

# Tumbling Routines

## National Development Plan 2018

*Sport Starts Here.*

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Gymnastics Ireland has a licensing agreement in place to use the British Gymnastics (BG) National Development Plan. Based on the success British Gymnastics has gained in recent years on the international stage we believe this to be the best route for the development of our gymnasts through a home national competitive system. We feel that the implementation of this programme will give gymnasts in Ireland an excellent structured pathway to follow to achieve success through the levels with continuous development.

Each level progressively develops techniques and themes that will underpin high level performance as is critical to the development of sound foundations for progressive gymnastic performance. The gymnast should develop routines by learning elements following these progressive themes. A focus on development of good technique is key throughout the Performance Pathway. Note that all judging considerations have been replaced with performance development considerations, therefore all judging is as per the FIG Code of Points 2017-2020 Cycle 13.

**This Document is supported by the Gymnastics Ireland Tumbling Competition Guidelines which outline the rules for the following events:**

- **Tumbling Qualifiers**
- **Tumbling National Championships**
- **National Series Super Championships**
- **National Team Championships**

## TUM NDP Level Requirements

NDP Club Level 1						
Age Groups	Run 1		Run 2		Run 3	
U 10, 11 – 12, 13+	1	Forward Roll	1	Chasse	1	Cartwheel
	2	Stretch Jump	2	Cartwheel	2	Cartwheel ¼ in
	3	Forward Roll	3	Chasse	3	Backward Roll
	4	Jump (TUCK)	4	Cartwheel	4	Jump ½ Turn
	5	Forward Roll	5	Chasse	5	Forward Roll
	6	Jump Full Turn	6	Cartwheel to land side on	6	Jump (1/2 TURN)

NDP Club Level 2						
Age Groups	Run 1		Run 2		Run 3	
U 10, 11 – 12, 13+	1	Round Off	1	Cartwheel	1	CARTWHEEL
	2	Jump ½ Turn walkout	2	Chasse	2	R OFF
	3	Cartwheel	3	Cartwheel	3	½ TURN walk out
	4	Cartwheel	4	Round Off	4	Cartwheel
	5	Round Off	5	Stretch Jump	5	Round Off
	6	Rebound Jump	6	Backward Roll	6	Jump ½ Turn

NDP Club Level 3						
Age Groups	Run 1		Run 2		Run 3	
9 - 10, 11 – 12, 13+	1	Round Off	1	Dive roll from run	1	Round Off
	2	Jump ½ Turn walkout	2	Stretch Jump Walk out	2	Flick
	3	Cartwheel	3	Cartwheel	3	Jump ½ Turn walkout
	4	Round Off	4	Round Off	4	Round Off
	5	Rebound Jump	5	Jump ½ Turn	5	Jump ½ Turn walkout
	6	Jump Full Turn	6	Rebound Dive Roll	6	Cartwheel ¼ in

Physical Norms – Body Management
Forward Roll to Dish Shape (SL) - hold for 2 seconds
4 x 1 Leg Alternate V Sit (2 x left & 2 x right)
Back Support – hold for 2 seconds
Straddle Fold – hold for 2 seconds
Pike Fold – hold for 2 seconds
Left Splits, Right Splits
Back Arch – hold for 2 seconds
Press up to Front Support – hold for 2 seconds
Burpee to Stand & vertical jump
Standing Shoulder Flexibility – hold for 2 seconds

### Notes

- From a short run (up to 5 steps) springboard optional
- Springboard optional
- Level 1 is not competed in Gymnastics Ireland Events

NDP National Level 1						
Age Groups	Run 1		Run 2		Run 3	
9 - 10, 11 – 12, 13+	1	Round Off	1	Stretch Jump Walkout *	1	Round Off
	2	Flick	2	Cartwheel	2	Flick
	3	Jump ½ Turn Walkout	3	Round Off	3	Flick
	4	Round Off	4	Flick	4	Jump ½ Turn
	5	Flick	5	Flick	<b>15 metres of Track only</b>	
	6	Rebound Jump	6	Rebound Jump		

Minimum Qualifying Standard NDP Level 1	3 Run Score	Physical Norms
	<b>70.00</b>	<b>70.00</b>

NDP National Level 2						
Age Groups	Run 1		Run 2		Run 3	
9 - 10, 11 – 12, 13+	1	Tuck Front Somi walkout ##	1	Round Off	1	Round Off
	2	Round Off	2	Flick	2	Flick
	3	Flick	3	Flick	3	Tuck Back Somi
	4	Flick	4	Flick	<b>15 metres of Track only</b>	
	5	Flick	5	Flick		
	6	Rebound	6	Jump ½ Turn		

Minimum Qualifying Standard NDP Level 2	3 Run Score	Physical Norms
	<b>70.00</b>	<b>70.00</b>

NDP National Level 3						
Age Groups 9 - 10, 11 - 12, 13+	Run 1		Run 2		Run 3	
	1	Pike Front Somi walkout ##	1	Round Off	1	Round Off
	2	Round Off	2	Flick	2	Flick
	3	Flick	3	Whip	3	Pike Back Somi
	4	Flick	4	Flick	15 metres of Track only	
	5	Flick	5	Flick		
	6	Jump ½ Turn	6	Tuck Back Somi		

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

NDP National Level 4						
Age Groups 9 - 10, 11 - 12, 13+	Run 1		Run 2		Run 3	
	1	Round Off	1	Round Off	1	Round Off
	2	Whip	2	Flick	2	Flick
	3	Flick	3	Whip	3	Straight Back Somi
	4	Flick	4	Flick	15 metres of Track only	
	5	Flick	5	Flick		
	6	Tuck Back Somi	6	Flick		
	7		7	Flick		
	8		8	Pike Back Somi		

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

NDP National Level 5									
Age Groups 10 - 12, 13 - 14, 15+	Run 1			Run 2			Run 3		
	1	Round Off		1	Round Off		1	Round Off	
	2	Whip		2	Flick		2	Flick	
	3	Whip		3	Whip		3	Straight Back 360° Somi	
	4	Flick		4	Flick		<b>15 metres of Track only</b>		
	5	Flick		5	Whip				
	6	Pike Back Somi		6	Flick				
	7			7	Flick				
	8			8	Straight Back Somi				

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

NDP National Level 6									
Age Groups U13, O13	Run 1			Run 2			Run 3		
	1	Barani		1	Round Off		1	Round Off	
	2	Whip		2	Whip		2	Flick	
	3	Whip		3	Whip		3	Straight Back Somi 720°	
	4	Whip		4	Whip		<b>15 metres of Track only</b>		
	5	Flick		5	Whip				
	6	Flick		6	Flick				
	7	Flick		7	Flick				
	8	Straight Back Somi		8	Straight Back Somi 360°				

Minimum Qualifying Standard NDP Level 6	3 Run Score	Physical Norms
	70.00	70.00

NDP National Level 7									
Age Groups U13, O13	Run 1			Run 2			Run 3		
	1	Round Off		1	Round Off		1	Round Off	
	2	Whip		2	<b>Whip</b>		2	Flick	
	3	<b>Whip 360°</b>		3	<b>Whip</b>		3	Double Tuck Back Somi	
	4	Whip		4	Whip		<b>15 metres of Track only</b>		
	5	Whip		5	Whip				
	6	Whip		6	Flick				
	7	Flick		7	Flick				
	8	Straight Back Somi 360°		8	Straight Back Somi 720°				

**Please note:** Level 7 Run 1 Skills 2 & 3 may be performed in any order  
 E.g. - RO W W360 W W F F StB360  
 - RO W360 W W W F F StB360

Minimum Qualifying Standard NDP Level 7	3 Run Score	Physical Norms
	70.00	70.00