



## **Irish Gymnastics**



# **Tumbling Handbook**

## **2011-2012**

Version 5

## **Introduction**

The Tumbling Technical Committee of Irish Gymnastics is pleased to bring you the ***Irish Gymnastics Tumbling Handbook 2011-2012*** incorporating the new ***National Development Plan for Tumbling***.

This 5<sup>th</sup> revision of the *Tumbling Handbook* is a complete guide to the discipline of Tumbling in Ireland. It covers all aspects of the National Development Plan (NDP), including judging guidelines and competition formats.

The new NDP was designed in consultation with the Irish Gymnastics Coaching Development Manager (CDM) and is structured to complement the best-practice for tumbling skills development detailed in the coach education system. The revised NDP will facilitate the ongoing development of our tumblers, coaches and judges. It provides a clear step-by-step developmental structure and competitive framework for Irish tumblers of all ages and abilities.

All clubs within Irish Gymnastics are encouraged to become involved in the discipline of tumbling as it has many benefits for all gymnasts, including those with a competitive interest in other disciplines. Clubs should ensure their coaches and judges have the most up to date information by availing of IG courses and clinics.

*Tumbling Technical Committee  
January 2011*

## Contents

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<b>Section</b>	<b>Page</b>
1. The Discipline of Tumbling	4
2. Tumbling Levels	5
3. Competition Structures	7
4. International Age Group Competitions	9
5. Rules for Tumbling NDP 2011-2012	10
Dress for Gymnasts	10
Competition Cards	11
Tumbling Equipment	11
Safety Requirements	12
Warming Up	13
Start of a Pass	13
Required Positions during an Element	14
Repetition of Elements	15
Interruption of a Pass	16
Termination of a Pass	17
Scoring	17
CJP Deductions	18
Evaluation of score for Execution	19
Landing Deductions	22
Difficulty of Elements	23
FIG Symbols and Difficulty Values	25
The Judging Panel	26
Duties of the Chair of the Judges Panel	26
Duties of the Judges for Execution	27
Duties of the Judges for Difficulty	28
Appeals During Competition	28
Separation of Ties	29

<b>Appendix A</b>	
Guideline to Execution Deductions	30
<b>Appendix B</b>	
Track Dimensions and Summary of Landing Deductions	32
<b>Appendix C</b>	
Competition Card for Tumbling	33

## Section 1 – The Discipline of Tumbling

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1. Tumbling is in fact a much older sport that many people realise and it was even an Olympic discipline in 1932.
2. The sport as we know it today is performed on a tumble track where the power comes from fibre glass rods, which allow the competitor to do very fast and explosive routines linking different elements.
3. Tumbling competitions consist of two tumble passes at NDP level. The winner is the gymnast with the highest total score from both passes.
4. Tumble passes are characterised by continuous speedy, rhythmic hands to feet, feet to feet, and somersault rotational and twisting skills without hesitation or intermediate steps.
5. All passes should maintain starting speed as a minimum and may increase in speed along the tumble track. The pass should be controlled and should not exceed the speed at which the gymnast can safely perform the tumble series.
6. All passes should be performed along the centre of the track and on completion of the final element show a controlled, upright finishing position.
7. All tumble passes of the NDP must be performed as written in the text, no deviations, extra steps or additions will be accepted.
8. A sprung track is not essential for competitions at Regional Level.
9. All passes which end with a salto must finish in the landing area, i.e. take-off from the track and end in the landing area. Passes which finish in jumps or rolls may finish on the track or landing area.
10. Only completed elements landing on the feet are evaluated
11. There is no limit to the number of running steps in the National Levels.
12. Tumbling elements within a series are evaluated individually taking into account body position, flight, form, tempo, deviation from centre line. There is a maximum deduction per element and landing is considered separately.

## **Section 2 – Tumbling Levels**

### **A. National Development Plan Tumbling Passes**

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#### **Age Groups, 8, 9 &10, 11-12, 13-14, 15+**

##### **Regional Level 1**

Pass 1 From Standing, stretch jump, forward roll, jump hurdle step, round-off, pike jump.  
(5 elements – Difficulty 0.6)

Pass 2 From Standing, forward roll, jump hurdle step, cartwheel 1-2, backwards roll to stand straight legs (4 elements – Difficulty 0.4)

##### **Regional Level 2**

Pass 1 Round-off, flic, straight jump (3 elements – Difficulty 0.5)

Pass 2 Handspring to 2, jump hurdle step, round-off, Pike Jump (4 elements – Diff. 0.6)

##### **NDP Level 1**

Pass 1 Round-off, flic, flic, flic, straight jump. (5 elements – Difficulty 0.9)

Pass 2 Round-off, flic, tuck back salto. (3 elements – Difficulty 0.9)

##### **NDP Level 2**

Pass 1 Round-off, flic, flic, flic, flic, tuck back salto. (6 elements – Difficulty 1.5)

Pass 2 Tuck front salto walk-out, round-off, flic, flic, flic, straight jump (6 elements – Difficulty 1.4)

##### **NDP Level 3**

Pass 1 Round-off, flic, flic, flic, flic, straight back salto (6 elements – Difficulty 1.6)

Pass 2 Round-off, whip, flic, flic, flic, tuck back salto (6 elements – Difficulty 1.6)

#### **NDP Level 4**

Pass 1 Round-off, flic, whip, flic, flic, straight back 180<sup>0</sup> (6 elements – Difficulty 1.7)

Pass 2 Round-off, whip, flic, whip, whip, tuck back salto (6 elements – Difficulty 1.8)

#### **NDP Level 5**

Pass 1 Round-off, whip, whip, whip, flic, straight back full twist (6 elements – Diff. 2.0)

Pass 2 Round-off, whip, whip, whip, whip, straight back full twist (6 elements – Diff. 2.1)

#### **NDP Level 6\***

Pass 1 Any eight element tumbling pass ending in a salto with a total difficulty between 1.9 and 3.0

Pass 2 Any eight element tumbling pass ending in a salto with a total difficulty between 1.9 and 3.0.

\*No repetition of somersaults between runs permitted (unless somersault is preceded by a different element). Difficulty will not be awarded for repeated skills.

### **B. National Age Group and Senior Championship**

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#### **Age Groups, 8, 9 &10, 11-12, 13-14, 15-16, 17-18**

- Two eight element tumbling passes ending in a salto
- Pass 2 must be different to pass 1. Repeats rule for somersaults applies as above.
- No restrictions on total difficulty
- Maximum difficulty value per individual element capped as per FIG age group rules.

#### **Senior Championships**

Prelims and finals competition for seniors run in accordance with the FIG code of points. Any changes to this format will be notified on the competition entry form.

Please note that senior age tumblers declaring passes with difficulty less than 3.0 on both passes should be entered in NDP level 6.

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## **NDP Difficulty**

In the NDP the FIG difficulty values are given for all FIG recognised elements. For non-FIG elements an arbitrary difficulty of 0.1 is assigned, e.g. straight jumps, pike jumps or dive roll.

## **Competition Cards**

Competition Cards must be submitted for passes in NDP level 6, age group and senior championship. Cards should be presented at the time and place indicated by the competition organisers (this information will usually be included in the competition entry form).

## **Section 3 – Competition Structures**

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### **3.1 All-Ireland Finals**

The All-Ireland National Finals incorporating the National Development Plan Finals, National Age Group Championship and Senior Irish tumbling Championship are held each year. **Six competitors in each age category for both boys and girls from Regional Level 2 up** may qualify to the National Finals from each region. Regional qualifiers must be held one month prior to the Finals and entries must be made in accordance with the information circulated to regions with the official Regional Entry Form.

No regional qualifier is required for the age group and senior championship and there is no restriction on the number of gymnasts from each region which can be entered at these levels.

#### **3.1.1 Age Groups for All-Ireland Finals**

Age is reckoned as age in the year of competition in line with international rules. That is, the oldest age that a tumbler will be at any stage during the year. For example a gymnast who is 10 on the day of the competition but turns 11 later in the same year is in the 11-12 year category. It's the maximum age in the year that counts.

The age groups in each level of the National Finals (and qualifiers) are as follows:

<b><u>National Development Plan:</u></b>	NDP Levels 1-5: 8, 9 & 10 / 11-12 / 13 -14 / 15 or older
	NDP Level 6: 13-14/ 15 or older

Age Group Championship: 8, 9 &10 / 11-12 / 13-14 / 15-16/ 17-18

Senior Championship: 17 or older

### **3.1.2 National Champions**

The title of National Age Group Champion will be awarded to the top male and female tumbler in each age group of the Age Group Championship.

The title of Senior National Tumbling Champion will be awarded to the top male and female tumbler in the senior age category. Please note that senior age tumblers declaring passes on their competition card with difficulty less than 3.0 on both passes will be entered in NDP level 6.

The titles will be awarded based on the total score of the two passes performed in the preliminary competition or based on a finals competition as per international rules (one pass for age group finalists; two passes for senior finalist). Following receipt of entries, confirmation of the competition format will be sent to all participants.

### **3.2 International Trials**

All International Trials will be as per published IG event Selection Policy.

### **3.3 National Tumbling Squad**

All selections to national squads will eventually be through National competitions and talent ID.

## Section 4 – International Age Group Competitions

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This is an age-based format for international competitions organised under the auspices of the FIG. The International Age Group Championships are held each year alongside the World Championships but are staged as a separate competition. Irish Gymnastics will publish specific selection criteria for each Age Group event.

Only entries made by affiliated federations of the FIG are accepted. A Maximum of 4 (four) gymnasts per federation may enter per each age group and event in each discipline.

**Age groups** - There are separate categories for boys and girls.

11 - 12 years old in the year of competition

13 - 14 years old in the year of competition

15 - 16 years old in the year of competition

17 - 18 years old in the year of competition

**Competition rules** - The FIG Code of Points for Trampoline, Tumbling & Double Mini-Trampoline will apply with the following variations:

1. The starting order for the Qualifying Round will be decided by a draw.
2. For all age groups, there will be two passes of eight elements in the preliminary round and one pass of eight elements in the Final.
3. The gymnasts with the 8 best scores from the Qualifying Round will go forward to the Finals.
4. Tumblers may repeat round-off, flics and whips as many times as they wish. All other elements must be different within and between passes to receive difficulty. (Somersaults will not be considered as repetitions if they are preceded by a different element.)
5. The Finals pass may be a repeat of a preliminary pass or may contain elements included from a preliminary pass.
6. In tumbling the following limitations to the difficulty awarded in a *single* element apply:

11-12 years: 2.7 pts	13-14 years: 3.5 pts
15-16 years: 4.3 pts	17-18 years: 4.3 pts

## Section 5 – Rules for Tumbling for NDP 2011-2012

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The following rules are based on the FIG Code of Points for Trampoline and Tumbling with minor amendments as necessary to accommodate the passes of the National Development Plan. This update to the handbook has attempted to harmonise the judging rules and criteria at each level to enable all judges to perform the role of execution judge for *any level* of tumbling competition. At Age group and Senior Level this handbook should be read in conjunction with the FIG Code of Points 2009 (September 2010 update) available to download from the FIG website. In the event of any contradiction between this handbook and the FIG code, the FIG code prevails for all senior level competitions.

### 1. Dress for gymnasts (*FIG Code 6*)

#### 1.1 Male gymnasts\*

- Sleeveless leotard
- Matching gym shorts
- White shoes and/or white foot covering may be worn

#### 1.2 Female gymnasts\*

- Leotard with or without sleeves
- Long tights may be worn (must be skin tight)
- A full length one piece leotard may be worn (must be skin tight)
- White shoes and/or white foot covering may be worn

\* Shorts and t-shirt are permitted for Regional Level 1 only.

**1.3** The wearing of jewellery or watches is not permitted during the competition. Rings without gemstones may be worn if they are taped.

**1.4** Any violation of §1.1, 1.2 and 1.3 may result in disqualification from the pass in which the offence occurs or deductions as per §1.5. This decision is made by the Chair of Judges Panel (CJP).

**1.5** If competition attire is considered to be inappropriate the CJP will instruct each execution judge to deduct 0.1 from the execution score. This includes;

- Incorrect leotard or shorts.
- Undergarments visible during the tumbling pass.
- Adjustment of attire.
- Hair ornaments lost.

**1.6** Spotters

- Track suit and gym shoes or equivalent.
- Spotters may not be permitted trackside if inappropriately attired. This decision is made by the CJP.

**2. COMPETITION CARDS (*FIG Code 7*)**

**2.1** Each pass, with difficulty rating, must be written down on the competition card using the recognised FIG terminology. An example competition card is given in Appendix B.

**2.2** The competition card must be handed in at the time and place specified by the organising committee, otherwise the gymnast may not be allowed to start. The competition organiser is responsible for ensuring that they are given to the Difficulty Judges at least 30 minutes before the competition starts.

**2.3** Changes to the elements, or the order in which they are written on the competition card, are permitted without penalty. Such changes will be recorded on the competition card by the Difficulty Judges. The difficulty judge may use a red card to signal that a change has been made.

**3. Tumbling Equipment (*FIG Code 8*)**

**3.1 Run-up**

This should be 10m ± 1m long and level with the track.

**3.2 Track**

Tumbling is performed on a track constructed with a sprung surface which must be padded. Separate sections must be securely fitted together. Track dimensions are as follows:

Length 25-26m

Width 1.7m

Two 50mm lines mark the outer edge (boundary) of the track and one 50mm line marks the centre of the track.

### **3.3 Landing area**

The landing area surrounds the landing zone. Dimensions are as follows:

Length: 6000mm (minimum)

Width: 3000mm (minimum)

### **3.4 Landing Zone**

The zone should be in a contrasting colour to the landing area or marked with 50mm lines.

The outer edges of the lines mark the boundary. Landing zone dimensions are as follows:

Length 4000mm  $\pm$  5mm

Width 2000mm  $\pm$  5 mm

### **3.5 Spring Board**

A springboard can be used to initiate the first element of a tumbling pass. It can be placed on the run-up or on the track.

### **3.5 Hall**

The interior height of the hall must be at least five metres.

## **4. Safety Requirements (*FIG Code 9*)**

**4.1** A gymnast may have 1 (one) spotter (coach) by the side of the track.

**4.2** The coach is responsible for ensuring that the gymnast can safely perform the elements required at the level entered.

**4.3** If it is deemed that a gymnast cannot perform safely at the entered level, they will not be permitted to take part in the competition. This decision is made by the CJP.

**4.4** Coaches deemed to be at fault under article 4.2 may be subject to sanction by IG.

**5. Warming Up (FIG Code 12)**

**5.1** Immediately prior to starting the competition, tumblers will be given a warm-up of at least two passes on the competition track. After this time has elapsed tumblers will perform their first pass. Up to two further warm-up passes may be provided before performing the 2<sup>nd</sup> competition pass.

**5.2** In the event that a gymnast abuses the right to warm-up, the Chair of the Judges Panel may instruct the chief recorder to deduct a penalty of 0.3 points from the total score of the following pass.

**5.3** Warm-up on the competition track may be eliminated if equivalent equipment is provided in a warm-up area.

**6. Start of a Pass (FIG Code 13)**

**6.1** Each gymnast will start on the signal given by the CJP.

**6.2** The gymnast must present themselves to the judges before and after the tumbling pass. Failure to present will result in a 0.1 deduction.

**6.3** After the signal has been given, the gymnast must initiate the first element within 20 seconds. Otherwise a deduction of 0.1 will be taken by each of the Execution Judges on the instruction of the CJP. No deduction will be taken if the equipment is faulty or there is other substantial cause for not starting. This decision is made by the CJP.

**6.4** A springboard may be used to initiate the first element. It may be placed anywhere on the tumbling track or the run up, however the first element must land on the tumbling track.

6.4.1 Whether using a springboard or not, the first element must land on the tumbling track, though it may be initiated on the run-up.

**6.5** Second attempts at passes are not allowed.

6.5.1 If a gymnast is obviously disturbed in a pass (faulty equipment or substantial external influence or the like), the Chair of the Judges panel may allow another attempt. A gymnast's clothing cannot be classed as "equipment".

6.5.2 Spectator noise, applause and the like would not normally constitute a disturbance.

## **7. Required Positions During an Element (*FIG Code 14*)**

**7.1** In all positions the feet and toes should be pointed and the feet and legs be kept together when applicable.

**7.2** Depending on the requirements of the movement, the body position should be clearly tucked, piked or straight.

7.2.1 A change from straight to tucked or piked shape is allowed during multiple somersaults without twist but only once during the element and only after a minimum of 360° of somersault has been completed.

**7.3** In the tucked and piked positions the thighs should be close to the upper body except in the twisting phase of multiple somersaults.

**7.4** In the tucked position the hands should touch the legs below the knees except in the twisting phase of multiple somersaults.

**7.5** The arms should be straight and held close to the body whenever possible.

- 7.6** The minimum requirement for a particular body shape are defined as follows:
- 7.6.1 Straight position: The angle between the upper body and thighs must be greater than 135°.
  - 7.6.2 Pike position: The angle between the upper body and thighs must be equal to or less than 135° and the angle between the thighs and the lower legs must be greater than 135°.
  - 7.6.3 Tuck Position: The angle between the upper body and thighs must be equal to or less than 135° and the angle between the thighs and the lower legs must be equal to or less than 135°.
- 7.7** In multiple somersaults with twists, the tuck and pike position may be modified during the twisting phase. See Appendix A – guideline to execution deductions.
- 7.8** Any backward, non-twisting, single somersault, executed at shoulder height or below and performed in the middle of a pass, will be considered and evaluated as a whip back, regardless of the position.
- 7.9** Any backward single somersault in the tuck, pike or straight position, executed at the end of the pass must be above shoulder height.
- 8. Repetition of Elements (*FIG Code 15*)**
- 8.1** With the exception of flics, whip backs and round-offs no element may be repeated during the 2 (two) passes of the qualifying or finals competition otherwise the difficulty of the repeated element will not be counted.
- 8.1.1 If there is a final, elements performed in the qualifying round may be performed again.
- 8.2** Elements having the same amount of rotation but performed in the tucked, piked and straight positions or with change of body position are considered to be different elements

and not repetitions. The tucked and pucked positions are considered to be the same position.

**8.3** Somersaults will not be considered as repetitions if they are preceded by a different element.

**8.4** Multiple somersaults (720° or more) having the same number of twists and somersaults will not be considered a repetition if the twist is located in different phases (See FIG code).

## **9. Interruptions of a Pass (*FIG Code 16*)**

**9.1** A tumbling pass will be considered interrupted if the gymnast:

9.1.1 Is touched by a spotter.

9.1.2 Stops or takes intermediate steps or jumps (other than those prescribed at regional level).

9.1.3 Falls to the track, landing zone or landing area during a pass.

9.1.4 Touches any part outside the outer lines of the tumbling track with any part of the body.

9.1.5 Touches the tumbling track with any part of the body other than hands or feet (unless performing a roll at regional level).

**9.2** In addition from NDP level 3 upwards a pass is considered interrupted if the gymnast performs movement without rotation around the lateral and dorso-ventral axis of the body.

**9.3** If an interruption occurs evaluation of the pass is stopped. No credit will be given for the element in which the interruption occurs or any element that should have followed. (See 9.3.1 below: exception for regional level).

9.3.1 At regional level only, pauses and additional intermediate steps, jumps or bounces during the tumbling pass are penalised by a 1.0 mark deduction by each execution judge on the instruction of the CJP but evaluation continues.

**9.4** A gymnast will be judged only on the number of elements completed on the feet on the tumbling track or landing area.

**9.5** No elements are permitted to take off from the landing area. The element will not be counted if the take-off is initiated from the landing area.

**9.6** The Chair of the Judges Panel will decide the maximum mark

## **10. Termination of a Pass (*FIG Code 17*)**

**10.1** The final element of each pass must end on both feet on the track, or the landing area, otherwise the last element will not be counted.

**10.2** After the final element, the gymnast must stand upright and show stability for approximately three seconds, (otherwise they will receive a deduction up to 0.3 for lack of stability).

**10.3** If the final element is a somersault, it must take off from the track and finish in the landing area unless it is in the reverse direction. Failure to comply will result in a deduction of 0.2.

**10.4** All completed passes (8 elements) must end with a somersault, otherwise there will be a deduction of 1.0 by each execution judge.

**10.5** For additional elements, a deduction of 1.0 will be made by each execution judge.

## **11. Scoring (*FIG Code 18*)**

**11.1** The chair of the judges panel, difficulty judges and execution judges evaluate the score of the exercise. Two types of mark are used to calculate the total score of a tumbling pass. The 'D' mark is the total of the difficulty of the elements performed in the pass and the 'E' marks, which are the scores given by the execution judges who evaluate how well the pass has been performed. The total score for a pass is based on one D mark and three E marks.

### **Total Score = D + E + E + E - Penalties**

At international level five execution judges evaluate the pass; the highest and lowest scores are disregarded and the middle three added. Difficulty (D mark) is then added to this execution score to give the total score. Penalties if applicable will be subtracted from the total score.

- 11.2** At national level competition four judges may be used per panel (if necessary) with the highest and lowest scores disregarded and the middle two averaged and multiplied by three to reflect an execution score from 30.0. If the range of scores (from highest to lowest) is greater than 0.5, the CJP may give the judges the opportunity to reconsider their mark.
- 11.3** In the case of insufficient judges or at regional level, three judges could be used per panel with the scores added to give the execution score. If the range of scores (from highest to lowest) is greater than 0.5, (or greater than 0.3 for scores above 8.0) the CJP may give the judges the opportunity to reconsider their mark.
- 11.4** A completed pass (without interruptions, stops or omissions) is marked out of **10.0** by each execution judge. Deductions are made for poor execution and landing faults.
- 11.5** The evaluation of execution and difficulty is done in 10ths of a point, (0.1).
- 11.6** Judges must write their deductions independently of one another.
- 11.7** If any of the execution judges fail to show their mark within a reasonable length of time following the signal from the CJP, the average of the other marks may be taken for the missing mark(s). This decision is made by the CJP.

## **12. CJP Deductions**

- 12.1** The special requirement for the set NDP passes containing less than 8 elements is that the passes are completed as prescribed. If an element is omitted, if the elements are performed in the wrong sequence or if an additional element is performed, at the instruction of the

CJP, there is a deduction of 1.0 from each execution score for not fulfilling special requirements.

**12.2** The value of any missing element is also deducted from the difficulty score by the difficulty judge or CJP acting as the difficulty judge. Elements other than those specific to our NDP are valued as per the FIG Code of Points for Trampoline and Tumbling.

**12.5** In an incomplete pass at NDP 6, age group or senior level (less than 8 elements) 1.0 is deducted for each missing element on the instruction of the CJP as per FIG rules.

**12.6** From national level 2 upwards passes comprising less than three elements will score zero. This decision is made by the CJP.

### **13. Evaluation of Score for Execution (*FIG Code 21 and Guide to Judging*)**

**13.1** Judges make deductions for errors of form, control, height, deviation, speed and rhythm in each element. Landing deductions are evaluated separately.

**13.2** At Regional level only the maximum deduction per element is **1.0**.

**13.3** For all NDP, age group and senior level the maximum deduction per element is **0.5**.

**13.4** Deductions are made for the following:

- |                                  |            |
|----------------------------------|------------|
| ➤ Position of the arms           | 0.0-0.2pts |
| ➤ Position of the legs           | 0.0-0.3pts |
| ➤ Position of the body           | 0.0-0.4pts |
| ➤ Lack of height                 | 0.0-0.5pts |
| ➤ Deviation from the centre line | 0.0-0.3pts |
| ➤ Loss of speed/tempo/ rhythm    | 0.0-0.5pts |
| ➤ Insufficient/ too much twist   | 0.0-0.3pts |
| ➤ Distortion of the element      | 0.5-1.0pts |
| ➤ Landing faults                 | Ref. §14   |

### 13.5 Guideline to deductions for common NDP elements

The following is not an exhaustive list of possible deductions and is intended to provide guidance only.

<b>Element</b>	<b>Fault</b>	<b>Deduction</b>
Stretch jump	Lack of height/elevation	0.1-0.3
	Flat back position not shown	0.1-0.3
	Arms not parallel/legs apart	0.1-0.3
	Landing on 1 foot	0.3-0.5
Jump hurdle step	Lack of elevation in rebound	0.1-0.3
	Lack of control in step out phase	0.1-0.3
Pike jump	Lack of height/elevation	0.1-0.3
	Legs below hip height	0.1-0.3
	Lack of control	0.1-0.3
Forward roll	Lack of extension into roll	0.1-0.3
	Bent arms/legs apart	0.1-0.3
	Extra push of arms from floor to get up	0.5
Backward roll	Lack of extension into roll	0.1-0.3
	Lack of push from arms	0.1-0.5
	Position of the legs	0.1-0.3
Cartwheel 1-2	Failure to pass through handstand	0.1-0.3
	Bending of arms/legs	0.1-0.3
	Poor body position	0.1-0.3
	Lack of power/tempo	0.1-0.5
	Feet not parallel to centre line on landing	0.1-0.3
Round-off	Failure to pass through handstand	0.1-0.3
	Lack of push from hands	0.1-0.5
	Feet not joining	0.2
	Poor body shape	0.1-0.3
	Feet not parallel to centre line on landing	0.1-0.3
Handspring to two feet	Lack of stretch into handspring	0.1-0.3
	Lack of thrust from hands	0.1-0.5

	Legs not joining at vertical	0.1-0.5
	Arms/legs bent or apart	0.1-0.3
	Deep bend of knees on landing	0.1-0.5
Flic	Lack of speed/rhythm	0.1-0.5
	Lack of extension	0.1-0.5
	Excessive knee bend on entry (knees over toes)	0.1-0.3
	Lack of push from hands	0.1-0.3
	Separation/bending of arms & legs	0.1-0.3
	Hands turned in/out	0.1 –0.2
Whip	Lack of speed/rhythm	0.1-0.5
	Whips too high (short distance covered <gymnast height)	0.1-0.5
	Lack of acceleration	0.1-0.3
	Poor body shape	0.1-0.3
	Spreading/bending of arms & legs	0.1-0.3
Tuck Back Salto	Slight lack of height (just below shoulder height)	0.1-0.2
	Performed at waist height or below	0.5
	Position of the head	0.1-0.2
	Shape of somersault	0.1-0.3
	Hands don't touch below knees	0.1
	Failure to open and show upright finishing position	0.1-0.5
Tuck Front Salto	Slight lack of height	0.1-0.2
	Performed at waist height or below	0.5
	Shape of somersault	0.1-0.3
	Lack of momentum into next element	0.1-0.5
	Failure to open and show upright finishing position when final element	0.1-0.5
Straight Back Salto	Slight lack of height	0.1-0.2
	Performed at waist height or below	0.5

	Position of the head	0.1-0.2
	Shape of somersault	0.1-0.3
	Bending/spreading of arms and legs	0.1-0.3
Back twist: 180° – 360°	Slight lack of height	0.1-0.2
	Shape of somersault	0.1-0.3
	Over or under rotation of twist (feet position):	
	- up to 45°	0.2-0.3
	- 45° – 90°	0.5
	- >90°	Element not given

The above principles can be applied to any tumbling element performed.

See Appendix A for FIG guide to execution deductions.

### 13.6 Make the following deductions on instruction of the CJP

13.6.1 Not initiating the first element within 20 seconds after the signal given by the Chair of Judges Panel, 0.1 pts

13.6.2 Talking to or giving any form of signal to a gymnast by their own spotter, or coach, for each occurrence 0.3 pts

13.6.3 Failure to end a completed eight element voluntary pass with a somersault 1.0pts

13.6.4 Failure to end a completed pass in the correct area as per 10.3, 0.2 pts

13.6.5 Inappropriate attire 0.1pts.

## 14. Landing Deductions (*FIG Code 21*)

**14.1** The landing area comprises the landing zone and the matted area surrounding the zone. Deductions are made according to where and how the gymnast lands their final skill. (If the competition track and landing area does not meet the equipment requirements, it is at the discretion of the CJP to decide which deductions may be fairly applied.)

**14.2** Execution judges deduct for lack of stability after landing on both feet and/or not standing still in an upright position for approximately 3 seconds in the range of 0.1-0.3 points.

## OR

For completed passes, the following deductions are made on the instruction of the CJP:

- After landing, stepping out of the landing zone to the landing area or track - 0.1pts
- Landing outside the outer lines of the track or landing zone - 0.5pts
- After landing, touching the track or landing zone/area with one or both hands - 0.5pts
- After landing, falling to the knees, hands and knees, front, back or seat - 1.0pts
- Assistance from a spotter after landing – 1.0 pts
- After landing in the landing area or on the track, touching outside the landing area or touching the floor with any part of the body – 1.0

### **15. Difficulty of Elements (FIG Code18)**

The difficulty of each element is calculated on the following basis:

- 15.1** Only elements terminating on the feet will be evaluated.
- 15.2** In set passes only prescribed elements will count towards difficulty. For each element not performed, the difficulty value of the element is subtracted from the total difficulty score.
- 15.3** In the second pass (twisting) at UEG and FIG level, the 8<sup>th</sup> skill will not be counted for difficulty if it is not a twisting element (at least 360° twist).
- 15.4** At NDP level Cartwheels, jumps, rolls and link elements are considered as elements and are assigned a difficulty of 0.1 points per element.
- 15.5** All other elements are evaluated as per the FIG Code of Points (see below).
- 15.6** Each somersault (360°) 0.5 pts
- 15.7** Single somersaults or less:

- 15.7.1 Aerials, flic-flacs, round-offs and front hand-springs 0.2 pts
- 15.7.2 Whips (tempo salto) 0.3 pts
- 15.7.3 Single somersaults done in the piked or straight position, without twist, will receive a bonus of 0.1 points.
- 15.7.4 Twisting in somersaults:
- ½ twist (180°) 0.1 pts
  - Each ½ twist more than 1 (one) twist (360°) 0.2 pts
  - Each ½ twist more than 2 (two) twists (720°) 0.3 pts
  - Each ½ twist more than 3 (three) twists (1080°) 0.4 pts

**15.8 Multiple somersaults - with or without twist:**

- 15.8.1 Double somersaults performed in the piked position will receive a bonus of 0.1 points and triple somersaults in the piked position will receive a bonus of 0.2 points
- 15.8.2 Double somersaults performed in the straight position will receive a bonus of 0.2 points and triple somersaults in the straight position will receive a bonus of 0.4 points
- 15.8.3 In double somersaults the value of the element, including any twist and the bonus for pike or straight position, will be doubled.
- 15.8.4 In triple somersaults the value of the element, including any twist and the bonus for pike or straight position, will be tripled.

## 15.9 FIG Symbols and Difficulty value Examples

For the completion of the competition cards in tumbling the FIG symbol system whose principles are described below should be used:

- Use – for somersault without twist
- Use 1 for somersault with ½ twist
- Use 2 for somersault with 1 twist
- Use . to specify if it is a front or a back skill e.g. Barani = .1 or back with ½ twist = 1.
- Use O for tuck or puck position
- Use < for pike position
- Use / for straight position

Special Elements	Symbol	Difficulty	Elements	Symbol	Difficulty
Cartwheel	x	0.1	Double twist backwards	4	1.1
Forward/Backward Roll		0.1	2½ twist backwards	5	1.4
High Jump	↑	0.1	Triple twist backwards	6	1.7
Pike Jump	↑<	0.1	<b>Double Somersaults</b>		
Round -off	(	0.2	Double tuck	-- o	2.0
Flic	f	0.2	Double pike	-- <	2.2
Handspring	.f	0.2	Double straight	-- /	2.4
Whip (tempo salto)	^	0.3	Full in Tuck	2- o	2.4
<b>Single Somersaults</b>			Full in pike	2- <	2.6
Back somersault tuck	-o	0.5	Full in straight	2- /	2.8
Back somersault pike	-<	0.6	Back in full straight	-2 /	2.8
Back somersault straight	-/	0.6	Full in Full out Tuck	22 o	3.2
Front somersault tuck	.-o	0.5	Full in Full out Straight	22 /	3.6
Front somersault pike	.-<	0.6	Miller Straight	24 /	4.8
Barani	.1	0.6	<b>Triple Somersaults</b>		
Back with ½ twist	1	0.6	Triple tuck	--- o	4.5
Full twist backwards	2	0.7	Triple pike	--- <	5.1
1½ twist backwards	3	0.9	Full in triple	2-- o	6.3

## **16. The Judges Panel (FIG Code 19)**

**16.1** At an international competition the judges panel is composed of the following members whose roles and responsibilities are described below.

- Chair of the Judges Panel 1
- Judges for Execution (nos. 1-5) 5
- Judges for Difficulty (nos. 6-7) 2
- **Total 8**

**16.2** At national events if 8 judges are not available per panel the judges panel will be composed in a way to reflect the above principle, e.g.

- Chair of Judges Panel 1
- Judges for Execution 4
- **Total 5**

With this organisation the CJP will undertake the roles of Chair, Difficulty Judge and Execution Judge.

## **17. Duties of the Chair of the Judges Panel**

**17.1** Control of the facilities

**17.2** Organise the Judges' conference and the trial scoring.

**17.3** Place and supervise all Judges, spotters and recorders.

**17.4** Direct the competition.

**17.5** Convene the Competition Jury (if present).

**17.6** Decide if a second attempt should be allowed.

**17.7** Decide about the gymnast's dress (see §1).

- 17.8** Inform the Execution Judges of deductions for special requirements.
- 17.9** Declare the maximum mark in the case of an interrupted pass.
- 17.10** Inform the Execution Judges of landing deductions.
- 17.11** Decide if a Judge fails to show his score within a reasonable length of time.
- 17.12** Decide about penalties for gymnasts dress and abuse of warm-up and inform the Chief score Recorder.
- 17.13** Supervise and control all scores, calculations and the final results and interfere if he recognises obvious calculation errors concerning execution or difficulty scores.
- 17.14** Decide before the end of a round, when approached by the official representative of a club or a judge, about obvious errors in the calculation of difficulty or numerical errors concerning execution scores. To consider official appeals as per 20.3.
- 17.15** To abide by the judges oath at all times in the spirit of fair play.
- 18. Duties of the Judges for Execution (No.'s 1-5)**
- 18.1** Evaluate **independently** the execution in the range 0.0 to 1.0 marks (or 0.0-0.5 marks as appropriate) and write down their deductions on the deduction sheets.
- 18.2** Make any additional landing or other deductions on the instruction of the CJP.
- 18.3** Subtract their deductions from the maximum mark indicated by the Chair of Judges Panel
- 18.4** Show their execution score when signalled by the CJP.
- 18.5** To abide by the judges oath at all times in the spirit of fair play.

## **19. Duties of the Judges for Difficulty (No.'s 6 & 7)**

- 19.1** Collect the competition cards from the Competition Organiser at least 2 (two) hours prior to the start of the competition.
- 19.2** Check the elements and difficulty values entered on the competition cards.
- 19.3** Determine the difficulty of each of the passes and enter it on the competition card.
- 19.4** Write down any changes, which occur in the performed pass.
- 19.5** Display the difficulty score.
- 19.6** Advise the Chair of Judges Panel of additional elements.
- 19.7** Advise the Chair of Judges Panel of any violation of the special requirements in voluntary passes.
- 19.8** To abide by the judges oath at all times in the spirit of fair play.

## **20. Appeals During Competition**

- 20.1** In the case of a numerical error in the calculation of the execution or total score, or an obvious error in the calculation of the difficulty score, a coach or judge may approach the CJP in a friendly and professional manner when the next warm-up commences. If the query cannot be quickly resolved an appeal in writing must be submitted before the end of the round.
- 20.2** The appeal must be accompanied by a fee of €50.
- 20.3** The CJP will consult with the chief score recorder, senior members of the judging panel and/or VP tumbling to consider the appeal. If the technology is in place, video evidence may be considered.

**20.4** If the appeal is upheld, the chief score recorder will record any amendments to the score and the €50 fee will be returned, otherwise the fee will be forfeited.

**20.5** Under no circumstances will appeals be permitted once the medal ceremony has taken place.

## **21. Separation of Ties – Individual Competition**

**21.1** In case of a tie at any place in the qualifying round the ranking will be determined by the following criteria:

21.1.1 The gymnast with the highest total score in the 2<sup>nd</sup> pass of the Qualifying Round.

21.1.2 The total of the counting execution judges' scores in the 2<sup>nd</sup> pass (higher execution score of the second pass).

21.1.3 The total of all the execution judges' scores (5) of the 2<sup>nd</sup> pass without eliminating the highest and the lowest score.

21.1.4 The total of the 4 highest execution judges' scores of the 2<sup>nd</sup> pass.


























21.1.5 The total of the 3 highest execution judges' scores of the 2<sup>nd</sup> pass, and so on until the tie is broken.

**21.2** In case of a tie at any place in the final round the ranking will be determined by the following criteria:

21.2.1 The gymnast with the highest total score in the 2<sup>nd</sup> pass of the Final.

21.2.2 And following as per Rule 21.1, always second Final pass.

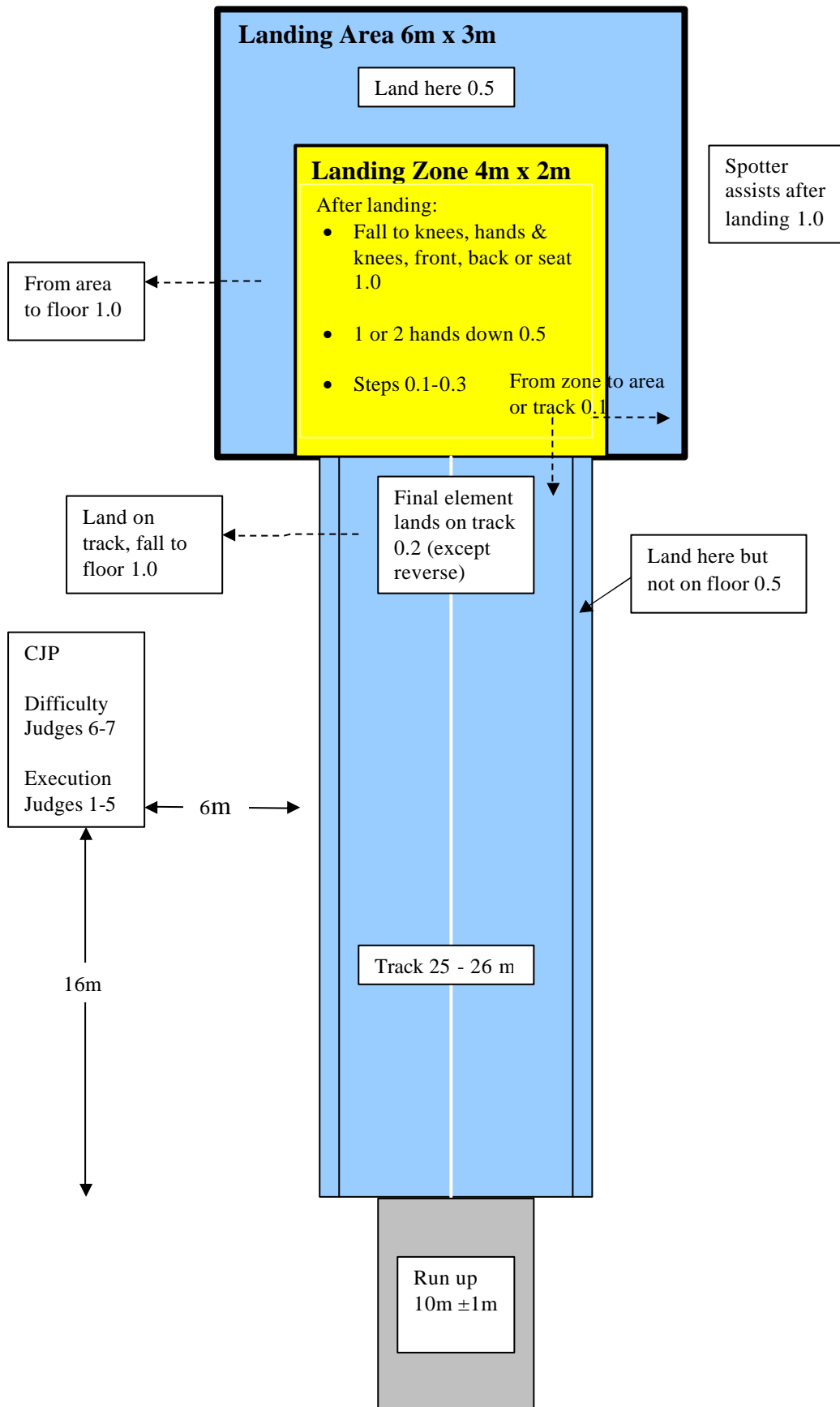
## Appendix A – Guideline to Execution Deductions (as per FIG Code of Points)

DEDUCTIONS	0.0	0.1	0.2	0.3	0.4	0.5
<b>LEGS</b>						
Bending of the legs						
Position of the legs (1)						
Position of the legs (2)						
<b>FEET</b>						
Pointing of the feet/toes						
<b>ARMS</b>						
Bending of the arms						
Position of the arms						
<b>HEAD</b>						
Position of the head						
<b>STRAIGHT POSITION</b>						
Bending of the body Somersaults with & without twist						

DEDUCTIONS	0.0	0.1	0.2	0.3	0.4	0.5
<b>PIKE POSITION</b>						
<b>Angle upper body/thighs</b> Elements without twist						
Multiple somersaults with twist						
Position of the hands						
<b>Vertical jumps</b> Straddle jump						
<b>TUCK POSITION</b>						
<b>Angle upper body/thighs</b> Elements without twist						
Multiple somersaults with twist (puck position)						
Knees apart						
Position of the arms/hands						

# Appendix B

## Track Dimensions and Summary of Landing Deductions



## Appendix C

### Competition Card for Tumbling

Name \_\_\_\_\_ No. \_\_\_\_\_ Club \_\_\_\_\_

Age Group \_\_\_\_\_ Level \_\_\_\_\_

1 <sup>st</sup> Exercise		2 <sup>nd</sup> Exercise	
Element	Difficulty	Element	Difficulty
1.		1.	
2.		2.	
3.		3.	
4.		4.	
5.		5.	
6.		6.	
7.		7.	
8.		8.	
TOTAL		TOTAL	

### Competition Card for Tumbling

Name \_\_\_\_\_ No. \_\_\_\_\_ Club \_\_\_\_\_

Age Group \_\_\_\_\_ Level \_\_\_\_\_

1 <sup>st</sup> Exercise		2 <sup>nd</sup> Exercise	
Element	Difficulty	Element	Difficulty
1.		1.	
2.		2.	
3.		3.	
4.		4.	
5.		5.	
6.		6.	
7.		7.	
8.		8.	
TOTAL		TOTAL	