

TUMBLING

Updated: 11/28/10

<p>SUB-BEGINNER – 2 w/u</p> <p>1 pass w/5 forward skills NO cartwheels, RO's, or handstand rolls</p> <p>+1.0 BONUS for each completed skill</p> <p>NO DIFFICULTY!</p> <p>Repeats .1,.3,.6 Step .5 Term after 2nd step</p> <p>Slide .3 Rock forward .5 Foot over (straddle) .1-.3 Xtra skills 1.0</p>	<p>BEGINNER – 4 w/u</p> <p>2 pass: 1 w/5 back skills 1 w/5 forward skills both with a 2 ft landing</p> <p>+ 1.0 BONUS for each completed skill</p> <p>DIFFICULTY</p> <p>Handstand Roll .1 Back Extension .1 Cartwheel .1</p> <p>Repeats .1,.3,.6 Step .5 Term after 2nd step</p> <p>Slide .3 Rock forward .5 Foot over (straddle) .1-.3 Xtra skills 1.0</p> <p>ROUND-OFFS NOT ALLOWED</p>	<p>ADV-BEGINNER – 4 w/u</p> <p>2 pass: 1 w/5 back skills 1 w/5 forward skills each w/1 limbering skill</p> <p>+ 1.0 BONUS for each completed skill</p> <p>DIFFICULTY</p> <p>Walkover .2 Limber or Arabian .2 Handstand Roll, Back Exten, Cartwheel, RO .1</p> <p>No limber 2.0 Repeats .1,.3,.6 Step .5 Term after 1st step</p> <p>Slide .3 RO slide .1-.5 Foot over (straddle) .1-.3 Xtra skills 1.0</p>	<p>SUB-NOVICE – 4 w/u</p> <p>2 pass: 1 w/3 skills 1 w/4 skills each w/1 handspring</p> <p>DIFFICULTY</p> <p>Handsprings .2 Round-offs .2 NO DD for Cartwheels!</p> <p>No run/hurdle .5 No handspring 2.0 No rebound .5 Uncontrol rebound .1-.3 Doing an aerial 2.0 & mand Repeats .1 or .3 Xtra skills 1.0 Not enough skills 1.0</p> <p>Handspring Slide* .3 RO slide* .1-.5 * Can ONLY be taken IF NO repulsion is demonstrated</p>	<p>NOVICE – 4 w/u</p> <p>2 pass: 1 w/5 skills 1 w/8 skills each w/1 handspring</p> <p>DIFFICULTY</p> <p>Handsprings .2 Round-offs .2 NO DD for Cartwheels!</p> <p>No run/hurdle .5 No handspring 2.0 No rebound .5 Uncontrol rebound .1-.3 Doing an aerial 2.0 & mand Repeats .1,.3,.6 Xtra skills 1.0 Not enough skills 1.0</p> <p>Handspring Slide* .3 RO slide* .1-.5 * Can ONLY be taken IF NO repulsion is demonstrated</p>
<p>INTERMEDIATE – 6 w/u</p> <p>2 passes, 1 w/5 skills 1 w/8 skills 1 somi req. per pass / max 2</p> <p>DIFFICULTY</p> <p>NO DD for Cartwheels!</p> <p>>2 somi, >180 twist per pass or a reversal 2.0 & mand No rebound .5 Uncontrol rebound .1-.3 Xtra skills 1.0 Not enough skills 1.0 Not Shoulder height .3</p> <p>NO Slides can be taken on RO or Hspgs w/ repulsion</p>	<p>SUB-ADVANCED – 6 w/u</p> <p>2 pass: 1 w/5 skills 1 w/8 skills 1 must have 2 somis Max 4 somis / pass 1 revl allowed / pass MUST END IN SOMI! Max. DIFFICULTY 5.0 combined passes CAN repeat 1 DD skill!!</p> <p>>4 somi, or >360 twist, or >5.0 DD 2.0 & mand Xtra skills 1.0 Not enough skills 1.0 Shoulder height .3 Not ending in somi .5</p> <p>NO Slides can be taken on RO or Hspgs w/ repulsion</p>	<p>ADVANCED – 8 w/u (6 finals)</p> <p>2 pass: 1 w/5 skills 1 w/8 skills Each must have 2 somis One pass must have 3 somis 1 revl allowed / pass MUST END IN SOMI!</p> <p>< 2 somi 2.0 No ending somi .5 Not enough skills 1.0 Shoulder height .3</p> <p>ELITE – 8 w/u</p> <p>Qual. 8.0 DD Combined DD = 9.0 Finals Last skills must differ. Compulsory Pass: (4.3 DD) Br, W, W, Fl, W, F,F, Full May repeat DD skill ONLY IF end in multiple somi</p>	<p>DEDUCTIONS</p> <p>Handslide* .3 RO Handslide* .1-.5 *Only if NO repulsion shown Bobble Step / Rock Forward .5 Straddle Foot .1-.3 Xtra / Not Enough Skills 1.0 Instability .1-.3 One hand .4 Two hands .5 Hands/knees, elbow .6 Seat or behind body .7 Front, back or head .8 Off mat .9 One-ft land .5 Coaching .3/pass Jewelry (NO tape) 1.0 Distract dress/Tattoo .3 Inapprop Attire 2.0/pass Leotard w/ side holes 2.0 Hair not tied/scrunchie .3</p>	<p>DIFFICULTY</p> <p>Back Tuck .4 Back Pike/LO .5 Front Tuck .5 Front Pike/LO .6 Barani .7 Rudi 1.1 Back w 1/2 .6 Full .8 Dbl Full 1.2 Trpl Full 2.0 Dbl Back Tuck 2.0 Dbl Back Pike 2.5 Dbl Back LO 3.0 Trpl Back Tuck 4.5 Punch Front T (5+2) .7 Punch Front P .8 Punch Barani .9 Punch Rudi 1.3 Full in/ back out Tuck 3.0 Full in/ back out Pike 3.5 Full in/ back out St. 4.0</p>

