:

- Pike Shape
- Straight
- Twists
- Extra Rotation

Please complete the slip on the next page and hand in at Registration.

Tariff Sheet

Tumbling

Tumbling			
Name:		No:	
Tumble 1	Tariff	Tumble 2	Tariff
1		1	
2		2	
3		3	
4		4	
5		5	
Total tariff:		Total tariff:	

British Gymnastics
More than a sport

British Veterans Championships 2012

Entry Form I

Men's and Women's Tumbling

Name for correspondence:				Title:	
Address:				Post code:	
Telephone number:					
Email address:					
Competitor name:			Membership No:		
Date of birth:		Place of birth:		Nationality:	
Email address:					

Gym club (if applicable):		Gym club email:	
At what level have you previously competed? Please include approx. date of last competition.			
Profile: (a short note about yourselves)			

Please circle as appropriate:

Level:	Tumbling Gymnastics:
Former	Men
Recreational	Women

Please forward the completed entry form and correct entry fee to:
British Gymnastics Events Team
Ford Hall Lilleshall NSC
Nr Newport Shropshire TF10 9NB
Phone: 0845 129 7 129 Fax: 0845 124 9 089
Entry Fee: £20.00 per person
Please make cheques payable to: British Gymnastics