



# **College Sport Auckland Gymsports Championships**

# **2024 TUMBLING MANUAL**

All exercises are based on Gymnastics NZ Tumbling requirements.

<b>TUMBLING SUMMARY</b>		
<b>Levels</b>	<b>Description</b>	<b>Categories</b>
<b>International</b>	Any student who has competed in the FIG stream at a New Zealand trampoline /tumbling competition* within the last 12 months must compete in this grade.	Individual Teams
<b>National</b>	Any student who has competed as an 11 - 12 year old or older in a New Zealand trampoline /tumbling competition must compete in this grade or a higher grade.	Individual Teams
<b>A Grade</b>	This grade is suitable for students who have some tumbling knowledge but who do not visit a trampoline /tumbling club regularly.	Individual Teams
<b>B Grade</b>	This grade is for students who are just beginning tumbling at a recreational level.	Individual Teams

## **GRADING FOR ARTISTIC ATHLETES**

### **Women's Artistic Gymnasts**

- If you have competed in WAG STEP 9 or above, you must compete in National 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 National 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.

<b>TUMBLING COMPETITION REQUIREMENTS</b>			
<b>International</b>	<p><b>Perform:-</b> 2 voluntary 8 skill passes (min. difficulty 2.6 combined total)</p> <p>Refer to the GNZ Trampoline Gymnastics Technical Handbook 2023 for routine requirements.</p>		
<b>National</b>	<p><b>Perform:-</b> 1 compulsory 5 skill pass and 1 voluntary 5 skill pass (min. difficulty 1.0)</p> <p><b>Compulsory</b></p> <ol style="list-style-type: none"> <li>1. Round off</li> <li>2. Back handspring</li> <li>3. Back handspring</li> <li>4. Back handspring</li> <li>5. Back tuck salto</li> </ol> <p>Refer to the GNZ Trampoline Gymnastics Technical Handbook 2023 for routine requirements for voluntary pass.</p>		
<b>A Grade</b>	<p><b>Perform:-</b> 2 compulsory 5 skill passes as follows;</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><b>Pass One</b></p> <ol style="list-style-type: none"> <li>1. Round off</li> <li>2. Jump ½ turn to step out</li> <li>3. Cartwheel</li> <li>4. Round off</li> <li>5. Stretch jump to land</li> </ol> </td> <td style="width: 50%; vertical-align: top;"> <p><b>Pass Two</b></p> <ol style="list-style-type: none"> <li>1. From a run, Dive roll</li> <li>2. Stretch jump step out</li> <li>3. Cartwheel</li> <li>4. Round off</li> <li>5. Jump ½ turn</li> </ol> </td> </tr> </table>	<p><b>Pass One</b></p> <ol style="list-style-type: none"> <li>1. Round off</li> <li>2. Jump ½ turn to step out</li> <li>3. Cartwheel</li> <li>4. Round off</li> <li>5. Stretch jump to land</li> </ol>	<p><b>Pass Two</b></p> <ol style="list-style-type: none"> <li>1. From a run, Dive roll</li> <li>2. Stretch jump step out</li> <li>3. Cartwheel</li> <li>4. Round off</li> <li>5. Jump ½ turn</li> </ol>
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<b>B Grade</b>	<p><b>Perform:-</b> 2 compulsory 5 skill passes as follows;</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><b>Pass One</b></p> <ol style="list-style-type: none"> <li>1. Cartwheel</li> <li>2. Chasse</li> <li>3. Cartwheel</li> <li>4. Chasse</li> <li>5. Cartwheel step in</li> </ol> </td> <td style="width: 50%; vertical-align: top;"> <p><b>Pass Two</b></p> <ol style="list-style-type: none"> <li>1. Cartwheel</li> <li>2. Cartwheel</li> <li>3. Cartwheel</li> <li>4. Round off</li> <li>5. Stretch jump to land</li> </ol> </td> </tr> </table>	<p><b>Pass One</b></p> <ol style="list-style-type: none"> <li>1. Cartwheel</li> <li>2. Chasse</li> <li>3. Cartwheel</li> <li>4. Chasse</li> <li>5. Cartwheel step in</li> </ol>	<p><b>Pass Two</b></p> <ol style="list-style-type: none"> <li>1. Cartwheel</li> <li>2. Cartwheel</li> <li>3. Cartwheel</li> <li>4. Round off</li> <li>5. Stretch jump to land</li> </ol>
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Note:- there are no finals.

<b>GENERAL INFORMATION</b>	
<b>Attire</b>	<p><b>Male gymnast</b></p> <ul style="list-style-type: none"> <li>● Sleeveless leotard</li> <li>● Plain gym shorts</li> <li>● Grades A &amp; B may wear PE Uniforms</li> <li>● The wearing of jewellery or watches is not permitted during the competition</li> <li>● Hair must be pulled back from the face</li> </ul> <p><b>Female gymnast</b></p> <ul style="list-style-type: none"> <li>● Leotard with or without sleeves. Black sports shorts may be worn</li> <li>● Grades A &amp; B may wear PE Uniforms</li> <li>● The wearing of jewellery or watches is not permitted. Rings without gemstones may be worn if they are taped</li> <li>● Hair must be pulled back from the face</li> </ul>
<b>Competition Cards</b>	<ul style="list-style-type: none"> <li>● For International and National, a competition card must be handed in at the time and place specified by the organising committee.</li> <li>● All details on the competition card must be completed.</li> <li>● See appendices for card template.</li> </ul>

<b>COMPETITION PROCEDURE</b>	
<b>Start of a pass</b>	<ul style="list-style-type: none"> <li>● Each gymnast will start on the signal given by the Chair of Judges Panel.</li> <li>● 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.</li> <li>● Pass will be considered initiated once the competitor's hands touch the mat or the first skill has been executed.</li> <li>● If a competitor runs down the track then stumbles, but does not initiate the first skill, then they may begin their pass again.</li> </ul>
<b>Required positions during an element</b>	<ul style="list-style-type: none"> <li>● In all positions, the feet and legs should be kept together (except straddle or step out skills) and the feet and toes pointed.</li> <li>● Depending on the requirements of the movement, the body should be either: tucked, piked, or straight.</li> <li>● In the tucked position the hands should touch the legs below the knees.</li> <li>● Any backward single somersault, executed at the end of a pass must be above shoulder height.</li> </ul>
<b>Interruptions of a Pass</b>	<p>A pass will be considered interrupted if the gymnast:</p> <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>● A fall to the mat during a pass.</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, and the Chair of Judges Panel will decide the maximum mark.</li> </ul>

<b>Termination of a pass</b>	<p>A pass will be considered terminated if the gymnast:</p> <ul style="list-style-type: none"> <li>• Completed pass must end in a two-foot landing.</li> <li>• After the last element, the gymnast must stand upright for 3 seconds.</li> </ul>
<b>SCORING</b>	
<b>Method of Scoring</b>	<ul style="list-style-type: none"> <li>• The evaluation of execution is done in 10ths of a point.</li> <li>• The deductions for poor execution are subtracted from the maximum.</li> <li>• A and B Grade are given a score out of 10 for each pass. Both passes are then added together to give final score.</li> <li>• National 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.</li> <li>• FIG 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.</li> </ul>
<b>Deductions for execution</b>	<ul style="list-style-type: none"> <li>• Lack of control, form, height and rhythm in each element will result in 0.1-0.5 points deducted.</li> <li>• 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.</li> </ul>
<b>Additional deductions</b>	<ul style="list-style-type: none"> <li>• 0.1 – 0.3 Not standing still in an upright position and showing stability for approximately three (3) seconds</li> <li>• 0.5 After landing, touching the track or landing zone with one or both hands.</li> <li>• 1.0 Landing outside the outer lines of the track or landing zone.</li> <li>• 1.0 After landing, falling to the knees, hands and knees, front, back, or seat on the track or landing area</li> <li>• 1.0 After landing on the track or landing area, touching the floor with any part of the body.</li> <li>• 1.0 Assistance from a spotter or coach after landing.</li> <li>• 1.0 After landing, touching or falling outside the landing zone.</li> <li>• 0.2 After landing, stepping out of the landing zone to the landing area or the track.</li> <li>• 1.0 Penalty for completion of 4 out of 5 skills.</li> <li>• 2.0 Penalty for completion of 3 out of 5 skills.</li> <li>• 1.0 Performing an additional element.</li> </ul>



## FIG Code of Points 2022-2024 - 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			

School		
Full Name		
Event	National Tumbling	

## National Tumbling Card

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			

School		
Full Name		
Event	FIG Tumbling	

## International Tumbling Card

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