

Gym-Mix Invitational 2025



When Sunday 22nd June 2025
Where Border Counties Gymnastics
SY11 1HS

We extend a warm BCSG welcome to a fun Team Tumble & Groups competition. Within these pages you will find information on;

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Each gymnast will receive a participation gift & rosette. Medals and overall prizes will be awarded for each category. Categories for 2025 will be finalised and based upon the number and diversity of entries, but aim to be;

- 9 & under (2016 – 2021 born) *Boys/Girls/Mixed*
- 11 & under (2014 – 2021 born) *Boys/Girls/Mixed*
- 13 & under (2012 – 2021 born) *Boys/Girls/Mixed*
- 15 & under (2010 – 2021 born) *Boys/Girls/Mixed*
- 16+ (2009 and earlier) *Boys/Girls/Mixed*

Competition categories may be blended/mixed to create a competition experience for the teams at the discretion of the competition organiser.

All ages are based upon the year a gymnast is born.

A Team spirit award for each age group (between boys/girls/mixed) will be presented.

Entry

£100 per team – payable by BACS to;

Border Counties School of Gymnastics / 09-06-66 / 41619590 using the entering club's club name as the reference.

Entries open on Saturday 1st March 2025 and will be accepted on a first come basis.

Entries will close officially on Sunday 4th May 2025 or when maximum capacity has been reached.

Entries will be accepted but not be deemed as complete until the entry fee has been paid in full.

Entries via [Gym-Mix Invitational Entry Form.](#)



Teams

A minimum of 4 to a maximum of 8 members per team.

Give your team a team name ~ anything other than 'Name of club A, B, C...'

Team age group will be determined by the age of the oldest team member.

Teams can be all male, all female or mixed (a minimum of 2 team members from opposite gender must form part of a mixed team).

Gymnasts may compete within more than one team; however no adjustments will be made for any programme clashes.

Teams must be dressed in a uniform manner and be clearly identifiable as a team.

Gymnasts must not leave the competition arena for any reasons other than injury/personal hygiene.

Notes

A team members/order/skills declaration form must be completed for each team entered and handed to the registration desk upon arrival, these will be returned to the team coach at the end of each competition rotation (not during).

Score challenges/queries must be notified to the competition organiser before the start of the next rotation or in good time before the beginning of the awards ceremony.

Team member changes and team category alterations can be made anytime up to the programme being published.

After the programme has been published team member replacements can be made up to two weeks before the competition date, but only for team members within the same age group/category.

Team coaches

A maximum of 2 coaches per competition group in the competition areas at any time.

No footwear on any of the gymnastics surfaces.

Coaches must always remain with their gymnasts, please do not leave any gymnasts unsupervised at any time anywhere in the gymnastics facility.

Coaches' names and levels of relevant qualification must be entered on the entry form with each team entered.

It is the responsibility of the participating club to ensure that the coaches attending have the appropriate qualifications for the skills being competed and that the necessary insurances, DBS and safeguarding certificates are in place.

Coaches must stand in at the end of the tumble track for any saltos as a final skill.

Public liability for the event is held by the host club

Spectators

£5 per adult, £3 per child, children under 3 are free ~ cash only on the door please.

Seating is tiered for both the group floor and group tumbling.

Tumbling and Group floor will take place in different gyms with spectators moving between gyms.

Seating accommodations for those with a need can be made by prior request (*no less than 2 weeks*) to the competition organiser.

There is no room for buggies or prams.

A maximum of 2 spectators per gymnast. A bottom on a seat is deemed to be a spectator.

Toilet facilities are (sadly) limited.

Disabled access & toilet available.

Parking is on site and is free for the duration of the event.

Refreshments and tuck shop snacks will be available ~ cash only.

First aid

First aid provision and first aiders for major incidents will be present throughout the whole event, it is also recommended that clubs bring their own first aid kit for dealing with any of their own minor incidents that may occur.

If any incidents occur an accident form must be fully completed, and a copy will be made available to the visiting club/individual.

Safeguarding

Safeguarding/Welfare Officer(s) will be present on site for the whole event.

If there are any issues you feel need to be addressed during the event, please notify the competition organiser immediately who will refer you to the safeguarding team.

Photography and video will be permitted, if there are any gymnasts who cannot be photographed or videoed, please notify the competition organiser a minimum of 48 hours in advance of the event.

Photography/Video

There will be DBS checked photographers on site for the whole event capturing images of the gymnasts whilst competing and at the awards ceremonies.

Clubs will be able to purchase (*USB*) all of the photographs taken of their gymnasts for use/sale/distribution within their own club at a cost of £45 please provide the competition organiser (a minimum of 48 hours in advance of the event) with a name and address to mail the USB to.

If there are any gymnasts who cannot be photographed or videoed, please notify the competition organiser a minimum of 48 hours in advance of the event.

Tumbling

Every team member must perform in at least 1 of the tumble runs.

Any 4 members of the team to perform each tumble run.

The team will complete 3 tumble runs in quick succession of one another.

Quick succession is deemed to be - as soon as gymnast 1 lands their tumble gymnast 2 must start their tumble, and so on for the completion of the run.

Gymnasts must remain at the landing point of their tumble run (*off the track in a crouched position*), once all 4 gymnasts have tumbled, the gymnasts will then jog/march back to the start for run 2.

Repeat for run 2 and 3.

Run 1 will be forwards

Run 2 will be backwards

Run 3 will be choice

(can be a mix of direction)

} of which one run must be identical for all 4 gymnasts

• Run 1	5 elements (5.00) execution (10.00) x 4 gymnasts	60.00
• Run 2	5 elements (5.00) execution (10.00) x 4 gymnasts	60.00
• Run 3	5 elements (5.00) execution (10.00) x 4 gymnasts	<u>60.00</u>
	Team tumbling maximum total	180.00

No saltos within any of the runs for gymnasts under 9yrs of age (*2016 born for 2025 event*).

Each tumble run will have 5 elements.

Jumps can only be used at the end of a tumble pass as the final element.

Elements can be repeated no more than twice in any tumble run.

Tumbles should flow and all elements should be directly connected with no pauses, steps or jumps in between (-0.3 for each break in flow) and an end of run penalty will be applied for a complete stop.

Standard judging execution penalties will be applied to all elements for each gymnast from an execution value of 10.00.

An entry run up is permitted within the length of the tumble track.

25m tumble track with matted landing area – there is no requirement to land all tumbles on the landing area.

A throw in mat may be used to land ½ and 1/1 twisting saltos if required with no penalty.

Additional judging notes

Penalties will be deemed as a missing element (-1.00), a full stop (-1.00 & end of tumble run), wrong direction of tumble (

Tumbling elements list

Jumps

Can be used once at the **end** of a tumble pass only

Straight	Tuck	Straight ½ turn
Star	Straddle	Straight 1/1 turn

Forwards Skills

Can be repeated **no more** than twice in any tumble pass

Forward roll	Dive roll	
Cartwheel ¼ turn to front	Tinsica	Forward walkover
Handspring to 1	Handspring to 2	Flyspring
Tuck front	Pike front	Straight front
Tuck front (with step out)	Pike front (with step out)	Straight front (with step out)
Arabian		
Pike front ½		
Straight front ½	Straight front 1/1	Straight front 1 ½

Backwards Skills

Can be repeated **no more** than twice in any tumble pass

Backward roll	Backward roll to handstand	Backward walkover
Front to back cartwheel	Round off	
Flic to 1	Flic to 2	Whip salto
Tuck back	Piked back	Straight back
Piked back ½	Layout step out	
Straight back ½	Straight back 1/1	Straight back 1 ½

NB

These elements are not all traditional tumbling elements.

This list has been created to encourage gymnasts of all skill levels to be able to take part.

Notes for the tumbling declaration/judging forms

Gymnast No. is the number of the gymnast competing in each tumble run which will be found on the programme when it is issued.

Each member of the team must compete in at least one of the tumble runs. Please complete the tumbling elements in the order they will be performed. All 4 individual scores will count towards the team score for each tumble run.

All three team scores will be added together to form the team total for tumbling.



Team

Tumbling declaration/judging form

Run 1 - Forwards	Gymnast No.	Gymnast No.	Gymnast No.	Gymnast No.
	1	1	1	1
	2	2	2	2
	3	3	3	3
	4	4	4	4
	5	5	5	5
Exec (10.00)				
Pen				
Score (max 15.00)				
Team Score Max 60.00				

Notes	
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Team

Tumbling declaration/judging form

Run 2 - Backwards	Gymnast No.	Gymnast No.	Gymnast No.	Gymnast No.
	1	1	1	1
	2	2	2	2
	3	3	3	3
	4	4	4	4
	5	5	5	5
Exec (10.00)				
Pen				
Score (max 15.00)				
Team Score Max 60.00				

Notes	
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Team

Tumbling declaration/judging form

Run 3 - Choice	Gymnast No.	Gymnast No.	Gymnast No.	Gymnast No.
	1	1	1	1
	2	2	2	2
	3	3	3	3
	4	4	4	4
	5	5	5	5
Exec (10.00)				
Pen				
Score (max 15.00)				
Team Score Max 60.00				

Notes	
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Group routine

All members of the team must perform in the whole group routine.

Any permitted licensed music allowed with or without lyrics.

Minimum music length of 1m 30secs – Maximum music length of 3mins.

Music must be brought to the competition on a clearly labelled iPod or similar (no USB's) and handed in at registration, it can also be (preferably) emailed in an MP3 format to bordercountiessog@gmail.com – please label music (each track) with club and team name.

12x12m sprung floor (*please note there are walls on 3 sides*).

The same elements (*except pair/trio/group balances*) must be performed by all
Elements cannot be repeated.

The group routine must be performed in full unison ~ completely synchronised, no cannon, waves, ripples or individual 'moments' and must include (in any order);

• Two turns (<i>jumps/spins</i>)		2.00
• Two leaps		2.00
• One individual balance/hold section (<i>held</i>)		5.00
• Six acro elements		6.00
• One whole group balance (<i>held</i>)		5.00
• One pairs/trios balance section (<i>held</i>)		5.00
• A minimum of 5 different formations/floor patterns		<u>5.00</u>
		30.00 content
• Execution		
Standardised execution penalties will be applied to all skills, balances and dance/choreography performed		10.00
• Composition		
Music & movement in harmony, creative choreography, variety of elements, variety of levels differing tempo/rhythm	5 x 2.00	10.00
• Group synchronicity		
Skills performed in an identical way (<i>legs, arms, head, direction of turns, height</i>) and at the same time		<u>10.00</u>
	Group routine maximum total	60.00

Team

Group routine declaration/judging form

please list the elements being performed, no need to be in order of performance

Two turns (spins/jumps) (2.00)	1	
	2	
Two leaps (2.00)	1	
	2	
Individual Balance/Hold (5.00)	1	
Acro elements (6.00)	1	
	2	
	3	
	4	
	5	
	6	
Whole group balance (held – no need to draw!) (5.00)	1	
Pairs/trios balance section (held – no need to draw!) (5.00)	1	
Formations (indicate the patterns intended with a dot diagram however you can!) (5.00)	1	
	2	
	3	
	4	
	5	
Execution	(max score of 10.00)	
Composition	(max score of 10.00)	
Synchronicity	(max score of 10.00)	
Team total (max score of 60.00)		
Comments		