

***SCOTTISH UNIVERSITIES GYMNASTICS
LEAGUE 2025/6***

TUMBLE COMPETITION RULES AND INFORMATION



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General Information

1. Determining the Final Score

- 1.1. The Final Score of an exercise will be established by the addition of the D-Score and Final E-scores.
- 1.2. The All-Around Score is the sum of the Final Scores obtained on all 3 exercises.
- 1.3. The Final Score is normally calculated by the competition scoring personnel, but must be confirmed by the competitions committee before the medals presentation. Until the medals presentation displayed scores are subject to change following a review or challenge.

2. Short Exercise

- 2.1. For exercise presentation, the gymnast may earn a maximum E-Score of 10.00 points.
- 2.2. The D-Jury will take the appropriate neutral deduction (ND) for a short exercise from the Final Score.

Tumbling	
Number of Elements	Neutral Deduction
All elements	0
4 below	3.0
3 below	5.0
2 below	7.0
1 below	9.0
0	10.0

3. Regulations Governing the D-Score

3.1. Difficulty Value

- 3.1.1. Elements that are not listed in the Difficulty Tables must be submitted for a difficulty rating to the Competition Chair at least two weeks prior to the competition commencement. Provisional difficulty ratings may be given at competitions at the discretion of the Competition Chair.
- 3.1.2. An element may be repeated but such repeated element may contribute towards the D-score.
- 3.1.3. Elements that do not appear in the Code are considered elements without difficulty value.
- 3.1.4. The difficulty value of skills up to the maximum number listed in each category will be counted towards the Final Score. Performing skills beyond this number will result in a penalty of 3.0.

3.2. Falls on Landing

- 3.2.1. With landing feet first – the DV is awarded.
- 3.2.2. Without landing feet first – no DV is awarded.

4.Regulations Governing the E-Score

4.1. Description of E-Score

- 4.2. For perfection of execution the gymnast may earn a score of 10.00 P.
- 4.3. The E-Score includes deductions for faults in:
 - 4.3.1.Execution

5.Evaluation by E-Jury

- 5.1. The E-Jury will judge the exercise and determine the deductions independently.
- 5.2. Each exercise is evaluated with reference to expectations of perfect performance. All deviations from this expectation are deducted.
- 5.3. Deductions for errors in execution are from 10.00 P. to determine the E-Score.

6.Changing Category

- 6.1. Gymnasts that receive an all-around score equal to or greater than the move up score in two competitions must move up to the next category. If a gymnast receives their second move up score at the final competition of the season, the gymnast must move up to the next category for the next season.
- 6.2. If gymnasts have competed in a different competition series or format they must attempt to compete in a level which most similarly matches the highest level they have previously competed or above. Competing in a lower category will be considered moving down a category and will be subject to the following rules in 6.3.
- 6.3. If a gymnast wishes to move down a category, they must meet one of the following criteria and be approved:
 - 6.3.1.Sustained an injury and or mental block that prevents the gymnast from competing specific skills.
 - 6.3.2.Has not competed in any gymnastics competitions within the past year, in this case the gymnast is expected to compete in a category that is appropriate for their current abilities.

7.Skill Repetition

- 7.1. Skills may be repeated and difficulty for repeated elements will be counted. However, all 3 passes must be different. The same skills can be used if they are in a different order.

Routines

Novice

8. Novice Requirements

- 8.1. All 3 passes must start from standing and may start from any distance along the track.
- 8.2. All 3 passes will be performed on a 12x2x0.2m AirTrack.
- 8.3. Final skill of all 3 passes must finish on the landing mat if the final skill is a somersault (including whip). If not, the final skill should finish on the track.

	Pass 1	D	Pass 2	D	Pass 3	D
1	Straight Jump	0.1	Straight Jump Walk Out	0.1	Min 3 skills Max 6 skills Min difficulty 0.3 Max difficulty 0.6 Can only perform 0.1 (A) skills	
2	Forward Roll	0.1	Cartwheel	0.1		
3	Tuck Jump	0.1	Chasse	0.0		
4	Forward Roll	0.1	Cartwheel	0.1		
5	Forward Roll	0.1				
6	Jump 180°	0.1				
		0.6		0.3		

Intermediate

9. Intermediate Requirements

- 9.1. All 3 passes must start from standing and may start from any distance along the track.
- 9.2. All 3 passes will be performed on a 12x2x0.2m AirTrack.
- 9.3. Final skill of all 3 passes must finish on the landing mat if the final skill is a somersault (including whip). If not, the final skill should finish on the track.

	Pass 1	D	Pass 2	D	Pass 3	D
1	Straight Jump Walk Out	0.0	Straight Jump Walk Out	0.0	Min 4 skills Max 6 skills Min difficulty 0.4 Max difficulty 0.6 Can perform skills 0.1 (A) & 0.1 (B) Must contain a Round Off	
2	Cartwheel	0.1	Round Off	0.1		
3	Round Off	0.1	Jump 180° Walk Out	0.1		
4	Straight Jump	0.1	Round Off	0.1		
5	Backward Roll	0.1	Straight Jump	0.1		
6	Jump 180°	0.1				
		0.5		0.4		

Intervanced

10. Intervanced Requirements

- 10.1. All 3 passes may start from standing or a run and may start from any distance along the track.
- 10.2. All 3 passes will be performed on a 12x2x0.2m AirTrack.
- 10.3. Final skill of all 3 passes must finish on the landing mat if the final skill is a somersault (including whip). If not, the final skill should finish on the track.

	Pass 1	D	Pass 2	D	Pass 3	D
1	Round Off	0.1	Front Handspring (Two Feet)	0.1	Min 3 skills Max 6 skills Min difficulty 0.3 Max difficulty 0.6 Can perform skills 0.1 (A), 0.1 (B), 0.1 (C) Must contain a Flic (max two)	
2	Flic	0.1	Straight Jump Walk Out	0.0		
3	Jump 180°	0.1	Round Off	0.1		
4			Straight Jump	0.1		
5						
6						
		0.3		0.3		

Advanced

11. Advanced Requirements

- 11.1. All 3 passes may start from standing or a run and may start from any distance along the track.
- 11.2. All 3 passes will be performed on a 12x2x0.2m AirTrack.
- 11.3. Final skill of all 3 passes must finish on the landing mat if the final skill is a somersault (including whip). If not, the final skill should finish on the track.

	Pass 1	D	Pass 2	D	Pass 3	D
1	Round Off	0.1	Round Off	0.1	Min 3 skills Max 6 skills Min difficulty 0.5 Max difficulty 1.0 Can perform skills up to and including 0.6 Must contain a somersault (max one) No twisting somersaults	
2	Flic	0.1	Flic	0.1		
3	Flic	0.1	Tuck Back	0.5		
4	Flic	0.1				
5	Straight Jump	0.1				
6						
		0.5		0.7		

Elite

12. Elite Requirements

- 12.1. All 3 passes may start from standing or a run and may start from any distance along the track.
- 12.2. All 3 passes will be performed on a 12x2x0.2m AirTrack.
- 12.3. Final skill of all 3 passes must finish on the landing mat if the final skill is a somersault (including whip). If not, the final skill should finish on the track.
- 12.4. All 3 passes count towards final difficulty score.

	Pass 1	D	Pass 2	D	Pass 3	D
1	Min 3 skills		Min 3 skills		Min 3 skills	
2	Max 6 skills		Max 6 skills		Max 6 skills	
3	Min difficulty 0.9		Min difficulty 1.0		Min difficulty 1.0	
4	No max difficulty		No max difficulty		No max difficulty	
5	Must contain a		Must contain a			
6	whip		Full Back			

Disability: Lower

13. Disability: Lower Requirements

- 13.1. All 3 passes may start from standing or a run and may start from any distance along the track.
- 13.2. All 3 passes will be performed on a 12x2x0.2m AirTrack.
- 13.3. Final skill of all 3 passes must finish on the landing mat or track.
- 13.4. Competitors may choose from options 1, 2 or 3.
- 13.5. Competitors may choose to repeat Pass 1 or 2 instead of performing the alternative Pass.
- 13.6. Difficulty will not be counted for this category.

Option 1

	Pass 1	D	Pass 2	D	Pass 3	D
1	Straight Jump	0.1	Straight Jump Walk Out	0.1	Min 3 skills Max 6 skills Min difficulty 0.3 Max difficulty 0.6 Can only perform 0.1 (A) skills	
2	Forward Roll	0.1	Cartwheel	0.1		
3	Tuck Jump	0.1	Chasse	0.0		
4	Forward Roll	0.1	Cartwheel	0.1		
5	Forward Roll	0.1				
6	Jump 180°	0.1				
		0.6		0.3		

Option 2

	Pass 1	D	Pass 2	D	Pass 3	D
1	Straight Jump Walk Out	0.0	Straight Jump Walk Out	0.0	Min 3 skills Max 6 skills Min difficulty 0.4 Max difficulty 0.6 Can perform skills 0.1 (A) & 0.1 (B)	
2	Cartwheel	0.1	Round Off	0.1		
3	Round Off	0.1	Jump 180° Walk Out	0.1		
4	Straight Jump	0.1	Round Off	0.1		
5	Backward Roll	0.1	Straight Jump	0.1		
6	Jump 180°	0.1				
		0.5		0.4		

Option 3

	Pass 1	D	Pass 2	D	Pass 3	D
1	Round Off	0.1	Front Handspring (Two Feet)	0.1	Min 3 skills Max 6 skills Min difficulty 0.3 Max difficulty 0.6 Can perform skills 0.1 (A), 0.1 (B), 0.1 (C)	
2	Flic	0.1	Straight Jump Walk Out	0.0		
3	Jump 180°	0.1	Round Off	0.1		
4			Straight Jump	0.1		
5						
6						
		0.3		0.3		

Disability: Higher

14. Disability: Higher Requirements

- 14.1. All 3 passes may start from standing or a run and may start from any distance along the track.
- 14.2. All 3 passes will be performed on a 12x2x0.2m AirTrack.
- 14.3. Final skill of all 3 passes must finish on the landing mat or track.
- 14.4. Competitors may choose from options 1, 2.
- 14.5. Competitors may choose to repeat Pass 1 or 2 instead of performing the alternative Pass.
- 14.6. Difficulty will not be counted for this category.

Option 1

	Pass 1	D	Pass 2	D	Pass 3	D
1	Round Off	0.1	Round Off	0.1	Min 3 skills Max 6 skills Min difficulty 0.5 Max difficulty 1.0 Can perform skills up to and including 0.6 No twisting somersaults	
2	Flic	0.1	Flic	0.1		
3	Flic	0.1	Tuck Back	0.5		
4	Flic	0.1				
5	Straight Jump	0.1				
6						
		0.5		0.7		

Option 2

	Pass 1	D	Pass 2	D	Pass 3	D
1	Min 3 skills Max 6 skills Min difficulty 1.0 No max difficulty		Min 3 skills Max 6 skills Min difficulty 1.0 No max difficulty		Min 3 skills Max 6 skills Min difficulty 1.0 No max difficulty	
2						
3						
4						
5						
6						

Additional Information

15. Tumbling Skill Difficulty Scores

Element	Difficulty
Cartwheel Sideways Cartwheel Front to Back One Handed Cartwheel Two Cartwheels Connected Shape Jump (Straight, Tuck, Straddle, Pike) Jump 180° Jump 360° Forward Roll Backward Roll (Tucked)	0.1 (A)
Round Off Dive Roll Jump bwd with ½ Twist to forward Roll Handstand Forward Roll Backward Roll (Handstand)	0.1 (B)
Front Handspring to One Front Handspring to Two Flyspring Flic	0.1 (C)
Whip	0.2
Tuck Back Tuck Front	0.5
Pike Back Pike Front Straight Back Straight Front Tuck/ Pike, Straight Somersault Forward ½ Twist Tuck/ Pike/ Straight Somersault Backward ½ Twist	0.6
Tuck/ Pike, Straight Somersault Forward 1/1 Twist Tuck/ Pike/ Straight Somersault Backward 1/1 Twist Whip 1/1 Twist	0.7
Tuck/ Pike, Straight Somersault Forward 1 ½ Twist Tuck/ Pike/ Straight Somersault Backward 1 ½ Twist	0.8
Tuck/ Pike, Straight Somersault Forward 2/1 Twist Tuck/ Pike/ Straight Somersault Backward 2/1 Twist	0.9
Double Front Tucked Double Back Tucked	1.0

Tuck/ Pike, Straight Somersault Forward 3/1 Twist Tuck/ Pike/ Straight Somersault Backward 3/1 Twist Double Front Piked Double Back Piked Double Front Straight Double Back Straight	1.1
½ Twist in Back Somersault Out Double Whip	1.2
1/1 Twist Back Somersault Out Back Somersault 1/1 Twist Out	1.3
1/1 Twist in, 1/1 Twist Out Triple Back Somersault Tucked	1.4

16. Possible accommodations

16.1. Below is a list of some accommodations that can be provided at our competitions. This is not an exhaustive list of all accommodations that we can provide but is provided to show some possibilities and what sort of accommodations will be accepted in and outside the disability categories.

16.2. Non-Disability Accommodations

16.2.1. Place non-damaging tape on the apparatus to mark out key points.

Tape may be of any colour.

16.2.2. Use coloured spots or markers on the apparatus.

16.2.3. Avoid penalisation for small pauses between elements in Novice or Intermediate categories.

16.2.4. Avoid penalisation for diverging from the center line of the track.

16.2.5. Have any music or audio being played paused for the duration of their performance.

16.3. Disability Accommodations

16.3.1. Avoid penalisation for major pauses between elements in Disability: Lower.

16.3.2. Perform alternative elements which do not require the use of hands or arms.

16.3.3. Perform additional elements in passes in order to facilitate the set moves in the pass.

17. Blank Tariff Sheet

Tumbling Tariff Sheet

The Tariff Sheet must be handed in before the start of the round.

Name			
Level			
Pass 1	DV:		
Pass 2	DV:		
Pass 3	DV:		
1.	DV:	4.	DV:
2.	DV:	5.	
3.	DV:	6.	DV:

18. Example Tariff Sheet

Tumbling Tariff Sheet Example - Novice

The Tariff Sheet must be handed in before the start of the round.

Name			
Level	Novice		
Pass 1	DV: 0.6		
Pass 2	DV: 0.3		
Pass 3	DV:		
1.	DV:	4.	DV:
2.	DV:	5.	
3.	DV:	6.	DV: