



ENGLISH GYMNASTICS

National Competition Handbook 2022 Trampoline, DMT, **Tumbling**

Version 4.0 **Interim**

TRA, TRS, DMT, **TUM, DIS**

www.english-gymnastics.org.uk



Introduction

This version of the English TRA/ DMT/ TUM Handbook 2022 is an interim version for regional representatives to organise events and initial information for their affiliated clubs which will enable them to enter into the Silver Tumbling event.

The full details (Handbook) will be distributed via British Gymnastics & English Gymnastics websites once the Event Organisers have finalised all updates from feedback and process & policy updates.

If you have any enquiries regarding the English events please email the [English Gymnastics Events team](#).

Regards
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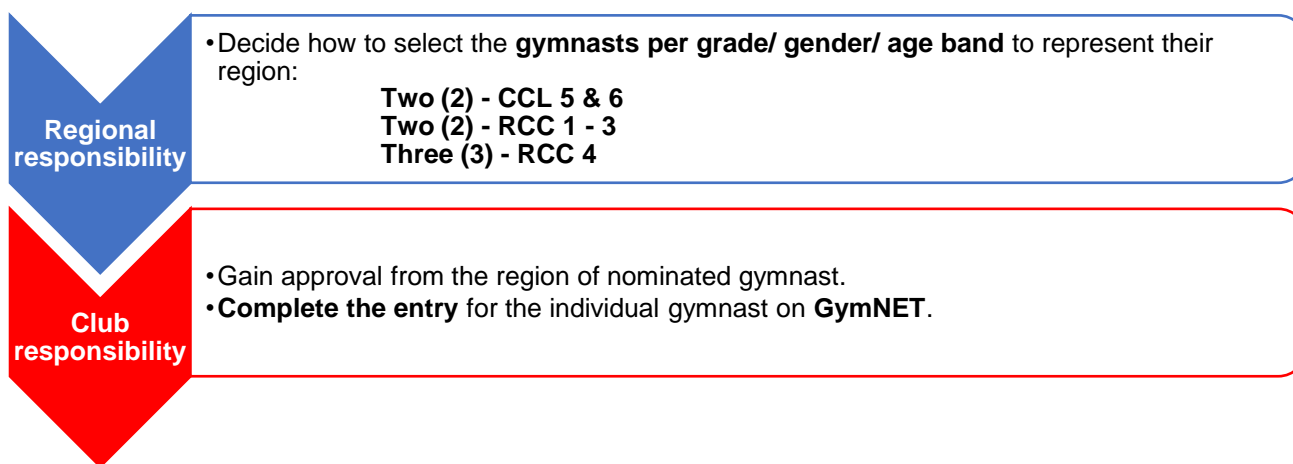


5. Tumbling

Tumbling Silver English Championships

Object: The English Silver competition will offer gymnasts the chance to taste FIG competition while relying largely on the NDP base they are coming from. This competition is for gymnasts from the NDP section of the tumbling discipline.

Entry: Regions will need to nominate gymnasts to the English Silver Championship by **18th May 2022**.



Recommendation: That regions run one or more selection competitions between 01/01/22 and 17/05/22, although direct nomination by the TC/ regional coach from regional squads is acceptable.

The following grades/ age bands will be covered by the event.

Club 5	9 – 10, 11 – 12, 13+
Club 6	9 – 10, 11 – 12, 13+
Regional 1	9 – 10, 11 – 12, 13+
Regional 2	10 – 12, 13 – 14, 15+
Regional 3	U13, O13
Regional 4	9 – 10, 11 – 12, 13 – 14, 15+

Reference also found within [Appendix 2 - Silver TUM Competitions](#).

The competition organisers reserve the right to make any changes needed to the running order of the competition and the below is for guidance only.

Saturday Club grades 5 & 6, Regional Grade 1

Sunday Regional grades 2, 3, 4.

Content: Gymnasts from Club Cup Levels 5 & 6 will compete runs 1 & 2 as specified in the **Tumbling Club Cup Series & Final 2022** document available on the [British Gymnastics website > Technical Information > Competition Handbook](#).

In addition, they will perform a third voluntary run. Run 3 will have 6 elements and the elements will use FIG values. The run will be marked from 10, the same as runs 1 & 2, but will carry an additional difficulty value.



The medalists will be determined by using the cumulative E scores from all 3 runs + the D value of run 3.

Gymnasts from Regional Challenge Cup Levels 1 – 4 will compete with runs 1 (SET RUN) first, then 2 vol passes as per the **TUM Regional Challenge Cup Series & Final 2022** document available on the [British Gymnastics website > Technical Information > Competition Handbook](#).

The medalists will be determined using the cumulative E scores from all 3 runs + the D value of runs 2 & 3.

For all events, coaches should submit a tariff sheet on the day of the competition.

Tumbling Gold English Championships

Object: We will adopt a similar format to the WAG and World Championships to help prepare the GB teams. It will be the only domestic competition that offers the gymnasts and coaches the opportunity to duplicate the competition pattern gymnasts will experience at the World events.

Entry: Limited to the top 16 gymnasts of each gender ranked from the qualifying day of the British Championships in each age group, plus guests¹: 10, 11 – 12, 13 – 14, 15 – 16, 17 – 21, and Senior.

Content:

10 age gymnasts will perform 2 voluntary exercises; all skills will use FIG values. Medals will be awarded for the top 3 based on the combined total score of the two runs. **There will be no final run.**

11 – 12, 13 – 14, 15 – 16, 17 – 21, and Senior will perform 2 voluntary exercises in the preliminary round, with no repeat of elements within and/ or between the two passes, irrespective of preceding element. The only repeatable elements are: round offs, whips, flics and single Salto with single twist.

Gymnasts with the top eight (8) best scores from a single exercise in the preliminary round will progress to compete a first final exercise (F1) where gymnasts perform one voluntary exercise from a Zero start.

Gymnasts with the top four (4) F1 scores qualify to a second final exercise (F2) where gymnasts perform one voluntary exercise from a Zero start. No elements may be repeated within and/ or between F1 and F2.

Saturday:

11 – 12 & 13 – 14: All gymnasts perform 2 voluntary exercises in the morning, the top eight (8) progress to the Finals held in the afternoon/ evening. Finals start from Zero, all gymnasts perform 1 voluntary exercise to determine the Final ranking.

Senior: All gymnasts perform straight and twisting pass, the top eight (8) progress to the Finals to be held on the Sunday.

Sunday:

10: All gymnasts perform 2 voluntary exercises; the combined score determines the Final ranking.

Approved by the English Gymnastic Technical committee before the competition.



15 – 16 & 17 – 21: All gymnasts perform 2 voluntary exercises in the morning. The top eight (8) progress to the Finals held in the afternoon/ evening. Finals start from Zero - all gymnasts perform 1 voluntary exercise to determine the Final ranking.

Senior Finals: All gymnasts starting from Zero perform 2 voluntary passes to determine the Final ranking.