

Tumbling



Tumbling Classes

Tumbling, sometimes referred to as power tumbling, is a gymnastics discipline in which participants perform a series of acrobatic skills down a 25 metres (82 ft) long sprung track. Each series, known as a pass, comprises eight elements in which the athlete jumps, twists and flips placing only their hands and feet on the track. Tumblers are judged on the difficulty and form of their routine. There are both individual and team competitions in the sport.

Tumbling is governed by the FIG, the International Federation of Gymnastics, and is included as an event within trampoline gymnastics. Although tumbling is not currently an Olympic event, elite tumblers competing at the international level can compete in various events organised by the FIG, continental confederations.

The main piece of equipment used in tumbling is the tumbling track. The track is 25 metres (82 ft) long by 2 metres (6.6 ft) wide with a height of no more than 30 centimetres (12 in). The track is sprung and padded to assist the gymnasts during their pass. There are three lines running the length of the track. The middle line marks the centre of the track. The outer two mark the boundary of the track and are 150 centimetres (59 in) apart.[12] Although part of the track extends beyond these lines, a pass is considered interrupted if a gymnast touches the track outside these lines.

Before the tumbling track, there is a run-up area on which the gymnasts can generate speed before beginning their pass. This run-up area measures 10 metres (33 ft) in length and should be the same height as the track itself.[12] At the end of the tumbling track there is a mat called the landing area. This mat is 6 metres (20 ft) long by 3 metres (9.8 ft) wide with a thickness of 30 centimetres (12 in). Within the landing area is a smaller landing zone, measuring 4 metres (13 ft) by 2 metres (6.6 ft), which is either filled in or outlined with a contrasting colour.

Behind the landing area there must be an additional mat for safety, measuring at least 3 metres (9.8 ft) by 2 metres (6.6 ft). If desired, the gymnast may use a vaulting board to begin their pass. This may be placed either on the tumbling track or the run-up.

