

### Novice Guidelines

(Backhandspring & under)

**1 pass- Min. 3 skills/Max. 4 skills**

Pass w/ only 1 skill -6 pts
Pass w/ only 2 skills -3 pts
At least 2 skills must have flight w/ use of hands
No aerial or salto skills allowed- Void routine if performed
No bonus allowed

### Intermediate Guidelines

(Backhandspring to Layout)

**2 passes-Min. 3 skills/Max. 4 skills**

All skills must contain flight with or without use of hands. Performing a non-flight skill= 2 pts deduction per occurrence
One pass must contain salto either forward or backward in tuck, pike or stretched position. Missing salto=5 pts deduction
No reversal or twisting skills allowed. Void routine is performed.
No bonus allowed

### Advanced Guidelines

(Layout and up)

**2 passes- Min. 3 skills/ Max. 4 skills**

One pass must contain a forward or backward salto.
Maximum salto difficulty- 2 ½ twist
Bonus points: ½ twist= 1 pt      Full twist = 2 pts 1 ½ twist = 3 pts    Double twist= 4 pts 2 ½ twist= 5 pts 2 connected saltos=2 pts Roundoff whip back tuck = 2 pts Branai whip back tuck = 4 Front tuck Roundoff whip back tuck = 3 pts

### Form Deductions- All divisions

Bent arms	-1 pt
Bent Knees	-1 pt
Leg Separation	-1 pt
Fall to Knees	-2 pts
Fall to seat	-2 pts
Touch of hands to mat	-2 pts
Hesitation between skills	-1 pt

# 2009-2010 Tumbling Guidelines

