



# NZ SECONDARY SCHOOLS

## Tier 2 GYMNASTIC SPORTS CUP

# TUMBLING MANUAL

## 2022

This manual outlines the routine requirements for Tumbling at the  
NZ Secondary School Gymnastic Sports Cup event.

This event is endorsed by School Sport NZ



## 1. DIVISIONS

The following table shows the divisions offered for Tumbling.

TUMBLING (TUM)			
Division	Criteria	Category	Requirements
<b>TUM Grade 1</b> (formerly C Grade)	Recommended for school based and GNZ club recreational participants. - Tumble National Levels Programme 2  <b>No retired competitive gymnasts</b>	Individual Male Individual Female  Medals: 1 <sup>st</sup> – 3 <sup>rd</sup>	2 compulsory 5 skill passes
<b>TUM Grade 2</b> (Formerly B Grade)	Recommended for recreational club participants - Tumble National Levels Programme 3 and and gymnasts from other codes  <b>No retired competitive gymnasts who have competed over 11-12 age group.</b>	Individual Male Individual Female  Medals: 1 <sup>st</sup> – 3 <sup>rd</sup>	2 compulsory 5 skill passes
<b>TUM Grade 3</b> (Formerly A Grade)	Recommended for advanced recreational club participants - Tumble National Levels Programme 4 and 5, and gymnasts from other codes - see guide for Artistic athletes below.  <b>No current competitive TUM age group athletes.</b> <b>No current or retired TUM international athletes.</b>	Individual Male Individual Female  Medals: 1 <sup>st</sup> – 3 <sup>rd</sup>	2 compulsory 5 skill passes
<b>TUM Open Grade</b>	Recommended for GNZ club recreational participants - Tumble National Levels Programme 6 +, retired age group and international TUM athletes, and athletes from other codes - see guide for Artistic athletes below.  <b>No current competitive TUM age group or international athletes</b>	Individual Male Individual Female  Medals: 1 <sup>st</sup> – 3 <sup>rd</sup>	1 compulsory 5 skill pass and  1 voluntary 5 skill pass

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## GUIDE FOR ARTISTIC ATHLETES

### Women's Artistic Gymnasts

- If you have competed in WAG STEP 5 or above, you must compete in TUM Open Grade
- If you have competed in WAG STEPs 1-4, you must compete in TUM Grade 3 or above.

### Men's Artistic Gymnasts

- If you have competed in MAG Level 5 or above, you must compete in TUM Open Grade.
- If you have competed MAG Level 3 or above, you must compete in TUM Grade 3 or above.

## 2. ROUTINE REQUIREMENTS

Two routines will be performed by each competitor;

- Grades 1, 2 and 3 have set passes.
- Open Grade has a set pass and a voluntary pass.
- The Set Routines can only contain the skills specified below and they must be undertaken in the order shown.

Note: there are no finals.

TUMBLING COMPETITION REQUIREMENTS		
TUM Grade 1	<b>Perform:</b> 2 compulsory 5 skill passes as follows;	
	<b>Pass One</b> <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>	<b>Pass Two</b> <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>
TUM Grade 2	<b>Perform:</b> 2 compulsory 5 skill passes as follows;	
	<b>Pass One</b> <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> </ol> Stretch jump to land	<b>Pass Two</b> <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>
TUM Grade 3	<b>Perform:</b> 2 compulsory 5 skill passes as follows;	
	<b>Pass One</b> <ol style="list-style-type: none"> <li>1. Round off</li> <li>2. Back handspring</li> <li>3. Jump ½ turn step out</li> <li>4. Round off</li> <li>5. Stretch jump</li> </ol>	<b>Pass Two</b> <ol style="list-style-type: none"> <li>1. Round off</li> <li>2. Back handspring</li> <li>3. Jump ½ turn step out</li> <li>4. Cartwheel</li> <li>5. Round off, rebound</li> </ol>
TUM Open Grade	<b>Perform:</b> 1 compulsory 5 skill pass and 1 voluntary 5 skill pass (no minimum difficulty)	
	<b>Compulsory</b> <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>	

<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>• Judges must write their deductions independently of one another.</li> <li>• The deductions for poor execution are subtracted from the maximum.</li> <li>• All divisions will be given a score out of 10 for each pass. Both passes are then added together to give final score.</li> <li>• There is no difficulty applied to the voluntary pass in Open Grade therefore - Tumbling cards will not be required for this event.</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>• After landing, touching the track or landing zone with one or both hands will result in 0.5 points deducted.</li> <li>• Landing outside the outer lines of the track or landing zone will result in 0.5 points deducted.</li> <li>• 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.</li> <li>• After landing on the track or landing area, touching the floor with any part of the body will result in 1.0 points deducted.</li> <li>• A completed pass not ending in a two-foot landing will result in 0.5 points deducted.</li> <li>• Intermediate steps during a pass (for each occurrence) will result in 0.3 points deducted.</li> <li>• 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.</li> <li>• After landing, touching or falling outside the landing zone will result in 0.1 points deducted.</li> </ul>



**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		