

# Tumbling

## Participation Guide

2022



This guide is a Gymnastics New Zealand (GNZ) programme resource developed to support the growth of Tumbling in New Zealand.

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## INTRODUCTION

### Purpose of the Guide

This guide is designed to:

- Support clubs and coaches to start a participation (recreational) Tumbling Programme.
- Provide information, regulations, competition rules and apparatus specifications relating to the participation (recreational) Tumbling Programmes available in New Zealand.
- Provide a base knowledge of the Tumbling to support the pathway to performance Tumbling division.

### Definition of Terms/Abbreviations

The following terms and abbreviations will be relevant to the participation Tumbling divisions:

GNZ	Gymnastics New Zealand
TC	Technical Committee – Gymnastics New Zealand governance structure for each gymnastics sport.
TRA	Trampoline
TUM	Tumbling
MAG	Men’s Artistic Gymnastics
WAG	Women’s Artistic Gymnastics
Difficulty	The value of the individual skills added together (also referred to as Diff, DV)
Pass	Tumbling run/routine
Preliminary	First two passes an athlete completes
Finals	Top 8 athletes make finals which is the last pass
Sanctioned Events	These are events that can be used to qualify for National Championships
FIG	The <b>Fédération Internationale de Gymnastique (FIG)</b> , or <b>International Federation of Gymnastics (IFG)</b> , is the international governing body of competitive gymnastics.
CoP	Code of Points

### Other

Power Tumbling	A term also used internationally for Tumbling or the Trampoline Sports. It is not a different sport to Tumbling.
iTRACSS	The international Trampoline Competition Selection System (iTRACSS) is a programme that provides an easily understood, transparent and predictable pathway for selecting athletes to compete at international competitions. See the TRA Technical Handbook for more information.

## **Trampoline Gymnastics**

Trampoline gymnastics (TRA) involves a series of skills performed at thrilling heights, across four different disciplines that includes:

### **Individual Trampoline :**

Routines are performed showing consistency of height, skill and minimum deviation from the centre of the trampoline bed.

### **Synchronised Trampoline:**

The added challenge of timing as two athletes perform the same routine simultaneously on adjacent trampolines.

### **Double-Mini Trampoline (DM or DMT):**

A short run up on to a two-level mini trampoline to perform a rebounding skill before a dismount, onto a landing mat.

### **Tumbling (TUM):**

Athletes perform multiple somersaults and twists, down a straight track, showing control, skill and maintenance of tempo.

Only Individual Trampoline is an Olympic Sport.

## **Governance**

Tumbling in New Zealand is governed by GNZ and the Trampoline Technical Committee. Internationally, Trampoline is governed by Federation of International Gymnastics (FIG) along with the other gymnastics disciplines. GNZ is a member federation of FIG.

## **PROGRAMME STRUCTURE**

The Tumbling Programme has four divisions and is aligned with the GNZ Programme Framework. The Framework allows for multiple entry points along the pathway to support athlete transition from other gymnastic codes.

### **Participation Divisions**

The participation divisions are designed for participation for all abilities and with no age divisions, so participants can compete skills to their own ability.

#### **National Levels:**

The aim of this programme is to introduce athletes to tumbling. The levels are progressive and do not have age restrictions. They can be used as a pathway for those wishing to compete in the age group programme.

Athletes compete in Levels 1-10 according to ability and compete routines/passes as prescribed in this document. Participants include;

- First time participants in a gymnastics activity
- Gym For All participants
- Retired or current gymnasts from other gymnastics codes.
- Current Tumbling Age Group athletes (can only enter levels 6-10)

#### **Short Track:**

Short Track is an event that allows us to bridge the gap between the Levels programme and the Age Group programme. It allows competitors to compete based on their skill level and the amount of skills they can perform comfortably in a pass. Athletes in the Levels programme or Age Group Programme, may compete in this division. Participants include;

- First time participants in a gymnastics activity
- Gym For All participants
- Retired or current athletes from other gymnastics codes.
- Current Tumbling Age Group athletes

### **Performance Divisions**

These divisions are considered competitive with pathways to the New Zealand National Gymnastics Championships and international competitions should qualifying criteria be met. The divisions are progressive in development and have a higher entry skill level. Athletes from other gymnastic sports may have the ability to transfer directly into the performance division, otherwise it is recommended that they start in the participation divisions and progress from there.

#### **National Age Group:**

The Age Group Programme provides a pathway for athletes to compete within their age division and progress through to national championship level. There are qualification standards set and these are revised each year. Athletes compete in their age groups as follows;

- U10
- 11-12
- 13-14
- 15-16
- 17+

**International:**

The International Programme is a pathway provided for athletes who aspire to represent New Zealand. There are still age groups defined and each category has qualification criteria and difficulty targets. Gymnasts compete in their age group as follows;

- Youth (10-12 year old)
- Sub-Junior International (13-14 years old)
- Junior International (15+ years old) and
- Senior International (15+ years old).

This document does not provide the technical information required to compete in these divisions, please see the Trampoline Technical Handbook for further information.

**Gymnastics NZ Tumbling Pathway**

Age Guide	High Performance	PERFORMANCE PATHWAY		PARTICIPATION / COMMUNITY SPORT			
		International Development	Development Club Level Programme	Advanced Club / Pathway to development	Short Track (ability based)	Club	School
		<b>International Tumbling Programme</b>	<b>National Age Group Programme</b>	Entry & Pathway from other Sport Codes		Entry & Pathway from other Sport Codes	<b>Club Level Programme (ability based)</b>
17+	Open	Senior (15+)	17+		Senior 4 skill Senior 3 skill Senior 2 skill		Level 9-10
15-16		Junior (15+)	15-16 Age Group	Junior 4 skill Junior 3 skill Junior 2 skill	Level 7-8	AIMs Games Club Levels 1-3, Short Track, age group	
13-14		Sub-Junior (13-14yr)	13-14 Age Group		Level 5-6		
11-12		Youth (10-12yr)	11-12 Age Group	Level 3-4	School Festivals Club Levels 1-2		
9-10			10 and Under	Level 1-2			
7-8		FUNDamental Development Programmes					
5-6		General Exploration Programmes					
0-4		General Exploration Programmes					

## STARTING A PROGRAMME

### Benefits of Tumbling

Tumbling is an exciting and dynamic sport that is attractive for many to participate in and for clubs to offer programmes in. The following are some of the benefits that Tumbling offers;

1. **Fun and exciting:** The aspects of Tumbling, and the skills seen in Tumbling are familiar across many of the gymnastics sports from a simple cartwheel to a wide variety of somersaults. It is these elements of tumbling that many people, particularly young people, seek to learn.
2. **Fitness:** Tumbling is a great way to keep fit particularly for strength, agility, aerobic fitness and power.
3. **Faster Skill Development:** Tumbling involves less skills to learn than many of the other gymnastic sports, therefore skills can progress at a faster rate developing a greater sense of achievement for participants.
4. **Retention of participants and athletes:** Tumbling is a particularly useful programme for clubs to utilise to retain members, for example Gym For All participants that are looking for an activity with a bit more challenge and excitement as they get older. Tumbling also enables athletes from other codes to utilise some of the skills they already have and succeed (at times) at a higher level with less time commitment and therefore tumbling tends to have athletes stay in the sport longer than other gymnastic sports.
5. **Pathways:** The GNZ tumbling programme has been designed to cater for a wide range of people whereby participants can enter at a division that is suited to their needs and ability. There is also a clear pathway through all the divisions, so participants are not excluded for not having started at a young age.
6. **New Club Programme:** For a club looking to start a new programme for any reason, Tumbling is relatively easy to get started, particularly at the lower levels. It does not require a lot of space or expensive equipment. Equipment can be purchased as the programme develops and to the level of participants in the programme.

### How to get started

How do you decide which programme pathway is best suited for your club? Try asking some of the following questions:

1. Why are we introducing the programme?
2. Who is our target market?
3. What space do we have?
4. What equipment do we have?
5. What coaches do we have who can take the programme?
6. How much time each week do we have to dedicate to this programme?
7. What is the skill level of the participants?

How you answer the above questions, will determine what programme you may consider running.

## Which division should athletes start in?

Many clubs put in place certain requirements to determine where an athlete would start in the tumbling programme. It is recommended starting in a general gymnastics class to learn the basics. However, a starter Tumbling programme for beginners may look to just focus on the skills in the Tumbling programme and therefore develop the skills quicker. It is of value for any person starting in gymnastics to develop a base level of all the gymnastics fundamentals as these are relevant for all movement.

The programme is designed to cater for a range of abilities and ages so there should be a division for anyone to participate. The National Levels and Short Track programmes cater for a wide range of abilities and ages.

These divisions are also a good place to start for a current or retired an athlete from another gymnastic sport. Artistic athletes may consider using the programmes to develop and compete tumbling skills at a higher level than what they are competing in their floor routines.

In addition, Age-Group Tumbling athletes can compete in the Short Track and Levels (6-10) programme to develop tumbling skills. The following table provides a guide for where to start in Tumbling.

	<b>PARTICIPANT EXPERIENCE</b>
<b>National Levels</b>	
Levels 1-3	<ul style="list-style-type: none"> <li>• Beginner/first time participant</li> <li>• Gym For All participant with limited experience</li> <li>• Current or retired from another gymnastic sport at the lower levels</li> </ul>
Levels 4-6	<ul style="list-style-type: none"> <li>• Gym For All participant with several years' experience</li> <li>• Current or retired from another gymnastic sport at the middle levels</li> <li>• Age Group Tumbling athletes (only Level 6)</li> </ul>
Levels 7-10	<ul style="list-style-type: none"> <li>• Gym For All participant with several years' experience</li> <li>• Current or retired from another gymnastic sport at the senior levels</li> <li>• Age Group or International Tumbling athletes</li> </ul>
<b>Short Track</b>	
Junior 2, 3 and 4	<ul style="list-style-type: none"> <li>• Beginner/first time participant</li> <li>• Gym For All participant with limited experience</li> <li>• Current or retired from another gymnastic sport at the lower levels</li> <li>• Age-Group Tumbling athletes</li> </ul>
Senior 2, 3 and 4	<ul style="list-style-type: none"> <li>• Gym For All participant with several years' experience</li> <li>• Current or retired from another gymnastic sport at the mid/senior levels</li> <li>• Age-Group or International Tumbling athletes</li> </ul>
<b>National Age Group</b>	
10 year old and under 11-12 years old 13-14 years old 15-16 years old 17+ years old	<ul style="list-style-type: none"> <li>• Has started in a Tumbling Development Programme or the national levels and/or Short Track Programme</li> <li>• Is currently in or transferred from another gymnastic sport - Artistic WAG Step 4+, MAG Level 3+, RG, AER, TRA and DMT</li> </ul>
<b>International</b>	
Youth Sub-Junior Junior Senior	<ul style="list-style-type: none"> <li>• The club would have a well-established National age-group programme.</li> <li>• Athletes will typically have come through the Age Group programme but may also have transferred from another gymnastic sport.</li> </ul>

## Equipment Needed

All programmes require a strip of matting, however, depending on what pathway you choose will determine length, density and type of strip.

The following are some equipment norms that are suggested if you wish to run an event, however, the same norms are encouraged for training.

A Level 1-3 or short track competition will require at least 12m. This could be the diagonal of a normal sprung floor, sprung strip or a 12m air track. For Levels 4-10 there must be an additional run up of at least 4m and a landing zone area of at least 4m for Levels 4-10. This would make the total length 20m.

Age Group and International division competitions will compete on either a rod floor or 30cm air track which is 24m long, landing zone of 6m and run up of 10m.

PROGRAMME	DISTANCE REQUIRED	EQUIPMENT
Level 1-3 Short Track	Minimum 12m	Sprung floor or strip Air track Rod track
Level 4-10	Min. 20m 4m run up 12m track/floor 4m landing zone	Sprung floor or strip Air track Rod track
Age Group International Programme	Min. 44m 10m run up 24m track/floor 6m landing zone	Air track Rod track

## Programme Structure

LEVEL	SESSIONS/WEEK	PARTICIPANTS	SUGGESTED COACH QUAL.
Beginner Tumbler	1 x 1-1.5 hr session/week	Levels 1-3 and basic short track	Elementary TUM Coach
Intermediate Tumbler	2 x 1-1.5 hr sessions/week	Levels 4+ and all short track	Junior TUM Coach
Advanced Tumbler	2-3 x 1.5 hr sessions/week	Age Group International Group	Junior Advanced / Senior TUM Coach

## COMPETITION REQUIREMENTS

### Competition Attire

For participation competitions there is generally no requirement for a club uniform. Check each competition entry for requirements. For safety reasons the following is recommended.

#### General:

- Strapping tape or supports must not create big contrast with the skin colour.
- No watches, earrings, or jewellery are permitted to be worn during competition.
- Hair should be secured close to the head and not touch the floor when performing upside down skills on the hands. E.g. cartwheel, round off, back handspring
- Underwear should not be visible. Underwear must not be seen in performance divisions.

#### Male Athletes:

- Sleeveless leotard and shorts - a requirement for Age Group and International divisions and is also recommended for National Levels 4-10.
- Plain tight-fitting singlet or t-shirt and shorts is acceptable for National Levels and Short Track programmes particularly the entry levels.

#### Female Athletes:

- Leotard with or without sleeves is a requirement for Age Group and International divisions and is also recommended for National Levels 4-10.
- Plain tight-fitting singlet or t-shirt and cycle shorts is acceptable for National Levels and Short Track programmes particularly the entry levels.

### Coaches

- All team coaches at any level are required to have a minimum of the Gymnastics New Zealand Foundation Coach Qualification (Coaching Today and Understanding Movement) or XTND Graduate.
- Coaches may seek a qualification dispensation if they have started on the pathway to completing the qualification.
- Coaches may encourage their athletes whilst they are performing but must not demonstrate or remind their athletes of moves.

### Judges

- All competitive competitions require each club entered to supply a suitably qualified judge(s) to serve on the judging panel.
- Participation competitions will generally also require the supply of a judge, therefore, it is important for each Tumbling programme that judges are also developed. It is also recommended that tumbling coaches attend the judging course to develop further understanding of the sport.
- Tumbling judges at all levels of each division are required to have a minimum of the Gymnastics New Zealand Tumbling Elementary Judge course or workshop and be working on accreditation (hours) by 2019.

The Elementary Tumbling Judge qualification can be achieved by;

- Attendance at Tumbling Elementary Judge Course (no pre-requisite)  
OR
- Attendance of Tumbling Judge Workshop (Pre-requisite – Elementary, Junior or Senior Judge qualification from another Gymnastic code)

Final accreditation of the qualification requires judging hours to be completed.

Refer to the GNZ Education Handbook and course calendar for further information.

## COMPETITION STRUCTURE

### General

- To find information on sanctioned / qualifying events go to: [Gymnastics NZ Events](#)
- Tumbling competitions may run alongside other Gymnastic code events, Schools Festivals or may be stand alone.
- Tumbling competitions may offer all programmes (levels, short track, age, international), single programmes or a combination of two or three. This will all be dependent on equipment, space and club competency.
- Athletes who compete in National Levels, Age Group or International may also compete in Short Track at the same competition.

### Age requirements

- The Levels programme and Short Track programme have no age requirements – these are both ability-based programmes.
- The National Age Group Programme and International Programme compete in age divisions according to the age the athlete turns **during that calendar year**.

### Competition Cards

Competition cards (Appendix 1) are filled out and handed into the competition organisers as required prior to competition. They provide elements to be performed in each pass to the judges for the difficulty score to be calculated.

- Competition cards are not required for Levels 1-3 as these are all compulsory passes.
- The competition card must be handed in at the time and place specified by the organising committee.
- All details on the competition card must be completed including the difficulty.
- All voluntary passes, including the finals pass, must be filled in.

### Entries

Entry forms to a Nationals Levels or Short Track programme competition will not require the use of the TECS system (competitive Trampoline entry system). However, an event organiser may use this entry system when the competition is also offering Age-Group and International competition entry. See Gymnastics NZ Trampoline Handbook for more information on this.



## NATIONAL LEVELS PROGRAMME

### Format

- There are 10 Levels in this programme.
- Levels 1-3 provide three compulsory passes.
- Levels 4-5 provide 2 compulsory passes with finals being a voluntary compiled pass.
- Levels 6-10 provides 1 compulsory pass, 1 voluntary compiled 2<sup>nd</sup> pass and finals pass. These levels do have some requirements.
- The national bonus system will be used for all voluntary compiled passes (see below).
- If numbers in each level are large, then the organisers may choose to only take the top 8 competitors through to finals.

### Requirements

- All passes must have 5 skills.
- Passes may start from a run up or hurdle.
- Competitors are not required to end the last element in the landing zone/area for levels 1-5.
- Competitors are expected to finish the last salto in the landing zone/area for levels 6-10. The exception to this is if they are finishing with a reverse direction salto.
  - Example – Round off, Flic, Flic, Back Salto, Front Salto.
- The difficulty for the voluntary compiled passes will be totalled and count towards the final score.
- The skills must all flow with no stops between skills.
- An extra step between skills is not allowed (see Evaluation of Routines for more information)

## National Levels Routines

Level 1		
1 <sup>st</sup> Pass	2 <sup>nd</sup> Pass	Finals
1. Stretch Jump 2. Forward Roll 3. Tuck Jump 4. Forward Roll 5. Jump half turn to land	1. Forward roll 2. Jump ½ turn 3. Backward roll 4. Jump ½ turn 5. Forward roll to stand	1. Forward roll 2. Forward roll 3. Stretch jump 4. Forward roll 5. Jump full turn

Level 2		
1 <sup>st</sup> Pass	2 <sup>nd</sup> Pass	Finals
1. Cartwheel 2. Chasse (side) 3. Cartwheel 4. Chasse (side) 5. Cartwheel step in	1. Cartwheel 2. Cartwheel 3. Cartwheel 4. Round off 5. Stretch jump to land	1. Cartwheel 2. Round off 3. Jump ½ turn, step out 4. Cartwheel 5. Cartwheel step in

Level 3		
1 <sup>st</sup> Pass	2 <sup>nd</sup> Pass	Finals
1. Round off 2. Jump ½ turn to step out 3. Cartwheel 4. Round off 5. Stretch jump to land	1. From a run, Dive roll 2. Stretch jump step out 3. Cartwheel 4. Round off 5. Jump ½ turn	1. Round off 2. Jump ½ turn step out 3. Round off 4. Jump ½ turn 5. Dive roll to stand

Level 4		
1 <sup>st</sup> Pass	2 <sup>nd</sup> Pass	Finals
1. Round off 2. Back handspring 3. Jump ½ turn step out 4. Round off 5. Stretch jump	1. Round off 2. Back handspring 3. Jump ½ turn step out 4. Cartwheel 5. Round off stretch jump	Choice of either 1 <sup>st</sup> or 2 <sup>nd</sup> Pass or voluntary 5 skill pass.  *Bonus Skills Apply

Level 5		
1 <sup>st</sup> Pass	2 <sup>nd</sup> Pass	Finals
1. Front tuck salto 2. Immediate rebound step out 3. Round off 4. Back handspring 5. Stretch jump	1. Round off 2. Back handspring 3. Back handspring 4. Jump ½ turn step out 5. Round off stretch jump	Choice of either 1 <sup>st</sup> or 2 <sup>nd</sup> Pass or voluntary 5 skill pass.  *Bonus Skills Apply

Level 6		
Compulsory	Voluntary	Finals
1. Round off 2. Back handspring 3. Back handspring 4. Back handspring 5. Back Tuck Salto	1 voluntary pass of 5 elements Min. 1 Salto required  *Bonus Skills Apply	1 voluntary pass of 5 elements Min. 1 Salto required  *Bonus Skills Apply

Level 7		
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Compulsory	Voluntary	Finals
1. Round off 2. Back handspring 3. Back handspring 4. Back handspring 5. Back pike salto	1 voluntary pass of 5 elements Min. 1 Salto required  *Bonus Skills Apply	1 voluntary pass of 5 elements Min. 1 Salto required  *Bonus Skills Apply

<b>Level 8</b>		
Compulsory	Voluntary	Finals
1. Round off 2. Back handspring 3. Back handspring 4. Back handspring 5. Back straight salto	1 voluntary pass of 5 elements Min. 1 Salto required  *Bonus Skills Apply	1 voluntary pass of 5 elements Min. 2 Salto required  *Bonus Skills Apply

<b>Level 9</b>		
Compulsory	Voluntary	Finals
1. Round off 2. Back handspring 3. Back handspring 4. Back handspring 5. Back straight salto	1 voluntary pass of 5 elements Min. 2 Salto required  *Bonus Skills Apply	1 voluntary pass of 5 elements Min. 2 Salto required  *Bonus Skills Apply

<b>Level 10</b>		
Compulsory	Voluntary	Finals
1. Round off 2. Back handspring 3. Back handspring 4. Back handspring 5. Full twisting back salto	1 voluntary pass of 5 elements Min. 2 Salto required  *Bonus Skills Apply	1 voluntary pass of 5 elements Min. 2 Salto required  *Bonus Skills Apply

<b>*National Levels Bonus System</b>		
These bonuses are given for voluntary passes only (including finals) and are added onto the difficulty score. A gymnast will receive the bonus every time they complete the skill in a pass.		
Half Twisting Salto	0.5 Bonus	This applies only for Levels 4 & 5 only
Whip (tempo salto)	0.5 bonus	
Twisting salto (must be min 360)	0.5 bonus	This applies for Levels 4 - 10
Double salto	1.0 bonus	

Note:- Every stretch jump or jump is a rebound out of a round off.

## SHORT TRACK PROGRAMME

## Format

- All passes may start from and are encouraged to start from a run up.
- The emphasis is on the speed and rhythm of the pass.
- The categories are:
  - Junior 2,3, or 4 skill passes
  - Senior 2,3 or 4 skill passes
- All competitors will complete 2 voluntary compiled passes in the preliminary round, with one finals pass.
- If numbers in each level are large, then the organisers may choose to only take the top 8 competitors through to finals.
- The choice is to compete in one category only, either as a junior or senior, doing either a 2,3 or 4 skill pass.
- The bonus system will be used for all voluntary compiled passes (see below).
- For the purpose of Junior short track – Cartwheels and walkovers will be given a 0.1 value of difficulty.

## Requirements

### Junior Short Track:

- Skills can include, cartwheels, round offs, flic, handsprings, walkovers – anything that is hand and feet based (no rolls allowed or whip backs).
- All skills that involve a half or quarter turn are connected to the next skill with a step out (one foot land and step into next skill e.g. Round off, jump ½ turn, Round off)
- The last skill must land on both feet.
- No somersaults are allowed in the Junior division.
- The difficulty of the passes will count towards the final score.

### Senior Short Track:

- Skills can include but are not limited to, flics, whips, non-twisting and twisting somersaults.
- The last skill **must always be a somersault**, landing both feet together.
- Competitors are expected to finish the last skill in the landing zone/area. The exception to this is if they are finishing with a reverse direction salto.
  - Example – Round off, Flic, Flic, Back Salto, Front Salto.
- The difficulty of the passes will count towards the final score.

DIVISION	NUMBER OF SKILLS
Junior 2	2 connected skills e.g: Cartwheel, Round off
Junior 3	3 connected skills e.g: Cartwheel, Cartwheel, Round off
Junior 4	4 connected skills e.g: Handspring step out, Round off, Flic, Flic
Senior 2	2 connected skills e.g: Round off, Back Salto
Senior 3	3 connected skills e.g: Round off, Flic, Back Salto
Senior 4	4 connected skills e.g: Front Salto, Round off, Flic, Back Salto

### \*Senior Short Track Bonus System

These bonuses are given for all passes (including finals) and are added onto the difficulty score.

A gymnast will receive the bonus every time they complete the skill in a pass.		
Half Twisting Salto	0.5 Bonus	
Whip (tempo salto)	0.5 bonus	
Twisting salto (must be min 360)	0.5 bonus	
Double salto	1.0 bonus	

## PUTTING TOGETHER A VOLUNTARY ROUTINE

Each element (see FIG Code of points table) is given a difficulty value.

- The National Levels programme and Short Track programme do not have any minimum or maximum requirements for voluntary routine difficulty - but remember the last skill in Senior Short Track must be a salto.
- The Age group and International programme does have specific minimum requirements for difficulty in the voluntary passes.

Here are some examples of difficulties, using the FIG Code of Points table below:

**For example:**

	ELEMENT	DIFFICULTY
<b>This could be a voluntary pass for Level 6, 7 or Age group up 11-12 years old</b>	1.Round-off	0.1
	2.Back Handspring	0.1
	3.Back handspring	0.1
	4.Back Handspring	0.1
	5.Back Pike Salto	0.6
	<b>TOTAL:</b>	<b>1.0</b>

	ELEMENT	DIFFICULTY
<b>This could be a voluntary pass for Levels 8-10 or Age group up to 17+ years old</b>	1.Front Salto step out	0.6
	2.Round off	0.1
	3.Back handspring	0.1
	4.Back Handspring	0.1
	5.Back Pike Salto	0.6
	<b>TOTAL:</b>	<b>1.5</b>

	ELEMENT	DIFFICULTY
<b>This could be a short track junior 3 skill pass</b>	1.Cartwheel	0.1
	2.Cartwheel	0.1
	3.Round off	0.1
	<b>TOTAL:</b>	<b>0.3</b>

	ELEMENT	DIFFICULTY
<b>This could be a short track senior 3 skill pass</b>	1.Round off	0.1
	2.Back Handspring	0.1
	3. Full twist back Salto	0.9 +0.5 bonus
	<b>TOTAL:</b>	<b>1.6</b>



**FIG Code of Points 2017-2020 - Trampoline Gymnastics**  
**Part III - Appendices**



**F. DIFFICULTY TUMBLING – EXAMPLES**

Element	Difficulty	Element	Difficulty
Round-off ( )	0.1	Half in ("arabian") 1-o	2.2
Front Handspring H	0.1	Half in ("arabian") 1-<	2.4
Flic-flac F	0.1	Half out (backwards) -1 o	2.2
Whipback (tempo salto) ^	0.2	Half out (backwards) -1 <	2.4
Back somersault (ss) -o	0.5	Half out (backwards) -1 /	2.6
Back somersault -<	0.6	Half out (forward) .-1 o	2.6
Back somersault -/	0.6	Half out (forward) .-1 <	2.8
Front somersault .-o	0.6	Full in back out 2-o	2.4
Front somersault .-<	0.7	Full in back out 2-<	2.6
Side somersault -o x	0.5	Full in back out 2-/	2.8
Side somersault -< x	0.6	Full in half out 2 1 /	3.2
Back ss with ½ twist 1. /	0.7	Full in Full out 2 2 o	3.2
Barani .1	0.8	Full in Full out 2 2 /	3.6
Back ss with 1/1 twist 2.	0.9	Full in 1½ twist out 2 3 o	3.8
Front ss with 1/1 twist .2	1.0	Full in 1½ twist out 2 3 /	4.2
Back ss with 1½ twist 3.	1.1	Full in Double-full out 2 4 o	4.4
Front ss with 1½ twist .3	1.2	Full in Double-full out 2 4 /	4.8
Back ss with 2/1 twist 4.	1.3	Double-full in Double-full out 4 4 /	6.4
Front ss with 2/1 twist .4	1.4	Triple back --- o	4.5
Back ss with 2½ twist 5.	1.6	Triple back --- <	5.1
Back ss with 3/1 twist 6.	1.9	Triple back --- /	5.7
Back ss with 3½ twists 7.	2.3	Half in Triple ("arabian") 1--o	5.4
Back ss with 4 twists 8.	2.7	Half in Triple ("arabian") 1--<	6.0
Double back somersault --o	2.0	Full in Triple 2--o	6.3
Double back somersault --<	2.2	Full in Triple 2--<	6.9
Double back somersault --/	2.4	Quadruple back ----o	8.0
Double front somersault .--o	2.4	Quadruple back ----<	9.2
Double front somersault .--<	2.6		
Double side somersault --o x	2.0		
Double side somersault --< x	2.2		

## EVALUATION OF ROUTINES

The following information is a guideline of how routines are scored and what judges are looking for in a tumbling routine. It does not replace the recommendation that coaches of all Tumbling programmes attend the Tumbling Elementary Coach Course to understand the basics of Tumbling.

### Score Calculation

Tumbling scores are calculated as follows;

#### Execution:

- Determined by execution judge
- Deductions for poor execution are given in values of 0.1 and in the range of 0.0 – 0.5
- The sum of the score for each element in one pass is the total E Score or total execution

#### Difficulty:

- Determined by difficulty judge
- The value of each individual element added together

#### Total Score is comprised of:

- Compulsory Pass      Score = Execution (E) - Penalty
- Voluntary Pass        Score = Execution (E) + Difficulty (D) - Penalty
- Finals Pass            Score = Execution (E) + Difficulty (D) - Penalty

(please note that for some events, only the top 8 competitors will go through to finals)

DIVISION	EXECUTION	DIFFICULTY	PENALTIES
National Levels 1-3 Score = E	Execution evaluated out of 10	3 x compulsory passes with no difficulty added to execution.	Code of point (FIG) penalties will not apply when failing to end a completed pass with a somersault, failing to finish in landing zone or movement without somersault rotation for compulsory passes.
National Levels 4-5 Score = E + D - Penalty	Execution evaluated out of 10	Level 4-5 have 2 x compulsory passes with no difficulty added to the execution, and 1 x voluntary pass where difficulty is added.	Code of point penalties (FIG) will not apply when failing to end a completed pass with a somersault, failing to finish in landing zone or movement without somersault rotation for compulsory passes.
National Levels 6-10	Execution evaluated out of 10	Level 6-10 have 1 x compulsory pass with no difficulty added to the execution, and 2 x voluntary passes where difficulty is added.	Code of point penalties will apply.

Short Track  Score = E + D - Penalty	Execution evaluated out of 10	Difficulty of the voluntary passes added to the execution.	Junior short track will have no penalties.  Senior short track will incur penalties.
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### Deductions

PHASE	EVALUATION	SPECIFIC DEDUCTIONS
<b>Rotation/Flying Phase</b>	Position of the arms (includes bent arms and opening in a twist)	0.0 - 0.1
	Position of legs (includes bent knees, toes not pointed, legs not together)	0.0 - 0.2
	Position of the body	0.0 - 0.2
<b>Opening/Landing Phase</b>	Opening of salto and keeping straight (includes twisting skills not completed at 90°)	0.0 - 0.3
	No opening	0.3
	Movement of arms while standing	0.1
	Steps/bounces	0.1 - 0.3
	Standing with feet apart more than shoulder width	0.1
	After landing, touching the floor with one or more hands	0.5
<b>During the Pass</b>	After landing, falling over	1.0
	Loss of speed	0.0 - 0.2
	Deviation from the axis	0.0 - 0.1
	Lack of form, control, height and rhythm	0.1 - 0.5

## Execution of Pass

Tumbling is the continuous connection of acrobatic skills showing control, consistency and a fast-flowing pace. The routine should not have interruptions including intermediate steps, substantial stops, pauses or falls.

SECTION	PROTOCOL
<b>Warm-Up</b>	<ul style="list-style-type: none"> <li>• There will be a general warm up time allocated which may or may not be on the tumbling track. This is for general body preparation and not tumbling specific.</li> <li>• There will then be a track warm up time allocated, which is where you can run through all the passes.</li> <li>• Each athlete who makes it through to finals, will be given another one touch warm up for their finals pass. Senior International athletes will be given a two-touch warm up before their final pass.</li> </ul>
<b>Start of a Pass</b>	<ul style="list-style-type: none"> <li>• Each athlete will start on the signal given by the Chair of Judges who is normally standing in front of the judges' table.</li> <li>• Second attempts will not be permitted unless the athlete is obviously disturbed by faulty equipment, or a substantial external influence, in which the Chair of Judges may allow another attempt.</li> <li>• The pass will be considered initiated once the competitor's hands touch the mat or the first skill has been executed. If a competitor runs down the track then stumbles and fall over, or pulls out of the pass, but does not initiate the first skill, then they may begin their pass again.</li> </ul>
<b>Pass Composition</b>	<ul style="list-style-type: none"> <li>• All compulsory passes must occur in the order listed.</li> <li>• Voluntary passes may have repetition of round off, flic, and whips.</li> <li>• Different shapes are considered different skills – e.g: Back Somersault Tuck, Back Somersault Pike are different skills.</li> <li>• A somersault skill may be repeated if the skill is in a different place in the pass. E.g: Front salto walkout, Round off, Flic, Back Salto, Front Salto. The second front salto will not be considered repetition.</li> </ul>
<b>Required Positions during and Element</b>	<ul style="list-style-type: none"> <li>• In all positions, the feet and legs should be kept together and the feet and toes pointed.</li> <li>• Depending on the requirements of the skill, the body should either be in tuck, pike or straight position.</li> <li>• In the tucked position, the hands should touch the legs below the knees.</li> <li>• Any single somersault executed at the end of a pass must be above shoulder height.</li> </ul>
<b>Repetition of Elements</b>	<ul style="list-style-type: none"> <li>• Except for Back handspring (Flic), Whipbacks and Round-offs no element may be repeated during the two passes of the qualifying round – but they can repeat qualifying elements in the finals.</li> <li>• Elements having the same amount of rotation but performed in the tucked, piked and straight positions are considered to be different elements and not repetitions.</li> <li>• Multiple somersaults (720°) or more having the same number of twists and somersaults will not be considered a repetition.</li> </ul>

<b>Interruptions of a Pass</b>	<ul style="list-style-type: none"> <li>• A pass will be considered interrupted if the athlete: <ul style="list-style-type: none"> <li>○ Is touched by a spotter</li> <li>○ Takes intermediate steps or a substantial stop during a pass</li> <li>○ Falls</li> <li>○ Touches any part outside the outer lines of the tumbling track or tumbling off the side or end of the track with any part of the body.</li> <li>○ No credit will be given for the element in which the interruption occurs.</li> <li>○ The Chair of Judges will decide the maximum mark to be taken</li> </ul> </li> <li>• Change to any elements of a compulsory routine will be deemed an interruption.</li> </ul>
<b>Termination of the Pass</b>	<ul style="list-style-type: none"> <li>• A completed pass must end in a two-foot landing (with exception of the Levels compulsory passes).</li> <li>• After the last element, the athlete must stand upright for 3 seconds.</li> <li>• A completed pass must land on the landing mat except for a reverse direction skill. E.g: Straight back, front tuck.</li> </ul>

### Tumbling Clarifications (as per FIG TUM CoP)

<b>SKILL</b>	<b>FORM</b>
<b>Round Off</b>	<ul style="list-style-type: none"> <li>• Arms must be straight at the end of the contact phase</li> <li>• All of the body must go through the vertical, on the axis of the tumbling track</li> <li>• Legs must join together at 90°</li> <li>• Legs must be straight until 90°</li> </ul>
<b>Back Handspring (Flic-Flac)</b>	<ul style="list-style-type: none"> <li>• Arms must be straight in flying phases, at the end of contact phase and not too apart</li> <li>• Legs must be straight after take-off and kept together until 90°</li> <li>• Body should be arched in first phase and dished in second phase</li> <li>• Legs can be flexed during contact phase and arms may move up and down in different phases</li> <li>• Good rhythm, height and axis</li> </ul>
<b>Tempo (Whip Back)</b>	<ul style="list-style-type: none"> <li>• Arms must be straight but may be out wide depending on technique</li> <li>• Legs must be straight and kept together until 90°</li> <li>• Body should be arched in first phase and dished/piked in second phase</li> <li>• Pike phase should start after the 180°</li> <li>• Legs can be slightly flexed during contact phase</li> <li>• Good rhythm, height and axis</li> </ul>
<b>Front Somersault</b>	<ul style="list-style-type: none"> <li>• Trajectory must be according to the place in the exercise</li> <li>• Height well over shoulder height</li> <li>• Arms must be straight as much as possible</li> </ul>

	<ul style="list-style-type: none"> <li>• Legs must be straight, except for tuck position, and kept together (until 180° if stepping out)</li> <li>• Body should be pike or tuck according to the element</li> <li>• Landing must be strong and show recognizable opening before landing</li> <li>• Good rhythm, height and axis</li> </ul>
<b>Barani</b>	<ul style="list-style-type: none"> <li>• Trajectory must be according to the place in the exercise</li> <li>• Twisting must not be initiated too early</li> <li>• Arms must be straight</li> <li>• Legs must be straight and kept together until 90°</li> <li>• Position must be easily recognized, straight, pike or tuck</li> </ul>
<b>Back Twist</b>	<ul style="list-style-type: none"> <li>• Trajectory must show lift before the twist</li> <li>• Arms must be straight at the end of the element but may tuck in during twist</li> <li>• Legs must be straight and kept together until 90°</li> <li>• Twisting must not be initiated too early</li> <li>• Landing must be strong and twist finished</li> </ul>
<b>Back Somersault</b>	<ul style="list-style-type: none"> <li>• Trajectory must be according to the exercise (last element or second to last if doing rebound salto out)</li> <li>• Height well over shoulder height</li> <li>• Arms must be straight as much as possible</li> <li>• Legs must be straight (except in tuck) and kept together until 90°</li> <li>• Body should be pike, tuck or straight</li> <li>• Opening should be easily recognizable for all somersaults</li> </ul>

## **RUNNING A TUMBLING EVENT**

### **Equipment**

See the 'Equipment Norms' listed in the 'General' section of this guide.

Other equipment needs to consider:

- Scoring programme, or similar
- Judge flip cards, or similar. This could be a spiral bound paper book, plastic sleeves etc.
- Some way for public to see scoring
- Judges tables and chairs
- Do you have a matted space for general warm up?
- Podium for prize giving

### **Judges**

For Levels and Short Track Division Competitions the ideal is to have the same as Age Group, however, this may not be possible, so the recommended panel may comprise of:

#### **Level 1-5 and Junior short track:**

- Minimum of 2 judges – Elementary qualification is the minimum
- One or both judges will need to do difficulty and execution

#### **Level 6-10 and Senior short track:**

- Minimum of 3 judges – Junior qualification for chair is a minimum
- Chair is to carry out difficulty and execution
- Other two judges will do execution

### **Other considerations**

#### **Volunteers**

You will need to have someone marshal to ensure the athletes compete in the correct order.

There will need to be someone responsible for entering the scores in to the results programme. This happens as the competition is running as the "finals" list is produced from the results of the preliminary passes so this cannot be left until the end.

If the results processor cannot be seated at the same table as the judges or close to where the judges are, then you will need to have a runner who can collect the judges scoring slips and take to the results processor.

It is helpful for the competition cards to be placed in the order of the athletes competing, and in folders for each division. This can be done before the competition day and this volunteer could also take care of the judges table – ensuring pens, judging pads, flip charts etc. are available and placed correctly.

## APPENDIX 1: Competition Cards

Competition Cards are required to be filled out for the following passes;

National Levels Programme	Level 1-3	No Cards required
National Levels Programme	Level 4-10	Cards required (for voluntary passes)
Short Track	All Levels	Cards required

## Tumbling Competition Card

Compulsory					Voluntary				Final				
	Skill	Pos	DD/*	Check	Skill	Pos	DD	Check	Skill	Pos	DD	Check	
1													
2													
3													
4													
5													
6													
7													
8													
					Total Difficulty					Total Difficulty			

Region / Club		Competitor No.
Full Name		
Event		

