



NEW ZEALAND SECONDARY SCHOOLS GYMSPORTS CHAMPIONSHIPS

2018 TUMBLING MANUAL

Please also refer to the New Zealand Secondary Schools GymSports Championships General Manual for more information relating to the event



*“Growing Great New Zealanders
through Gymnastics”*

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	<p>Perform:- 2 voluntary 8 skill passes (min. difficulty 2.6 combined total)</p> <p>Refer to the GNZ Trampoline Gymnastics Technical Handbook 2018 for routine requirements.</p>		
Junior	<p>Perform:- 1 compulsory 5 skill pass and 1 voluntary 5 skill pass (min. difficulty 1.0)</p> <p>Compulsory</p> <ol style="list-style-type: none"> 1. Round off 2. Back handspring 3. Back handspring 4. Back handspring 5. Back tuck salto <p>Refer to the GNZ Trampoline Gymnastics Technical Handbook 2018 for routine requirements for voluntary pass.</p>		
A Grade	<p>Perform:- 2 compulsory 5 skill passes as follows;</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>Pass One</p> <ol style="list-style-type: none"> 1. Round off 2. Back handspring 3. Jump ½ turn step out 4. Round off 5. Stretch jump </td> <td style="width: 50%; vertical-align: top;"> <p>Pass Two</p> <ol style="list-style-type: none"> 1. Round off 2. Back handspring 3. Jump ½ turn step out 4. Cartwheel 5. Cartwheel step in </td> </tr> </table>	<p>Pass One</p> <ol style="list-style-type: none"> 1. Round off 2. Back handspring 3. Jump ½ turn step out 4. Round off 5. Stretch jump 	<p>Pass Two</p> <ol style="list-style-type: none"> 1. Round off 2. Back handspring 3. Jump ½ turn step out 4. Cartwheel 5. Cartwheel step in
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Note:- there are no finals.

GENERAL INFORMATION	
Attire	<p>Male gymnast</p> <ul style="list-style-type: none"> • Sleeveless leotard • Plain gym shorts • Grades 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 <p>Female gymnast</p> <ul style="list-style-type: none"> • Leotard with or without sleeves • Grades B & C may wear PE Uniforms • The wearing of jewellery or watches is not permitted during the competition • Rings without gemstones may be worn if they are taped • Hair must be pulled back from the face
Competition Cards	<ul style="list-style-type: none"> • For Junior and Senior, a competition card must be handed in at the time and place specified by the organising committee at least 2 hours prior to the competition starting. • All details on the competition card must be completed. • See appendices for card template.

COMPETITION PROCEDURE	
Start of a pass	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<p>A pass will be considered interrupted if the gymnast:</p> <ul style="list-style-type: none"> • 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	<p>A pass will be considered terminated if the gymnast:</p> <ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • The evaluation of execution is done in 10ths of a point. • Judges must write their deductions independently of one another. • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • After landing, touching the track or landing zone with one or both hands will result in 0.5 points deducted. • Landing outside the outer lines of the track or landing zone will result in 0.5 points deducted. • After landing, falling to the knees, hands and knees, front, back, or seat on the track or landing area will result in 1.0 points deducted. • After landing on the track or landing area, touching the floor with any part of the body will result in 1.0 points deducted. • A completed pass not ending in a two-foot landing will result in 0.5 points deducted. • Intermediate steps during a pass (for each occurrence) will result in 0.3 points deducted. • Talking to or giving any form of signal to the gymnast by their own spotter, or coach, for each occurrence will result in 0.3 points deducted. • After landing, touching or falling outside the landing zone will result in 0.1 points deducted.



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		



Junior Tumbling Card

School		
Full Name		
Event	Junior Tumble	

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 Tumble	

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