

CITY OF PHILADELPHIA
DEPARTMENT OF RECREATION

SPORTS AND ATHLETICS
ACTIVITY GUIDE

2006 - 2007 GIRLS' TUMBLING

DEVELOPMENT MEET: For Intermediate, Advanced & Open Tumblers

DEVELOPMENT MEET – Sat., Dec. 2, 2006 - 10:30 a.m. (*Registration due by Tue. Nov. 21, '06*)

BEGINNERS' MEETS: For Beginner Tumblers Only

GOLD DIVISION (Districts 1, 2, 6 & 8) – **Sat., Jan. 6, 2007 – 10:30 a.m. – in gym “A”**
(*Registration due by Tue. Dec. 19, '06*)

BLUE DIVISION (Districts 3, 4, 5 & 7) – **Sat., Jan. 6, 2007 - 10:30 a.m. in gym “B”**
(*Registration due by Tue., Dec. 19, '06*)

OPTIONAL MEET: For Intermediate, Advanced & Open Tumblers

OPTIONAL MEET – Sat., Feb. 3, 2007 – 10:30 a.m. (*Registration due by Tue., Jan. 23, '07*)

CHAMPIONSHIPS: For Beginner, Intermediate, Advanced & Open Tumblers

QUALIFYING MEETS - To be held by Saturday, Feb. 24, 2007

Contact District Chairman for date, time, place & entry information.

Note: Top six (6) finishers in each age classification qualify.

District Chairmen's Meeting - Monday, Feb. 26, 2007 – 2:00 p.m.

Kendrick Recreation Center, Ridge & Pensdale – Dist. Reports are due!

CITY CHAMPIONSHIPS -

All age classifications **Sat., Mar. 3, 2007 – 10:30 a.m.**
(an intermission will be scheduled if necessary)

**ALL MEETS WILL BE HELD AT CENTRAL HIGH SCHOOL,
GYM ENTRANCE IS ON OGONTZ AVE. BETWEEN
OLNEY AVE. AND SOMERVILLE AVE.**

- Note well:**
- 1) **No food or drink is permitted in the gymnasium. Your cooperation is appreciated.**
 - 2) In case of inclement weather for citywide meets, please call 215-683-3674. A message will be put on the tape telling you whether the meet is on or off 2 hours prior to the scheduled starting time for warm-ups.

OBJECTIVES:

1. To provide a wholesome recreation experience in a safe and healthy environment.
2. To have fun through participation.
3. To teach the skills of tumbling with emphasis on sportsmanship

A. ELIGIBILITY

1. Age Classifications

Beginnner Group	Intermediate Group Advanced Group	Open Group
A - Born in 2000	1. - Born 1998 - 2000	1. - Born 1996-2000
B - Born in 1999	2. - Born 1996 - 1997	2. - Born 1994-1995
C - Born in 1998	3. - Born 1994 - 1995	3. - Born 1993 or before
D - Born in 1997	4. - Born 1993 or before	
E - Born in 1996		
F - Born in 1995		
G - Born in 1994 or before		

2. This program is open only to tumblers who are registered and participate in a girls' tumbling program from a Philadelphia Department of Recreation facility. Such a program must be a scheduled part of the indoor program at that facility and not just an organization's program using the facility's name to participate in citywide meets.
3. Participants must compete within their own age groups.
4. Anyone who competes at any time (includes through private clubs, Y, M. or Y. W. C. A., etc.) during the current season (September 2006 through May 2007) in U.S.A. Gymnastics' levels 4 - 10 will be ineligible for all Philadelphia Department of Recreation citywide girls tumbling meets.
 - a. Any violations of this may result in disciplinary action (by the Girls' Tumbling Committee); forfeiture of any awards received, and could penalize the entire team.
 - b. In the event of eligibility violation claims, proof of USAGymnastics involvement must be presented to the City Chairman (or her designated representative). (See D. Protests)

B. ROUTINES AND SKILL LEVELS

1. Once a girl competes at a particular skill level, she may not compete at a lower skill level for the remainder of the 2006-2007 tumbling season.
2. If a tumbler does not fully execute a skill (trick), she may attempt that skill (trick) a second time; however, a deduction will be given for any falls (first or second attempts).

3. **BEGINNERS MEET** (Open to Beginner tumblers only)

Only compulsory exercises may be used. Both trips must be performed in the order stated to receive full credit.

Trip 1 (5 points) –Pike headstand (hold for 5 Seconds) into a forward roll
Dive forward roll (2-foot takeoff)
Step kick, cartwheel 1/4 turn in, scale out

Trip 2 (5 points) - Step kick, handstand into a forward roll
Hurdle step, round off with rebound
Back pike roll

4. **DEVELOPMENT MEET** (Open to Intermediate, Advanced and Open tumblers only)

Only compulsory exercises may be used. Both trips must be performed in the order stated to receive full credit.

Intermediate Level

Trip 1 (5 points) - Step kick, handstand into front limber over (feet together)
Step kick, one arm cartwheel (far arm) 1/4 turn in
Front scale, back walkover, scale out

Trip 2 (5 points) - Hurdle step, dive cartwheel (underhand)
Hurdle step, round off with rebound
Back extension with straight arms, scale out, scale

Advanced Level

Trip 1 (4 points) - Step kick, front tinsica, scale out
One arm cartwheel (far arm) 1/4 turn in
Front scale, back walkover, scale out

Trip 2 (6 points) - Hurdle step, front handspring
Layout dive roll
Hurdle step, round off
Back handspring step out, scale

Open Level

Trip 1 (5 points) - Hurdle step, side aerial
Hurdle step, round off
Back handspring
Back handspring step out

Trip 2 (5 points) - Step kick, handstand full pirouette, step out forward
Hurdle step, front handspring step out
Hurdle step, round off
Back handspring
Back semi (tuck)

5. OPTIONAL MEET AND CHAMPIONSHIPS

- a. **Optional Meet-** This meet is open to Intermediate, Advanced and Open tumblers only.
- b. **Championships-** This meet is open to Beginner, Intermediate, Advanced and Open tumblers.

Qualifying Competition- In an effort to encourage participation in districts with little or no tumbling; some districts have been combined.

District 1 & 8	Districts 4 & 3
District 2 & 6	Districts 5 & 7

City Finals- The top six (6) in each age and skill level from each Qualifying Competition competes. *Note change!*

- c. Only optional exercises may be used. Each routine must consist of two (2) trips on the mat to receive full credit

Beginner Level

A beginning tumbler is one capable of executing a routine from the skills listed below. The routine must include at least **four (4) different tricks from this list. No other tricks may be done.** A perfect score will be 7.0

Headstand	Arabesque	Back roll
Handstand	Cartwheel (stand)	Back straddle roll
Forward roll	Dive Cartwheel	Back pike roll
Forward straddle roll	Cartwheel (one arm)	Back extension
No hand forward roll	Round off	Split
Headstand press handstand	Dive roll	Straddle split
Handstand half pirouette	Dive Cartwheel	

Intermediate Level

An intermediate tumbler is one capable of executing a routine from the skills listed below. Skills from the beginner list and any non-aerial work not listed under any skill level may also be done. A tumbler will be penalized for failure to perform three (3) Intermediate level skills, or for performing any advanced or open skills. A perfect score will be 8.5.

Limber over	Front walkover	Back walkover
One-arm cartwheel (far arm)	Dive front walkover	Handstand full pirouette
One-arm round off	Front tinsica	Valdez
	Back tinsica	

Advanced Level

An advanced tumbler is one capable of executing a routine from the skills listed below and the intermediate skills. Skills from the beginner list and any non-aerial work listed under any skill level may also be done. A tumbler will be **penalized for failure to perform five (5) different skills [three (3) from the advanced level plus (2) more from either the advanced or intermediate levels], or for performing any open level skills**. A perfect score will be 10.0.

Front walkover (one arm)	Front handspring step out	Dive tinsica
Front handspring	Back handspring step out	Press Handstand
Front handspring (2 foot takeoff)	Handstand 1 1/2 pirouette	2 Back Handsprings
Diamadove (full twisting valdez)	Back handspring, half twist	
Back walkover (one arm)	Back handspring	

Open Level

An open tumbler is one capable of executing a routine from the skills listed below and the intermediate and advanced skills. Any tumbling skills (whether listed or not) may also be done. A tumbler will be **penalized for failure to perform five (5) different skills [two (2) from the open level, plus three (3) more from the intermediate, advanced or open levels]**. A perfect score will be 10.0.

Handstand/2 or more pirouettes	Front semi (stand)	Back semi, half twist
Front handsprings (series)	Front semi (run)	Alternates
Side aerial	Side semi (tuck)	Baroni
Front aerial	Side semi (arabian)	Back aerial
Back handspring, back semi	back semi	Full twist
Full twisting dive roll		
Mounter in series		

C. RULES

1. This program will be governed by the policies and procedures of the Department of Recreation and the USA Gymnastics Women's Rules, except as stated in this activity guide.
2. **All routines must begin and finish on the mats. A tumbler will be permitted a running start, but must hurdle on the mat. If there is no run, the tumbler must step onto the mat to begin her routine. No skills may be done off the mat.**

The length of the mat will be approximately...

All Beginners & Intermediate (Groups 1 & 2)	- 48' (single thickness)
Advanced (Groups 1 & 2) & Intermediate (Groups 3 & 4)	- 48' (double thickness)
Advanced (Groups 3 & 4) & All Open	- 48' (double thickness)

3. Open Level competitors will compete last when possible; to showcase their skills. A warm-up period for open competitors will be provided when open class is scheduled last.

4. Coaches are responsible for the conduct of both themselves and their team and their spectators during the meet. **Remember, no food or drink is allowed in the facility.** For unsportsmanlike conduct....
- the coach will be given a warning for the 1st infraction, and be instructed to leave the gym on the 2nd infraction.
 - the participant will have 1 point taken from her total score for the 1st infraction. She will receive a "0" for total score for 2nd infraction and be instructed to leave the mat area.

Repeated violations on the part of a coach and/or participant will result in disciplinary action taken by the Girls' Tumbling Committee.

5. Aiding a participant during competition will result in the following deductions for each occurrence.

touching the tumbler	.50 points
coaching standing or walking near the mat area	.50 points
signaling the tumbler	.20 -.30 points
blocking the judges	.20 points

6. Tricks done from a higher skill level than the one competing in will result in a **1- point deduction per trick.**

7. Proper attire

- All tumblers should be dressing as follows:

Body suit with matching trunks (briefs) only. **NO TIGHTS!** (Underwear showing is considered improper attire.)

Footwear- Barefoot, white footies (white or colored trim, pompoms optional) or gymnastic shoes only (**NO SNEAKERS**)

No jewelry, except small post earrings

- Hair should be neat and properly secured to keep hair away from the face and eyes.

NOTE: There will be a .3 deduction for improper attire.

8. Time Schedule:

	Saturday Meets
Warm-up begins	9:45 a.m.
Coaches meeting	10:15 a.m.
Seating of competitor	10:25 a.m.
Meet begins	10:30 a.m.

NOTE: A tumbler must take her turn when her name is called. If, due to unforeseen circumstances, she missed her turn, she may still compete only if her group has not yet finished.

D. PROTESTS

1. All protests must be submitted, in writing, (with evidence to support the protest), with a \$50.00 protest fee. A judge's decision cannot be protested, except in the case of material error.
 - a. Rule Interpretation Protest
 - 1) The protestor must notify the judge at the point of protest (when the incident occurs) and the judge must enter this on the official score sheet. Failure to comply will result in **NO PROTEST!**
 - 2) Submit, in writing, immediately to the City Chairman (or designated representative) at the meet. Failure to comply will result in **NO PROTEST!**
 - b. Eligibility - Submit to the City Chairman (or her designated representative).
2. In all cases, if the protest is upheld, the fee will be returned.

E. OFFICIATING

District Level - Judges assigned through the District Chairman.
Citywide Level - Judges will be assigned through the City Chairman.

F. AWARDS

Appropriate awards will be presented to the top six (6) winners in each event at the citywide level.

G. REGISTRATION REQUIREMENTS

1. The pink entry form (78-51 Rev. 12/82) must be filled out in its entirety, including:
 - a. the signature and ID of each participant.
 - b. the signature of the coach in the lower left-hand corner
 - c. the signature of the Facility Supervisor in the lower right-hand corner, and approval box checked.

Failure to comply with the above could eliminate that participant and/or team from this meet.
2. Use a separate pink entry form for each age and skill level.

2. **Entry Fee and Deadline**- All entries (with fees) must be received by the entry deadline (see EXCEPTION below).

a. **Development Meet, Beginners Meets and Optional Meet**

- 1) **Entry Deadlines**- Entries must be submitted as indicated below, or you may submit all of your entries at the first deadline.

Development Meet- Tuesday, November 21, 2006 - 5:00p.m.

Beginners' Meets - Tuesday, December 19, 2006 - 5:00p.m.

Optional Meet- Tuesday, January 23, 2007 -5:00p.m.

- 2) **Entry Fee**- 2.00/per person/meet. Make check or money orders (No Cash) payable to: **Tumbling & Gymnastics Advisory Council**

- 3) Submit entries to: Philadelphia Recreation Department
Sports and Athletics (Girls Tumbling)
1515 Arch Street, 10th Floor Rm. 10-151
Philadelphia, PA 19102-1587

Ed Livingston, A.P.C. 215-683-3674

- 4) **EXCEPTION**- Additions (for any of the above meets) may be added.

If received after the deadline - \$10:00 (\$2.00 + \$8.00 late fee penalty)

If received the day of the meet - \$ 15.00 (\$2.00+\$13.00 late fee penalty)

b. **Championships**

District Meets- Contact District Chairman for entry fee and deadline
City Finals- no fees

MEET CHAIRMEN

Development Meet	- Kristen Smerker and Diane Daly
Beginners' Meet (Gold Division)	- Lou Cabrera and Kevin Cush
Beginners' Meet (Blue Division)	- Lisa Whittle and Terri Thomas
Optional Meet	- Darlene Robinson and Ebony Hatcher
Championships	- Erica Young-Carter

GIRLS TUMBLING COMMITTEE

City Chairman	Erica Young - Carter	Max Myers R.C.	685-1242
Committee			
District 1	Diane Daly	Picarriello Plygd.	685-9393
District 2	Terri Thomas	Glavin Plygd.	685-9898
District 3	Kevin Cush	Olney R.C.	685-2889
District 4	Lisa Whittle	Water Tower R.C.	685-9296
District 5	Darlene Robinson	M.L. King R.C.	685-2733, 34
District 6	Lou Cabrera	Schmidt Plygd..	685-9895
District 7	Kristin Smerker	Vare R.C.	685-1876
District 8	T.B.A.		
Officials' Coordinator	Ebony Hatcher	Kendrick R.C.	685-2584

Approved by:

Kathleen Murphy
Program Director

Edward L. Livingston
Athletic Program Coordinator

A Coaches Guide to Compulsory Routines

Indicated below is the ultimate to strive for in each of the compulsory routines.

Beginners' Meet

- Trip 1 (5 points) Pike headstand (hold 5 seconds) into a forward roll
Dive forward roll (2-foot takeoff)
Step kick, cartwheel 1/4 turn in, scale out
- Trip 2 (5 points) Step kick, handstand into a straight arm forward roll
Hurdle step, round off with rebound
Back pike roll with straight arms

Intermediate Level

- Trip 1 (5 points) Step kick, handstand into front limber over (feet together)
Step kick, one arm cartwheel (far arm) 1/4 turn in
Front scale, back walkover, scale out
- Trip 2 (5 points) Hurdle step, dive cartwheel (underhand)
Hurdle step, round off with rebound
Back extension with straight arms, step out, scale

Advanced Level

- Trip 1 (4 points) Step kick, front tinsica, scale out
One arm cartwheel (far arm) 1/4 turn in
Front scale, back walkover, scale out
- Trip 2 (6 points) Hurdle step, front handspring
Layout dive roll
Hurdle step, round off
Back handspring step out, scale

Open Level

- Trip 1 (5 points) Hurdle step, side aerial
Hurdle step, round off
Back handspring
Back handspring step out
- Trip 2 (5 points) Step kick, handstand full pirouette, step out forward
Hurdle step, front handspring step out
Hurdle step, round off
Back handspring
Back semi (tuck)

PLEASE NOTE: During warm-ups all athletes must move in one direction on mat, the direction competition will take place. This is for safety and a more effective practice session. Once again; No food or drink is allowed in the facility. This very important!

