

Evaluation of Tumbling Exercises

1. General Notes

All Tumble runs will be marked out of 10.00 by each execution judge

All Tumble runs will be performed on a matted, not sprung, tumble run.

Each performer will perform three runs:

- | | | |
|---|----------------|---|
| 1 | Straight Run | A Round Off can be counted as one of the elements but is not considered a twisting element. |
| 2 | Run with twist | Has a change of direction e.g. a half turn at the end of the run. A round off will not count as the twisting element; a separate move with a change of direction must be performed. |
| 3 | Free Run | 5 elements <i>which must be different from Run 1 and 2.</i> |

- Each run shall comprise exactly five elements, all of which must be from the list of recognized moves below.
- Performing additional elements will be penalised by a deduction of 1.0 from each execution judge
- No element may be performed more than twice in any Tumble
- ¼ turn into cartwheel is NOT a separate element
- Elements may be repeated in different tumble runs, but no two tumble runs may be identical.
- Walkouts do not constitute a different element but may be added to any element on the list.
- A springboard may be used at the beginning of the run for any element listed.
- No more than 3 elements may be jumps
- Saltos can only be performed as the first and last element of a run.
- The safety mat must be used for saltos at the end of a tumble.
- The execution score (E-score) for a run is the average of the scores for 3 or fewer judges
- The E-score for a run is the average of the median two scores for more than 3 judges
- The total score for a run is calculated as 2 x E-score minus CJP deductions

2. Execution Judge Deductions

A Tumbling exercise should be fast, ideally accelerating throughout. It should have rhythm and lightness, an uninterrupted smooth flow, and fulfil all the requirements of shape and height. All landings should be exact.

Judges for execution evaluate each element in the run and deduct between 0.0 and 0.5 for each element. Deductions are made for lack of form, control, height, and rhythm in each element.

A tumble should be performed astride the centre line of the track. Should the tumbler deviate from the centre line they are advised to continue parallel to the centre line rather than strive to regain the line. A zig-zag course could lead to deductions under this heading for multiple elements.

The tumbler should finish with the body vertical in a **two footed** landing with feet astride the centre line at the end of the run. i.e., last element may not be a cartwheel or walkout. Any foot movements, arm, and body movements to maintain balance, or stooping forward, will be penalised. Penalties range from 0.1 to 1.0. Execution judges may also make a 1.0 deduction for performing additional elements.

3. Per-Element Execution Deductions

The maximum deduction for each element is 0.5

Minor Errors (0.1)

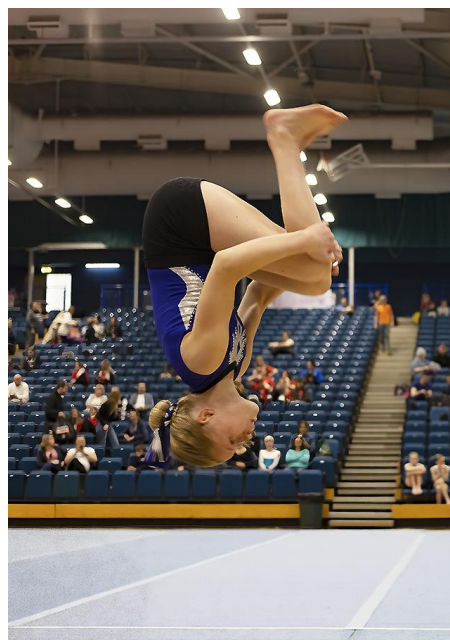
- slight bending or spreading of arms or legs - slight deviation in direction
- landing with a small bounce or step
- slight lack of height in somersaults (below shoulder height of the performer)
- other small insignificant errors in technique

Significant Faults (0.3)

- a distinct bending or spreading of the arms or legs
- a large step in landing or three small steps
- poor shape in the element
- distinct deviation from the centre line
- over or under turn in somersaults up to 45 degrees
- slight loss of tempo
- deep bend in landing
- execution of somersault at waist level

Serious Faults (0.5)

- distinct loss of tempo
- touching the boundary line of the runway with one hand or foot - significant bending of arms or legs
- over or under turn in twisting somersaults (more than 45 degrees) - serious technical errors
- landing a somersault on one leg when it should have been two - touching the floor briefly with the hands



4. End of Run (Landing) Deductions

A single deduction is made by each execution judge for the greater fault only of:

- Not standing still in a stable, upright position for approximately 3 seconds (0.1 to 0.3)
- After landing, touching the track or landing area with one or both hands (0.5)
- After landing, touching with or falling to the knees, hands & knees, front, back or seat on the track or landing area (1.0)
- Assistance from a spotter after landing (1.0)
- leaving the landing area or the track, or touching outside the landing area or touching the floor with any part of the body, or performing an additional somersault to avoid a fall (1.0)

An additional end deduction of 1.0 will be made by each execution judge if the gymnast performs one or more extra elements.

5. Chair's Deductions

The CJP may make further deductions from the total score of each run for any of the following reasons:

- untidy or immodest dress (0.1)
- incorrect dress (0.3)
- presence of a spotter (0.3)
- final somersault not using a safety mat (0.3)
- stepping out of the exercise area with one hand or foot. (1.0)
- discourtesy from tumbler or coach (0.1 – 1.0)

6. Difficulty and Maximum Score

The maximum score from each execution judge of a complete routine is 10. This is reduced by 1.0 in the event that the exercise is not performed as prescribed. A deduction of 1.0 is also made for each missed elements, and a further 1.0 is taken off for an interruption to the routine.

At BSGA events, the CJP will determine the maximum score for each routine where the requirements are not met.



To expand on this:

Each element in the Tumbling exercise is deemed to have a value of 1.0 for the purposes of defining the difficulty of the routine, and hence the maximum score, when the following occur:

- Omission of an element:
Deduct 1.0 (the value of the missing element). Deduct a further 1.0 for failing to perform the exercise as prescribed, i.e. the exercise would be marked out of 8.0 for one missing element, out of 7 for two missing elements etc.
- Changing an element:
If an element cannot be recognised as one included on the list, then is treated as an omission.
- A routine is interrupted if any of the following occur:
The tumbler falls
The tumbler stops
The tumbler lands both feet or both hands outside the boundary line
The tumbler takes additional steps (e.g. a handspring to two feet immediately followed by a cartwheel. However, handspring to 1-foot, immediate cartwheel is allowed)
The tumbler receives physical assistance from a spotter
- In the event of an interruption, a deduction of 1.0 from the maximum score is made for the transgression. Also deduct 1.0 for any element not performed and 1.0 for failing to meet the requirements of the exercise.

Example of an Interrupted Routine

If an exercise started with a handspring, and steps were taken immediately after the first element, then there would be 4 missing elements (4.0), a penalty for the steps (1.0) and a penalty for failing to complete the exercise (1.0). The exercise would therefore be marked out of 4.0.

7. Allowed Tumbling Elements

Straight jump	Flic flac	
* Tuck jump	Cartwheel	Half twisting back somersault
* Pike straddle jump	Round Off	Full twisting back somersault
Jump half turn	Fly spring	Tuck front somersault
Jump full turn	Tuck back somersault	Piked front somersault
Handspring - 1	Pike back somersault	Arabian front somersault
Handspring - 2	Straight back somersault	Side somersault

* Tuck and Pike Straddle jumps are **only** allowed as the final element of the tumble