



Adult Open Competition 2025 Tumbling Handbook

Entry Instructions

All entries for this competition are made via our website: www.react-club.com. You can find the entry form under the 'competition registration' tab. An online handbook for all disciplines can also be found on our website under this tab.

Categories - Age Bands

All competitors over the age of 22 will be given a bonus. The bonus is 0.1 per three years above the age of 22, as shown below.

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.

Age	18-22	23-25	26-28	29-31	32-34	35-37	38-40	41-43	44-46	47-49	50-52	53-55	56-58
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2

Age	59-61	62-64	65-67	68-70	71-73	74-76	77-79	80
Age bonus	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0

Categories – Ability Levels

The competition is split into three levels as detailed below:

Novice: suitable for beginners.

Intermediate: suitable for experienced competitors.

Experienced: suitable for experienced competitors or for anyone who is able to fulfil the requirements at this level.

Novice

Two different exercises from the table below are to be performed. The novice tariff sheet (appendix 1) must be fully completed and handed in at registration on the day of the competition.

All skills are to be competed in the same order with no extra steps or jumps.

Novice – chose two exercises							Diff Value
1	Forward roll	Straight jump	Forward roll	Tuck jump	Forward roll	Half turn jump	0.6
2	Chasse	Cartwheel	Chasse	Cartwheel	Chasse	Cartwheel	0.6
3	Cartwheel	Chasse	Round off	½ turn jump	Forward roll	Half turn jump	0.7
4	Forward roll	Jump to one	Cartwheel	Round off	Straight jump	Backward roll	0.8
5	Handspring	Straight jump to one foot	Cartwheel	Round off	½ turn jump	Forward roll	0.9
6	Round off	Flic	½ turn jump to one foot	Cartwheel	Round off	Straight jump	1.0

Intermediate

Two different exercises from the table below are to be performed. The intermediate tariff sheet (appendix 2) must be fully completed and handed in at registration on the day of the competition.

All skills are to be competed in the same order with no extra steps or jumps.

Intermediate – chose two exercises							Diff Value
1	Round off	Flic	½ turn jump to one foot	Round off	Flic	Straight jump	0.8
2	Handspring	Straight jump to one foot	Round off	Flic	Flic	Straight jump	0.9
3	Round off	Flic	Flic	Flic	Flic	Straight jump	1.0
4	Round off	Flic	Flic	Flic	½ turn jump to one foot	Handspring	1.0
5	Front somersault walkout	Round off	Flic	Flic	Flic	Straight jump	1.4
6	Round off	Flic	Flic	Flic	Flic	Tuck back somersault	1.4

Experienced

Two exercises with a minimum of 6 elements and maximum of 8 elements are to be performed. Some of the popular elements and their tariffs are shown below. Skills such as cartwheel and straight jump are valued at 0.1. The experienced tariff sheet (appendix 3) must be fully completed and handed in at registration on the day of the competition.



FIG Code of Points 2022-2024 - Trampoline Gymnastics Part III - Appendices



F. DIFFICULTY TUMBLING – EXAMPLES

Element	Difficulty	Element	Difficulty
Round-off	(0.1	
Front Handspring	H	0.1	
Flic-flac	F	0.1	
Whipback (tempo salto)	^	0.2	
Back somersault (ss)	- o	0.5	
Back somersault	- <	0.6	
Back somersault	- /	0.6	
Front somersault	. - o	0.6	
Front somersault	. - <	0.7	
Side somersault	- o x	0.5	
Side somersault	- < x	0.6	
Back ss with ½ twist	1. /	0.7	
Barani	.1	0.8	
Back ss with 1/1 twist	2.	0.9	
Front ss with 1/1 twist	.2	1.0	
Back ss with 1½ twist	3.	1.1	
Front ss with 1½ twist	.3	1.2	
Back ss with 2/1 twist	4.	1.3	
Front ss with 2/1 twist	.4	1.4	
Back ss with 2½ twist	5.	1.6	
Back ss with 3/1 twist	6.	1.9	
Back ss with 3½ twists	7.	2.3	
Back ss with 4 twists	8.	2.7	
Double back somersault	-- o	2.0	
Double back somersault	-- <	2.2	
Double back somersault	-- /	2.4	
Double front somersault	. -- o	2.4	
Double front somersault	. -- <	2.6	
Double side somersault	-- o x	2.0	
Double side somersault	-- < x	2.2	
Half in ("arabian")	1 - o	2.2	
Half in ("arabian")	1 - <	2.4	
Half out (backwards)	- 1 o	2.2	
Half out (backwards)	- 1 <	2.4	
Half out (backwards)	- 1 /	2.6	
Half out (forward)	. - 1 o	2.6	
Half out (forward)	. - 1 <	2.8	
Full in back out	2 - o	2.4	
Full in back out	2 - <	2.6	
Full in back out	2 - /	2.8	
Full in half out	2 1 /	3.2	
Full in Full out	2 2 o	3.2	
Full in Full out	2 2 /	3.6	
Full in 1½ twist out	2 3 o	3.8	
Full in 1½ twist out	2 3 /	4.2	
Full in Double-full out	2 4 o	4.4	
Full in Double-full out	2 4 /	4.8	
Double-full in Double-full out	4 4 /	6.4	
Triple back	--- o	4.5	
Triple back	--- <	5.1	
Triple back	--- /	5.7	
Half in Triple ("arabian")	1 -- o	5.4	
Half in Triple ("arabian")	1 -- <	6.0	
Full in Triple	2 -- o	6.3	
Full in Triple	2 -- <	6.9	
Quadruple back	---- o	8.0	
Quadruple back	---- <	9.2	

Appendix 1

Tumbling			
Novice Tariff Sheet – to be handed in at registration on the day of competition			
Name		No.	
Exercise 1	No.	Difficulty	
Exercise 2	No.	Difficulty	

Appendix 2

Tumbling			
Intermediate Tariff Sheet – to be handed in at registration on the day of competition			
Name		No.	
Exercise 1	No.	Difficulty	
Exercise 2	No.	Difficulty	

Appendix 3

Tumbling			
Experienced Tariff Sheet – to be handed in at registration on the day of competition			
Name		No.	
Exercise 1	Tariff	Exercise 2	Tariff
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	
Total		Total	