

Note: These rules are still in draft. Please keep checking to see when they have been finalised. Contact Charlotte Jbali for more details.

Open Tumbling Levels

Bronze Level	Total Tariff for each run to be limited to	1.70
Silver Level	Total Tariff for each run to be limited to	2.50
Gold Level	Total Tariff for each run to be limited to	3.70
Gold + Level	Total Tariff to be unlimited	

Age Groups

Anticipated age groups will be split into the following range and year of birth dependant on the number of entries

7-8yrs, 9-10yrs, 11-12yrs. 13+yrs. **Boys and Girls competing against one another if entered into the same category**

Tariff sheets will need to be submitted at least one week before the competition in order to check elements against coach qualifications.

Minimum Scores

If a gymnast achieves a minimum score within a county run competition, they will be moved up to the next category until they are in the gold + level. This is to allow fairness for competition.

After the Sussex Championships, the scores across both the pilot and finals will be reviewed and will hopefully minimum scores for moving up levels will be set.

Tumble runs are tariffed according to difficulty

All tumble runs are marked from 10.00 for execution and then the difficulty added by the Chair of Judges (CJP)

Run 1 5 Element tumble

Run 2 5 Element tumble

Run 3 4 Element tumble

If any run has less than 3 moves performed then a 0 score will awarded.

Element	Tariff	Element	Tariff
Straight Jump	0	Barani	0.6
180° Jump	0	4/4 tucked front sommi	0.5
360° Jump	0.1	4/4 pike front sommi	0.6
Cartwheel	0.1	4/4 straight front sommi	0.6
Round Off	0.2	4/4 tucked Back sommi	0.5
Flick	0.3	4/4 Pike back sommi	0.6
Whip	0.8	4/4 Straight back sommi	0.6
360° whip	1.0	Handspring	0.3

- For front elements, they may walkout to one leg and immediately join to another skill except when completed as a final skill where a two foot landing must be shown.

- Front elements followed by a bounce (straight jump) are allowed although the straight jump will count as one of their elements and will be tariffed and judged accordingly.
 - All backward somersaults performed as a last skill must land on the landing zone and will incur a deduction of 0.2 if they land back onto track.
 - All somersaults (except for whip) must not be repeated.
 - For every additional 180° rotation in an upward jump add 0.1
 - For every additional 180° rotation in a rotating element add 0.2
 - For every double somersault add both values of somersaults together and double the score therefore a double tuck would be 2.0.
 - The final element on each of the 3 runs must be different.
 - Medals will be awarded for 1st, 2nd and 3rd places.
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- All gymnasts must be current Bronze or Silver BG members.
 - Tumble coaches will need to hold at least a level 2 coaching award.
 - General, WA, MA, Team Gym or Acrobatics coaches may take the skills onto the track as long as they have been covered in their syllabus.
 - Coaches must hold a current Safeguarding Certificate and have DBS / CRB cover by the time of entering the competition.