



British Vets 2016

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 three years over 20 years of age.

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.

Age	18-22	23-25	26-28	29-31	32-34	35-37	38-40	41-43	44-46	47-49	50-52	53-55	56-58
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2

Age	59-61	62-64	65-67	68-70	71-73	74-76	77-79	80-82
Age bonus	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0

Scoring

Run 1 + Run 2 + age bonus = total score

Run Composition

Novice

A choice of two different routines from the 'compulsory routines' table below must be performed. Routine numbers must be stated on the template form below and handed in to registration on the day.

Pro

Skills are to be selected from the 'tariff overview' table below to compose each run. Tariff sheets must be completed and handed in to registration on the day (template below).

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
- Teams can consist of mixed genders
- Mixed abilities are encouraged
- Competitors can only represent one team

For support or assistance with your entry please contact Tracey Lunn on 0345 129 7129 ext. 2521 or tracey.lunn@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

NOVICE

Compulsory routines

Routine no.	Skills	Tariff
1.	Forward roll, jump to one leg, cartwheel, chasse, cartwheel, backward roll	0.2
2.	Forward roll, jump, forward roll, star jump, forward roll, ½ turn jump, backward roll	0.2
3.	Cartwheel, chasse, cartwheel, round off, straight jump, backward roll	0.4
4.	Cartwheel, chasse, cartwheel, round off, ½ turn jump, forward roll	0.4
5.	Round off, flic, ½ turn jump to one foot, cartwheel, round off, jump	0.6
6.	Handspring, jump to one foot, cartwheel, chasse, round off, jump	0.6
7.	Handspring, jump to one foot, cartwheel, round off, flic, jump	0.8
8.	Round off, flic, ½ turn jump to one foot, round off, flic, jump	0.8
9.	Round off, flic, flic, flic, flic, jump	1.0
10.	Tuck front salto, rebound jump to one foot, round off, flic, flic, jump	1.0

Compulsory routine form

Tumbling

Novice only

Please hand in at registration	Name:		BIB no:	
Run 1	Compulsory routine no:		Tariff:	
Run 2	Compulsory routine no:		Tariff:	

Tariff overview

Skill	Shape	Tariff
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					
Pro only					
Please hand in at registration		Name:		BIB no:	
Run 1	Tariff	Run 2	Tariff		
Total:				Total:	