



Adult Gymnastics British Championships 2025

Tumbling Competition Structure

V1

Entry Instructions

Entry to all National British Gymnastics Events are Online only. Only club managers, administrators and those with event entry privileges will be able to submit an entry. Complete instructions for adding an entry via the online entry system are available to download from the British Gymnastics Website: [british-gymnastics-event-entry-user-guide.pdf](https://www.britishgymnastics.org.uk/resource-centre/events/bge-event-entry-user-guide.pdf)

All entries must be fully submitted and paid for electronically to British Gymnastics at the time of entry and by the stipulated closing date and time.

Once the entry has been submitted no further changes can be made without contacting the Events Department.

Categories- ability levels

The competition is split into three levels as detailed below:

Novice

Suitable for beginners or those who have never competed.

Intermediate

Suitable for participants with gymnastics experienced.

Pro

For experienced competitors who are able to fulfil the requirements at this level.

Categories- Age Bands

Each category shall be further subdivided into the following age bands:

18 and over

40 and over

Age Bonus

Over 18 competitors will be given an age bonus of 0.1 per year above the base year of the age group.

Over 40 competitors will be given an age bonus of 0.1 per two years above 40.

A competitor's age will be calculated as the age reached in the year of the competition. The age bonus will be added to the total score, which is the total for Exercise 1 and the total for Exercise 2.

Please note: 18, 19 & 20 year olds will not receive an age bonus.

Over 18

Age	18- 20	21	22	23	24	25	26	27	28	29
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9

Age	30	31	32	33	34	35	36	37	38	39
Age bonus	1	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9

Over 40

Age	40- 41	42- 43	44- 45	46- 47	48- 49	50- 51	52- 53	54- 55	56- 57	58- 59
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9

Age	60- 61	62- 63	64- 65	66- 67	68- 69	70- 71	72- 73	74- 75	76- 77	78- 79
Age bonus	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9

Novice

A choice of two different exercises, from the table below must be performed. The Novice tariff sheet (Appendix 1) must be fully completed, including exercise numbers, and handed in to registration on the day of the competition, at least one hour prior to the competition.

All skills must be competed in the same order with no extra steps or jumps in-between, if the tumble stops or extra steps or jumps are used it will result in an interruption and the exercise will stop there. Please note the values that will be awarded for each skill completed are written in brackets in each skill box in the tables above.

Novice							
Choose 2 different exercises							Diff value
1	Forward roll (0.1)	Straight Jump (0.1)	Forward roll (0.1)	Tuck Jump (0.1)	Forward roll (0.1)	1/2 turn jump (0.1)	0.6
2	Cartwheel (0.1)	Chasse (0.1)	Cartwheel (0.1)	Chasse (0.1)	Cartwheel (0.1)	Cartwheel (0.1)	0.6
3	Round off (0.2)	1/2 turn jump to one foot (0.1)	Cartwheel (0.1)	Round off (0.2)	Straight jump (0.1)	Backward roll (0.2)	0.9
4	Handspring (0.3)	Straight jump to one foot (0.1)	Cartwheel (0.1)	Round off (0.2)	1/2 jump (0.1)	Forward roll (0.1)	0.9
5	Round off (0.2)	Flic (0.3)	1/2 turn jump to one foot (0.1)	Cartwheel (0.1)	Round off (0.2)	Straight jump (0.1)	1.0
6	Round off (0.2)	1/2 turn jump to one foot (0.1)	Cartwheel (0.1)	Round off (0.2)	1/2 turn jump to one foot (0.1)	Handsprint (0.3)	1.0

Intermediate

A choice of two different exercises, from the table below must be performed. The Intermediate tariff sheet (Appendix 2) must be fully completed, including exercise numbers, and handed in to registration on the day of the competition, at least one hour prior to the competition.

All skills must be competed in the same order with no extra steps or jumps in-between, if the tumble stops or extra steps or jumps are used it will result in an interruption and the exercise will stop there. Please note the values that will be awarded for each skill completed are written in brackets in each skill box in the tables above.

Intermediate							
Choose 2 different exercises							Diff value
1	Round off (0.2)	Flic (0.3)	1/2 turn jump to one foot (0.1)	Round off (0.2)	Flic (0.3)	Straight jump (0.1)	1.2
2	Round off (0.2)	Flic (0.3)	1/2 turn jump to one foot (0.1)	Round off (0.2)	1/2 turn jump to one foot (0.1)	Handsprint (0.3)	1.2
3	Round off (0.2)	Flic (0.3)	Flic (0.3)	1/2 turn jump to one foot (0.1)	Round off (0.2)	Straight jump (0.1)	1.2
4	Round off (0.2)	Flic (0.3)	Flic (0.3)	Flic (0.3)	Flic (0.3)	Straight jump (0.1)	1.5
5	Front somersault walkout (0.6)	Round off (0.2)	Flic (0.3)	Flic (0.3)	Flic (0.3)	Straight jump (0.1)	1.8
6	Round off (0.2)	Flic (0.3)	Flic (0.3)	Flic (0.3)	Flic (0.3)	Tuck Back somersault (0.5)	1.9

As per the FIG Code of Points 2025-2028, with the exception of a maximum of 6 elements per exercise. The 'tariff overview' table below details some of the popular elements together with their tariffs. All exercises must end in a somersault. Where the final element is a back somersault it must land in the landing zone. If the final somersault is a forward somersault, then it may land on the track. The Pro tariff sheet (Appendix 3) must be completed and handed in to registration on the day, at least one hour prior to competition. There will be no deduction if the gymnast changes the skills performed from what is written on the tariff sheet.



FIG Code of Points 2025-2028 - Trampoline Gymnastics - Part II

G. DIFFICULTY TUMBLING – EXAMPLES



Element	Diff	Element	Diff
Cartwheel	0.1	Half in ("arabian")	1 - o
Round-off	(Half in ("arabian")	1 - <
Front Handspring	H	Half out (backwards)	- 1 o
Flic-flac	F	Half out (backwards)	- 1 <
Whipback(tempo salto)	^	Half out (backwards)	- 1 /
Back somersault (ss)	- o	Half out (forward)	. - 1 o
Back somersault	- <	Half out (forward)	. - 1 <
Back somersault	- /	Full in back out	2 - o
Front somersault	. - o	Full in back out	2 - <
Front somersault	. - <	Full in back out	2 - /
Side somersault	- o x	Full in half out	2 1 /
Side somersault	- < x	Full in Full out	2 2 o
Back ss with ½ twist	1. /	Full in Full out	2 2 /
Barani (o, < or /)	.1	Full in 1½ twist out	2 3 o
Back ss with 1/1 twist	2.	Full in 1½ twist out	2 3 /
Front ss with 1/1 twist	.2	Full in Double-full out	2 4 o
Back ss with 1½ twist	3.	Full in Double-full out	2 4 /
Front ss with 1½ twist	.3	Double-full in Double-full out	4 4 /
Back ss with 2/1 twist	4.	Triple back	--- o
Front ss with 2/1 twist	.4	Triple back	--- <
Back ss with 2½ twist	5.	Triple back	--- /
Back ss with 3/1 twist	6.	Half in Triple ("arabian")	1 -- o
Back ss with 3½ twists	7.	Half in Triple ("arabian")	1 -- <
Back ss with 4 twists	8.	Full in Triple	2 -- o
Double back somersault	-- o	Full in Triple	2 -- <
Double back somersault	-- <	Quadruple back	---- o
Double back somersault	-- /	Quadruple back	---- <
Double back somersault	-- Y		
Double front somersault	. -- o		
Double front somersault	. -- <		
Double side somersault	-- o x		
Double side somersault	-- < x		

The FIG abbreviation is written next to the name of each skill in the above table of difficulty.

Teams

- A minimum of three gymnasts and maximum of six gymnasts per team
- All gymnasts within the team must be members of the same club
- Teams need to have two categories of ability level ie, Novice and Intermediate
- Non-British citizens competing as guests can form part of a team but the team will not be eligible to rank in the official competition results
- Teams can consist of mixed gender
- Competitors may only represent one team each
- Competitors in mixed age and ability levels are encouraged.

Calculation:

1. Each gymnast will receive an execution score from their individual routines for each exercise
2. Should they receive any penalties from the judges there will be subtracted from the execution score
3. The proportional age bonus and execution score are added together. (Team age bonus is divided across both exercises)
4. The highest 3 execution scores plus age bonus scores, on each exercise, are added together to make the team score.

Scoring

A final score is achieved by adding the total score of both exercises to the age bonus.

E.g. Execution score + difficulty score - CJP deductions for exercise 1, execution score + difficulty score - CJP deduction for exercise 2 + age bonus.

Start of an exercise

- Each gymnast will start on the signal given by the Chair of Judges Panel.
- After the signal has been given, the gymnast must initiate the first element within 20 seconds, otherwise a penalty of 0.2 points will be given by the Chair of Judges' Panel. 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 Chair of Judges' Panel.
- A springboard may be used only to initiate the first element. It may be placed anywhere on the tumbling track or the run-up.
- Whether using a springboard or not, the first element must land on the tumbling track, though may be initiated on the run-up.
- After a exercise is started, talking to or giving any form of signal to a gymnast by their own coach during the exercise will result in a penalty of 0.6 pts applied only once by the CJP.

Apparatus specification

The competition apparatus will be as per FIG and/or British Gymnastics specifications.

For support or assistance with your entry please contact the Events department at events@british-gymnastics.org

Appendix 1

<u>TUMBLING</u>			
Novice Tariff Sheet			
<u>Please hand in at registration – one hour before start of competition</u>			
<u>NAME</u>		<u>BIB NO.</u>	
<u>EXERCISE 1</u>	<u>Compulsory exercise no:</u>	<u>DIFFICULTY</u>	
<u>EXERCISE 2</u>	<u>Compulsory exercise no:</u>	<u>DIFFICULTY</u>	

Appendix 2

<u>TUMBLING</u>			
Intermediate Tariff Sheet			
<u>Please hand in at registration – one hour before start of competition</u>			
<u>NAME</u>		<u>BIB NO.</u>	
<u>EXERCISE 1</u>	<u>Compulsory exercise no:</u>	<u>DIFFICULTY</u>	
<u>EXERCISE 2</u>	<u>Compulsory exercise no:</u>	<u>DIFFICULTY</u>	

Appendix 3

<u>TUMBLING</u>					
Pro Tariff Sheet					
Please hand in at registration – one hour before start of competition					
<u>NAME</u>				<u>BIB NO.</u>	
<u>EXERCISE 1</u>		<u>Tariff</u>	<u>EXERCISE 2</u>		<u>Tariff</u>
1			1		
2			2		
3			3		
4			4		
5			5		
6			6		
<u>Total</u>			<u>Total</u>		