

BURY SPECTRUN GYMNASTICS CLUB

FRIENDLY TUMBLING CHAMPIONSHIP 2013

Style of Competition

The competition will be an individual apparatus competition open to both male and female gymnasts.

There will be ten levels of difficulty, Level 1 being the easiest and Level 10 being the hardest.

At each level, all runs are compulsory.

Apparatus

The run will comprise of a sprung carbon fibre tumbling track 18m in length

Competition Specific Eligibility

It is expected that clubs will enter their gymnasts into the level appropriate for their ability. Progression score may be added for future events

LEVEL	AGE GROUPS				
LEVEL 1	6-7 YEARS	8-9 YEARS	10-11 YEARS	12-13 YEARS	14+ YEARS
LEVEL 2	6-7 YEARS	8-9 YEARS	10-11 YEARS	12-13 YEARS	14+ YEARS
LEVEL 3	6-7 YEARS	8-9 YEARS	10-11 YEARS	12-13 YEARS	14+ YEARS
LEVEL 4		8-9 YEARS	10-11 YEARS	12-13 YEARS	14+ YEARS
LEVEL 5		8-9 YEARS	10-11 YEARS	12-13 YEARS	14+ YEARS
LEVEL 6		8-9 YEARS	10-11 YEARS	12-13 YEARS	14+ YEARS
LEVEL 7			10-11 YEARS	12-13 YEARS	14+ YEARS
LEVEL 8			10-11 YEARS	12-13 YEARS	14+ YEARS
LEVEL 9			10-11 YEARS	12-13 YEARS	14+ YEARS
LEVEL 10				12-13 YEARS	14+ YEARS

Dress code

Male – Leotard and shorts or shorts and tee shirt tucked in are allowed

Female – Long or short sleeved leotard, shorts or leggings with tight fitting top or T shirt tucked in are allowed

Low Level**Level 1**

	1	2	3	4	5	6
RUN 1	Forward Roll	Stretch Jump	Forward Roll	Star Jump	Forward Roll	Full Turn Jump
RUN 2	Chassee	Cartwheel	Chassee	Cartwheel	Chassee	Cartwheel to Land Side on
RUN 3	Cartwheel	Cartwheel ¼ Turn In	Back Roll	½ Turn Jump	Forward Roll	Star Jump

Level 2

	1	2	3	4	5	6
RUN 1	Round Off	½ Turn Jump to 1	Cartwheel	Cartwheel	Round Off	Rebound Jump
RUN 2	Cartwheel	Chassee	Cartwheel	Round Off	Stretch Jump	Backward Roll
RUN 3	Handstand Forward Roll	Forward Roll to 1	Cartwheel	Cartwheel	Round Off	½ Turn Jump

Level 3

	1	2	3	4	5	6
RUN 1	Round Off	½ Turn Jump to 1	Cartwheel	Round Off	Rebound Jump	Jump 1/1 Turn
RUN 2	Handspring to 2 Feet	Stretch Jump to 1	Cartwheel	Round Off	½ Turn Jump	Rebound Roll
RUN 3	Round Off	Flic	Rebound Jump (Hold 3 Seconds) and Finish (Turn Round)	Round Off	Flic	Rebound Jump

Medium Level

Level 4

	1	2	3	4	5	6
RUN 1	Round Off	Flic	½ Turn to 1 Leg	Round Off	Flic	Rebound Jump
RUN 2	Handspring to 2	Rebound Jump to 1	Cartwheel	Round Off	Flic	½ Turn Jump
RUN 3	Round Off	Flic	Flic	Rebound Jump		

Level 5

	1	2	3	4	5	6
RUN 1	Round Off	Flic	Flic	Flic	Flic	Rebound Jump
RUN 2	Front Somi to 2	Rebound Jump to 1	Round Off	Flic	Flic	½ Turn Jump
RUN 3	Round Off	Flic	Tuck Back Somi			

Level 6

	1	2	3	4	5	6
RUN 1	Round Off	Flic	Flic	Flic	Flic	Tuck Back Somi
RUN 2	Round Off	Flic	Whip	Flic	Flic	Rebound Jump
RUN 3	Round Off	Flic	Pike Back Somi			

Level 7

	1	2	3	4	5	6	7	7
RUN 1	Round Off	Flic	Flic	Flic	Flic	Flic	Flic	Pike Back Somi
RUN 2	Round Off	Flic	Whip	Flic	Flic	Tuck Back Somi		
RUN 3	Round Off	Flic	Straight Back Somi					

High Level

Level 8

	1	2	3	4	5	6	7	8
RUN 1	Round Off	Flic	Whip	Flic	Whip	Flic	Flic	Pike Back Somi
RUN 2	Round Off	Whip	Whip	Flic	Flic	Straight Back Somi		
RUN 3	Round Off	Flic	Straight Back Somi 360					

Level 9

	1	2	3	4	5	6	7	8
RUN 1	Baranie	Whip	Whip	Flic	Flic	File	Flic	Straight Back Somi
RUN 2	Round Off	Whip	Whip	Whip	Whip	Flic	Flic	Straight Back Somi 360
RUN 3	Round Off	Flic	Straight Back 720					

Level 10

	1	2	3	4	5	6	7	8
RUN 1	Round Off	Whip	Whip	Whip	Whip	Whip	Flic	Straight Back Somi 720
RUN 2	Round Off	Whip *	360 Whip *	Whip	Whip	Flic	Flic	Straight Back
RUN 3	Round Off	Flic	Double Tuck Somi					

360 Whip can be performed as either skill 2 or 3