



# Domestic Competition Structure

## Tumbling National Development Plan 2020

Trampoline National Technical Committee – Final Version 16<sup>th</sup> July 2019

## **NATIONAL TRAMPOLINE TECHNICAL COMMITTEE**

The British Gymnastics (BG) National Trampoline Technical Committee (NTTC) is responsible and accountable to BG for the development and direction of all Trampoline, Double Mini-Trampoline and Tumbling for all BG members.

Any 'Open' competitions organised under BG membership/insurance must be authorised by the NTTC.

Any regional activity providing opportunity for members of the region must be authorised by the relevant Regional Executive Committee and in consultation with the NTTC.

The competition seasons are from 1<sup>st</sup> October to 30<sup>th</sup> September.

Gymnasts and Coaches may select their competition pathway and entry level. After the appropriate level has been selected and competed at, a gymnast cannot change levels during the same competition.

Range and Conditioning, for NDP Levels 1 to 5 and FIG Development Level will form part of the qualification process and will be required at the Regional NDP Compulsory Final 2020.

### **Regional NDP Qualification Competition**

1 x British Gymnastics 'sanctioned' regional qualifying competition, held on or before 31<sup>st</sup> March 2020 for NDP Levels 1-5 and FIG Development Level leading to the NDP Individual & Regional Team Final. Once a gymnast has entered a level at this event they must remain there for the remainder of the competition season.

### **NDP Individual & Regional Team Final**

1 x British Gymnastics competition for NDP Levels 1-5 and FIG Development Level

*Regions may run 'out of age' groups (see age groups under Technical Requirements) however gymnasts competing in 'out of age' groups are not eligible to qualify for the NDP Individual & Regional Team Final or NDP Final. It is the responsibility of the **Clubs** to ensure that this rule is understood by gymnasts and/or their parents/guardians*

### **Notice of main changes to the National NDP Competition Structure 2020**

- **Removal of NDP Finals as a separate event. Individual NDP final incorporated into the Regional Team Final.**
- **New event in October – British Club Teams**
- **Top 2 gymnasts from FIG Development age groups will qualify to NDP Individual & Regional Team Final**

**Please refer to the National Competition Handbook for further information.**

## **Tumbling Domestic Competition Structure**

### **Objectives**

Provide two clear pathways of competition, FIG pathway and NDP pathway. Gymnasts must select their competition pathway at the beginning of the season and may not transfer pathways

### **Rationale**

- In each level Run 1 focuses on mount (start) skills, Run 2 develops mid-run continuity and Run 3 develops dismount skills.
- Skills are progressively introduced into more complex runs

### **Specific Rules for NDP Series, to be applied at NDP Regional Qualifying Competition**

1. Incomplete or incorrect runs will result in a zero 'DNF' score
2. Gymnasts receiving a zero 'DNF' score will not be awarded a medal.

### TUM NDP Level Requirements

NB: Club Levels 1 - 4 compete at Regional events only, included for information only.

NDP Club Level 1						
Age Groups	Run 1		Run 2		Run 3	
7-8yrs 9-10yrs 11yrs,	1	Forward Roll	1	Cartwheel (From standing start, facing sideways)	1	Straight Jump (walk out) (From a standing start on floor)
	2	Straight Jump	2	Cartwheel	2	Cartwheel 1/4 turn in
	3	Forward Roll	3	Cartwheel(Finish facing sideways)	3	Fall to Dish onto mat
	4	Tuck Jump	4		4	Hold Dish (3 secs)
	5	Forward Roll	5		5	
	6	Jump 180 (arms to chest)	6		6	

NDP Club Level 2						
Age Groups	Run 1		Run 2		Run 3	
7-8yrs 9-10yrs 11yrs	1	Straight Jump (walk out) (From a standing start on floor)	1	Straight Jump (walk out) (From a standing start on floor)	1	Straight Jump (walk out) (From a standing start on floor)
	2	Cartwheel	2	Cartwheel	2	Round Off
	3	Chasse	3	Round Off	3	Jump to Dish onto mat
	4	Cartwheel	4	Straight Jump	4	Hold Dish (3 secs)
	5	Chasse	5	Backward Roll	5	
	6	Cartwheel	6		6	

NDP Club Level 3						
Age Groups	Run 1		Run 2		Run 3	
8yrs 9-10yrs 11-12yrs 13yrs	1	Straight Jump (walk out) (From a standing start on floor)	1	Straight Jump (walk out) (From a standing start on floor)	1	Straight Jump (walk out) (From a standing start on floor)
	2	Cartwheel	2	Round Off	2	Round Off
	3	Chasse	3	Jump 180 (walk out)	3	Flic
	4	Round Off	4	Round Off	4	Jump to Dish onto mat
	5	Jump 180 (arms to chest)	5	Straight Jump	5	Hold Dish (3 secs)

NDP Club Level 4						
Age Groups	Run 1		Run 2		Run 3	
8yrs 9-10yrs 11-12yrs 13-14yrs	1	Round Off	1	Handspring	1	Straight Jump (walk out) (From a standing start on floor)
	2	Flic	2	Straight Jump (walk out)	2	Round Off
	3	Jump 180 (arms to chest)	3	Round Off	3	Flic
	4		4	Straight Jump	4	Flic
	5	Performed from a small run	5	Performed from a small run	5	Jump to Dish onto mat (hold for 3 seconds)

Physical Norms will be competed at Regional Prelims only.

Physical Norms – Body Management	
1	Kick to handstand (1sec) forwards roll to stand →
2	Straight leg forwards roll through pike to L-Sit →
3	Lower to pike fold (3secs) lift back to L-Sit →
4	Lower backwards to long arm dish (3secs) lower to flat →
5	Arched hip lift with arms flat (3secs) lower to flat →
6	Push up to bridge (3secs) lower and sit up to tuck →
7	Backwards roll to front support (3secs) →
8	Straight leg snap up to standing dish →
9	Straight arm drive to head height and return →
10	Jump half turn with arms lifted straight up by ears to land.

NDP National Level 1						
Age Groups	Run 1		Run 2		Run 3	
9 - 10yrs						
11-12yrs	1	Round Off	1	Round Off	1	Round Off
	2	Flic	2	Flic	2	Flic
	3	Flic	3	Flic	3	Tuck Back Somersault
	4	Jump 180, hold for approx. 3 sec	4	Flic	<b>15 metres of Track only</b>	
	5	Stretch Jump (walk out)	5	Flic		
	6	Round Off	6	Straight jump		
	7	Flic				
	8	Flic				
	9	Straight Jump				

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

Minimum Qualifying Standard NDP Level 1	3 Run Score	Physical Norms
	70.00	70.00

NDP National Level 2						
Age Groups	Run 1		Run 2		Run 3	
9 - 10yrs	1	Round Off	1	Round Off	1	Round Off
11-12yrs	2	Flic	2	Flic	2	Flic
13-14yrs	3	Flic	3	Whip	3	Pike Back Somersault
	4	Flic	4	Flic	<b>15 metres of Track only</b>	
	5	Flic	5	Flic		
	6	Tuck Back Somersault	6	Straight Jump		

Minimum Qualifying Standard NDP Level 2	3 Run Score	Physical Norms
	70.00	70.00

NDP National Level 3									
Age Groups 11-12yrs 13-14yrs 15+yrs	Run 1			Run 2			Run 3		
	1	Round Off		1	Round Off		1	Round Off	
	2	Flic		2	Flic		2	Flic	
	3	Flic		3	Whip		3	Straight Back Somersault	
	4	Flic		4	Flic		<b>15 metres of Track only</b>		
	5	Flic		5	Flic				
	6	Flic		6	Tuck Back Somersault				
	7	Flic							
	8	Pike Back Somersault							

Minimum Qualifying Standard NDP Level 3	3 Run Score	Physical Norms
	70.00	70.00

NDP National Level 4									
Age Groups U13yrs O13yrs	Run 1			Run 2			Run 3		
	1	Round Off		1	Round Off		1	Round Off	
	2	Whip		2	Whip		2	Flic	
	3	Flic		3	Whip		3	Full Twisting Back somersault (S)	
	4	Flic		4	Flic		<b>15 metres of Track only</b>		
	5	Whip		5	Flic				
	6	Flic		6	Pike Back Somersault				
	7	Flic							
	8	Straight Back Somersault							

Minimum Qualifying Standard NDP Level 4	3 Run Score	Physical Norms
	70.00	70.00

NDP National Level 5									
Age Groups U13yrs O13yrs	Run 1			Run 2			Run 3		
	1	Round Off		1	Round Off		1	Round Off	
	2	Whip		2	Whip		2	Flic	
	3	Whip		3	Whip		3	Double Twisting Back somersault (S)	
	4	Whip		4	Flic		<b>15 metres of Track only</b>		
	5	Flic		5	Flic				
	6	Flic		6	Full Twisting Back somersault (S)				
	7	Flic							
	8	Tuck Back Somersault							

Minimum Qualifying Standard NDP Level 5	3 Run Score	Physical Norms
	70.00	70.00

### FIG DEVELOPMENT LEVEL

		FIG DEVELOPMENT		
Age Groups 9-10yrs		Run 1	Run 2	Run 3
	1	Round Off	8 Skill Free Pass	8 Skill Free Pass
	2	Flic		
	3	Flic	Minimum Difficulty over two free passes 2.6  Maximum Difficulty over 2 free passes 3.3  No skill repetition across all 3 runs in accordance with FIG rules	
	4	Flic		
	5	Flic		
	6	Flic		
	7	Flic		
	8	Tuck Back Somersault		

<b>Minimum Qualifying Standard</b>	<b>3 Run Score</b>
	72.6

		FIG DEVELOPMENT		
Age Groups 11-12yrs		Run 1	Run 2	Run 3
	1	Round Off	8 Skill Free Pass	8 Skill Free Pass
	2	Flic		
	3	Flic	Minimum Difficulty over two free passes 2.8  Maximum Difficulty over 2 free passes 4.0  No skill repetition across all 3 runs in accordance with FIG rules	
	4	Flic		
	5	Flic		
	6	Flic		
	7	Flic		
	8	Straight Back Somersault		

<b>Minimum Qualifying Standard</b>	<b>3 Run Score</b>
	72.8

		FIG DEVELOPMENT		
Age Groups 13-14yrs		Run 1	Run 2	Run 3
	1	Round Off	8 Skill Free Pass	8 Skill Free Pass
	2	Whip		
	3	Whip	Minimum Difficulty over two free passes 3.3  Maximum Difficulty over 2 free passes 5.4  No skill repetition across all 3 runs in accordance with FIG rules	
	4	Whip		
	5	Flic		
	6	Flic		
	7	Flic		
	8	Full Twisting Back somersault (S)		

<b>Minimum Qualifying Standard</b>	<b>3 Run Score</b>
	73.3

		FIG DEVELOPMENT		
Age Groups 15+yrs		Run 1	Run 2	Run 3
	1	Round Off	8 Skill Free Pass	8 Skill Free Pass
	2	Whip		
	3	Whip	Minimum Difficulty over two free passes Women 3.6 Men 4.0  Maximum Difficulty over 2 free passes Women 7.0 Men 7.5  No skill repetition across all 3 runs in accordance with FIG rules	
	4	Whip		
	5	Whip		
	6	Flic		
	7	Flic		
	8	Full Twisting Back somersault (S)		

Minimum Qualifying Standard	3 Run Score
<b>WOMEN</b>	73.6
<b>MEN</b>	74.0

### NDP Regional Qualifying Competition

NDP Qualifier (within region)  NDP Individual & Regional Team Final

**NDP 1-5** The **top 2** ranked gymnasts, per age group, per level, per gender will qualify to the NDP individual & Regional Team Final, providing all runs competed are as stated above, the minimum execution scores are achieved, and the physical pass mark has been achieved. No more than **2** gymnasts may progress to the Individual & Regional Team Final. In the event of a tie for a qualification place, the tie break rules below will be used:

**FIG DEVELOPMENT LEVEL** The **top 2** ranked gymnasts, per age group, per level, per gender will qualify to the Regional Team Final, providing all runs competed are as stated above, the minimum execution scores and Difficulty are achieved, and the physical pass mark has been achieved. No more than **2** gymnasts may progress to the Regional Team Final. Failure to meet the Minimum DD requirement means a gymnast will not be eligible for qualification to the next round of competition and will not be eligible for a medal. DD will be capped at the maximum (no penalty for exceeding).

In the event of a tie for a qualification place, the following tie break rules will be used:

#### Tie Breaks

In case of a tie, at any place, the ranking will be determined by the following criteria:

1. The gymnast with the higher sum of the E-scores of the three passes prevails
2. The gymnast with the higher sum of the E-scores of final two passes
3. The gymnast with the higher E-score of the final pass
4. The gymnast with the higher R&C score prevails (Regional NDP Qualifier)

If there is still a tie, the tie will not be broken.

### NDP Individual & Regional Team Finals



Ranking at the NDP Individual & Regional Team Final is determined by the cumulative scores from all 3 runs.

Ties will not be broken at this event