



# ENGLISH GYMNASTICS

## English Tumbling Silver Championships 2022

### Judge rules

#### Club Cup Levels 5 and 6

Run 1 & 2:

- As per table below.
- Mark out of 10 as a Club Cup run.

Run 3:

- Voluntary 6 elements.
- Mark out of 10 plus difficulty as an FIG run, with these specific rules:
  1. For all Club runs, repetition of any elements is allowed. All non-FIG elements have a value of 0.1
  2. No penalty if the final element is not a somersault.
  3. If the final element is a somersault it must land on the landing area, unless it's an element in the reverse direction, failure to observe this will result in a penalty of 0.4 by the CJP.

Club Cup Level 5						
Groups	Run 1		Run 2		Run 3	
	9-10 Years	1	Round off	1	Round off	1
	2	Flic	2	Flic	2	Voluntary
11-12 Years	3	Flic	3	Flic	3	Voluntary
	4	Jump ½ turn and hold for approx. 3 secs *	4	Flic	4	Voluntary
13+ Years	5	Stretch jump into round off	5	Flic	5	Voluntary
	6	Flic	6	Straight jump	6	Voluntary
	7	Flic				
	8	Straight jump				

\* If gymnast doesn't hold for approximately 3 seconds, a 0.2 deduction per execution judge will be applied

Club Cup Level 6						
Groups	Run 1		Run 2		Run 3	
	9-10 Years	1	Round off	1	Round off	1
	2	Flic	2	Flic	2	Voluntary
11-12 Years	3	Flic	3	Whip	3	Voluntary
	4	Flic	4	Flic	4	Voluntary
13+ Years	5	Flic	5	Flic	5	Voluntary
	6	Tuck back somersault	6	Straight jump	6	Voluntary



# ENGLISH GYMNASTICS

## Regional Challenge Cup Level 1

Run 1 & 2:

- As per table below.
- Mark out of 10 as an RCC run.

Run 3:

- Voluntary 6 elements.
- Mark out of 10 plus difficulty as an FIG run.
- No penalty for any elements repeated from run 1 or run 2.

Regional Challenge Cup Level 1						
Groups	Run 1		Run 2		Run 3	
	9-10 Years	1	Round off	1	Round off	1
2		Flic	2	Flic	2	Voluntary
3		Flic	3	Whip	3	Voluntary
11-12 Years	4	Flic	4	Flic	4	Voluntary
	5	Flic	5	Flic	5	Voluntary
13+ Years	6	Pike back somersault	6	Tuck back somersault	6	Voluntary

## Regional Challenge Cup Level 2 and 3

Run 1 & 2:

- As per table below.
- Mark out of 10 as an RCC run.

Run 3

- Voluntary 8 elements.
- Mark out of 10 plus difficulty as an FIG run.
- No penalty for any elements repeated from run 1 or run 2.

Regional Challenge Cup Level 2						
Groups	Run 1		Run 2		Run 3	
	10-12 Years	1	Round off	1	Round off	1
2		Flic	2	Flic	2	Voluntary
3		Flic	3	Whip	3	Voluntary
13-14 Years	4	Flic	4	Flic	4	Voluntary
	5	Flic	5	Flic	5	Voluntary
15+ Years	6	Flic	6	Flic	6	Voluntary
	7	Flic	7	Flic	7	Voluntary
	8	Straight back somersault	8	Tuck back somersault	8	Voluntary

Regional Challenge Cup Level 3						
Groups	Run 1		Run 2		Run 3	
	U13 Years	1	Round off	1	Round off	1
2		Whip	2	Whip	2	Voluntary
O13 Years	3	Flic	3	Whip	3	Voluntary
	4	Flic	4	Flic	4	Voluntary
	5	Whip	5	Flic	5	Voluntary
	6	Flic	6	Flic	6	Voluntary
	7	Flic	7	Flic	7	Voluntary
	8	Straight back somersault	8	Full twisting back s/s	8	Voluntary



# ENGLISH GYMNASTICS

## Regional Challenge Cup Level 4

Run 1, 2 & 3:

- As table below.
- Mark out of 10 as an FIG run.
- The final element from run 1 cannot be repeated in runs 2 or 3.
- There will be a timed warm up, compete two voluntary runs, one touch warm up compete set run 1.

Regional Challenge Cup Level 4				
Age Groups 9 – 10yrs	Run 1		Run 2	Run 3
	1	Round off	x8 skill free pass (Difficulty to be added)	x8 skill free pass (Difficulty to be added)
2	Flic			
3	Flic	Minimum Difficulty over two free passes – 2.6 Maximum Difficulty over two free passes – 3.3 No skill repetition across all 3 runs in accordance with FIG rules. A penalty of 2.0 will be applied to complete runs that do not meet the minimum difficulty requirements.		
4	Flic			
5	Flic			
6	Flic			
7	Flic			
8	Tuck back somersault			

Regional Challenge Cup Level 4				
Age Groups 11 – 12yrs	Run 1		Run 2	Run 3
	1	Round off	x8 skill free pass (Difficulty to be added)	x8 skill free pass (Difficulty to be added)
2	Whip			
3	Flic	Minimum Difficulty over two free passes – 2.8 Maximum Difficulty over two free passes – 4.0 No skill repetition across all 3 runs in accordance with FIG rules. A penalty of 2.0 will be applied to complete runs that do not meet the minimum difficulty requirements.		
4	Flic			
5	Whip			
6	Flic			
7	Flic			
8	Tuck back somersault			

Regional Challenge Cup Level 4				
Age Groups 13-14yrs	Run 1		Run 2	Run 3
	1	Round off	8 skill free pass (Difficulty to be added)	x8 skill free pass (Difficulty to be added)
2	Whip			
3	Flic	Minimum Difficulty over two free passes – 3.3 Maximum Difficulty over two free passes – 5.4 No skill repetition across all 3 runs in accordance with FIG rules. A penalty of 2.0 will be applied to complete runs that do not meet the minimum difficulty requirements.		
4	Whip			
5	Whip			
6	Flic			
7	Flic			
8	Tuck back somersault			

Regional Challenge Cup Level 4				
Age Groups 15+yrs	Run 1		Run 2	Run 3
	1	Round off	x8 skill free pass (Difficulty to be added)	x8 skill free pass (Difficulty to be added)
2	Whip			
3	Whip	Minimum Difficulty over two free passes – Women 3.6 & Men 4.0 Maximum Difficulty over two free passes – Women 7.0 & Men 7.5 No skill repetition across all 3 runs in accordance with FIG rules. A penalty of 2.0 will be applied to complete runs that do not meet the minimum difficulty requirements.		
4	Whip			
5	Whip			
6	Flic			
7	Flic			
8	Tuck back somersault			