

**U.S.T.A.  
SILVER LEVEL  
COACHES CERTIFICATE FOR TUMBLING**

**Sub-Novice, Novice, Intermediate**

**Warm-ups**

Even though you are now coaching flip-flops, you must remember to begin by warming-up your athletes. Start with light aerobics and stretching of all the major muscle groups, then go through the basic skills, and move up to flip-flops. Athletes at this level need to stretch their achilles tendon since it is an important part of the foot when performing reversal skills, baranis, and fronts.

**Important Safety Features and Hints for Success**

Safety features that are used in the Bronze Level follow through the Silver and Gold levels.

**What is the Proper Equipment for these levels?**

The U.S.T.A. starts using a tumbling platform made from either springs, slats, rods, skis, or ethafoam blocks.

**Basic Skills**

The basic skills at this level are **ROUND-OFFS** and **FLIP-FLOPS**. Each of these are worth 0.2 pts. difficulty value in competition and can be repeated without receiving a deduction. Remember, a round-off is the most important skill in power tumbling.

Front Handsprings are legal skills at this level; however, to be performed correctly, there must be a visible repulsion of the hands (the hands must leave the floor before the feet touch). If used in competition and the judges do not see the repulsion, the athlete's pass will be terminated at that point because the skill will be considered a walkover (at this level, walkovers are not a legal competition skill).

A good Flip-flop (Back Handspring) should travel back at least one body length or further. A Flip-flop, step-out can also be performed.

If the athlete does a **right** round-off, they must step-out on their left leg so when they pivot, they will not take any steps (starting at this level, taking a step results in a pass termination). A *non-weight bearing step* is considered to be a **bobble** step which results in a 0.5 pt. deduction.

Cartwheels are legal skills at these levels, but they do not have any difficulty value. Also, if an athlete performs three or more consecutively, they will receive a deduction for repetition.

**What is a REBOUND?**

Athletes must rebound out of a handspring or a round-off at the end of a pass at the Sub-Novice, Novice, and Intermediate Levels of competition only. Coaches often mistakenly assume that if

an athlete leaves the ground after a handspring or round-off, they are rebounding out of the handspring or round-off. After a handspring or round-off, an athlete must jump *straight* up, *without hesitation*, and return *straight* down to the mat with a solid landing (not moving).

During competition, if the athlete "bunny" hops backward, frontward, takes a step(s), or pauses slightly before they "rebound" up - they will receive a 0.1 to 0.3 pt. deduction for not sticking their pass in addition to receiving a 0.5 pt. deduction for not having a rebound.

Remember, when ending a pass with a handspring or round-off, a rebound is mandatory. Failure to rebound out of a handspring or a round-off at the end of a pass at these levels will result in a 0.5 pts aesthetic deduction.

### **The Difference Between Sub-Novice and Novice.**

Each pass must start from a run (failure to begin with a run will result in a 0.5 pt. deduction), have at least one flip-flop/handspring (failure to have a flip-flop/handspring will result in a 2.0 pt. deduction), and end in a two foot landing (failure to land with a two foot landing on a completed pass will result in a 0.5 pt. deduction).

Sub-Novice - The First pass consists of three skills and the Second pass consists of four skills.

The First Pass is a three skill Pass:

1. consists of three skills.
2. must have at least one flip-flop/handspring.

The Second Pass is a four skill Pass.

1. consists of four skills.
2. must have at least one flip-flop/handspring.

Novice - The First Pass consists of five skills and the Second pass consists of eight skills.

The First Pass is a five skill Pass:

1. consists of five skills.
2. must have at least one flip-flop/handspring.

The Second Pass is an eight skill Pass.

1. must consist of eight skills.
2. must have at least one flip-flop/handspring.

### **When should you start your athlete on somis/aerials?**

First of all, your athletes must have good basics and good strong continuous flip-flops. A somi can be performed in four different positions: 1) tuck, 2) pike, 3) straight, and 4) whip. Performing a somi/aerial in the pike and layout positions adds 0.1 pt. difficulty value to the skill.

### **Intermediate Level**

The Intermediate level consists of one five skill pass and one eight skill pass. Each pass must start from a run (failure to begin with a run will result in a 0.5 pt. deduction), have at least one

somi/aerial (failure to have a somi/aerial will result in a 2.0 pt. deduction), and end in a two foot landing (failure to land with a two foot landing on a completed pass will result in a 0.5 pt. deduction). At this level, if a pass ends in a handspring or round-off, a rebound is mandatory; however, if a pass ends in a somi/aerial, the athlete must "stick" the pass.

The Second pass must differ from the First pass by at least one skill (failure to perform two different passes will result in a 2.0 pt. deduction). If an athlete changes the position of a somi, it will be considered a different skill and will change the pass.

An athlete cannot have more than two somis/aerials in a pass (having more than two somis/pass will result in a 2.0 pt. deduction and mandate to the next level of competition).

A somi at the end of a pass at the Intermediate level must be judged as either Straight, Pike, or Tuck (cannot be a whip back). If the somi is performed below shoulder height, the athlete will receive a 0.3 pt. deduction.

### Somis/Aerials at This Level and Their Difficulty Value

- |   |                          |
|---|--------------------------|
| 1. bounding aerials ("bounding" from one somi to another) . . . | 0.1 pt. bonus difficulty |
| 2. back tucks and whip backs . . . . .                          | 0.4 pts. difficulty      |
| 3. back pikes and back straight . . . . .                       | 0.5 pts. difficulty      |
| 4. one foot aerial (cartwheels, walkovers, brandis) . . . . .   | 0.3 pts. difficulty      |
| 5. front somi tuck . . . . .                                    | 0.5 pts. difficulty      |
| 6. front somi pike, layout . . . . .                            | 0.6 pts. difficulty      |
| 7. baranis . . . . .  | 0.7 pts. difficulty      |

### Twisting Somis

When teaching twisting somis, you must train your athlete carefully! If it is difficult for you to determine which way they are twisting (right or left), put a band or mark on their correct arm or shoulder. A back somi with ½ twist, arabian fronts, and baranis should be taught on the athletes dominate or "good" side. If their **RIGHT** leg is in front, they will twist **RIGHT** going forward and backward. The most important factor is the athlete twist forward and backward in the same direction.

Remember, a front aerial with a one foot take-off is a **BRANDI** (no handed round-off) which is worth 0.3 pt. difficulty. A **BARANI** is **not** a two foot, no hand round-off. It is a **FRONT** with a ½ twist which is worth 0.7 pt. difficulty.

Only one 180° somi is allowed per pass at this level. If exceeded at a competition, the athlete will receive a 2.0 pt. deduction and be mandated to the next level of competition.

### Reversal Somis

You can begin to teach reversal somis at this level, but they are not a legal skill in competition at the Intermediate level. If used in a pass at a competition, the athlete will receive a 2.0 pt. deduction and be mandated to the next level of competition.

