



Gymnastics & Trampoline Club

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POINTERS INVITATIONAL TUMBLING COMPETITION

You are invited to compete in the next Tumbling Competition.

Date: **Sunday 12th March 2017**
Venue: **Warlingham School**, Tithepit Shaw Lane, Warlingham. CR6 9YB ('Entrance B' of the sports facilities)
Times: **TUMBLING: 1.00pm** start. Finish around 5.00pm. (The competition will be split into two halves. Your slot time will be sent approximately a week before the competition date)
Attire: **Girls – Club leotard.** Gymnastics shorts may also be worn if desired.
Boys – Club leotard or club T-shirt and black P.E. shorts.
Entry Fee: **£12.00**

If paying by cheque, please make it payable to: **POINTERS** or pay via BACS to Lloyds Bank 30-91-72 00007716 and put your child's NAME and CLUB as a reference.

Please note: All payments are non refundable.

Spectators will be asked to pay a small entrance fee, on the day, to contribute towards hosting the event - £2.00 for adults and £1.00 for children.

Tumbling: There are 8 grades; grade 1 - elementary to grade 8 - advanced.

Overleaf are the tumble runs and guidelines. A sprung tumble track will be available for Grade 4 and above.

To enter, complete the tear off slip below and hand to a coach with your entry fee by **3rd March at the very latest.**

Please be aware we have a maximum of 100 places, therefore early applications are advisable. Clubs will be informed once this limit is reached, and no further entrants will be accepted.

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NAME.....DATE OF BIRTH.....

CLUB.....EMAIL ADDRESS.....

CONTACT PHONE NUMBER.....

I wish to enter the Inter Club TUMBLING Competition on Sunday 12th March 2017 at 1:00pm.
I will be competing in the following grade:

TUMBLING GRADE.....

Please enclose your entry fee of £12.00 with this slip

Amount enclosed.....

You can pay by cheque (Please make cheques payable to POINTERS) or via BACS to Lloyds Bank 30-91-72 00007716 noting your child's name and club as a reference.

TUMBLING COMPETITION RUNS

Current: January 2016

GRADE 1 - marked out of 10

- 1) Forward roll, jump 1/2 turn, backward roll.....(3)
- 2) Forward roll, straight jump to 1, cartwheel.....(3)
- 3) Cartwheel, chasse, cartwheel, cartwheel.....(4)

GRADE 2 - marked out of 10

- 1) Cartwheel, round off, straight jump.....(3)
- 2) Cartwheel, cartwheel (turn in), backward roll to straddle stand....(3)
- 3) Straight jump (RB), Round off, jump 1/2 turn, dive roll.....(4)

GRADE 3 - marked out of 10

- 1) Round off, jump 1/2 turn to one leg, cartwheel, cartwheel.....(4)
- 2) Handspring.....(1)
- 3) Straight jump (RB), Round off, jump half turn, step to cartwheel one hand, cartwheel two hands..(5)

GRADE 4 - marked out of 10

- 1) Handspring, straight jump, dive roll.....(3)
- 2) Handspring to one, cartwheel, round-off, straight jump.....(4)
- 3) Straight jump (RB), round off, back flic.....(3)

GRADE 5 - marked out of 12

- 1) Handspring, straight jump to one leg, round off, jump 1/2 turn to one leg, round off, full turn...(6)
- 2) Handspring to one, handspring to two.....(2)
- 3) Straight jump (RB), round off, back flic, back flic.....(4)

GRADE 6 - marked out of 10

- 1) Handspring to two, fly spring, straight jump.....(3)
- 2) Handspring to one, round-off, back flic, back flic.....(4)
- 3) Straight jump (RB), round off, back somersault (T)..... (3)

GRADE 7 - marked out of 12

- 1) Free cartwheel.....(1)
- 2) Handspring to one, round off, back flic, back flic, back somersault (T)(5)
- 3) Front somersault (RB), straight jump to one foot, round off, back flic, jump half turn, dive roll.....(6)

GRADE 8 - marked out of 10

- 1) Round off, back flic, back flic, back flic, back flic.....(5)
- 2) Round off, Straight back somersault.....(2)
- 3) Front somersault walk out (RB), Handspring to 2, Fly spring.....(3)

(RB = Reuther Board which must be used for this element.)

TUMBLING GUIDELINES

- 1) All tumbles must be executed with a running approach.
- 2) The approach run must not be executed more than three times and the exercise is considered to have started once the first element has been initiated.
- 3) The tumbler should finish with the body vertical at the end of the tumble run.
- 4) All tumble runs must finish with a two feet landing and should be static. No rebound jump is permitted.
- 5) No steps are permitted between the tumbling elements. A step between elements is regarded as a stop and terminates the run.
- 6) Each level consists of three runs which must be performed in the order shown.
- 7) Each tumble run consists of a number of elements which must be performed in the order shown.