College Sport Auckland Gymsports Championships

2022 TUMBLING MANUAL

All exercises are based on Gymnastics NZ Tumbling requirements.

TUMBLING SUMMARY		
Levels	**Description**	**Categories**
Senior	GNZ Tumble International Divisions – Sub-Junior, Junior and Senior	Team and Individual Competition
Junior	GNZ Tumble National Levels Programme 6 + GNZ Tumble Competitive Age Group 13-14yrs, 15-16yrs and 17+yrs	Team and Individual Competition
A Grade	GNZ Tumble National Levels Programme 4 and 5 Retired Junior Competitive Gymnasts (more than two seasons)	Team and Individual Competition
B Grade	Novice - some tumbling knowledge GNZ Tumble National Levels Programme 3	Team and Individual Competition
C Grade	Novice - beginner students at a recreational tumbling level GNZ Tumble National Levels Programme 2	Team and Individual Competition

GRADING FOR ARTISTIC ATHLETES

Women's Artistic Gymnasts

- If you have competed in WAG STEP 9 or above, you must compete in Junior or above.
- If you have competed in WAG STEP 5 or above, you must compete in A Grade or above.
- If you have competed in WAG STEPs 1-4, you must compete in B Grade or above.

Men's Artistic Gymnasts

- If you have competed in MAG Level 8 or above, you must compete in Junior or above.
- If you have competed in MAG Level 5 or above, you must compete in A Grade or above.
- If you have competed MAG Level 3 or above, you must compete in B Grade or above.

TUMBLING COMPETITION REQUIREMENTS	
Senior	**Perform:-** 2 voluntary 8 skill passes (min. difficulty 2.6 combined total) Refer to the GNZ Trampoline Gymnastics Technical Handbook 2022 for routine requirements.
Junior	**Perform:-** 1 compulsory 5 skill pass and 1 voluntary 5 skill pass (min. difficulty 1.0) **Compulsory** 1. Round off 2. Back handspring 3. Back handspring 4. Back handspring 5. Back tuck salto Refer to the GNZ Trampoline Gymnastics Technical Handbook 2022 for routine requirements for voluntary pass.
A Grade	**Perform:-** 2 compulsory 5 skill passes as follows; **Pass One** 1. Round off 2. Back handspring 3. Jump ½ turn step out 4. Round off 5. Stretch jump **Pass Two** 1. Round off 2. Back handspring 3. Jump ½ turn step out 4. Cartwheel 5. Round off, rebound
B Grade	**Perform:-** 2 compulsory 5 skill passes as follows; **Pass One** 1. Round off 2. Jump ½ turn to step out 3. Cartwheel 4. Round off 5. Stretch jump to land **Pass Two** 1. From a run, Dive roll 2. Stretch jump step out 3. Cartwheel 4. Round off 5. Jump ½ turn
C Grade	**Perform:-** 2 compulsory 5 skill passes as follows; **Pass One** 1. Cartwheel 2. Chasse 3. Cartwheel 4. Chasse 5. Cartwheel step in **Pass Two** 1. Cartwheel 2. Cartwheel 3. Cartwheel 4. Round off 5. Stretch jump to land

Note:- there are no finals.

GENERAL INFORMATION	
Attire	**Male gymnast** • Sleeveless leotard • Plain gym shorts • Grades A, B & C may wear PE Uniforms • The wearing of jewellery or watches is not permitted during the competition • Hair must be pulled back from the face **Female gymnast** • Leotard with or without sleeves. Black sports shorts may be worn • Grades A, B & C may wear PE Uniforms • The wearing of jewellery or watches is not permitted. Rings without gemstones may be worn if they are taped • Hair must be pulled back from the face
Competition Cards	• For Junior and Senior, a 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. • See appendices for card template.

COMPETITION PROCEDURE	
Start of a pass	• Each gymnast will start on the signal given by the Chair of Judges Panel. • Second attempts will not be allowed. If a competitor is obviously disturbed in a pass, e.g. Faulty equipment, substantial external influence – NOT spectator noise or applause, then the Chair of Judges Panel may allow another attempt. • 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, but does not initiate the first skill, then they may begin their pass again.
Required positions during an element	• In all positions, the feet and legs should be kept together (except straddle or step out skills) and the feet and toes pointed. • Depending on the requirements of the movement, the body should be either: tucked, piked, or straight. • In the tucked position the hands should touch the legs below the knees. • Any backward single somersault, executed at the end of a pass must be above shoulder height.
Interruptions of a Pass	A pass will be considered interrupted if the gymnast: • Is touched by a spotter. • Takes intermediate steps or a substantial stop during a pass. • A fall to the mat during a pass. • 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. • No credit will be given for the element in which the interruption occurs, and the Chair of Judges Panel will decide the maximum mark.
Termination of a pass	A pass will be considered terminated if the gymnast: • Completed pass must end in a two-foot landing. • After the last element, the gymnast must stand upright for 3 seconds.

SCORING	
Method of Scoring	• The evaluation of execution is done in 10ths of a point. • The deductions for poor execution are subtracted from the maximum. • A, B, and C Grade are given a score out of 10 for each pass. Both passes are then added together to give final score. • Junior will have the execution of both passes judged out of 10. Difficulty will then be added for the voluntary pass. Both passes are then added together to give the final score. • Senior will have the execution of both passes judged out of 10. Difficulty will then be added to each pass. Both passes are then added together to give the final score.
Deductions for execution	• Lack of control, form, height and rhythm in each element will result in 0.1-0.5 points deducted. • Landing on two feet, but lacking stability on the last element, and or not standing still for approximately 3 seconds will result in 0.1-0.3 points deducted.
Additional deductions	• Not standing still in an upright position and showing stability for approximately three (3) seconds 0.1 – 0.3 After landing, touching the track or landing zone with one or both hands. 0.5 • Landing outside the outer lines of the track or landing zone. 1.0 • After landing, falling to the knees, hands and knees, front, back, or seat on the track or landing area 1.0 • After landing on the track or landing area, touching the floor with any part of the body. 1.0 • Assistance from a spotter or coach after landing. 1.0 • After landing, touching or falling outside the landing zone 1.0 • After landing, stepping out of the landing zone to the landing area or the track. 0.2 • Penalty for completion of 4 out of 5 skills 1.0 • Penalty for completion of 3 out of 5 skills 2.0 • Performing an additional element 1.0

FIG Code of Points 2022-2024 - Trampoline Gymnastics
Part III - Appendices
F. DIFFICULTY TUMBLING – EXAMPLES

Element		Difficulty
Round-off	(	0.1
Front Handspring	H	0.1
Flic-flac	F	0.1
Whipback (tempo salto)	^	0.2
Back somersault (ss)	– o	0.5
Back somersault	– <	0.6
Back somersault	– /	0.6
Front somersault	. – o	0.6
Front somersault	. – <	0.7
Side somersault	– o x	0.5
Side somersault	– < x	0.6
Back ss with ½ twist	1. /	0.7
Barani	.1	0.8
Back ss with 1/1 twist	2.	0.9
Front ss with 1/1 twist	.2	1.0
Back ss with 1½ twist	3.	1.1
Front ss with 1½ twist	.3	1.2
Back ss with 2/1 twist	4.	1.3
Front ss with 2/1 twist	.4	1.4
Back ss with 2½ twist	5.	1.6
Back ss with 3/1 twist	6.	1.9
Back ss with 3½ twists	7.	2.3
Back ss with 4 twists	8.	2.7
Double back somersault	– – o	2.0
Double back somersault	– – <	2.2
Double back somersault	– – /	2.4
Double front somersault	. – – o	2.4
Double front somersault	. – – <	2.6
Double side somersault	– – o x	2.0
Double side somersault	– – < x	2.2

Element		Difficulty
Half in ("arabian")	1 – o	2.2
Half in ("arabian")	1 – <	2.4
Half out (backwards)	– 1 o	2.2
Half out (backwards)	– 1 <	2.4
Half out (backwards)	– 1 /	2.6
Half out (forward)	. – 1 o	2.6
Half out (forward)	. – 1 <	2.8
Full in back out	2 – o	2.4
Full in back out	2 – <	2.6
Full in back out	2 – /	2.8
Full in half out	2 1 /	3.2
Full in Full out	2 2 o	3.2
Full in Full out	2 2 /	3.6
Full in 1½ twist out	2 3 o	3.8
Full in 1½ twist out	2 3 /	4.2
Full in Double-full out	2 4 o	4.4
Full in Double-full out	2 4 /	4.8
Double-full in Double-full out	4 4 /	6.4
Triple back	– – – o	4.5
Triple back	– – – <	5.1
Triple back	– – – /	5.7
Half in Triple ("arabian")	1 – – o	5.4
Half in Triple ("arabian")	1 – – <	6.0
Full in Triple	2 – – o	6.3
Full in Triple	2 – – <	6.9
Quadruple back	– – – – o	8.0
Quadruple back	– – – – <	9.2

Trampoline

Junior Tumbling Card

School		
Full Name		
Event	Junior Tumbling	

Pass 1				Pass 2			
Skill	Position	DD	Check	Skill	Position	DD	Check
Round off							
Back handspring							
Back handspring							
Back handspring							
Back Salto	Tuck						
Total Difficulty				Total Difficulty			

Senior Tumbling Card

School		
Full Name		
Event	Senior Tumbling	

Pass 1				Pass 2			
Skill	Position	DD	Check	Skill	Position	DD	Check
Total Difficulty				Total Difficulty			