



TUMBLE EVENTS

TUMBLING

COMPETITION HANDBOOK

2026

Tumble Events Ltd reserves the right to make amendments to this Handbook. Notification of a change to the handbook will be communicated via email and an updated version will be made available to download at the time of change on the website.

Tumble Events(TE) Tumbling Gymnastics Competitions

1. Competition Membership

All persons attending TE events in an official capacity, whether as a gymnast, coach, judge or official are required to hold a recognised British Gymnastic(BG) qualification and have an up to date DBS

- **Gymnasts** – BG Community membership as a minimum. A gymnast may be required to hold a Competitive membership if taking part in a competitive discipline and following the prescribed competitive pathway for that discipline.
 - **Disability Gymnasts**; As above, All gymnasts entering the Disabilities levels must completed disabilities classification certificate; [disability-gymnastics-classification-certificate.pdf](#)
- **Lead coaches** - Coaches must ensure that they are qualified to coach the moves being shown by their gymnasts. Contravention of this rule will lead to disqualification of the gymnast and suspension from the competition of the coach.
- **Coaches** - must have attended a Sports Coach UK Safeguarding and Protecting Children Awareness course. This must be renewed every three years and be valid both at the time of entry and through to the end of the Event.
- **Coaches** must also have a valid DBS Certificate both at the time of entry and through to the end of the Event.
- **Judges** – Must be suitably qualified to judge the level they are observing. Our judging organiser may ask for proof of qualification/experience.
- **Clubs** - Must be affiliated to British Gymnastics.

3. Competition Entry Forms

✳ *If you wish to enter an event and are new to Tumble Events please email us; Tumbleeventsltd@gmail.com*

- **Entry Forms** - Only correctly completed electronic entry forms (no paper entries) will be accepted and must be submitted by the stated closing date to the relevant competition organiser. The appropriate entry fee must be submitted at the time of entry – (see paragraph 18). Entry forms will be emailed to the clubs by the organiser
- **Entry Fee** - Payment details will be published on the entry form.

5. Late Entries

- No late entries will be accepted without the penalty fee.

6. Coaches In Attendance

- Coach must have the correct qualification to train gymnasts and enter them in competition at their appropriate level. Clubs and Lead coaches should be fully compliant with all current guidance:
- To enter tumblers at an event leading to a National Final / British Championship/ English Championship the coach must hold a Level 2 or higher specific Tumbling coaching qualification.
- When entering tumblers at a stand-alone county/regional event coaches must hold either a specific Tumbling coaching qualification or an alternative Level 2 or higher discipline specific coaching qualification that covers the tumbling skills of the levels entered.
- Coaches must wear appropriate gymnastic clothing such as club tracksuit or sweatshirt/polo shirt or they may be asked by the competition organiser to leave the competition area. Shorts/baseball caps are not to be worn by coaches on the competition floor or in the warm-up area.

7. Competition Year

- The competition year will be 1st January to 31st December.
- The minimum age of entry into a Southern Region/Tumble Events Tumbling competition leading to a National final is 9 in the year of competition i.e. for 2026 competitions – date of birth 2017 or earlier.
- For all other Tumble Events Tumbling competitions not leading to a National final, they must turn 6 in the year of competition i.e. for 2026 competitions – date of birth 2020 or earlier.
- If on 2 occasions within a 12 months period, a tumbler achieves a score above **53.3 before difficulty** at a given level, they will be expected to compete at a higher level on the next occasion. (*This does not affect the level*)

that you decide to enter your gymnast at for the regional qualifiers for English Silver or Regional Challenge Cup events)

8. Warm Up At Competitions

- A general warm up area will be provided at all competitions. Coaches must make adequate provision for the supervision of their Gymnasts upon arrival at the venue. Gymnasts will not be allowed to register or begin warm up without their coach being present.
- All competitors will also be entitled to a track warm up (provided they are present at the specified warm up timings)
- A suitable warm up period will be announced by the tumble marshal on the day. Maximum number in each warm up group to be decided by the competition organiser.

9. Rule Changes

- Tumble Events organiser reserves the right to amend competition rules as it feels necessary.

10. Disputes

- In the event of a dispute which cannot be resolved by reference to the rules, the competition organiser and/or the chair of the judges will make a decision which shall be final.

11. Attire

Gymnasts

- For competitive Events, Gymnasts must wear a suitably supportive, safe and appropriate non-transparent leotard or unitard (one-piece leotard, of full length, shoulder to ankle).
- Gymnasts may wear form fitting complete leg coverings/tights/gymnastics trousers/longs
- Gymnasts may wear gymnastics shorts(not football or loose fitting shorts)
- Gymnasts may wear alternative Competition Attire in accordance with their particular faith, belief or religion (including head coverings) with the proviso that the Lead Coach or Coach has assessed the risk associated with this and has taken any suitable mitigating action(s), where applicable, to ensure the highest standards of safety are upheld.

Universal

- For reasons of safety, covering the face is not allowed. Head coverings must be secure.
- The wearing of jewellery such as necklaces, bracelets, watches and removable body piercings is not permitted during the competition. Judges will deduct for visible jewellery.
- Strapping and taping – a suitable colour of tape should be used, i.e. no bright colours or patterns.

Coaches

- Coaches must wear a tracksuit with full length tracksuit bottoms or full length leggings/bottoms with a collared polo shirt or club T-shirt and appropriate clean gym/training shoes. Shorts/baseball caps are not to be worn by coaches on the competition floor or in the warm-up area.
- Long hair should be braided or tied back so as not to obscure vision.
- Coaches will not be allowed on the competition floor if wearing ANY jewellery. If it is impossible to remove items of jewellery they should be taped.

12. Competition Cards

- Competition cards are required at TE Level 10 and FIG.
- Competition cards must be submitted at the Registration Desk on arrival at the competition and prior to the start of warm up.
- Competitors may not compete without a valid competition card.

13. Appeals

- May only be considered if the D score awarded is being challenged and must be accompanied by a fee of £10. This fee will only be returned if the appeal has been upheld. The appeal must be made to the Competition organiser, within 10 mins of the completion of the round.

14. Advice for Coaches

On arrival at the competition you must register the gymnasts who are competing, as well as notifying the registration desk of any gymnasts who are to be withdrawn. To expedite registration you should have a list of your competitors' numbers. You should note the following:-

- Ensure your gymnasts know their competitor number.
- Ensure your gymnasts are **ready 30 minutes before the published times** in case timings are altered.
- Ensure your gymnasts are ready to tumble immediately when the previous competitor has completed their run.
- Ensure your gymnasts wait until the chair of the judging panel signals them to begin their run.
- Ensure your gymnasts who are medallists are available for presentations.
- Competitor numbers will be supplied to coaches on the day of the event, it is the responsibility of the coach to ensure numbers are not defaced in anyway and are returned to the box. Clubs will be charged if numbers are defaced or lost!
- In the Regional Prelims the first and second placed gymnasts may progress to the Inter-Regional Challenge Cup Final if they have successfully completed all three runs.

15. Judges

- TE judging organiser will contact judges prior to the competition. Reasonable expenses will be covered for attending judges.
- Male & Female judges should be dressed smartly. Please ensure you wear shoes without heels. Make sure you inform the judging organiser if you have any dietary requirements.

Penalties For Late Payments Of Competition Entry Fees.

- Entry fees for competition entries should be paid at the same time as the entry form and should therefore be received by the closing date for entries to the competition. A £50.00 late payment fee will be applied.

16. Use of Photographic and Filming Equipment at Competitions

- When entering gymnasts into a competition clubs must ensure tumblers can be photographed.
- Filming and photography will be taking place at all events.
- From time to time, livestreams may be broadcast via our social media channels. Although every care will be taken to ensure those who do not wish to appear in a video do not, this is not always possible.
- Livestreams will be restricted to march-on and medal ceremonies at competitions.
- Video footage collected during the event may be used on our digital platforms.
- Photographs and videos taken by spectators may only be taken for personal use only and may not be taken for sale or other commercial use.
- The use of flash or supplementary lighting is not permitted at any time while gymnasts are warming up or competing. Please make sure the flash is turned off on any device being used as your camera.
- If you have any concerns about the identity or actions of any photographer or if you believe that any unsuitable photos are being taken, you should report your concerns to the competition organising team.
- Should a member of Competition organising, or safeguarding team suspect inappropriate photography or filming, they should exercise their powers to request the person leave the venue and to surrender any film and/or delete any images relating to the event.

17. "Tie-Break" Rules.

- In the event of a tie for a medal position, if the tie is unbroken then multiple medals are awarded.