



TUMBLES

GYMNASTICS CLUB



CLUB GRADES

RULES & GUIDELINES FOR COACHES



FAIR
ASSESSMENT



CONSISTENT
STANDARDS



PROGRESSIVE
DEVELOPMENT



RECOGNISE
ACHIEVEMENT



SUPPORT
EVERY GYMNAST



Club Development Plan – Progression Chart

Club Grade One (Stage 1)	Foundation Grade One (Foundation 1)
Club Grade Two (Stage 2)	Foundation Grade Two (Foundation 2)
Club Grade Three (Stage 3)	Foundation Grade Three (Foundation 3 – Pre- Prep 1)
Club Grade Four (Regional 1)	Foundation Grade Four (Foundation 3 – Pre- Prep 2)
Club Grade Five (Regional 2)	

Grade Marks

All gymnasts will receive certificates for the grade that they have competed in.

Working At: 19:99 & below

Working Above: 20:00

Working Beyond: 22:00

High Commendation: 24:00

Important: Gymnasts who are not yet ready for Classic Challenge in the upcoming season should follow the Tumbles Club Grades, including those who may progress to Classic Challenge in future

Club Grade 1 (Stage 1)

	Bars	Floor
Apparatus Set-up	Low bar routine only with Red 60cm Block	Routines to be performed in a strip
Routine	<ul style="list-style-type: none"> • Tuck shape hold • Jump to front support • Cast back to bar • Cast to block and show front support shape 	<ul style="list-style-type: none"> • Forward roll to straddle sit • Japana hold 2s bring legs together to L sit. • Push up to back support – turn to front support • Drop to knees, lunge and slide to splits, bring back leg around to pike. • Pike fold (hold), lie back and push up to bridge • Roll back to shoulder stand and roll forward to stand • Forward roll
Difficulty Value	<p>SV: 14:00</p> <p>Each skill (bullet point) worth 0.5</p> <p>All holds 2 seconds</p>	<p>SV: 14:00</p> <p>Each skill (bullet point) worth 0.5</p> <p>All holds 2 seconds</p>

Club Grade 2 (Stage 2)

	Bars	Floor
Apparatus Set-up	Low bar routine only with Red 60cm Block	Routines to be performed in a strip
Routine	<ul style="list-style-type: none"> • L shape hold • Jump to front support • Cast back to bar (bonus 0.5 back hip circle) • Forward circle to chin hold 	<ul style="list-style-type: none"> • Forward roll to straddle sit • Japana hold 2s bring legs together to L sit. • Push up to back support – turn to front support • Drop to knees, lunge and slide to splits, bring back leg around to pike. • Pike fold (hold), lie back and push up to bridge • Roll back to shoulder stand and roll forward to stand • Forward roll, chasse, turn to side and side cartwheel
Difficulty Value	<p>SV: 14:00</p> <p>Each skill (bullet point) worth 0.5</p> <p>Bonus back hip circle 0.5</p> <p>All holds 2 seconds</p>	<p>SV: 14:00</p> <p>Each skill (bullet point) worth 0.5 (kickover bonus 0.3)</p> <p>All holds 2 seconds</p>

Club Grade 3 (Stage 3)

	Bars	Floor
Apparatus Set-up	Low bar routine only	Routines to be performed in a strip
Routine	<ul style="list-style-type: none"> • Chin up circle over the bar • Cast back hip circle • Cast Straddle Undershoot 	<ul style="list-style-type: none"> • Cat leap – scissor kick. Half spin • Cartwheel – B-roll • Kneel to one knee and slide into splits (any leg). Swing back leg around to pike L sit • Show pike fold (hold). Lie back to dish. • Push up to bridge (hold). Lift one leg to vertical and kick over • Tuck jump
Difficulty Value	<p>SV: 14:00</p> <p>Each skill (bullet point) worth 0.5</p> <p>Bonus 0.5 for circle over</p>	<p>SV: 14:00</p> <p>Each skill (bullet point) worth 0.5</p> <p>All holds 2 seconds</p>

Club Grade 4 (Regional 1)

	Bars	Floor
Apparatus Set-up	Low bar routine only	Routines to be performed in a strip (no music)
Routine	<ul style="list-style-type: none"> • Float swing • Upward circle • Cast • Back hip circle • Squat on jump down to land 	<ul style="list-style-type: none"> • Cat leap – scissor kick. Half turn on toes • Cartwheel – B-roll to pike with straight arms • Full spin step Tuck jump • Kneel to one knee and slide into splits (any leg). Swing back leg around to pike L sit • Show pike fold (hold). Lie back to dish. • Push up to bridge (hold). Lift one leg to vertical and kick over • Backward walkover • Straight jump – changement
Difficulty Value	SV: 14:00 Each skill (bullet point) worth 0.5 Bonus 0.5 for an upstart in replace of upward circle (Awarded once)	SV: 14:00 Each skill (bullet point) worth 0.5 All holds 2 seconds

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Club Grade 5 (Regional 2)

	Bars	Floor
Apparatus Set-up	Routine to be performed on A bars. Bars can be moved closer if required	Routines to be performed in a strip (no music)
Routine	<ul style="list-style-type: none"> • Float swing • Chin circle over mount • Cast above horizontal • B-hip circle • Squat on • ¾ giant • Straddle shoot 	<ul style="list-style-type: none"> • Round off – flic • Handspring. Half turn on toes • Change leg – cat leap full • Full spin step tuck jump full • Kneel to one knee and slide into splits (any leg). Swing back leg around to pike L sit. Show pike fold (hold). Lie back to dish • Push up to bridge (hold).Lift one leg to vertical and kick over • Backward walkover. • Split jump – straight jump
Difficulty Value	<p>SV: 14:00</p> <p>Each skill (bullet point) worth 0.5</p> <p>Bonus 0.5 for two upstarts (Awarded once)</p>	<p>SV: 14:00</p> <p>Each skill (bullet point) worth 0.5</p> <p>All holds 2 seconds</p>

Foundation Grade 1 (Foundation 1)

	Bars	Floor
Apparatus Set-up	Single high chalk bar	Routines to be performed in a strip
Routine	<ul style="list-style-type: none"> Assisted by coach -jump to catch the high bar in reverse grip. Show hang position Reverse chin up, show position and lower to straight hang with control Switch hands to regular grip Tuck shape hold - lift legs to touch bar leg lift to horizontal (bonus to touch bar) Chin up attempt (bonus) Show straight shape (Hold), drop to land 	<ul style="list-style-type: none"> Forwards roll to stand with feet together Chasse cat leap Spin prep Cartwheel 1/4 turn Step to one knee, slide forward splits and hold Push up to bridge (show position). Rock back to shoulder stand to stand. Straight jump Leg squat (either leg)
Difficulty Value	<p>SV: 14:00 Each skill (bullet point) worth 0.5</p> <p>0.5 bonus straight leg lift - feet to touch bar</p> <p>0.5 bonus for chin up in normal grasp – shoulders above elbow height</p> <p>0.3 bonus for a stuck dismount landing All holds 2 seconds</p>	<p>SV: 14:00</p> <p>Each skill (bullet point) worth 0.5 All holds 2 seconds</p> <p>0.5 Bonus: Bridge kick over in replacement of rock to shoulder stand to stand</p> <p>0.5 Bonus for leg squat</p>

Foundation Grade 2 (Foundation 2)

	Bars	Floor
Apparatus Set-up	Single high chalk bar	Routines to be performed in a strip
Routine	<ul style="list-style-type: none"> • Assisted by coach -jump to catch the high bar in reverse grip. Show hang position • Reverse chin up, show position and lower to straight hang with control • Switch hands to regular grip • leg lift to touch bar • Chin up (bonus) • Show dish shape (Hold) • Show arch shape (hold) • Show straight shape (Hold), drop to land 	<ul style="list-style-type: none"> • Forwards roll with straight arms to stand with feet together • Chasse cat leap, chasse ensemble jump. • Half spin • Cartwheel 1/4 turn connection into backwards roll Step to one knee, slide forward splits and hold • Push up to bridge (show position). Rock back to shoulder stand to stand. • Leg squat right leg • Leg squad left leg
Difficulty Value	<p>SV: 14:00</p> <p>Each skill (bullet point) worth 0.5</p> <p>0.5 Bonus Chin up above bar. To be performed after the leg lift</p> <p>0.5 Bonus replacing switch hands with Half turn to regular grip by releasing one hand to side of body to execute turn and regrasp bar</p> <p>0.3 bonus for a stuck dismount landing</p> <p>All holds 2 seconds</p>	<p>Each skill (bullet point) worth 0.5</p> <p>All holds 2 seconds</p> <p>0.5 Bonus: Bridge kick over in replacement of rock to shoulder stand to stand</p> <p>0.5 Bonus for each leg squat performed</p>

Foundation Grade 3 (Foundation 3 - Pre-Prep 1)

	Bars	Floor
Apparatus Set-up	Single high chalk bar	Routines to be performed in a strip
Routine	<ul style="list-style-type: none"> Assisted by coach -jump to catch the high bar in reverse grip. Show hang position Reverse chin up, show position and lower to straight hang with control Half turn to regular grip by releasing one hand to side of body to execute turn and regrasp bar leg lift showing control, feet must touch the bar 3 fish swings -Dish/arch, release bar to land 	<ul style="list-style-type: none"> Handstand forwards roll with straight arms to stand with feet together Chasse cat leap, chasse ensemble jump. Full spin Cartwheel 1/4 turn connection into backwards roll to front support with straight arms. Swing leg into forward splits and hold for 3 seconds. Push up to bridge (show position) Kick over. Split jump Leg squat right leg (Showcase Only) Leg squat left leg (Showcase Only)
Difficulty Value	<p>SV: 14:00 Each skill (bullet point) worth 0.5 All holds 2 seconds</p> <p>1.0 Bonus: Chin up circle to front support, show front support position, lower to straight hang. To be performed after the leg lift</p> <p>0.3 bonus for a stuck dismount landing</p>	<p>SV: 14:00 Each skill (bullet point) worth 0.5 All holds 2 seconds</p> <p>0.5 Backward walkover in replacement of bridge kick over (Rock to shoulder stand to stand after showing splits then perform the Backward Walkover)</p> <p>0.5 Bonus for a split jump hitting 180° with no tolerance.</p>

Foundation Grade 4 (Foundation 3 – Pre-Prep 2)

	Bars	Floor
Apparatus Set-up	Low Bar only routine	Routines to be performed in a strip
Routine	<ul style="list-style-type: none"> • Float swing • Circle over to front support • Cast - Back hip circle • Pike undershoot dismount 	<ul style="list-style-type: none"> • Handstand hop forwards roll with straight arms and legs to stand • Chasse split leap, chasse cat leap. • Full spin Round-off rebound backwards roll to front support Swing leg into forward splits and hold for 3 seconds. • Push up to bridge (show position) Kick over. • Split jump • Leg squat right leg • Leg squad left leg
Difficulty Value	<p>SV: 14:00 Each skill (bullet point) worth 0.5 All holds 2 seconds</p> <p>0.5 Cast above horizontal</p> <p>0.3 bonus for a stuck dismount landing</p>	<p>SV: 14:00 Each skill (bullet point) worth 0.5 All holds 2 seconds</p> <p>0.5 Backward walkover in replacement of bridge kick over (Rock to shoulder stand to stand after showing splits then perform the Backward Walkover)</p> <p>0.5 Bonus replacing round-off backwards roll to front support with round-off flic</p>



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