**Mike Walker Invitational - Tumble**

**Note** Coaches and Clubs – The rules for the Mike Walker Open Tumbling Competition 2018 for NDP, will be following the same formant as the “*English Silver Judging Rules 2018*” as follows:-

# GB bonus applies to run 3 for all levels:

**Whip** = 0.7, **Barani** = 1.2, **Whip 360** = 1.4, **Double tuck** = 2.8 - **Double pike** = 3.0,

**Full in tuck** = 3.2 - All non-FIG elements have a value 0.1.

# National 1, 2 and 3

**Run 1 and Run 2:** As table below. Mark out of 10 as an NDP run.

**Run 3**: Voluntary 6 elements with difficulty.

Mark out of 10 (as an FIG run, with specific rules for this competition).

1. Gymnasts may repeat run 1 or run 2 or a combination of non-FIG elements, all non-FIG elements have a value 0.1.
2. No penalty for a walk out to 1 except for the final element.
3. No penalty if the final element is not a somersault.
4. The final element may be a somersault and should land on the landing area or will have a penalty of 0.6 (CJP) for landing on the track.
5. For National 1, 2 and 3 only, tuck back final element will have a value of 1.0, pike back and straight back final elements will have a value of 1.2.

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| **NDP National Level 1** |
| **Age** | **Run 1** |  | **Run 2** |  | **Run 3** |
| **Groups**9 - 10,11 – 1213+ | 1 | Round Off | 1 | Stretch Jump Walkout | 1 | Voluntary |
| 2 | Flick | 2 | Cartwheel | 2 | Voluntary |
| 3 | Jump 1/2 Turn Walkout | 3 | Round Off | 3 | Voluntary |
| 4 | Round Off | 4 | Flick | 4 | Voluntary |
| 5 | Flick | 5 | Flick | 5 | Voluntary |
| 6 | Rebound Jump | 6 | Rebound jump | 6 | Voluntary |

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| **NDP National Level 2** |
| **Age** | **Run 1** |  | **Run 2** |  | **Run 3** |
| **Groups**9 - 10,11 – 1213+ | 1 | Tuck Front walkout | 1 | Round off | 1 | Voluntary |
| 2 | Round off | 2 | Flick | 2 | Voluntary |
| 3 | Flick | 3 | Flick | 3 | Voluntary |
| 4 | Flick | 4 | Flick | 4 | Voluntary |
| 5 | Flick | 5 | Flick | 5 | Voluntary |
| 6 | Rebound Jump | 6 | Jump 1/2 Turn | 6 | Voluntary |

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| **NDP National Level 3** |
| **Age** | **Run 1** |  | **Run 2** |  | **Run 3** |
| **Groups**9 - 10,11 – 1213+ | 1 | Pike Front walkout | 1 | Round off | 1 | Voluntary |
| 2 | Round off | 2 | Flick | 2 | Voluntary |
| 3 | Flick | 3 | Whip | 3 | Voluntary |
| 4 | Flick | 4 | Flick | 4 | Voluntary |
| 5 | Flick | 5 | Flick | 5 | Voluntary |
| 6 | Jump 1/2 Turn | 6 | Tuck Back | 6 | Voluntary |

# National 4, 5, 6 and 7

**Run 1 and Run 2:** As table below. Mark out of 10 as an NDP run.

**Run 3**: Voluntary 8 elements with difficulty. Mark out of 10 as an FIG run.

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| **NDP National Level 4** |
| **Age Groups**9 - 10,11 – 1213+ | **Run 1** |  | **Run 2** |  | **Run 3** |
| 1 | Round off | 1 | Round off | 1 | Voluntary |
| 2 | Whip | 2 | Flick | 2 | Voluntary |
| 3 | Flick | 3 | Whip | 3 | Voluntary |
| 4 | Flick | 4 | Flick | 4 | Voluntary |
| 5 | Flick | 5 | Flick | 5 | Voluntary |
| 6 | Tuck Back | 6 | Flick | 6 | Voluntary |
| 7 |  | 7 | Flick | 7 | Voluntary |
| 8 |  | 8 | Pike Back | 8 | Voluntary |

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| **NDP National Level 5** |
| **Age** | **Run 1** |  | **Run 2** |  | **Run 3** |
| **Groups**10 - 12,13 – 1415+ | 1 | Round off | 1 | Round off | 1 | Voluntary |
| 2 | Whip | 2 | Flick | 2 | Voluntary |
| 3 | Whip | 3 | Whip | 3 | Voluntary |
| 4 | Flick | 4 | Flick | 4 | Voluntary |
| 5 | Flick | 5 | Whip | 5 | Voluntary |
| 6 | Pike Back | 6 | Flick | 6 | Voluntary |
| 7 |  | 7 | Flick | 7 | Voluntary |
| 8 |  | 8 | Straight Back | 8 | Voluntary |

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| **NDP National Level 6** |
| **Age** | **Run 1** |  | **Run 2** |  | **Run 3** |
| **Groups**U13 O13 | 1 | Barani | 1 | Round off | 1 | Voluntary |
| 2 | Whip | 2 | Whip | 2 | Voluntary |
| 3 | Whip | 3 | Whip | 3 | Voluntary |
| 4 | Whip | 4 | Whip | 4 | Voluntary |
| 5 | Flick | 5 | Whip | 5 | Voluntary |
| 6 | Flick | 6 | Flick | 6 | Voluntary |
| 7 | Flick | 7 | Flick | 7 | Voluntary |
| 8 | Straight Back | 8 | Straight Back 360 | 8 | Voluntary |

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| **NDP National Level 7** |
| **Age** | **Run 1** |  | **Run 2** |  | **Run 3** |
| **Groups**U13 O13 | 1 | Barani | 1 | Round off | 1 | Voluntary |
| 2 | Whip | 2 | Whip | 2 | Voluntary |
| 3 | Whip 360 | 3 | Whip | 3 | Voluntary |
| 4 | Whip | 4 | Whip | 4 | Voluntary |
| 5 | Whip | 5 | Whip | 5 | Voluntary |
| 6 | Whip | 6 | Flick | 6 | Voluntary |
| 7 | Flick | 7 | Flick | 7 | Voluntary |
| 8 | Straight Back 360 | 8 | Straight Back 720 | 8 | Voluntary |

Note: National 7 Run 1, Elements 2 & 3 may be performed in any order.

**NDP Competition Card**

**Mike Walker Invitational 2018 - Pass 3 Only**

Gymnast Name:

Competitor Number:

NDP Level:

Age Group:

Gender:

Club:

Fig Symbols only (see table look ups next page)

***Pass 3***

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| --- | --- | --- | --- | --- |
|  | **Skill** |  | **Diff.** | *for judges use only* |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |
| 5 |  |  |  |  |  |
| 6 |  |  |  |  |  |
| 7 |  |  |  |  |  |
| 8 |  |  |  |  |  |
|  | Total Difficult |  |  |  |  |

# National 1, 2 and 3

**Run 3**: Voluntary 6 elements with difficulty.

# National 4, 5, 6 and 7

**Run 3**: Voluntary 8 elements with difficulty. Mark out of 10 as a FIG run.

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All non-FIG elements have a value 0.1.

For ***National 1, 2 and 3 only***, tuck back final element will have a value of **1.0**, pike back and straight back final elements will have a value of **1.2** different as shown in the example TABLE below

Items in RED are the GB Bonus Values for all levels NDP Levels

