

# PROPOSED 2013 – 2016 TUMBLING ROUTINES

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Attached please see a summary of my combination of all the feedback received thus far:-

## **LEVEL 1**

*5yrs , 6yrs, 7yrs, 8yrs, 9-10yrs, 11/Over*

**SET PASSES – JUDGED OUT OF 10 (4 Skills judged, 6 Bonus Points)**

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

Hurdle (from standing – no run up)  
Cartwheel  
Cartwheel  
Cartwheel

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

Hurdle (from standing – no run up)  
Cartwheel  
Cartwheel  
Cartwheel

## **LEVEL 2**

*5yrs , 6yrs, 7yrs, 8yrs, 9-10yrs, 11/Over*

**2 SET PASSES – JUDGED OUT OF 10 (5 Skills judged, 5 Bonus Points)**

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

Hurdle (from standing – no run up)  
Cartwheel  
Cartwheel  
Round off  
Rebound

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

Hurdle (from standing – no run up)  
Cartwheel  
Cartwheel  
Round off  
Rebound

## **RULES:**

**LEVEL 1 – 2 GYMNASTS QUALIFY FOR THE FOLLOWING:**

- **REPRESENT CLUBS OR SCHOOLS**
- **MAY ATTEND NORTH OR SOUTH ZONE**
- **MAY RECEIVE JUNIOR/HALF PROVINCIAL COLOURS WHEN COMPETING IN INTER-PROVINCIAL, NORTH OR SOUTH ZONE COMPETITIONS**
- **NO ZERO WILL BE GIVEN, ONE FULL MARK PER MISSING REQUIREMENT**

### **LEVEL 3**

*7/Under, 8yrs, 9-10yrs, 11-12yrs, 13/Over*

**2 SET PASSES – JUDGED OUT OF 10 (3 Skills judged, 7 Bonus Points)**

#### **1st Pass**

Round Off  
Flic-Flac  
Rebound

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

Round Off  
Flic-Flac  
Rebound

- **NO ZERO WILL BE GIVEN, ONE FULL MARK PER MISSING REQUIREMENT**

### **LEVEL 4**

*8/Under, 9-10yrs, 11-12yrs, 13/Over*

#### **1st Pass**

Round Off  
Flic-Flac  
Flic-Flac  
Rebound

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

Round Off  
Flic-Flac  
Flic-Flac  
Flic-Flac  
Rebound

### **LEVEL 5**

*8/Under, 9-10yrs, 11-12yrs, 13/Over*

**2 SET PASSES**

#### **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  
Fic-Flac  
Flic-Flac  
Back salto (any position) – difficulty to count

## **LEVEL 6**

*8/Under, 9-10yrs, 11-12yrs, 13-14yrs, 15/Over*

### **1 SET / 1 VOLUNTARY PASS**

#### **1<sup>ST</sup> PASS (SET)**

Round Off  
Whip  
Flic-Flac  
Flic-Flac  
Back Salto (Tuck)

#### ***SPECIAL REQUIREMENT:***

**5 ELEMENTS  
MINIMUM OF 2 SALTOS MUST BE  
PERFORMED  
MAXIMUM 360° TWIST ALLOWED  
MUST END WITH SALTO  
DIFF COUNTS**

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

## **LEVEL 7**

*10/Under, 11-12yrs, 13-14yrs, 15-16yrs, 17/Over*

### **2 SET PASSES**

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

Round Off  
Whip  
Flic-Flac  
Whip  
Flic-Flac  
Flic-Flac  
Flic-Flac  
Layout

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

#### **SPECIAL REQUIREMENT:**

**5 ELEMENTS,  
MINIMUM 2 SALTO'S  
MUST END WITH SALTO INCLUDING 360°  
TWIST  
DIFF COUNTS**

### **RULES:**

#### **LEVEL 3-7 GYMNASTS QUALIFY FOR THE FOLLOWING:**

- **MAY QUALIFY FOR SA GAMES**
- **RECEIVE FULL PROVINCIAL COLOURS**
- **GYMNASTS MAY QUALIFY FOR ZONE 6 TRIALS**
- **RECEIVE FEDERATION COLOURS**
- **No "D" cards are to be submitted prior to competition**

## AGE GROUP AND OPEN SECTIONS:

**Age Groups** –This gymnast will be eligible for selection for the National Squad Team.

*12/Under, 13-14yrs, 15-16yrs, 17/Over*

**2 VOLUNTARY PASSES CONSISTING OF 8 SKILLS**

**FIG RULES TO APPLY EXCEPT WHERE OTHERWISE STATED**

**MINIMUM OF 3 SALTO'S PER ROUTINE**

**AT LEAST ONE SKILL WITH AT LEAST 360° TWIST MUST BE PERFORMED (Second Pass)**

**TRIAL CRITERIA TO ATTEND INTERNATIONAL EVENTS WILL BE SET PER EVENT**

Bonuses

**12/under will receive 0.5 "D" bonus if a double rotation skill is successfully performed in the competition routine. Double twisting skills will receive no bonus**

**13/14 will receive 0.5 "D" bonus if two double rotation skills are successfully performed within the same competition routine. Double twisting skills will receive no bonus**

**RULES:**

- **WAG: MAY RECEIVE FULL PROVINCIAL COLOURS**
- **WAG: MAY NOT ATTEND ZONE 6**
- **WAG: MAY ATTEND NATIONAL/INTERNATIONAL EVENTS UPON ELECTION**
- **"D" cards are to be submitted prior to competition**

**OPEN**

*18/Over (17yrs can compete but may not go back)*

**2 VOLUNTARY PASSES**

**FIG RULES TO APPLY EXCEPT WHERE OTHERWISE STATED**

**TRIAL CRITERIA TO ATTEND INTERNATIONAL EVENTS WILL BE SET PER EVENT**

***Special Requirements:***

***1 x Straight Pass (1<sup>st</sup> Pass)***

***1 x Twisting Pass (2<sup>nd</sup> Pass)***

**RULES:**

- **OPEN MAY RECEIVE FULL PROVINCIAL COLOURS**
- **OPEN: CAN BE AWARDED SENIOR PROTEA COLOURS**
- **OPEN MAY NOT ATTEND ZONE 6**
- **OPEN MAY ATTEND NATIONAL/INTERNATIONAL EVENTS UPON ELECTION**
- **"D" cards are to be submitted prior to competition**