



# TUMBLÉNASTIX

COMPLETE MANUAL 2023

# INTRODUCTION

## WHAT IS TUMBLÉNASTIX?

TUMBLÉNASTIX is characterised by continuous, speedy, rhythmic hands to feet and feet to feet, rotational jumping elements, without hesitation or intermediate steps.

A TUMBLÉNASTIX pass should be planned to demonstrate a variety of forward, backward and sideways elements. That should show good control, form, execution and maintenance of tempo

## JUDGES', COACHES & PARTICIPANTS PLEDGE

*I promise that I shall participate / officiate in any Aerialnastix sporting event with complete impartiality, respecting and abiding by the rules which govern them in the true spirit of sportsmanship*

## MISSION

- This manual indicates the standard of behaviour expected of a member of this association.
- It is a formal statement of the values and ethical standards that guide individuals in TUMBLÉNASTIX.
- It is a set of principles, and norms to which TUMBLÉNASTIX Judges can be held accountable when judging at any sporting event.
- This can also be used as a point of reference when dealing with disciplinary procedures against members.

## VALUES

- To outline incorrect and unacceptable actions or behaviours within the sport and to encourage ethical behaviour within the sport, so that when the rule is contravened, the appropriate disciplinary actions can be taken - thus responding to offences and preventing re-occurrences.
- To help resolve conflict.
- To make ethical behaviour infringement easy to identify.
- To enhance the ethical reputation of TUMBLÉNASTIX persons.
- To promote respect for human dignity, rights and social justice.
- To provide a framework for all TUMBLÉNASTIX persons to conduct their sport activities according to the following ethical principles:
  - ✓ Embrace the spirit of fair play.
  - ✓ Respect the rights, dignity and worth of every human being.
  - ✓ Being fair, considerate, honest and respect for the rules and regulations.

- ✓ Being trustworthy and professional, accepting responsibilities for their action.
- ✓ Refraining from any racial, gender, verbal, physical or emotional abuse or harassment.
- ✓ Always making a positive contribution and refraining from destructive criticism.
- ✓ Always acting in the interest of TUMBLNASTIX and AERIALNASTIX.
- ✓ Respect all religions as equal.

## **ETHICAL BEHAVIOR**

We will:

- Make sure that the sport is practiced in the spirit of fair play.
- Ensure that all equipment and facilities comply with the specified Association Standards.
- Not tolerate unacceptable conduct towards officials, participants, spectators or ourselves.
- Disclose personal interest by all participants and/or officials at all levels.
- Handle all conflicts firmly and with dignity.
- Display exemplary behaviour in and on the floor, promoting fair play in sport.
- Develop ourselves to meet the high standard of Judging.
- Make ourselves available to discuss issues before and after the event.
- Commit to the fight against banned substances in sport.
- As Technical officials, discourage the promotion of tobacco and alcoholic products in sport.
- Dress in official attire, to abstain from any forbidden substances, e.g., alcohol, tobacco, drugs etc.
- Resist all forms of corruption, pressures and other compelling circumstances.
- Respect other officials, Participants and their parents.
- Commit and co-operate with all medical and testing protocols of the WADA.
- Ensure that no participant be advantaged by any favouritism.
- At all competitions, the decision of the Head of Judges, IS FINAL!

## **GENERAL BEHAVIOUR DURING COMPETITIONS**

- Always follow the manual as well as the rules and regulations.
- Always act professionally.
- Always respect the Coaches / Participants / Officials and other Judges.
- Always make sure you attend the meeting before the competition.
- Avoid arguments in view of spectators.

# EQUIPMENT

## TUMBLENASTIX TRACK:

Two types of TUMBLENASTIX tracks are used

### Type 1: Air track

An inflatable air track, with no run up or landing area

- DIMENSION:           Length           16 meters  
                              Width            2 meters
- MARKINGS:           A centre line 50mm wide in a contrasting colour must mark the centre line of this track

### Type 2: Rod floor

This track must be constructed with a sprung surface, which must be padded. If constructed of several units, these must be firmly attached together so as not to separate in use and showing no space between them.

- DIMENSION:           Length           26 meters  
                              Width            2 meters
- MARKINGS:           Two lines, 50mm, wide in a contrasting colour must mark the outer edge of the track. A centre line 50mm wide in a contrasting colour must mark the centre line of this track

### RUN-UP AREA:

There must be a run-up area, no longer than 11 meters (same level as the track) attached to the track.

### LANDING AREA:

A shock absorbent mat must be placed in the landing area and it must allow for a stable landing on the feet.

If two or more mats are joined together to form the landing area:

- ✓ They must be the same height and density.
- ✓ They must be held firmly together so as not to separate in use.
- ✓ The whole landing area must be covered with a single covering mat.
- DIMENSION:           Length           6 meters  
                              Width            3 meters
- THICKNESS:           The thickness and density of the foam must be sufficient so as to absorb shock. The upper surface of the landing mat must be level and held firmly together with the upper surface of the track

### LANDING ZONE:

A landing zone must be marked out in the landing area, with either the whole zone in a contrasting colour, or with lines 50 mm wide in a contrasting colour. The outer edge of the landing zone (or lines) marks the boundary of the landing zone, the dimension of which must be:

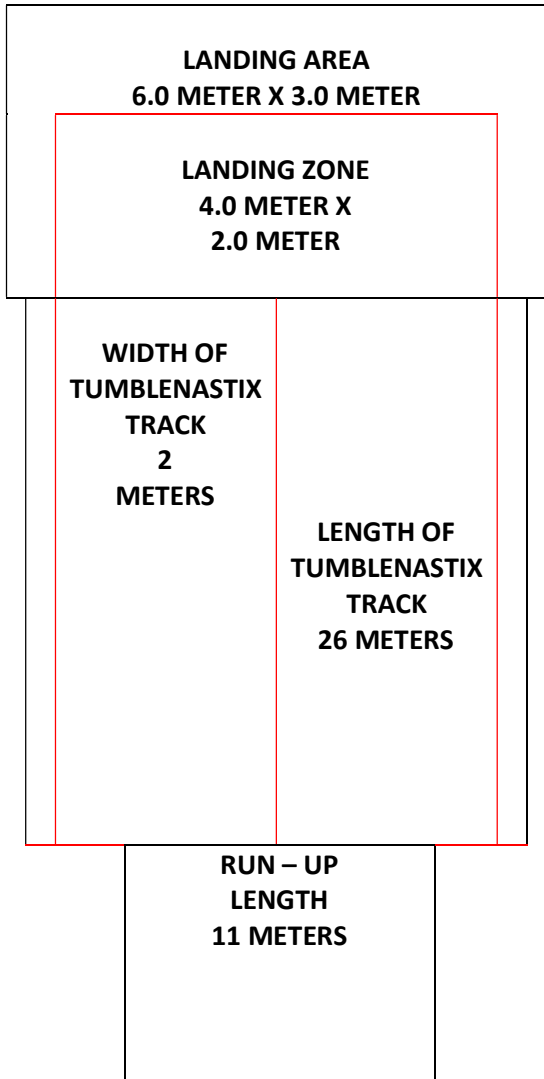
- LENGTH               4.0 METER
- WIDTH                2.0 METER
- THICKNESS AS ABOVE

**SAFETY REQUIREMENTS:**

The interior height of the hall must be at least 5 (five) meters.  
A Participant may have 1 (one) spotter (coach).

**EXAMPLE OF A TUMBLINASTIX TRACK**

TOTAL DIMENSION OF THE TUMBLINASTIX ROD FLOOR TRACK IS 43 METERS



Drawing not to scale

# DRESS CODE:

## JUDGES

The impression we want to bring forward is: **PROFESSIONAL – NEAT – COMFORTABLE**

Always adhere to the following rules:

**FEMALE DRESS:**           Black skirt or slacks (NO JEANS)  
White blouse  
Black Judges' jacket  
Dark shoes / sandals.  
*(Tekkies, "slopss" Plakkies Slippers) are NOT ALLOWED*

**MALE DRESS:**           Black trousers  
White shirt  
Black Judges' jacket  
AERIALNASTIX Tie  
Dark shoes  
*(Plakkies, tekkies "slopss" or Slippers) are NOT ALLOWED.*

In special cases you may get permission from the Competition Organizers to dress differently, e.g. when you had a foot operation and need to wear special shoes.

**Always look neat and professional**

## PARTICIPANTS AND COACHES

### • **MALE PARTICIPANTS:**

- Sleeveless or short sleeve leotards
- Gym shorts
- White shoes and / or white foot covering may be worn.
- No jewellery allowed at all.
- Club/School shirt allowed

### • **FEMALE PARTICIPANTS:**

- Leotard with or without sleeves. Ski-pants or unitards will also be allowed. (Halfway down thigh or 1 hand above knee)
- White shoes and / or white foot covering may be worn.
- NO JEWELLERY ALLOWED AT ANY TIME.
- All hair should be secured close to the head. Loose hair is at the Participant's own risk. It can cause safety problems and may result in an interruption
- Bandages or support pieces must not be in contrasting colours
- Club/School shirt allowed

## COACHES:

Track suit and Gym shoes, that is "Tekkies" NO SLIP-ON or other open shoes

**Any violation of these rules may result in disqualification from the pass in which the offence occurs. This decision is made by the respective Head Judge.**

# GENERAL COMPETITION RULES

## COMPETITION STARTING ORDER

The scoring system used will randomly place the participants in a starting order after all the entries has been loaded

## TIES

No ties will be broken, if participants achieve an equal score, they will be awarded the place. In this situation the preceding place will be removed.

E.g. If 2 participants are tied in second place, third place will be removed, and the next placing will be fourth place.

## WINNERS

The winner is the Participant with the highest overall number of points.

If the winner is the only Participant in the group, the medal awarded will be determined on the average of the execution scores:                      Tumbling – 8.5

## SCORING

### **MARKS TO BE USED:**

- “D” type mark – the total of the degree of difficulty in one pass.
- “E” type mark – the total given by the Execution Judges in one pass.

Where there are 5x execution judges the highest and lowest marks fall away and the three remaining “E” marks are added together as the “counting marks”

In the case where there are only 3x execution judges, the three “E” marks are added together as the “counting marks”

The total score for a pass is based on one “D” mark plus three counting “E” marks. (Voluntary)

The total score for a set pass is based on three counting “E” marks.

Where an electronic scoring system is adopted the scoring will be in accordance any system AERIALNASTIX may see fit to use

### **DEGREE OF DIFFICULTY**

The difficulty of each element is calculated as illustrated later in this manual

### **METHOD OF SCORING**

- The total deductions per element is deducted from the number of elements in the pass to get a score out of 10
- The evaluation of execution and difficulty is done in 10th of a point.
- Judges must write their deductions independently of one another. (Total deduction for each element).

- When signalled by the Head Judge, the marks of the Execution Judges must be shown simultaneously.
- If any of the Execution Judges fail to show their marks when signalled by the Head Judge, the average of the other marks will be taken for the missing mark(s).
- This decision if a judge failed to show simultaneously is made by the Head Judge.

#### **EVALUATION OF THE SCORE FOR EXECUTION**

The deduction for poor execution is subtracted from the maximum mark, except where the pass consists of less than 3 elements, OR FALLS BETWEEN LEVELS 1-5. Less than 3 elements score zero (LEVELS 6 & upwards)

#### **EVALUATION OF THE SCORE FOR DIFFICULTY**

The Difficulty Judges calculate the difficulty of the voluntary passes and enter it on the competition card.

#### **EVALUATION OF PARTICIPANTS TOTAL SCORE FOR A PASS**

- Each pass is scored separately and a total of execution plus difficulty is calculated for each voluntary pass.
- The recorders will calculate the total score by adding together the three E marks (execution) plus the D mark (difficulty).
- All scores will be rounded to 2 (two) decimal places. Such rounding will only be made in respect of the Participants total score for a pass.
- The chief recorder must verify the total score on the list of results.

The HEAD JUDGE is responsible for determining the validity of the final scores

#### **COMPETITION DIFFICULTY CARDS**

VOLUNTARY PASSES for advanced section, must be written down on the competition difficulty cards. The competition cards must be handed in at least 30 minutes prior to the scheduled start time of the event. Changes to cards submitted will be accepted until the competition has started. The Chief Recorder is responsible to ensure that they are given to the Difficulty Judges.

ONLY RECOGNISED TERMINOLOGY MAY BE USED TO DESCRIBE THE ELEMENTS, OTHERWISE THE CARDS WILL NOT BE ACCEPTED.

**(No card, No participation)**

### Example of Difficulty Card

FIRST NAME:		SURNAME/LAST NAME:			
CLUB:	DATE OF BIRTH	SEX		PROVINCE:	
		MALE	FEMALE		
NATIONAL AGE GROUP		WORLD AGE GROUP		OPEN	
12/U	13-14	15-16	17/O	MEN	WOMEN

#### PASS 1

NO	ELEMENT/SKILL	POS	DIFF	ELEMENT/SKILL	DIFF
1					
2					
3					
4					
5					
6					
7					
8					
	<b>TOTAL</b>				

#### PASS 2

NO	ELEMENT/SKILL	POS	DIFF	ELEMENT/SKILL	DIFF
1					
2					
3					
4					
5					
6					
7					
8					
	<b>TOTAL</b>				

DIFFICULTY JUDGES: .....

# COMPETITION – APPEALS PROCESS

A registered coach may raise an appeal against a difficulty value that has been awarded by the difficulty judges on any participant.

The appeal must be raised at the end of the round, but prior to the start of the next round. If the appeal is successful, the difficulty mark will be corrected prior to the release of the results.

## COMPETITION REGULATIONS

### WARMING UP

Time will be allocated on the competition programme to allow the participants an adequate warm up. There will only be one touch warm-up for each apparatus.

Special arrangements should be made between the organisers and the coaches of the Participants coming from far, to be able to warm-up on the competition apparatus either the evening before, or the day before the competition, to enable the Participants to adjust to the competition equipment.

### START OF A PASS

- Each Participant will start on the signal given by the Head Judge.
- After the signal has been given, the Participant must initiate the first element within 20 seconds, otherwise a penalty deduction of 0.1 point will be made by each of the execution judges on the instruction of the Head Judge.
- If this time limit is exceeded as a result of faulty equipment or other substantial cause, no deduction will be applied. This decision is made by the Head Judge.
- A springboard may be used only to initiate the first element. It may be placed anywhere on the track or the run-up.
- Whether using a springboard or not, the first element must land on the TUMBLÉNASTIX track, though it may be initiated on the run-up.

### REPETITION OF ELEMENTS

With the exception of flic-flacs, whip backs and round-offs no element may be repeated during the 2 (two) voluntary passes, otherwise the difficulty of the repeated element will not be counted.

- Elements from a SET pass CAN be repeated in the Voluntary pass.
- Elements having the same amount of rotation but performed in the tucked, piked and straight positions or with change of body position, are considered to be different elements and not repetitions.
- The tucked and pucked positions are considered to be the same position.

- Multiple somersaults (720° or more of rotation) having the same number of twists and somersaults will not be considered a repetition if the twist is located in different phases.
- Somersaults will not be considered repetitions if they are preceded by a different element.
- In the OPEN section, in the Final passes the same element may not be repeated, with the exception of flic-flacs, whip backs and round-offs, otherwise the difficulty of the repeated element will not be counted.

### **INTERRUPTION OF A PASS**

A pass will be considered interrupted if the Participant:

- Is touched by a spotter.
- Takes intermediate steps or stops (except Levels 1-5).
- Falls to the track/zone/area during a pass.
- Touches any part outside the outer lines of the track with any part of the body.
- Touches the track with any part of the body other than hands or feet.
- Hair constitutes "any part of the body other than hands or feet" thus it will result in an interruption of the pass if a participant's hair touches the mat during the course of the pass.
- No credit will be given for the element in which the interruption occurs.
- Performs movements without somersault rotation.
- Changes of a SET pass, the pass gets "stopped / interrupted" where change occurs.
- No element will be counted if the Take-off is initiated from the landing area.  
E.g.: elements executed from landing mat to landing mat.
- A Participant will be judged only on the number of elements completed on the feet on the track or landing area. Note: any element with a take-off initiated from the landing zone/area will not be counted.
- Landing on both feet means the sole of the feet.
- If a Participant touches the track / zone / area with his feet during landing, but never shows a recognizable landing preparation and falls to face, knees, hands and knees, front or back in the same movement, the element will not be counted. There will be no extra deduction for the fall.
- No additional landing deductions will be counted for interrupted routines/passes.

The Head Judge will decide the maximum mark.

### **TERMINATION OF A PASS (End of the pass)**

- Each pass must end on both feet on the track or the landing area, otherwise the last element will not be counted.
- After the last element, the Participants must stand upright for approximately 3 (three) seconds otherwise they will receive a deduction for lack of stability.
- A pass is deemed to have ended after the 3 (three) seconds have elapsed.
- The last element must be performed from the TUMBLINASTIX track to the landing area except in the case of an element in the reverse direction. A failure to observe this rule will result in a deduction of 0.2 points by each Execution Judges. **(LEVEL 6 & upwards)**.
- All voluntary passes from LEVEL 6 upwards must end with a somersault, otherwise there will be a deduction of 1.0 points by each of the Execution Judges. (Completed passes only).
- For additional elements, a deduction of 1.0 point (total) will be made by each execution Judges

# JUDGES RULES

## AVAILABILITY

Each entered club is requested to provide judges as per the Code of Conduct:

- |                        |   |                  |
|------------------------|---|------------------|
| ▪ 0 – 10 Participants  | = | 1 judge          |
| ▪ 11 – 20 Participants | = | 2 judges         |
| ▪ 20 – more            | = | 3 judges or more |

If this requirement is not met or if a person who indicated his availability but does not show up, without a valid reason, a penalty of R500 per judge per club will be payable to the competition manager before the start of the competition, in order to avoid disqualification of the club at the competition in question.

State the following very clear, when you agree to judge:

- The days and times you are available to judge.
- Be punctual for competitions and meetings.
- If you do not specify, the organizers will assume that you are available for the whole duration of the competition.
- Do not leave the competition without the Director of Judging's knowledge and wait for your replacement.
- Never agree to judge and not pitch up. This behaviour will be met with severe penalties.

## JUDGES' LICENSES

- All the competitions, the Judging Manager at the event will complete an attendance register per round, which must be submitted to Aerialnastix management after the competition.
- An attendance register for each course which judges attend must be submitted to Aerialnastix management after the competition.
- To keep the license valid the Judge must judge at least FOUR SESSIONS at different club / Provincial / National and International competitions.
  - A session means a full morning (from the time the competition starts till lunch time) or a full afternoon (from lunch till after the last competition of the day).
- If a judge is not active for 2 years, he will have to do the Judges course and exam over to be able to judge again.
- If a Judge loses the validity of their license they will still keep the coach's accreditation. They have to take part in and pass the exam of the highest level they were on prior to losing the validity in order to become a validated Judge again.
- To be able to do the next (higher) level of the Judges' ladder, you must have judged a minimum of 8 sessions on your existing level.
- A level 2 judges may be the Head Judge of any competition that requires level 1 judges
- A level 3 judge may be the Head Judge of any competition that requires level 1 & 2 judges
- A level 4 judge may be the Head Judge of all competition levels
- The Head Judge for the advanced section must have a level 4 qualification

## JUDGES' LADDER

Level 1 Judge	Maximum of LEVEL 5 (yellow)
Level 2 Judge	Maximum of LEVEL 8 (Green)
Level 3 Judge	All CATEGORIES & ADVANCED SECTION (Red)
Level 4 Judge	5 years' experience as a level 3 judge (Black)

## JUDGES' PANEL

At any competition, the Judges' panel should be composed of,

- Head Judge - the highest qualified judge on the panel.
- Execution Judges - following the qualified ranks.

For training purposes only, the panel can be composed differently.

SEQUENCE TOTAL SCORE = 1<sup>ST</sup> PASS ADD 3 Execution marks  
2<sup>nd</sup> PASS ADD 3 Execution marks  
Both added together gives total for the Participant.

1. Head Judge	1
2. Judges for Execution	5
3. Judges for Difficulty	2 (Only for Level 6 upwards)
<b>TOTAL</b>	<b>8</b>

Judges 1-7 must sit separately, at least 3 (three) meters from the side of the TUMBLINASTIX track, with the Judges' tables positioned and starting from meter 16 of the TUMBLINASTIX track.

If a Judge fails to carry out his duties in a satisfactory manner he must be replaced. This decision will be made by the Head Judge.

If an Execution Judge is replaced, the Head Judge may decide whether his previous marks will be replaced by the average of the remaining marks.

## DUTIES OF THE HEAD JUDGE

- a) Controls the facilities.
- b) Organises the Judges' Conference and the trial scoring.
- c) Places and supervises all Judges, Spotters and Recorders.
- d) Directs the competition.
- e) Convenes the competition jury.
- f) Decides if a second attempt should be allowed, **ONLY IF EQUIPMENT IS FAULTY.**
- g) Decides about the Participant's dress.
- h) Informs the Execution Judges of deductions for the voluntary passes.
- i) Decides whether any assistance given by a spotter was necessary.
- j) Declares the maximum mark in the case of an interrupted pass.
- k) Informs the Execution Judges of additional deductions.
- l) Decides if a Judge fails to show his score immediately.
- m) Supervises and controls all scores, calculations and the final results.
- n) Decides before the end of the round, when approached by an official representative of a

- i. Federation or a Judge, about obvious errors in the calculation of difficulty or numerical
  - ii. Errors concerning Execution scores.
- o) Decides about penalties and informs the chief recorder.
- p) The ruling of the Head Judge is always final.

At all competitions, where newly qualified Judges are judging the first time, the Head of Judging/Facilitator/Education official, will act as mentor to those judges and when possible, include those judges in the panel, but without a counting mark.

### **DUTIES OF THE EXECUTION JUDGES**

1. Evaluate the execution per element
  - in the range 0.0 – 1.0 points for Levels 1 - 5;
  - in the range 0.0 - 0.5 points for all other categories
2. Write down the deductions independently of each other. (A total deduction for each element).
3. Subtract the given Head Judge deductions and your own deductions from the given maximum mark indicated by the Head Judge.
4. Show your mark simultaneously (Immediately) on the indication of the Head judge.

**NB: Levels 1 - 5 the maximum DEDUCTION per ELEMENT is 1.0 mark and from Level 6 onwards it is 0.5 marks.**

# **EXECUTION DEDUCTIONS**

## **TUMBLÉNASTIX**

Legs/ Arms bent- open - wrong body position	<b>0.1 – 0.3</b>
Hand placement too close to feet or no amplitude	<b>0.1 – 0.3</b>
Uncontrolled movement in elements.	<b>0.1 – 0.3</b>
No push where necessary.	<b>0.1 – 0.3</b>
Incorrect body position in cartwheels.	<b>0.1 – 0.3</b>
Not standing still for approximately 3 seconds.	<b>0.1 – 0.3</b>

### **ADDITIONAL DEDUCTIONS FOR EXECUTION:**

- Lack of form, control, height and rhythm in each element 0.1 – 0.3 pts
- Landing on both feet but lacking stability and/or not standing still for approximately 3 (three) seconds. 0.1 – 0.3 pts

## HEAD JUDGE DEDUCTIONS

	LEVEL 1-5	LEVEL 6 and up
Skills missing	1.0 each	Sequence stops in set passes
Skills added	1.0 only	1.0 only
Spotter counts or talks	0.3 for each occurrence	0.3 for each occurrence
Intermediate steps / extra step	0.5 per element	Sequence stops
Assistance from coach	1.0 each time	Sequence stops
Incorrect Skills	1.0 each	Sequence stops
Participant moves outside outer lines of track	Sequence stops	Sequence stops
Use more than the 11 meter run-up	-	Disqualification
Failure to hand in difficulty cards at the appropriate time	-	Disqualification

### MAKE THE FOLLOWING DEDUCTIONS FOR LANDING ON THE INSTRUCTION OF THE HEAD JUDGE.

- After landing, touching the track or landing zone/area with one or both hands. 0.5 pts
- After landing, touching or falling to the knees, hands & knees, front, back, or seat on the track or landing area. 1.0 pts
- Assistance from a spotter after landing. 1.0 pts
- After landing in the landing area or on the track, leaving the landing area or the track, or touching outside the landing area or touching the floor with any part of the body. 1.0 pts
- Participant lands in the landing area (instead of the zone) 0.5 pts
- Any part of the Participants' body lands outside the boundary 0.5 pts
- After landing any part of the body touches outside the outer lines 0.1 pts
- Touching the back mat with any part of the body 1.0 pts
- Landing outside the outer lines of the track or landing zone 0.5 pts
- After landing, stepping out of the landing zone to the landing area 0.1 pts

***In no case should the landing deductions exceed 1.0 pts***

### MAKE THE FOLLOWING (ADDITIONAL) DEDUCTIONS ON THE INSTRUCTION OF THE HEAD JUDGE.

- Not initiating the first element within 20 Seconds after the signal given by the head judge. 0.1 pts
- Talking to or giving any form of signal to a Participant by their own coach, for each occurrence. 0.3 pts
- Additional elements 1.0 pts only
- Failing to comply with the special requirements for a pass, for each occurrence. 1.0 pts
- Failing to end a completed pass in the correct area. (level 6 onwards) 0.2 pts
  - Should a Participant land on the track and then falls, the 0.2 + 1.0 will be deducted

#### Penalty deductions

- Participant abusing the warm-up (From the total mark) 0.3 pts
- Failure to wear the correct clothing (Major violations may lead to disqualification) 0.1 pts
- At FIG events where the correct emblem is not worn according to the rules (from the total score of any event in which the violation occurred) 0.2 pts

## **DUTIES OF THE DIFFICULTY JUDGES**

- Collect the competition cards 30 minutes prior to the start of the competition.
- Check the elements and difficulty values of voluntary passes entered on the competition card.
- DETERMINE AND RECORD, ON THE COMPETITION CARD, ALL THE ELEMENTS (IN THE ACKNOWLEDGED SHORTHAND) AS THE PARTICIPANT DOES THEM AND ITS DIFFICULTY VALUE AND ANY CHANGES or REPETITIONS WHICH OCCUR.
  - Indicate, in public, if a Participant executed other element/-s than indicated on the competition card and write down any changes in the pass and record any repetitions
- Check all set pass elements and inform the Head Judge of any changes.
- Display the difficulty score.
- Advise the Head Judge of additional and or missing elements.
- Advise the Head Judge of any violations of the special requirements in the voluntary passes.
- Supervise the completion of the FINAL passes on the competition cards by the Participants.

## **DIFFICULTY CALCULATION METHOD**

- Only elements terminated on the feet will be evaluated.
- Cartwheels have no difficulty value.
- Aerials (Danilova), flic-flacs, round-offs, front handspring have no difficulty value.
- Whip backs 0.3 pts
- Single somersaults:
  - Each somersault (360°). 0.5 pts
  - Single somersaults done in the piked or Straight position, without twist, bonus 0.1 pts
- Twisting in somersaults:
  - Each ½ twist (180°) 0.1 pts
  - Each ½ twist more than 1(one) twist (360°) 0.2 pts
  - Each ½ twist more than 2(two) twist (720°) 0.3 pts
  - Each ½ twist more than 3(third) twist (1080°) 0.4 pts
- In triple somersault, each ½ twist (up to 360°). 0.3 pts
- In triple somersault, each ½ twist more than 1 (one) twist (360°). 0.4 pts

## **MULTIPLE SOMERSUALTS, WITH OR WITHOUT TWIST**

- Double somersaults performed in the piked position receives a bonus of 0.1 pts
- Triple somersaults in the piked position receives a bonus of 0.2 pts
- Double somersaults performed in the Straight position, receives bonus of 0.2 pts
- Triple somersaults performed in the Straight position, receives a bonus of 0.4 pts

In double somersaults, the value of the element, including any twist, will be doubled. The bonus for pike or straight position is then added to give the total value of the element.

In triple somersaults, the value of the element, including any twist, will be tripled. The bonus for pike or straight position is then added to give the total value of the element.

<b><u>DOUBLE SOMERSAULTS</u></b>		<b><u>TRIPLE SOMERSAULTS</u></b>	
Full in double-full out (lay)		Triple back (pike)	
<b>FIRST SOMERSAULT</b>		<b>FIRST SOMERSAULT</b>	
Somersault value	0.5	Somersault value	0.5
Twist value (First twist)	0.2		
	<u>0.7</u>		
<b>SECOND SOMERSAULT</b>		<b>SECOND SOMERSAULT</b>	
Somersault value	0.5	Somersault value	0.5
Twist value (second and third twist)			
	<u>1.0</u>		
	1.5		
Position (Straight)	0.2	Somersault value	0.5
TOTAL ELEMENT VALUE	<u>2.4</u>	Position (Pike in triple)	<u>0.2</u>
		TOTAL ELEMENT VALUE	<u>1.7</u>
Multiply by 2 (2 x 2.4)	<b>4.8</b>	Multiply by 3 (3 x 1.7)	<b>5.1</b>

### **DIFFICULTY CALCULATION – POSITION BONUS**

#### **Difficulty calculation TUMBLINASTIX – position bonuses**

<b>Body position</b>	<b>Single</b>	<b>Double</b>	<b>Triple</b>
Tuck	0.0	0.0	0.0
Pike	0.1	0.1	0.2
Straight	0.1	0.2	0.4

#### **Difficulty calculation TUMBLINASTIX - Twist value**

<b>Twists</b>	<b>Single</b>	<b>Double</b>	<b>Triple</b>
Half twist	0.1	0.1	0.3
First twist	0.2	0.2	0.6
Second twist	0.4	0.4	0.8
Third twist	0.6	0.6	0.8
Fourth twist	0.8	0.8	0.8

Each twist must be added. For example, one somersault with triple twists (only straight position):

- Somersault 0.5
- First twist 0.2
- Second twist 0.4
- Third twist 0.6
- TOTAL 1.7**

#### **Difficulty calculation TUMBLINASTIX EXAMPLES OF REPEATS IN DIFFICULTY**

<b>1<sup>st</sup> pass</b>	Round-off	Flic-flac	Flic-flac	Double back (s)	Whip back	Flic-flac	Whip back	Double back (s)
<i>Value:</i>	0.0	0.0	0.0	2.4	0.3	0.0	0.3	2.4
<b>2<sup>nd</sup> pass</b>	Barani	Back Full	Flic-flac	Flic-Flac	Double back (s)	Whip back	Flic-flac	Full in full out (s)
<i>Value:</i>	0.6	0.7	0.0	0.0	<b>0.0</b> (rep.)	0.3	0.2	3.6

If a skill is repeated, it is only the difficulty of that skill that does not count, the execution judges still evaluate the skill as “normal”.

## DIFFICULTY POSITIONS AND SYMBOLS

Element	Symbol	Diff	Element	Symbol	Diff
Round-off	(	0.0	Half in ("Arabian") tuck	<b>1 – o</b>	2.2
Handspring	.f	0.0	Half in ("Arabian") pike	<b>1 - &lt;</b>	2.4
Flic-flac	f	0.0	Half out (backwards) tuck	<b>-- o1</b>	2.2
Whip back (tempo salto)	^	0.3	Half out (backwards) pike	<b>-- &lt;1</b>	2.4
Back somersault tuck	- o	0.5	Half out (backwards) straight	<b>-- /1</b>	2.6
Back somersault pike	- <	0.6	Half out (forward) tuck	<b>. - 1 o</b>	2.2
Back somersault straight	- /	0.6	Half out (forward) pike	<b>. - 1 &lt;</b>	2.4
Front somersault tuck	. – o	0.5	Full in tuck	<b>2 – o</b>	2.4
Front somersault pike	. - <	0.6	Full in pike	<b>2 - &lt;</b>	2.6
Side somersault tuck	x – o	0.5	Full in straight	<b>2 - /</b>	2.8
Side somersault pike	X - <	0.6	Full in half out	<b>2 1 - /</b>	3.2
Back ss with ½ twist	<b>1</b>	0.6	Full in Full out tuck	<b>2 2 o</b>	3.2
Barani	.1	0.6	Full in Full out straight	<b>2 2 /</b>	3.6
Back ss with 1/1 twist	<b>2</b>	0.7	Full in Double-full out tuck	<b>2 4 o</b>	4.4
Front ss with 1½ twist	. <b>3</b>	0.9	Full in Double-full out straight	<b>2 4 /</b>	4.8
Back ss with 2/1 twist	<b>4</b>	1.1	Double-full in Double-full out	<b>4 4 /</b>	6.4
Back ss with 2 ½ twist	<b>5</b>	1.4	Triple back tuck	<b>--- o</b>	4.5
Back ss with 3/1 twist	<b>6</b>	1.7	Triple back pike	<b>--- &lt;</b>	5.1
Back ss with 3 ½ twists	<b>7</b>	2.1	Triple back straight	<b>--- /</b>	5.7
Back ss with 4 twists	<b>8</b>	2.5	Half in Triple ("Arabian") tuck	<b>1 -- o</b>	5.4
Double back ss tuck	<b>-- o</b>	2.0	Half in Triple ("Arabian") pike	<b>1 -- &lt;</b>	6.0
Double back ss pike	<b>-- &lt;</b>	2.2	Full in Triple tuck	<b>2 -- o</b>	6.3
Double back ss straight	<b>-- /</b>	2.4	Full in Triple pike	<b>2 -- &lt;</b>	6.9
Double front ss tuck	<b>. -- o</b>	2.0	Quadruple back tuck	<b>---- o</b>	8.0
Double front ss pike	<b>. -- &lt;</b>	2.2			
Double side ss tuck	<b>x -- o</b>	2.0			
Double side ss pike	<b>x -- &lt;</b>	2.2			

## BASIC TERMINOLOGY

Back	Backward Somersault
Front	Front somersault
Full In	Indicates the number of twists performed in the first part of the element.
Full Out	Indicates the number of twists performed in the last part of the element.
Barani	Forward somersault with ½ twist.
Half in (Arabian)	½ twist performed in a single somersault.
Double Arabian	½ twist performed in a double somersault.
Back Full	Back somersault with a full (1/1) twist.
Front Full	Front somersault with a full (1/1) twist.
Double Full	A back or front somersault with (2/1) twists.
Triple Full	A back or front somersault with (3/1) twists.
Miller	A double twist in or out with a single twist in or out. (Double somersault).
Rudi	A front or back somersault with 1 ½ twists.

## TABLE OF MULTIPLE SOMERSAULTS

Number of Twists	O	<	/
0	2.0	2.2	2.4
1	2.4	2.6	2.8
2	3.2	-	3.6
3	4.4	-	4.8
4	-	-	6.4
<b>Triples SS</b>	<b>4.5</b>	<b>5.1</b>	<b>5.7</b>

## JUDGES DISCIPLINARY CODE

- Verbal warnings may be given by:
  1. The Head Judge of the specific round.
  2. Judging official of the Project Management.
- A warning can be given for:
  - ✓ Repeated deviations below or above the deductions for errors, as stated in the Code of Points.
  - ✓ Showing favouritism or disfavour towards a Participant.
  - ✓ Taking part in obvious discussions and / or agreements with other Judges with the intent to collaborate.
  - ✓ Speaking to other judges and / or given signs whilst judging.
  - ✓ Using other means of communication not permitted whilst judging

(e.g.: cell phones).

- ✓ Proved corruption behaviours.
- ✓ Lack of attending the official activities and instructions (in accordance with the code and technical regulations) for the duration of the competition.
- The excluding of a Judge, during the competition, can be followed by further sanctions by the TUMBLENASTIX Management, depending on the severity of the offence.

## **GENERAL POINTS**

***ALWAYS KEEP YOUR JUDGES MANUAL AND NOTES ON HAND.***

- Judges should always dress and behave in a professional manner so as to be respected by participants, coaches and spectators.
- Nobody has the right to influence a Judge before or during the competition.
- When in doubt, give the benefit to the participant

# **BODY POSITIONS**

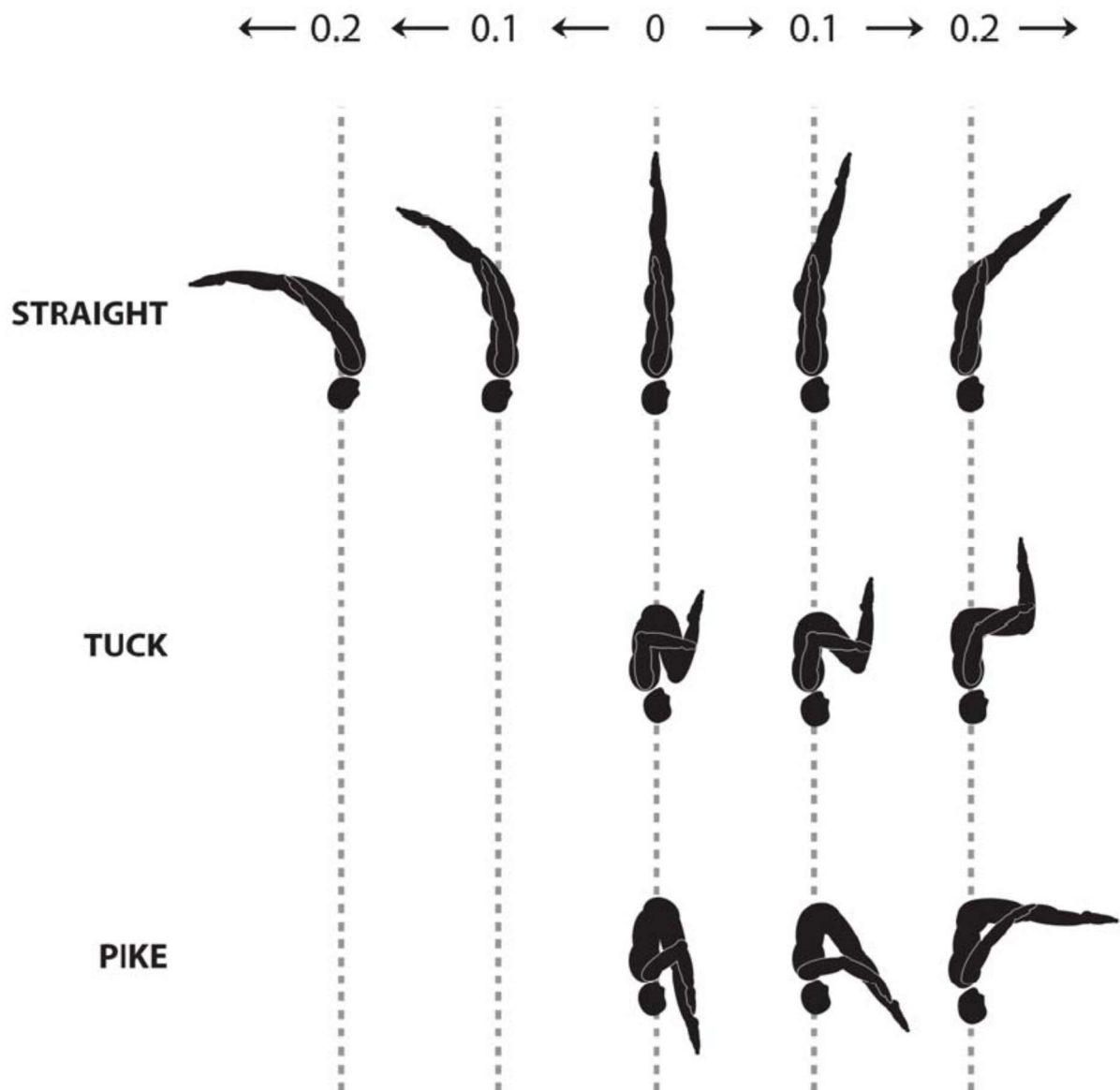
## **REQUIRED POSITION DURING AN ELEMENT**

- In all positions, the feet and legs should be kept together and the feet and toes pointed.
- Depending on the requirements of the movement, the body should be either tucked, piked or straight.
- In the tucked and piked positions the thighs should be close to the upper body except in the twisting phase of multiple somersaults.
- In the tucked position the hands should touch the legs below the knees, except in the twisting phase of multiple somersaults.
- The arms should be straight and held close to the body whenever possible.
- The following defines the min. requirements for a particular body shape:
  - STRAIGHT position, the angle between the upper body and thighs must be greater than 135°.
  - PIKE position, the angle between the upper body and thighs must be equal to or less than 135° and the angle between the thighs and the lower legs must be greater than 135°.
  - TUCK position, the angle between the upper body and thighs must be equal to or less than 135° and the angle between the thighs and the lower legs must be equal to or less than 135°.
- In multiple somersaults, the Participant may claim only one body position per element: tucked, piked, or straight. The Difficulty Judges will assess the element based on the least difficult body position adopted by the performer
- Any backward, non-twisting, single somersault, executed at shoulder height or below and performed in the middle of a pass, regardless of position, will be considered and evaluated as a whip back. (Difficulty Judge).
- Any backward single somersault in the tuck, pike or straight position, executed at the end of a pass must be above shoulder height. (If below shoulder height the execution Judges have to deduct for poor execution).

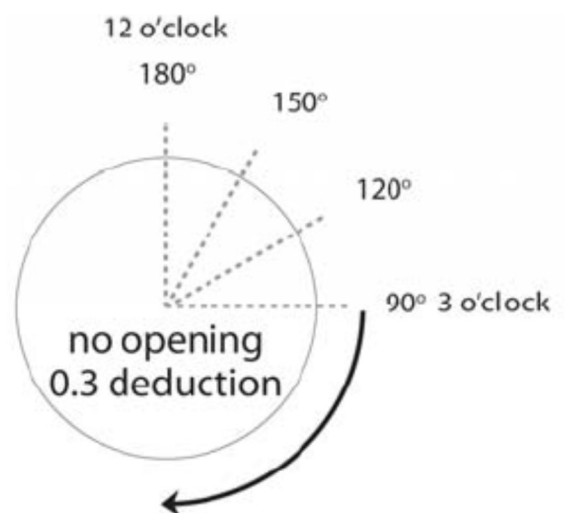
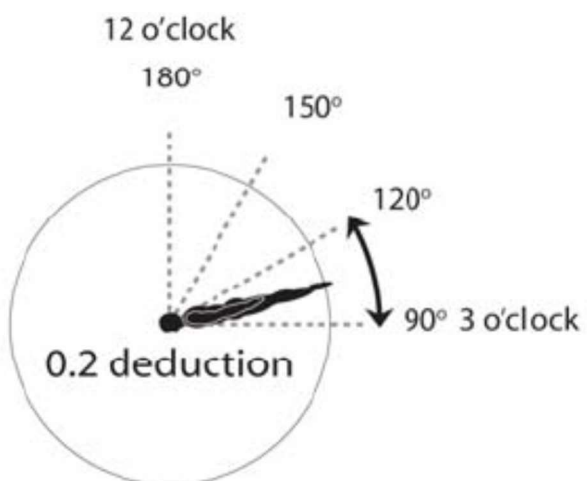
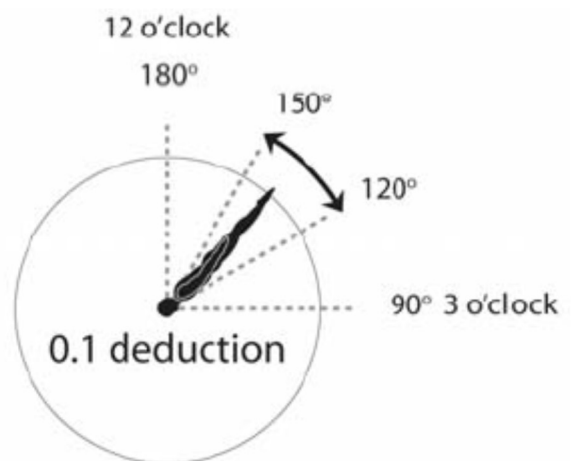
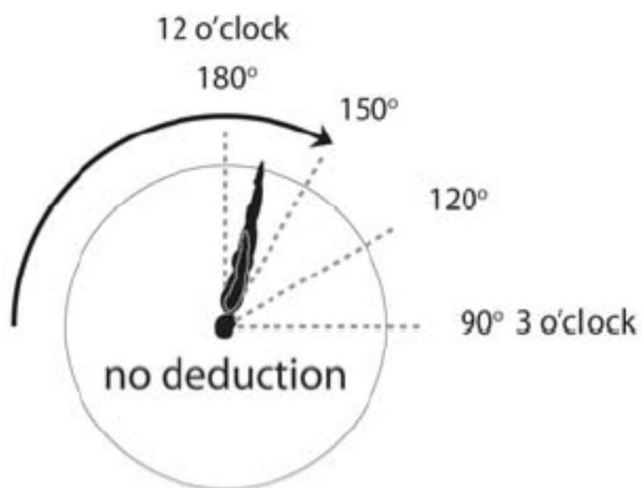
**General considerations:**

To determine the body shape (tuck, pike or straight) during an element, the Difficulty Judges will, in general terms, assess the shape based on the least difficult shape adopted during the middle phase of the element (straight is considered the most difficult position and tuck the least difficult position).

(The 0. to 0.1 range will still be treated as 0 if the element is in the middle of the pass)

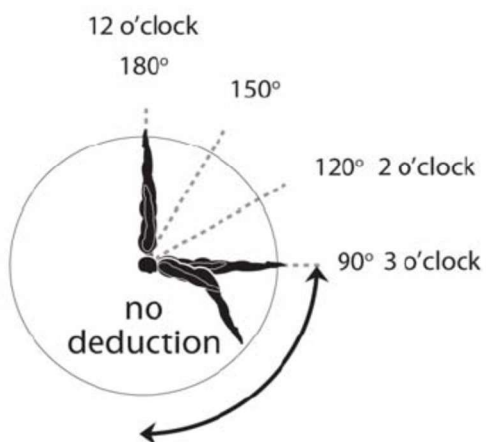
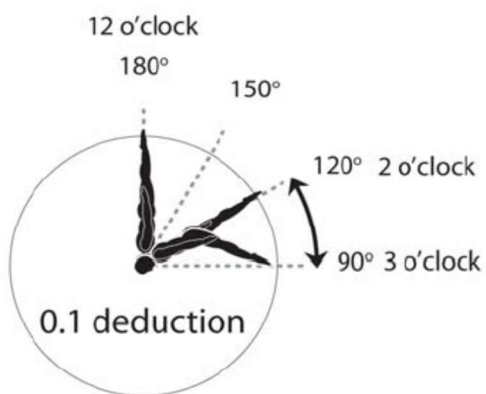
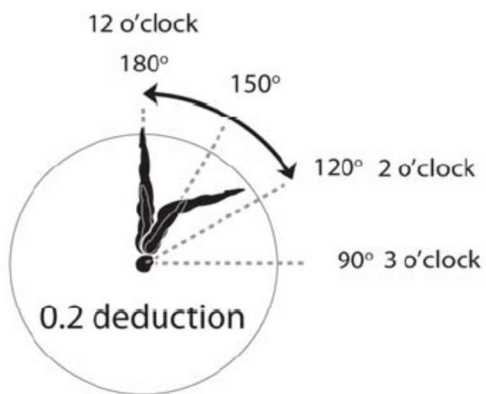


The following deductions will be applicable to the "Opening phase" (The kick out) of single rotational elements at the end of the pass only, this does not apply to multiple rotations

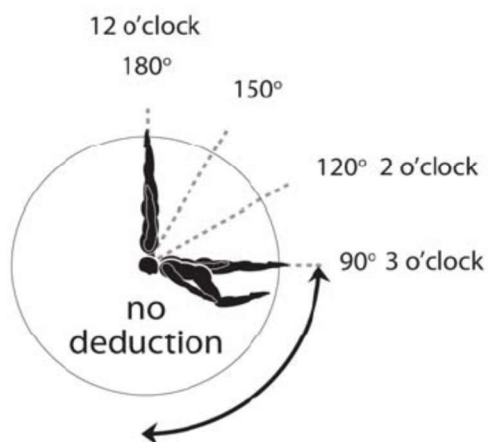
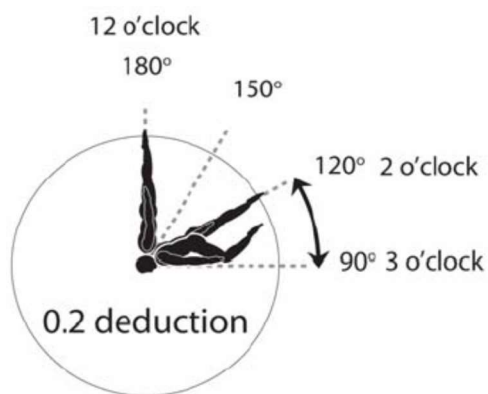
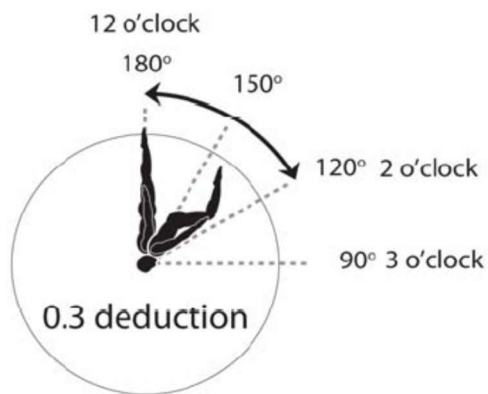


# AFTER OPENING

## PIKE DOWN

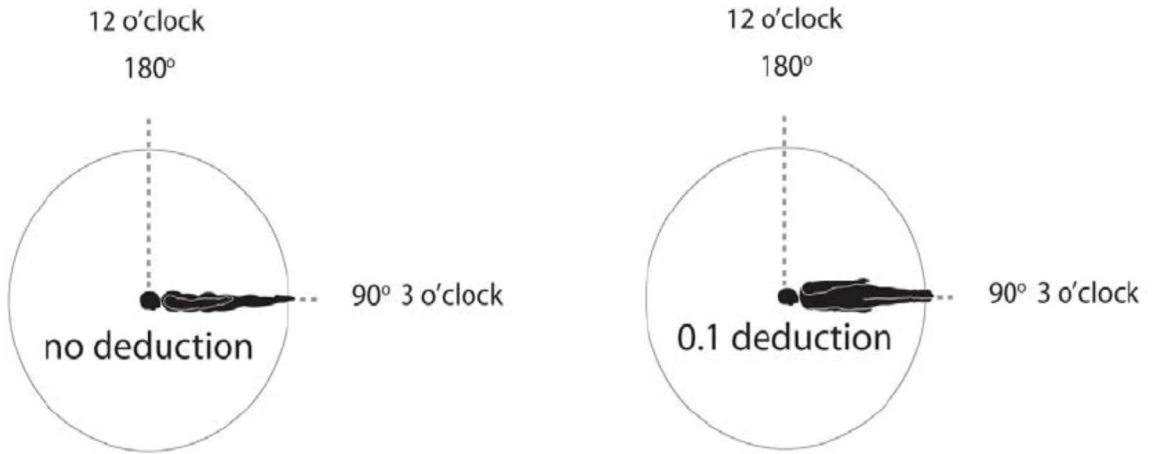


## TUCK DOWN



# END OF TWIST

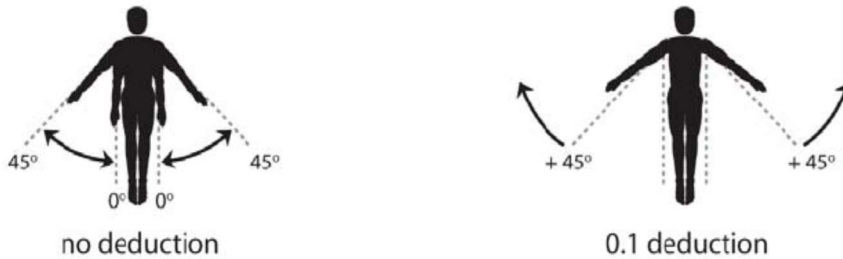
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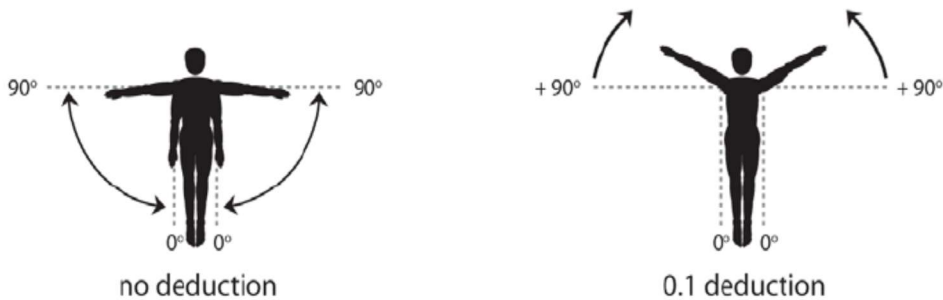
# ARMS TO STOP TWISTING ROTATION

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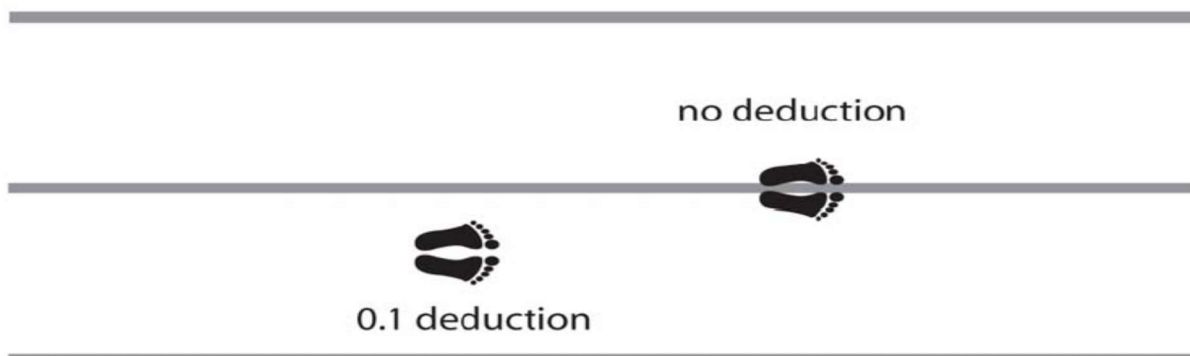
## BARANI, FULL, MULTIPLE SOMERSAULTS WITH 1/2 OUT



## SINGLE SOMERSAULT WITH MORE THAN FULL TWIST AND ALL OTHER MULTIPLE TWISTING SOMERSAULTS



## Displacement from the center (tumbling)





## *TUMBLNASTIX*

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Routines 2023

# LEVEL 1 JUDGES SECTION

## LEVEL 1

(Max deduction of 1.0 per element)

*6/under, 7yrs, 8jrs, 9yrs, 10yrs, 11-12yrs & 13/over*

**2 x SET PASSES**

**\* JUDGED OUT OF 10 (3 Skills judged, 7 Bonus Points)**

**\* No Zero's**

### 1<sup>ST</sup> PASS

From standing (sideways / forward)

Cartwheel

Cartwheel

Cartwheel

### 2<sup>ND</sup> PASS

From standing (sideways / forward)

Cartwheel

Cartwheel

Cartwheel

### Special requirement:

- \* Start from standing (either sideways or looking forward)
- \* Landing with the last cartwheel **sideways**, arms **MUST** be above shoulder height
- \* No Double (intermediate) steps in-between cartwheels.
- \* Straight body position, hand far from feet.
- \* Keep landing position for 3 seconds

## LEVEL 2

(Max deduction of 1.0 per element)

*6/under, 7yrs, 8yrs, 9yrs, 10yrs, 11-12yrs & 13/over*

**2 x SET PASSES**

**\* JUDGED OUT OF 10 (5 Skills judged, 5 Bonus Points)**

**\* No Zero's**

### 1<sup>ST</sup> PASS

Hurdle (From standing)

Cartwheel

Cartwheel

Round-off

Rebound

### 2<sup>ND</sup> PASS

Hurdle (From standing)

Cartwheel

Cartwheel

Round-off

Rebound

### Special requirement:

- \* No Double (intermediate) steps in-between cartwheels.
- \* Straight body position, hand far from feet.
- \* **30cm blue line at competition – gymnasts have to do hurdle over the line**
- \* Rebound is required
- \* Rebound must be executed backwards. If gymnast jumps forward, 1.0 deduction due to special requirement not being met

### **LEVEL 3**

(Max deduction of 1.0 per element)

***8/under, 9-10yrs, 11-12yrs & 13/over***

**2 x SET PASSES**

**\* JUDGED OUT OF 10 (3 Skills judged, 7 Bonus Points)**

**\* Full mark deduction for missing requirements**

**\* No Zero's**

#### **1<sup>ST</sup> PASS**

Round-off

Flic-flac

Rebound

#### **2<sup>ND</sup> PASS**

Round-off

Flic-flac

Rebound

Special requirement:

\* Rebound is required

\* Rebound must be executed backwards. If gymnast jumps forward, 1.0 deduction due to special requirement not being met

### **LEVEL 4**

(Max deduction of 1.0 per element)

***8/under, 9-10yrs, 11-12yrs & 13/over***

**2 x SET PASSES**

**\* JUDGED OUT OF 10 (4 Skills judged, 6 Bonus Points)**

**\* No Zero**

#### **1<sup>ST</sup> PASS**

Round-off

Flic-flac

Flic-flac

Rebound

#### **2<sup>ND</sup> PASS**

Round-off

Flic-flac

Flic-flac

Rebound

Special requirement:

\* Rebound is required

\* Rebound must be executed backwards. If gymnast jumps forward, 1.0 deduction due to special requirement not being met

## LEVEL 5

(Max deduction of 1.0 per element)

**8/under, 9-10yrs, 11-12yrs & 13/over**

### **2 x SET PASSES**

**\* JUDGED OUT OF 10 (5 Skills judged, 5 Bonus Points)**

**\* No Zero**

#### 1<sup>ST</sup> PASS

Round-off

Flic-flac

Flic-flac

Flic-flac

Rebound

#### 2<sup>ND</sup> PASS

Round-off

Flic-flac

Flic-flac

Flic-flac

Rebound

#### Special requirement:

\* Rebound is required

\* Rebound must be executed backwards. If gymnast jumps forward, 1.0 deduction due to special requirement not being met

## TECHNIQUES

### **HURDLE**

From standing position - **2 feet together** – throw straight arms up, while jumping forward – feet stay together and just before landing, open to a step-out position

### **CARTWHEEL**

The cartwheel is a fast, lateral (sideways) rotation: foot – hand – hand – foot – foot. All body parts stay in tension throughout. Legs split as wide as possible, during arm support on floor. Arms a little wider than shoulders and straight through out and as close as possible to ears. Head neutral.

### **ROUND-OFF**

While the cartwheel and round-off are similar skills, the round-off differs from the cartwheel in the following aspects.

- It is generally performed with more speed and finishes with a rebound from two feet.
- The movement order is: Hurdle step – hand - hand – two feet together – rebound.
- The round-off involves half a turn of the body, which changes the direction of the Participant from forwards to backwards.
- Straight arms in front of body between waist and shoulders, ready to throw arms up and backwards ready for next move.

PLEASE NOTE THAT THE PARTICIPANT MUST LAND WITH ARMS BETWEEN WAIST AND SHOULDER HEIGHT to enable him/her to do the next move correctly

## **FLIC-FLAC**

The flic-flac is rarely used as an isolated movement.

It increases linear speed and is ideal for setting up the Participant for more complex TUMBLINASTIX moves such as back somersaults.

The starting position is the same as the end of the round-off.

- Stand erect with arms raised overhead.
- Hips tucked under, throughout the entire skill.
- Bend hips and knees slightly, keeping the body erect, making sure that the knees remain behind the toes.
- Rebound / jump backwards by stretching the legs and pushing off the floor as quickly as possible.
- At the same time the arms are driven backwards as fast as possible towards the floor. They are the main rotating force of the movement.
- Hands turned in slightly, when contact is made with the floor.
- Arms straight.
- Maintain the extended body position, head in, hips completely stretched, and legs straight.
- From the handstand position, snap legs down from the hips, pushing strongly out of the shoulders and from the hands.
- Land with a concaved body position and slightly bent legs.
- Immediate rebound from the floor.

## **REBOUND**

- This element cannot be performed on its own, and usually happens after a round-off or a flic-flac
- On landing the legs should stay as straight as possible, a slight bend to soften the impact is acceptable
- The ankles should absorb the impact from landing and immediately flex so that the Participant “punches” the floor and goes back up in the air
- A jump, where the muscles of the upper thighs are used to get the Participant into the air, or where the angle between the back of the knees and hamstring is less 135° will not be considered to be a rebound.
- A rebound must be executed backwards and up.

### **LEVEL 1 - 5 SEQUENCE RULES:**

- LEVEL 1 - 5 SEQUENCES CANNOT BE STOPPED, UNLESS THE PARTICIPANT MOVES OUTSIDE THE OUTER LINES.
- Maximum deductions for this section cannot exceed (1.0) one full mark – per element.
- Sequence consists of 3-5 elements.
- A Participant gets 7-5 bonus marks.
- Sequence is judged out of 10.
- WHEN THE SPECIAL REQUIREMENTS ARE NOT MET, THERE WILL BE A 1.0 DEDUCTION FOR EACH REQUIREMENT NOT MET

### **LEVELS 6 and UP: SEQUENCE RULES**

- From LEVEL 6 upwards if a pass has less than 3 elements, a Zero will be scored
- Maximum deductions for this section cannot exceed (0.5) half mark – per element.

- Sequences consists of 5 to 8 elements.
- A Participant gets between 5 and 2 bonus marks.
- Sequences are judged out of 10.

## LEVEL 2 JUDGES SECTION

**NB: LEVEL 6 ONWARDS - IF A PASSES HAVE LESS THAN 3 ELEMENTS, ZERO WILL BE SCORED**

### LEVEL 6

(Max deduction of 0.5 per element)

**8/under, 9-10yrs, 11-12yrs & 13/over**

**1 x SET PASS & 1 x VOLUNTARY PASS**

**\* JUDGED OUT OF 10 (5 Skills judged, 5 Bonus Points)**

#### 1<sup>ST</sup> PASS

Round-off  
Flic-flac  
Flic-flac  
Flic-flac  
Back Salto (Tuck)

#### 2<sup>ND</sup> PASS

Round-off  
Flic-flac  
Flic-flac  
Flic-flac  
Back salto - **180° Twist allowed**  
(any position, i.e. tuck, pike, layout) – **Difficulty to count**

### LEVEL 7

(Max deduction of 0.5 per element)

**8/under, 9-10yrs, 11-12yrs & 13/over**

**2 x VOLUNTARY PASSES**

**\* JUDGED OUT OF 10 (5 Skills judged, 5 Bonus Points)**

#### 1<sup>ST</sup> PASS

5 voluntary skills

#### Special requirements:

- \* 5 Elements
- \* 1 whip must be performed
- \* Twisting skills are allowed - maximum 360° twist allowed
- \* Must end with a salto
- \* No repetition of skills is allowed
- \* Difficulty counts

#### 2<sup>ND</sup> PASS

5 voluntary skills

#### Special requirements:

- \* 5 Elements
- \* 1 whip must be performed
- \* Twisting skills are allowed - maximum 360° twist allowed
- \* Must end with a salto
- \* No repetition of skills is allowed
- \* Difficulty counts

## LEVEL 8

(Max deduction of 0.5 per element)

**8/under, 9-10yrs, 11-12yrs & 13/over**

### **2 x VOLUNTARY PASSES**

**\* JUDGED OUT OF 10 (5/8 Skills judged, 2/5 Bonus Points)**

#### 1<sup>ST</sup> PASS

5 voluntary skills

#### Special requirements:

- \* 5 Elements
- \* 3 somersaults must be performed
- \* Must end with a salto
- \* No repetition of skills is allowed
- \* All doubles and twists are allowed
- \* Difficulty counts

#### 2<sup>ND</sup> PASS

8 voluntary skills

#### Special requirements:

- \* 8 Elements
- \* 3 somersaults must be performed
- \* Must end with a salto
- \* No repetition of skills is allowed
- \* All doubles and twists are allowed
- \* Difficulty counts

<p><b>WHEN THE SPECIAL REQUIREMENTS ARE NOT MET, THERE WILL BE 1.0 DEDUCTION FOR EACH REQUIREMENT NOT MET.</b></p>
--

# TECHNIQUES

## **THE BACK SOMERSAULT**

The tuck back somersault is the most basic one of all somersaults; it is the first to be mastered before moving on to a more difficult somersault.

The tuck back, generally comes from the round-off, the flic-flac or just from standing, but the technique should not change for any entry into the somersault.

### **TECHNIQUE:**

- At the point of take-off, the arms should be above the head, stopped just before the ears.
- The chest should be pulled in as tight as possible.
- The head should be held forward throughout the somersault.
- The body should be as upright as possible, no leaning backwards, behind the line of the upright position.
- There should be a good leg extension through the knee and ankle, to get good height.
- The tuck position should be tight, arms around the legs, knees together.
- A good stretch position before landing.

The tuck back somersault has a three phase movement:

- There is the stretch position on take-off.
- Followed by the tuck position.
- And a stretched position again before landing.

The Participant should land on the soles of the both feet, leaning slightly forward, to be able to hold the landing.

#### **Variations:**

- Round-off, flic-flac, tuck back somersault.
- Round-off, pike back somersault.
- Round-off, lay-out somersault.

#### **FRONT SOMERSAULT**

- The front somersault can be done from a run, and a jumping board.
- The body should be leaning very slightly forward on take-off, concaved,
- The arms should be upwards next to the ears.
- The shoulders should be up, and not forward.
- The height of the somersault is determined largely by the position of the arms and shoulders at take-off.
- The tuck position should be as tight as possible, arms around legs, and legs together.
- The tighter the tuck position, the faster is the rotation.
- The eyes should stay open to “see” when to start the opening phase to land.
- The front somersault should land in a step-out position, e.g. one foot after the other stepping out into a round-off.

#### **VARIATIONS:**

##### **Pike somersault**

The action for the piked somersault is the same as for the tucked somersault, except the body is piked (legs straight).

The Participant goes into the pike position in the air, the heels are driven over the top, arms are holding the legs as close as possible

##### **Straight somersault**

The lay-out or straight somersault, takes off from the same (just past vertical) position as the previous somersaults. The Participant goes into a slight pike in the air, and then drives the heels very hard over the top while the arms are driven downwards very quickly to the side of the body.

The lay-out somersault has to be mastered first, before the Barani is attempted.

#### **WHIP BACK SOMERSAULT**

The Whip or Tempo somersault is classified as a low – fast – backward somersault. It is executed in a straight position to be used to build up speed in the middle of a pass.

#### **TECHNIQUE:**

- The technique of the Whip resembles the technique of the flic-flac.
- To remember, the Whip should be executed higher than the flic-flac.
- The arms should be used (e.g. pulled back past the ears until landing)

- The Participant should be landing, with the hips behind the heels, body slightly concaved ready to carry on with the next move.
- He/she should be able to see the hands – feet – floor at the same time on landing.
- Arms should stay straight, throughout the entire element.
- The Whip is normally executed out of a round-off or a flic-flac

## **THE BARANI**

The Barani is a front layout somersault with a half twist.

### **TECHNIQUE:**

- On take-off the body goes into a concaved body position, both arms forward at shoulder height, the heels are driven very hard over the top
- As soon as the heels are driven, the twist action will start.
- When the twist action is started, both arms move sideways to close to the body to forward
- The head should be left in a neutral position.

The Barani is normally used as the start of the TUMBLINASTIX pass.

Therefore, the landing should be like the round-off landing, concaved body, and hips behind knees, to be able to work backwards into the next movement.

## **THE FULL TWIST BACK SOMERSAULT**

### **TECHNIQUE:**

The twist must come from either a round-off or a flic-flac or a whip.

- The idea is to complete a very high, very straight back somersault and to put in it a 360° twist.
- On take-off, the body must be as straight and as upright as possible
- The twist is left as late as possible
- If the twist is to the left, then as both arms are taken above the head, the left shoulder is pulled back, not down.
- As soon as the turn has started, the arms are drawn in to the body. As long as they are as close as possible to the axis of twist, the necessary amount of turn will result.
- The head throughout the twist should stay in a neutral position and not turn sideways; this will help the Participant when they start multiple twisting.
- The full twist can be used as a last element of a pass, or in the middle of the pass. The landing of the full twist depends on the position in the pass.

# LEVEL 3 JUDGES SECTION

## **ADVANCED CATEGORY**

*8/under, 9-10yrs, 11-12yrs & 13/over*

**2 x VOLUNTARY PASSES**

**\* JUDGED OUT OF 10 (8 Skills judged, 2 Bonus Points)**

### **1<sup>ST</sup> PASS (Straight pass)**

8 voluntary skills

#### Special requirements:

- \* 3 somersaults must be performed
- \* Must end with a somersault
- \* Any double or triple is allowed
- \* No repetition of skills is allowed
- \* 180° Degree Twist allowed  
(Barani allowed, layout, ½ twist)
- \* Difficulty counts

### **2<sup>ND</sup> PASS (Twisting pass)**

8 voluntary skills

#### Special requirements:

- \* 3 somersaults must be performed
- \* 2 Twisting skills are required - minimum 360° each
- \* Must end with a twisting somersault
- \* Any double is allowed
- \* No repetition of skills is allowed
- \* Difficulty counts

### **Remember:**

- \* SOMERSAULTS WILL NOT BE CONSIDERED REPETITIONS IF THEY ARE PRECEDED BY A DIFFERENT ELEMENT.
- \* WHEN THE SPECIAL REQUIREMENTS ARE NOT MET, THERE WILL BE 1.0 DEDUCTION FOR EACH REQUIREMENT NOT MET.
- \* DIFFICULTY CARDS TO BE SUBMITTED ½ HOUR BEFORE COMPETITION.

# Appendix 1: GENERAL TO ALL SKILLS

Required position and common mistakes in TUMBLÉNASTIX elements:

## 1. EVALUATION OF EXECUTION

- Position of the arms
- Position of the legs
- Position of the body
- Opening of the somersault, depending on the skill

## 2. GOOD FORM FOR A ROUND-OFF

- Arms are straight at the end of the contact phase
- The whole body must go through the vertical, on the axis of the TUMBLÉNASTIX track
- Legs must join together at 90°
- Legs must be straight until 90°

### Specific deductions

- Body not through vertical position 0.1

## 3. GOOD FORM FOR A FLIC-FLAC

- Arms are straight in flying phases, at the end of contact phase and not too apart
- Legs must be straight after take-off and kept together until 90°
- Body should be arched according to the skill
- Legs can be flexed during contact phase
- Good rhythm, height and axis

## 4. GOOD FORM FOR A WHIP (TEMPO)

- Arms are straight
- Legs must be straight and kept together until 90°
- Body should be arched according to the skill
- Pike phase should start after 180°
- Legs can be slightly flexed during contact phase
- Good rhythm, height and axis

### Specific deductions

- Pike started before 180° 0.1
- Legs too flexed at the contact phase 0.1
- Height at shoulder level 0.1
- Height higher than shoulder level 0.2

## 5. GOOD FORM FOR A FRONT SOMERSAULT

- Trajectory must be according to the exercise
- Arms are straight as much as possible
- Legs must be straight and kept together (until 180° if stepping out)
- Body should be pike or tuck according to the skill
- Landing must be strong
- Good rhythm, height and axis

## 6. GOOD FORM FOR A BARANI

- Trajectory must be according to the exercise
- Twisting must not be initiated too early
- Arms are straight
- Legs must be straight and kept together until 90°
- Position must be easily recognized, straight, pike or tuck
- Good rhythm, height and axis

### Specific deductions

- Twisting too soon 0.1

## 7. GOOD FORM FOR A BACK TWIST LINKED

- Trajectory must be according to the exercise
- Arms are straight at the end of the element
- Legs must be straight and kept together until 90°
- Twisting must not be initiated too early
- Pike phase should start after 180°
- Landing must be strong and twist finished
- Good rhythm, height and axis

### Specific deductions

- Pike started before 180° 0.1
- Twisting too soon 0.1
- Twisting finished in the floor 0.1

## 8. GOOD FORM FOR A BACK SINGLE SOMERSAULT

- Trajectory must be according to the exercise (Last skill or seventh before punch)
- Height well over the shoulder size
- Arms are straight as much as possible
- Legs must be straight (except Tuck) and kept together until 90°
- Body should be pike, tuck or straight according to the skill
- Opening should be easily recognisable

### Specific deductions

- No recognizable opening before landing 0.1-0.2
- Height at shoulder level 0.1
- Height below shoulder level 0.2

## 9. GOOD FORM FOR A BACK SINGLE SOMERSAULT WITH TWIST

- Trajectory must be according to the exercise (Last skill or seventh before punch)
- Height well over the shoulder
- Arms are straight
- Legs must be straight and kept together until 90°
- Twisting must not start too soon and finish before landing
- Body must keep straight

### Specific deductions

- Pike at the end 0.1-0.2
- Twisting start too soon 0.1
- Twisting finish too late 0.1

## 10. GOOD FORM FOR A PUNCH FRONT

- Trajectory must be according to the exercise
- Height well over the shoulder size
- Arms are straight as much as possible
- Legs must be straight and kept together until 90°
- Body should be pike, tuck or straight according to the skill
- Opening should be easily recognizable

### Specific deductions

- No recognizable opening before landing 0.1-0.2
- Lack of height and trajectory 0.1-0.2

## 11. GOOD FORM FOR A MULTIPLE SOMERSAULT WITH OR WITHOUT TWIST

- Trajectory must be according to the exercise (Linking element or ending the pass)
- Height well over the shoulder size
- Arms are straight as much as possible
- Legs must be straight and kept together until 90°
- Body should be pike, tuck or straight according to the skill
- Opening should be easily recognizable in tuck and pike double somersault without twist
- Pike after 180° if linking element
- Twisting must not start too soon and must be finished before landing

### Specific deductions

- Twisting starts too soon 0.1
- Twisting finish too late 0.1
- Opening in --< or --o 0.1-0.3
- Opening for all other somersaults 0.1-0.2

*As we are not expecting the tumblers to open elements with multiple twisting somersaults or triple like in trampolines, we must look at the preparation for landing...*

- If the upper body is clearly under 90° 0.2
- If the upper body is close to 90° 0.1
- If the upper body becomes clearly over 90° 0.0

## 12. GOOD LANDING

- Landing must show strength
- Bending of the knees should not be more than 90°
- Come back to the upright position must be fast
- No circles of arms or big movement of upper body
- No step, no bounce
- Not turning to the judges before landing is over

NB:

- The penalty is not connected to the length of step or bounce, but to the number.
- When stabilized, the Participant can do a step to come back to the upright position without penalization.

# The End