



# Pointers Gymnastics & Trampoline Club

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## POINTERS INVITATIONAL TUMBLING & ACROBATIC COMPETITION

You are invited to compete in the next Tumbling Competition and Acro Competition. Please note: Competitions are on separate days.

Date: **TUMBLING: Sunday 29<sup>th</sup> March 2015**

**ACROBATICS: Sunday 12<sup>th</sup> April 2015**

Venue: **Warlingham School**, Tithepit Shaw Lane, Warlingham. CR6 9YB

Times: **TUMBLING: 1.00pm** start. Finish around 5.00pm

**ACROBATICS: 1.00pm** start. Finish around 5.00pm

Attire: Girls – Club leotard. Velour shorts may also be worn if desired.

Boys – Club T-shirt and black P.E. shorts.

Entry Fee: £8.00 for one event, £12.00 if entering both events. If paying by cheque, please make it payable to: **POINTERS** or pay via BACS to Lloyds Bank 30-91-72 00007716 and put your child's name as a reference). Please note: Payments are non refundable.

Spectators will be asked to pay a small fee to contribute towards hosting the event - £2.00 for adults and £1.00 for children.

**Tumbling:** There are 7 grades; grade 1 is the most elementary and grade 7 is the most advanced. Overleaf are the tumble runs and guidelines.

**Acro:** We will also be performing the BG NDP Acro routines.

TIME LIMIT: 2 minutes

FLOOR SIZE: 8m x 10m approx.

MUSIC: optional (Music must be instrumental)

The Acrobatic competition will consist of the following categories:

GRADE 1 PAIRS, GRADE 2 PAIRS, GRADE 3 PAIRS, GRADE 4 PAIRS, GRADE 2 TRIOS, GRADE 3 TRIOS, GRADE 4 TRIOS

You can enter either events (tumbling or Acro) or both if you prefer.

To enter, complete the tear off slip below and hand to a coach with your entry fee by 22<sup>nd</sup> March **at the very latest**. **No entries will be accepted after this date.**

Name.....Date of birth.....

I wish to enter the Inter Club Tumbling Competition on Sunday 29<sup>th</sup> March 2015 at 1:00pm.  
I will be competing in the following grade:

TUMBLING GRADE.....

I wish to enter the Inter Club Acrobatics Competition on Sunday 12<sup>th</sup> April 2015 1:00pm.

**BG NDP PAIRS: GRADE 1 / GRADE 2 / GRADE 3 / GRADE 4 (circle as appropriate)**

Partner's name.....

BG NDP TRIOS: GRADE 2 / GRADE 3 / GRADE 4

Partner 1 name..... Partner 2 name.....

Please enclose your entry fee with this slip. £8.00 for one event, £12.00 for two or more events.

Amount enclosed.....

You can pay by cheque (Please make cheques payable to POINTERS) or via BACS to Lloyds Bank 30-91-72 00007716

# TUMBLING COMPETITION RUNS

Current: January 2015

## GRADE 1 - marked out of 10

- 1) Forward roll, jump ½ turn, backward roll.....(3)
- 2) Forward roll, straight jump to 1, cartwheel.....(3)
- 3) Cartwheel, chasse, cartwheel, cartwheel.....(4)

## GRADE 2 - marked out of 10

- 1) Cartwheel, round off, straight jump.....(3)
- 2) Cartwheel, cartwheel (turn in), backward roll to straddle stand....(3)
- 3) Straight jump (RB), Round off, jump ½ turn, dive roll.....(4)

## GRADE 3 – marked out of 10

- 1) Round off, jump ½ turn to one leg, cartwheel, cartwheel.....(4)
- 2) Handspring.....(1)
- 3) Straight jump (RB), Round off, jump half turn, step to cartwheel one hand, cartwheel two hands....(5)

## GRADE 4 – marked out of 14

- 1) Handspring, straight jump, dive roll.....(3)
- 2) Round off, jump ½ turn to one leg, round off, jump ½ turn, dive roll.....(5)
- 3) Straight jump (RB), dive roll, jump half turn, backward roll, jump half turn to one, cartwheel... (6)

## GRADE 5 – marked out of 9

- 1) Handspring to one, cartwheel, round-off, straight jump.....(4)
- 2) Handspring to one, handspring to two.....(2)
- 3) Straight jump (RB), round off, back flic.....(3)

## GRADE 6 – marked out of 9

- 1) Handspring to two, flyspring, straight jump.....(3)
- 2) Handspring, round off, back flic.....(3)
- 3) Straight jump (RB), round off, back somersault (T)..... (3)

## GRADE 7 – marked out of 8

- 1) Free cartwheel.....(1)
- 2) Round off, back flic, back somersault (T) .....(3)
- 3) Front somersault (RB) walkout, round off, jump half turn, dive roll.....(4)

(RB = Reuther Board which must be used for this element.)

## TUMBLING GUIDELINES

- 1) All tumbles must be executed with a running approach.
- 2) The approach run must not be executed more than three times and the exercise is considered to have started once the first element has been initiated.
- 3) The tumbler should finish with the body vertical at the end of the tumble run.
- 4) All tumble runs must finish with a two feet landing and should be static. No rebound jump is permitted.
- 5) No steps are permitted between the tumbling elements. A step between elements is regarded as a stop and terminates the run.
- 6) Each level consists of three runs which must be performed in the order shown.
- 7) Each tumble run consists of a number of elements which must be performed in the order shown.

## SPORTS ACRO ROUTINE GUIDELINES

- 1) Points will be deducted for adjusting your hair or clothing.
- 2) 0.1 will be deducted for every centimetre your acro partner is below your shoulder line.
- 3) Points will be deducted for exceeding time limit.
- 4) Points will be deducted for words in the music.
- 5) Bases – You can only enter ONE pair routine and/or ONE trio routine.
- 6) Tops – You can only enter ONE pair routine and/or ONE trio routine as a top. You can however be a top at a HIGHER grade, and be a base and a LOWER grade.