



# **Technical Requirements 2023**

Tumbling (Disabilities)

**British  
Gymnastics**

## Club Cup Level (Club Championships)

Club Cup Level 1						
9-14yrs/15+ CAT 1 Male/Female, CAT 2 Male/Female	Exercise 1		Exercise 2		Exercise 3	
	1	Forward Roll	1	Cartwheel (From standing start, facing sideways)	1	Straight Jump (walk out) (From a standing start on floor)
	2	Straight Jump	2	Cartwheel	2	Cartwheel 1/4 turn in
	3	Forward Roll	3	Cartwheel (Finish facing sideways)	3	Fall to Dish onto mat
	4	Tuck Jump	4		4	Hold Dish (3 secs)
	5	Forward Roll	5		5	
	6	Jump 180 (arms to chest)	6		6	

Club Cup Level 2						
9-14yrs/15+ CAT 1 Male/Female, CAT 2 Male/Female	Exercise 1		Exercise 2		Exercise 3	
	1	Straight Jump (walk out) (From a standing start on floor)	1	Straight Jump (walk out) (From a standing start on floor)	1	Straight Jump (walk out) (From a standing start on floor)
	2	Cartwheel	2	Cartwheel	2	Round Off
	3	Chasse	3	Round Off	3	Jump to Dish onto mat
	4	Cartwheel	4	Straight Jump	4	Hold Dish (3 secs)
	5	Chasse	5	Backward Roll	5	
	6	Cartwheel	6		6	

Where needed adaptations to standard rules are allowed at the discretion of the competition organiser provided a written request is made at time of entry. Examples of reasonable adjustment could be having gymnasts own different coloured Velcro markers within the working area of the track, having a coach tell the gymnast when to start if they can not see the judges, etc

Physical support by the coach will not be allowed.

### Competition Format

#### Levels 1-2 for Clubs & Regions to host

#### Club Cup Series

- Qualification – all 3 exercises from a level

#### Club Cup Championships

- Qualification – all 3 exercises from a level

This remains a pilot program, and the TC will review again in Dec 2023, if sufficient demand is shown, a further 2 levels (Challenge Cup 1 & 2 ) can be introduced, for the 2024 season. The Challenge Cup exercises are shown in this document for illustrative purposes only, so coaches can understand the direction we are intending to take with the sport.

## PROPOSED Challenge Cup Level (Regional Championships)

Challenge Cup Level 1						
9-14yrs/15+ CAT 1 Male/Female, CAT 2 Male/Female	Exercise 1		Exercise 2		Exercise 3	
	1	Straight Jump (walk out) (From a standing start on floor)	1	Straight Jump (walk out) (From a standing start on floor)	1	Straight Jump (walk out) (From a standing start on floor)
	2	Cartwheel	2	Round Off	2	Round Off
	3	Chasse	3	Jump 180 (walk out)	3	Flic
	4	Round Off	4	Round Off	4	Jump to Dish onto mat
	5	Jump 180 (arms to chest)	5	Straight Jump	5	Hold Dish (3 secs)

Challenge Cup Level 2						
9-14yrs/15+ CAT 1 Male/Female, CAT 2 Male/Female	Exercise 1		Exercise 2		Exercise 3	
	1	Round Off	1	Handspring	1	Straight Jump (walk out) (From a standing start on floor)
	2	Flic	2	Straight Jump (walk out)	2	Round Off
	3	Jump 180 (arms to chest)	3	Round Off	3	Flic
	4		4	Straight Jump	4	Flic
	5	Performed from a small exercise	5	Performed from a small exercise	5	Jump to Dish onto mat (hold for 3 seconds)

### PROPOSED Competition Format from 2024 at the earliest.

#### Regional Challenge Cup Series

- Qualification (all 3 exercises)
- FIG rules will apply

#### Regional Challenge Cup Championships

- Qualification (all 3 exercises) cumulative score
- FIG rules will apply

#### Qualification to the Inter-Regional Challenge Cup Final

A maximum of 1 gymnast per age group, per gender will be invited to attend the Inter-Regional Challenge Cup Final made up of the following:

- Places will be allocated in rank order from the Regional Challenge Cup Series events (max 3).
- In the event of a tied position the tie break rule will apply (see below)
- All Regions must submit the list of the gymnasts that have qualified to BG

#### Tie Breaks

In case of a tie, at any place, the ranking will be determined by the following criteria:

1. The gymnast with the higher sum of the E-scores of the three exercises prevails
2. The gymnast with the higher sum of the E-scores of final two exercises
3. The gymnast with the higher E-score of the final exercise

