

National Development Plan 8

Club and Regional Competition Only - No National final

Younger age groups and suggested age groups can be changed to suit the individual regions.

CLUB TUMBLING								
RUN 1			RUN 2			RUN 3		
Club Grade 1			8/yr 9/10 11/12 13: Age/yr					
1	FORWARD ROLL	1	CHASSE	1	CARTWHEEL			
2	STRETCH JUMP	2	CARTWHEEL	2	CARTWHEEL 1/4 TURN IN			
3	FORWARD ROLL	3	CHASSE	3	BACK ROLL			
4	STAR JUMP	4	CARTWHEEL	4	1/2 TURN JUMP			
5	FORWARD ROLL	5	CHASSE	5	FORWARD ROLL			
6	FULL TURN JUMP	6	CARTWHEEL to land side on	6	STAR JUMP			
Club Grade 2			8/yr 9/10/11/12 13: Age/yr					
1	ROUND OFF	1	CARTWHEEL	1	HANDSTAND FORWARD ROLL			
2	1/2 TURN JUMP TO 1	2	CHASSE	2	FORWARD ROLL TO 1			
3	CARTWHEEL	3	CARTWHEEL	3	CARTWHEEL			
4	CARTWHEEL	4	ROUND OFF	4	CARTWHEEL			
5	ROUND OFF	5	STRETCH JUMP	5	ROUND OFF			
6	REBOUND JUMP	6	BACKWARD ROLL	6	1/2 TURN JUMP			
Club Grade 3			8/9/10 11/12 13: Age/yr					
1	ROUND OFF	1	HANDSPRING TO 2	1	ROUND OFF			
2	1/2 TURN JUMP TO 1	2	STRETCH JUMP TO 1	2	FLIC			
3	CARTWHEEL	3	CARTWHEEL	3	REBOUND JUMP (Hold 3 seconds) and finish			
4	ROUND OFF	4	ROUND OFF	Turn Round and Repeat				
5	REBOUND JUMP	5	1/2 TURN JUMP	1	ROUND OFF			
6	JUMP 1/1 TURN	6	REBOUND ROLL	2	FLIC			
				3	REBOUND JUMP			
Present to Judge								

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Regional Heats leading to the British National Development Plan Final.

Younger age groups can be used in regions but will not be eligible for National Finals.

The first placed girl and boy in each age group will go through to National Finals, however, tumblers must complete all 3 passes in the regional qualifiers to secure this place.

NATIONAL TUMBLING																
RUN 1				RUN 2				RUN 3								
National Grade 1				9/10 11/12 13+ Age in the year				Coach level - UKCC L2								
1	ROUND OFF	1	HANDSPRING to 2	1	ROUND OFF	2	FLIC	2	STRETCH JUMP to 1	2	FLIC	3	FLIC	4	REBOUND JUMP	Only 15m of track may be used All runs not ending in somersaults may land on the track
2	FLIC	2	STRETCH JUMP to 1	2	FLIC	3	1/2 TURN JUMP to 1	3	CARTWHEEL	3	FLIC					
3	1/2 TURN JUMP to 1	3	CARTWHEEL	4	ROUND OFF	4	ROUND OFF	4	ROUND OFF	4	REBOUND JUMP					
4	ROUND OFF	4	ROUND OFF	5	FLIC	5	FLIC	5	FLIC							
5	FLIC	5	FLIC	6	1/2 TURN JUMP	6	REBOUND JUMP	6	1/2 TURN JUMP							
6	REBOUND JUMP	6	1/2 TURN JUMP													
National Grade 2				9/10 11/12 13+ Age in the year				Coach level - UKCC L2								
1	ROUND OFF	1	FRONT SOMI TO 2 FEET	1	ROUND OFF	2	FLIC	2	REBOUND JUMP to 1	2	FLIC	3	TUCK BACK SOMI	Only 15m of track may be used		
2	FLIC	2	REBOUND JUMP to 1	2	FLIC	3	FLIC	3	ROUND OFF	3	TUCK BACK SOMI					
3	FLIC	3	ROUND OFF	4	FLIC	4	FLIC	4	FLIC							
4	FLIC	4	FLIC	5	FLIC	5	FLIC	5	FLIC							
5	FLIC	5	FLIC	6	1/2 TURN JUMP	6	REBOUND JUMP	6	1/2 TURN JUMP							
6	REBOUND JUMP	6	1/2 TURN JUMP													
National Grade 3				9/10 11/12 13+ Age in the year				Coach level - UKCC L2								
1	ROUND OFF	1	ROUND OFF	1	ROUND OFF	2	FLIC	2	FLIC	2	FLIC	3	PIKE BACK SOMI	Only 15m of track may be used		
2	FLIC	2	FLIC	2	FLIC	3	FLIC	3	WHIP	3	PIKE BACK SOMI					
3	FLIC	3	WHIP	4	FLIC	4	FLIC	4	FLIC							
4	FLIC	4	FLIC	5	FLIC	5	FLIC	5	FLIC							
5	FLIC	5	FLIC	6	REBOUND JUMP	6	TUCK BACK SOMI	6	REBOUND JUMP							
6	TUCK BACK SOMI	6	REBOUND JUMP													
National Grade 4				9/10 11/12 13+ Age in the year				Coach level - UKCC L2								
1	ROUND OFF	1	ROUND OFF	1	ROUND OFF	2	FLIC	2	FLIC	2	FLIC	3	STRAIGHT BACK SOMI	Only 15m of track may be used		
2	FLIC	2	FLIC	2	FLIC	3	WHIP	3	WHIP	3	STRAIGHT BACK SOMI					
3	FLIC	3	WHIP	4	FLIC	4	FLIC	4	FLIC							
4	FLIC	4	FLIC	5	FLIC	5	FLIC	5	FLIC							
5	FLIC	5	FLIC	6	TUCK BACK SOMI	6	TUCK BACK SOMI	6	TUCK BACK SOMI							
6	FLIC	6	TUCK BACK SOMI													
7	FLIC															
8	PIKE BACK SOMI															