

2. Boys and girls will not compete against each other. There shall be separate divisions for both. (Exception will be allowed at the discretion of the Executive Board)
3. A competitor will compete in the age group he/she is on 12/31 of the current season. This will hold true at all District and National Championships. A competitor must be at least 4 years old and no more than 20 years old by 12/31 of the current season in order to be eligible to compete.
4. If an athlete performs a skill that is not allowed at the level the athlete is competing at and the skill is classified for a higher division, the pass will be interrupted at that skill and the athlete may be mandated if skill is from a higher level and move to the higher division by the next competition. (a 2.0 pt deduction will also be taken at the instruction of the Superior Judge – see detailed rules pertaining to the specific level).
5. No jewelry shall be worn. Athletes wearing jewelry will received a 1.0 deduction from each judges, with the exception of a medical medallion or bracelet taped over, which may be worn if properly secured to the body. All visible tattoos must be covered with flesh color or athletic tape.
6. The arbitration jury consists of the National Chairperson, the Superior Judge and the Technical Chairman.
 - i. The Arbitration Jury Members cannot be affiliated with the athlete in question.
 - ii. All decisions made by the Arbitration Jury are final and must be abided by.
7. If a competitor is obviously disturbed during a routine by faulty equipment or external influence, the Superior Judge may allow for a second attempt. During a competition pass, if an individual walks between the competitor and judges, the competitors coach has the option to have the athlete perform the pass again. The scores received for the second performance (second attempt) pass will be used.

NOTE: Spectator noise, applause, microphone announcements, and the like would not normally constitute disturbance.
8. Competition cards are required for the Sub-Advanced and Advanced Level of Trampoline. The competition card must be handed to the Superior Judge prior to the competition. Changes to the skill(s) written on the competition card are permitted without deduction.
9. All competitors must warm-up in competition attire.
10. All competitors must remain in competition attire until the flight awards have been presented.
11. All competitors must wear competition attire to receive their award on the award stand during the award ceremonies and flight awards.
12. All competitors at Team Trials, District Championships, and National Championships must compete with their flight in designated order in competition attire unless the competitor is competing in another event.
13. At the National Competition, all Finals 1st Place Competitors (except Sub-Beginner level) in groups of 10 or more athletes will be mandated to the next level of competition. These athletes must compete in their mandated level by the next sanctioned competition.

TUMBLING GENERAL RULES

ii. **OBJECT OF A ROUTINE**

1. Tumbling in sub-beginner, beginners, and advanced beginners shall be characterized by continuous, rotational movement without hesitation or intermediate steps. (SEE INDIVIDUAL LEVELS REGARDING INTERMEDIATE STEPS).
2. Tumbling in sub-novice, novice, intermediate, sub-advanced and advanced levels shall be characterized by continuous, speedy, rhythmic hands to feet OR feet to feet movement, without hesitation or taking intermediate steps (SEE INDIVIDUAL LEVELS REGARDING INTERMEDIATE STEPS).
3. The routine should show good control, form, execution, maintenance of height and difficulty.

iii. **WARM-UPS**

1. Athletes must wear competition attire only during warm-ups. From the time a flight begins until competition is completed, athletes must remain in competition attire. Athletes not attired properly will not be allowed to warm-up or compete. The first offense is a warning and second offense is disqualified.
2. **SUB-BEGINNERS, BEGINNERS, ADVANCED-BEGINNERS**
 - iii. Competitors must be divided into groups of 15 or less
 - iv. Two (2) passes for Sub-Beginners
 - v. Four (4) passes for Beginners and Advanced Beginners
3. **SUB-NOVICE**
 - vi. Competitors must be divided into groups of 10 or less
 - vii. Four (4) times on the competition mat. Running down the mat does not constitute a pass down the mat.
4. **NOVICE**
 - viii. Competitors must be divided into groups of 10 or less
 - ix. Four (4) times on the competition mat. Running down the mat does not constitute a pass down the mat.
5. **INTERMEDIATE**
 - x. Competitors must be divided into groups of 10 or less
 - xi. Six (6) times on the competition mat. Running down the mat does not constitute a pass down the mat.
6. **SUB-ADVANCED**
 - xii. Competitors must be divided into groups of 10 or less
 - xiii. Eight (8) Passes
7. **ADVANCED**
 - xiv. Competitors must be divided into groups of 10 or less
 - xv. Ten (10) Passes

v. **START OF A ROUTINE**

1. **BEGINNER LEVELS**

- i. Each competitor will start on the signal given by the Superior Judge.
- ii. A pass does not have to start from a run.
- iii. A pass will be considered initiated once the competitor's hands touch the mat.

2. **SUB-NOVICE THROUGH ADVANCED LEVELS**

- i. Each competitor will start on the signal given by the Superior Judge.
- ii. A pass shall be considered started once the first skill is initiated.
- iii. The pass must start from a run or a hurdle.

vi. **REQUIRED POSITIONS DURING A ROUTINE**

1. In all positions the feet and legs should be kept together (except for straddle skills) and the feet and toes pointed..
2. Depending on the requirements of the movement, the body should be either tucked, piked, or straight.
3. In the tucked and piked positions, the thighs should be close to the upper body except in the twisting phase of multiple somersaults (2/1 or more) as per Rule 7.
4. In the tucked position, the hands should touch the legs below the knees except in the twisting phase of multiple somersaults.
5. In the piked position, the hands should touch the legs below the knees.
6. The arms should be straight and held close to the body whenever possible.
7. The position of a somersault is determined between 10:00 and 12:00 o'clock. Minimum requirements for a particular body position:
 - i. Straight Position: The angle between the upper body and thighs must be greater than 135 N.
 - ii. Pike Position: The angle between the upper body and thighs must be equal to or less than 135 N and the angle between the thighs and the lower legs must be greater than 135 N.
 - iii. Tuck Position: The angle between the upper body and thighs must be less than 135 N and the angle between the thigh and the lower leg must be less than 135N.
8. In multiple somersaults (2/1 or more) with twists, the tuck and pike position may be modified during the twisting phase.
9. Any backward non-twisting, single somersault executed at shoulder height or below and performed in the middle of a pass, regardless of position, will be considered a whipback.
10. Any backward non-twisting, single somersault in the tuck, pike, or straight position executed at the end of a pass must be above shoulder height; otherwise, the aesthetic judges will take the required deduction.

vii. INTERRUPTIONS OF THE ROUTINE (SCORING STOPS)

1. A fall to the mat during the routine.
2. Touches the mat with any part of the body other than the hands or the feet (i.e., head, knees, elbows, etc.)
3. Tumbling off the side or end of the mat with any part of the body.
 - i. During the execution of a skill, once the competitor's foot touches the floor, the pass will be terminated.
 - ii. During the execution of a skill, the competitor's fingers wrap around the edges of the mat.
4. Receiving help from a spotter.
5. Running or a substantial stop between skills.
6. Use of an illegal skill will terminate the pass at that point.
7. A stop or reversal of motion on any one skill during a pass.
8. No credit will be given for the skill in which the interruption occurs.
9. Refer to each Specific Level for additional deductions under this heading.
10. Straddle rolls performed with the torso in the middle of the mat and the foot goes over the edge of the mat, and touches the floor will receive no deduction.

viii. DEDUCTIONS FOR FAULTY EXECUTION

1. For lack of form, constant height, & lack of control, deviation from center of mat, lack of speed, and cutting under or lack of blocking in each skill
0.1-0.8 pts.

ix. LANDING DEDUCTIONS

1. NOTE: All the following landing deductions are in addition to the aesthetic deduction of the last skill performed. Landing deductions apply for complete or incomplete passes. NOT ACCUMLATED, TAKE THE GREATER DEDUCTION

- i. Not holding landing for three seconds 0.1-0.3 pts.
- ii. For touching the mat with one hand 0.4 pts.
- iii. For touching the mat with both hands 0.5 pts.
- iv. For falling to elbows, knees/hands & knees 0.6 pts.
- v. For falling to seat and/or touching hand(s) or elbow(s) on mat behind body 0.7 pts.
- vi. For falling to front, back, or head 0.8 pts.
- vii. After landing in the landing zone or track, Touching outside the landing zone or track with any part of the body 0.9 pts.

x. DEDUCTIONS TAKEN ON THE INSTRUCTION OF THE SUPERIOR JUDGE

- 1. Not doing required type of pass 2.0 pts
- 2. A completed pass, not ending in a two-foot landing 0.5 pts
- 3. Talking to the competitor (by a coach or spotter) during the pass 0.3 pts
(Maximum deduction - 0.3 pt. per pass)
- 4. Bobble Step - not weight bearing 0.5 pts.
- 5. Refer to each Specific Level for additional deductions under this heading.
- 6. **DRESS:** Distracting dress, such as undergarments, will result in a 0.3 pt. deduction taken on the advice of the Superior judge.
- 7. **JEWELRY:** The wearing of jewelry or watches in competition will result in a 1.0 pt. deduction per pass to be taken on the advice of the Superior judge.
- 8. **HAIR:** Ribbons or scrunchies that fall off during competition will result in a 0.3 pt. deduction taken on the advice of the Superior judge. Hair beads will not be allowed in competition. Deduction 1.0 pt. per pass (treated as jewelry) to be taken on the advice of the Superior judge.
- 9. **TATTOOS:** All visible tattoos must be covered with flesh color or athletic tape. Deduction for not covering the tattoo will result in a deduction of 0.3 pts per pass for distracting dress to be taken on the advice of the Superior Judge.
- 10. Completed pass- one foot landing -0.5 pts.

x. MAJOR DEDUCTIONS IN SCORING

- 1. Refer to each Specific Level for deductions under this heading.

Tumbling Specific Level Rules

xi. SUB-BEGINNER DIVISION

1. PASS REQUIREMENTS

- i. One pass is required. The pass must be a front pass consisting of five (5) skills.
- ii. The front pass must consist of all forward skills, and must end with a two-foot landing.
- iii. List of skills Permitted.
 - 1. Front Skills
 - 2. Forward roll (any position)

**NOTE: Straddle rolls performed with the torso in the

middle of the mat and the foot goes over the edge of the mat, and touches the floor will receive no deduction.

3. Dive roll

- iv. Step-outs allowed except on the last skill.
- v. A skill shall be considered different; and therefore not a repeat, if the skill begins or ends in a different position. Examples:
 - 1. Forward roll tuck to tuck, tuck to pike, tuck to straddle, tuck to step out
 - 2. forward roll pike to tuck, pike to pike, pike to straddle, pike to step out
 - 3. Forward roll straddle to tuck, straddle to pike, straddle to straddle, straddle to step out
 - 4. Handstand forward roll to tuck, to pike, to straddle, to step out
- vi. Repeats are allowed; however the following deductions apply. (The following are total deductions, not accumulative)
 - 1. For repeating three identical skills in a row 0.1 pt.
 - 2. For repeating four identical skills in a row 0.3 pts.
 - 3. For repeating five identical skills in a row 0.6 pts.
- vii. Skills not permitted.
 - 1. No cartwheels, round-offs, handstand rolls, handsprings, tinsicas, somis, aerials, or limbering skills are permitted.
 - 2. No splits or contortion-type skills such as fish-flops or chest rolls are allowed.
 - 3. Back rolls of any type are NOT allowed.

2. COMPETITION PROCEDURES

- i. Large age groups will be pyramided into groups of 15.
- ii. Age groups with five (5) or fewer competitors may be combined with adjacent age group(s) for Invitational Competitions as long as the Meet Director states policy on entry form. The AAU recommends approval of all coaches with athletes in said age group(s).

3. METHOD OF SCORING

- i. Two aesthetic judges and one Superior judge required for all competitions.
- ii. The aesthetic judges will score the routine by evaluating the form, consistency of height, control, and execution of performance in tenths of a point.
- iii. Each pass is judged out of the number of skills successfully completed.
 - 1. Each skill will be worth 1.0.
 - 2. Each aesthetic judge will add 1.0 bonus point for the number of skills successfully completed and then subtract the aesthetic and major deductions.
 - 3. The scores of the judges must be written independently of each other.
 - 4. A five (5) skill pass will be scored out of ten (10) points.
- iv. The two aesthetic judges' scores will be added together.

4. INTERRUPTIONS OF A PASS

- i. Refer to the General Tumbling Rules
- ii. Specific interruptions of a pass at this level.
 - 1. Running or a substantial stop between skills. (A small step

with the hands or feet at this level is a severe deduction, not a termination - 0.5 pts deduction).

2. During the execution of a straddle roll, once the competitor's foot touches the floor, the pass will be terminated. ****NOTE:** Straddle rolls performed with the torso in the middle of the mat and the foot goes over the edge of the mat, and touches the floor will receive no deduction.
3. After the second continuous step with the hands or feet, the routine will be terminated from that point.
4. Use of an illegal skill will terminate the pass at that point.

5. DEDUCTIONS FOR FAULTY EXECUTION (specific to this level)

- i. Refer to the General Tumbling Rules
- ii. Specific deductions for faulty execution at this level.

1. Non-weight bearing hand slide between or during skills
0.3 pts.

NOTE: sliding both hands simultaneously between or during skills other than a round-off will receive the same deduction as one hand

2. Bobble Step - not weight bearing 0.5 pts.
3. A step with the hand or foot 0.5 pts.
4. During the execution of a straddle roll, the competitor's foot extends over the edge of the mat unless body is in center of mat 0.1-0.3 pts.
5. For additional skills (total) 1.0 pts.
(Made by the aesthetic judges at the signal of the Superior Judge)
6. For not performing the required type of pass 2.0 pts.
7. Failure to complete at least one skill in a 0 score. pass would result
8. The maximum aesthetic deduction per skill 0.8 pts.

xii. BEGINNER DIVISION

1. PASS REQUIREMENTS

- i. Two passes are required.
- ii. Each pass shall consist of five (5) skills
 1. First pass consists of all back skills, and must end with a two-foot landing.
 2. Second pass consists of at all front skills and must end with a two-foot landing.
- iii. List of skills permitted.
 1. Forward roll (any position)
 2. Dive roll
 3. Cartwheel (1 or 2 hands)
 4. Handstand, roll down
 5. Back roll (any position)
 6. Back extension roll
 7. Step-outs allowed except on the last skill.
 8. A skill shall be considered different; and therefore not a repeat, if the skill begins or ends in a different position.

- iv. Repeats are allowed; however the following deductions apply. (The following are total deductions, not accumulative)
 - 1. For repeating three identical skills in a row 0.1 pt.
 - 2. For repeating four identical skills in a row 0.3 pts.
 - 3. For repeating five identical skills in a row 0.6 pts.
 - 1. No handsprings, tinsicas, somis, aerials, or limbering skills are permitted.
 - 2. No splits or contortion-type skills such as fish-flops or chest rolls are allowed.

2. COMPETITION PROCEDURES

- i. Large age groups will be pyramided into groups of 15.
- ii. Age groups with five (5) or fewer competitors may be combined with adjacent age group(s) for Invitational Competitions as long as the Meet Director states policy on entry form. The AAU recommends approval of all coaches with athletes in said age group(s).
- iii. This division: Passes will run consecutively. All routines will begin from one end of the mat.

3. METHOD OF SCORING

- i. Two aesthetic judges and one Superior/Difficulty judge required. ii. The aesthetic judges will score the routine by evaluating the form, consistency of height, control, and execution of performance in tenths of a point.
- iii. Each pass is judged out of the number of skills successfully completed.
 - 1. Each skill will be worth 1.0.
 - 2. Each aesthetic judge will add 1.0 bonus point for the number of skills successfully completed and then subtract the aesthetic and major deductions.
 - 3. The scores of the judges must be written independently of each other.
 - a. A five (5) skill pass will be scored out of ten (10) points.
- iv. There is difficulty awarded at this level.
- v. The two aesthetic judges' scores will be added together and the difficulty score is added to that total.
- vi. The scores of the two passes are added together to receive the total score.

4. INTERRUPTIONS OF A PASS

- i. Refer to the General Tumbling Rules
- ii. Specific interruptions of a pass at this level.
 - 1. Running or a substantial stop between skills (A small step with the hands or feet at this level is a severe deduction, not a termination - 0.5 pts deduction).
 - 2. After the second continuous step with the hands or feet, the routine will be terminated from that point.
 - 3. Use of an illegal skill will terminate the pass at that point.

5. DEDUCTIONS FOR FAULTY EXECUTION

Refer to General Tumbling Rules

- i. Specific deductions for faulty execution of a pass at this level
- ii. Non-weight bearing hand slide between or during skills other than a round – off 0.3 pts
 - NOTE:** sliding both hands simultaneously between or during skills other than a round-off will receive the same deduction as one hand
 - 1. Bobble step – note weight bearing 0.5 pts
 - 3. For rocking forward on hands prior to a back roll at the beginning of a pass 0.5 pts
 - 4. During the execution of a straddle roll, the competitor’s foot extends over the edge of the mat 0.1-0.3 pts
 - a. Straddle rolls performed with the torso in the middle of the mat and the foot goes over the edge of the mat, and touches the floor will receive no deduction.
 - 5. For additional skills (total) 1.0 pts.
(Made by the aesthetic judges at the signal of the Superior Judge)
 - 6. For not performing the required type of pass 2.0 pts.
 - 7. Failure to complete at least one skill per pass 2.0 pts.
 - 8. The maximum aesthetic deduction per skill 0 score
 - a. Round off is only allowed as the last skill of a pass. Failure to rebound will receive deductions of 0.5 pts.

6. DIFFICULTY - Difficulty scores must be flashed

- i. Difficulty will be awarded for all skills passing through a vertical at this level only.
- ii. Difficulty Ratings:
 - 1. Handstand Roll 0.1 pts.
 - 2. Back Extension Roll 0.1 pts.
 - 3. Cartwheel 0.1 pts.

xiii. ADVANCED BEGINNER DIVISION

1. PASS REQUIREMENTS

- i. Two passes are required. A competitor at this level has the option to start their passes from a run or a stand.
- ii. Each pass must consist of five (5) skills. Each pass must have at least one (1) limbering skill.
 - 1. First pass must consist of all back Skills, and must end with a two-foot landing.
 - 2. Second pass must consist of all front skills.
- iii. List of skills permitted.
 - 1. Forward roll (any position)
 - 2. Dive roll
 - 3. Limbers
 - 4. Walkovers
 - 5. Cartwheels (1 or 2 hand)
 - 6. Round-offs (neutral skill)
 - 7. Handstand roll down

- 8. Back roll (any position)
 - 9. Back extension roll
 - 10. Step-outs allowed except on last skill.
 - 11. A skill shall be considered different; and therefore not a repeat, if the skill begins or ends in a different position.
 - 12. Front limbering skills that end on both feet will not receive any deduction if feet are less than shoulder width apart.
- iv. Repeats are allowed; however the following deductions apply. (The following are total deductions, not accumulative)
 - NOTE* (A scissor walk-over is the same skill regardless of which foot is used).
 - 1. For repeating three identical skills in a row 0.1 pt.
 - 2. For repeating four identical skills in a row 0.3 pts.
 - 3. For repeating five identical skills in a row 0.6 pts.
 - v. Skills not allowed.
 - 1. No splits or contortion-type skills such as fish-flops or chest rolls are allowed.
 - 2. No handsprings, tinsicas, somis, or aerials are permitted.

2. COMPETITION PROCEDURES

- i. Large age groups will be pyramided into groups of 10.
- ii. Age groups with five (5) or fewer competitors may be combined with adjacent age group(s) for Invitational Competitions as long as the Meet Director states policy on entry form. The AAU recommends approval of all coaches with athletes in said age group(s).
- iii. This division: Passes will run consecutively. All routines will begin from one end of the mat.

3. METHOD OF SCORING

- i. Two aesthetic judges and one Superior/Difficulty judge required. ii. The aesthetic judges will score the routine by evaluating the form, consistency of height, control, and execution of performance in tenths of a point.
- iii. Each pass is judged out of the number of skills successfully completed.
 - 1. Each skill will be worth 1.0.
 - 2. Each aesthetic judge will add 1.0 bonus point for the number of skills successfully completed and then subtract the aesthetic and major deductions.
 - 3. The scores of the judges must be written independently of each other.
 - a. A five (5) skill pass will be scored out often (10) points.
- iv. There is difficulty awarded at this level.
- v. The two aesthetic judges' scores will be added together and the difficulty score is added to that total.
- vi. The scores of the two passes are added together to receive the total score.

4. INTERRUPTIONS OF A PASS

- i. Refer to the General Rules
- ii. Specific interruptions of a pass at this level.
 - 1. Taking more than one continuous step with the hands or feet, running, or a substantial stop. (A small step with the hands or feet at this level is a severe deduction, not a termination - 0.5 pts.).
 - 2. Use of an illegal skill will terminate the pass at that point.

5. DEDUCTIONS FOR FAULTY EXECUTION

Refer to the General Rules

- i. Specific deductions for faulty execution of a pass at this level.
 - 1. Non-weight bearing hand slide between or during skills other than a round-off 0.3 pts.
NOTE: sliding both hands simultaneously between or during skills other than a round-off will receive the same deduction as one hand
 - 2. Bobble Step - not weight bearing 0.5 pts.
 - 3. A step with the hand or foot 0.5 pts.
 - 4. For rocking forward on hands prior to a back roll at the beginning of a pass 0.5 pts.
 - 5. During the execution of a straddle roll, the competitor's foot extends over the edge of the mat 0.1-0.3 pts.
 - a. Straddle rolls performed with the torso in the middle of the mat and the foot goes over the edge of the mat, and touches the floor will receive no deduction.
- ii. Hand Slide - Non-weight slide during a round-off 0.1-0.5 pts.
 - 1. One hand slides to less than 1:00 o'clock 0.1 pts.
 - 2. One hand slides to between 1:00 and 2:00 o'clock 0.2-0.3 pts.
 - 3. One hand slides to between 2:00 and 3:00 o'clock 0.3-0.4 pts.
 - 4. One hand slides past 3:00 o'clock 0.5 pts.
 - 5. Both hand slide 0.5 pts.
- iii. For additional skills (total) 1.0 pts.
(Made by the aesthetic judges at the signal of the Superior Judge)
- iv. For not performing the required type of pass 2.0 pts.
- v. Failure to complete at least one skill per pass 2.0 pts.
- vi. The maximum aesthetic deduction per skill 0.8 pts.
 - 1. For not having one limbering skill in a pass 2.0 pts.
- vii. Off is only allowed as the last skill of a pass. Failure to rebound will receive a deductions of

6. DIFFICULTY - Difficulty scores must be flashed

i. Difficulty Ratings:

- | | |
|-------------------------------------|----------|
| 1. Handstand Roll | 0.1 pts. |
| 2. Back Extension Roll | 0.1 pts. |
| 3. Cartwheel | 0.1 pts. |
| 4. Round-off | 0.1 pts. |
| 5. Walkover/Scissors (front & back) | 0.2 pts. |
| 6. Limber (front & back) | 0.2 pts. |
| 7. Arabians (front & back) | 0.2 pts. |

xiv. SUB-NOVICE DIVISION

1. PASS REQUIREMENTS

- i.** Two passes are required. A pass at this level must begin with a run or a hurdle. A pass ending in a round-off or a handspring at this level must end with a rebound (straight up and down in the same place).
- ii.** Each pass must have a minimum of one (1) handspring.
 - 1.** First pass must consist of a maximum of three (3) skills, a minimum of one (1) handspring, and must end with a two-foot landing.
 - 2.** Second pass must consist of a maximum of four (4) skills, a minimum of one (1) handspring, and must end with a two foot landing.
- iii.** List of skills permitted.
 - 1.** Round-off (neutral skill)
 - 2.** Front handspring
 - 3.** Back handspring
 - 4.** Cartwheel (1 or 2 hands)
 - 5.** Step-outs allowed except on the last skill
- iv.** Repeats are allowed; however the following deductions apply except for handsprings and round-offs. (The following are total deductions, not accumulative)
 - 1.** For repeating three identical skills
in a row 0.1 pt.
 - 2.** For repeating four identical skills
in a row 0.3 pts.
- v.** Skills not allowed.
 - 1.** Front or back rolls
 - 2.** Limbers
 - 3.** Walkovers
 - 4.** Tinsicas
 - 5.** Aerials of any type

2. COMPETITION PROCEDURE

- i.** Large age groups will be pyramided into groups of 10.
- ii.** Age groups with five (5) or fewer competitors may be combined with adjacent age group(s) for Invitational Competitions as long as the Meet Director states policy on entry form. The AAU recommends approval of all coaches with athletes in said age group(s).
- iii.** All competitors will execute their three (3) skill pass first. When this pass is completed, they will stay in the same order and execute their four (4) skill pass. (Passes will not run consecutively).
- iv.** All routines will begin from one end of the mat.

3. METHOD OF SCORING

- i. Two aesthetic judges and one Superior judge required for Invitational, State, and National competitions.
- ii. The aesthetic judges will score the routine by evaluating the form, consistency of height, control, and execution of performance in tenths of a point.
- iii. Each pass is judged out of the number of skills successfully completed.
 - 1. Each skill will be worth 1.0.
 - 2. Each aesthetic judge will add 7.0 bonus points to the number of skills successfully completed on the first pass and 6.0 bonus points to the number of skills successfully completed on the second pass. The aesthetic and major deductions are subtracted from that total for each pass.
 - 3. The scores of the judges must be written independently of each other.
 - a. A completed pass with the correct number of skills will be scored out of ten (10) points.
- iv. There is difficulty awarded at this level.
- v. The two aesthetic judges' scores will be added together and the difficulty score is added to that total.
- vi. The scores of the two passes are added together to receive the total score.

4. INTERRUPTIONS OF A PASS

Refer to the General Tumbling Rules

- i. Specific interruptions of a pass at this level.
 - 1. Takes intermediate step or stops.
 - 2. A step with the hand or foot.
 - 3. Perform movements without rotation or uses an illegal skill.
 - 4. Touches the mat with any part of the body other than the hands or the feet.
 - 5. During the execution of a skill, the competitor's fingers wrap around the edges of the mat.
 - 6. Use of an illegal skill will terminate the pass at that point.

5. DEDUCTIONS FOR FAULTY EXECUTION

Refer to the General Tumbling Rules

- i. Specific deductions for faulty execution of a pass at this level
 - 1. For not starting from a run or a hurdle 0.5 pts
 - 2. Bobble Step – not weight bearing 0.5 pts
 - 3. Hand Slide – not weight slide during a round off 0.1-0.5 pts
 - 4. One hand slides to less than 1:00 o'clock 0.1 pts
 - 5. One hand slides to between 1:00 & 2:00 o'clock 0.2-0.3pts
 - 6. One hand slides to between 2:00 and 3:00 o'clock 0.3-0.4 pts
 - 7. One hand slides past 3:00 o'clock 0.5 pts
 - 8. Both hand slide 0.5 pts
- ii. Completing an aerial/somi in a pass 2.0 pts
- iii. For additional skills (total) 1.0 pts.
(Made by the aesthetic judges at the signal of the Superior Judge)
- iv. For not performing the required number of skills per pass 1.0 pts. 40

- v. For not performing the required type of pass 2.0 pts.
- vi. For not having at least one handspring
in a pass 2.0 pts.
- vii. Failure to rebound out of a round-off or a
handspring at the end of a completed pass 0.5 pts.
- viii. Lack of height and/or control on a rebound at the end of a
completed pass 0.1-0.3 pts.

NOTE: 2.9 and 3.0 are considered landing deductions on a completed pass and are in addition to the aesthetic skill performed

- 1. The maximum aesthetic deduction
per skill (does not include rebound
deductions) 0.8 pts.

6. DIFFICULTY

i. Difficulty Ratings:

- 1. Round-offs (neutral skill) 0.2 pts
- 2. Backward & Forward Handsprings 0.2 pts
- 3. A cartwheel is a front skill with no difficulty value

ii. Difficulty scores must be flashed

xv. NOVICE DIVISION

1. PASS REQUIREMENTS

- i. Two passes are required. A pass at this level must begin with a run or a hurdle. A pass ending in a round-off or a handspring at this level may end with a rebound (straight up and down in the same place).
- ii. Each pass must have a minimum of one (1) handspring per pass.
 - 1. First pass must consist of a maximum of five (5) skills, include a minimum of one handspring, and must end with a two-foot landing.
 - 2. Second pass must consist of a maximum of eight (8) skills, include a minimum of one handspring, and must end with a two foot landing.
- iii. List of skills permitted
 - 1. Round-off (neutral skill)
 - 2. Front handspring
 - 3. Back handspring
 - 4. Cartwheel (1 or 2 hands)
 - 5. Step-outs allowed except on the last skill
- iv. Repeats are allowed; however the following deductions apply except for handsprings and round-offs. (The following are total deductions, not accumulative)
 - 1. For repeating three identical skills in a row 0.1 pt.
 - 2. For repeating four identical skills in a row 0.3 pts.
 - 3. For repeating five identical skills in a row 0.6 pts.
- v. Skills not allowed
 - 1. Front or back rolls
 - 2. Limbers
 - 3. Walkovers
 - 4. Tinsicas
 - 5. Aerials of any type

2. COMPETITION PROCEDURE

- i. Large age groups will be pyramided into groups of 10.

- ii. Age groups with five (5) or fewer competitors may be combined with adjacent age group(s) for Invitational Competitions as long as the Meet Director states policy on entry form. The AAU recommends approval of all coaches with athletes in said age group(s).
- iii. All competitors will execute their five skill pass first. When this pass is completed, they will stay in the same order and execute their seven pass. (Passes will not run consecutively).
- iv. All routines will begin from one end of the mat.

3. METHOD OF SCORING

- i. Two Aesthetic Judges and one Superior judge required for all Invitational, State, and National competitions.
- ii. The aesthetic judges will score the routine by evaluating the form, consistency of height, control, and execution of performance in tenths of a point.
- iii. Each pass is judged out of the number of skills successfully completed.
 - 1. Each skill will be worth 1.0.
 - 2. Each aesthetic judge will add 5.0 bonus points to the number of skills successfully completed on the first pass and 2.0 bonus points to the number of skills successfully completed on the second pass. The aesthetic and major deductions are subtracted from that total for each pass.
 - 3. The scores of the judges must be written independently of each other.
 - a. A completed pass with the correct number of skills will be scored out of ten (10) points.
- iv. There is difficulty awarded at this level.
- v. The two aesthetic judges' scores will be added together and the difficulty score is added to that total.
- vi. The scores of the two passes are added together to receive the total score.

4. INTERRUPTIONS OF A PASS

Refer to the General Tumbling Rules

- i. Specific interruptions of a pass at this level.
 - 1. Takes intermediate step or stops.
 - 2. A step with the hand or foot.
 - 3. Perform movements without rotation or uses an illegal skill.
 - 4. Touches the mat with any part of the body other than the hands or the feet.
 - 5. During the execution of a skill, the competitor's fingers wrap around the edges of the mat.
 - 6. Use of an illegal skill will terminate the pass at that point.

5. DEDUCTIONS FOR FAULTY EXECUTION

Refer to the General Tumbling Rules

- i. Specific deductions for faulty execution of a pass at this level
 - 1. For not starting from a run or a hurdle 0.5 pts
 - 2. Bobble Step – not weight bearing 0.5 pts
 - 3. Hand Slide – not weight slide during a round off 0.1-0.5 pts
 - 4. One hand slides to less than 1:00 o'clock 0.1 pts
 - 5. One hand slides to between 1:00 & 2:00

- o'clock 0.2-0.3pts
- 6. One hand slides to between 2:00 and 3:00 o'clock 0.3-0.4 pts
- 7. One hand slides past 3:00 o'clock 0.5 pts
- 8. Both hand slide 0.5 pts
- ii. Completing an aerial/somi in a pass 2.0 pts
- NOTE: Must also move to the Intermediate level of competition by the next meet** 2.5 pts
- iii. For additional skills (total) 1.0 pts.
(Made by the aesthetic judges at the signal of the Superior Judge)
- iv. For not performing the required number of skills per pass 1.0 pts.
- v. For not performing the required type of pass 2.0 pts.
- vi. For not having at least one handspring in a pass 2.0 pts.
- vii. Failure to rebound out of a round-off or a handspring at the end of a completed pass 0.5 pts.
- viii. Lack of height and/or control on a rebound at the end of a completed pass 0.1-0.3 pts.
- NOTE: 2.9 and 3.0 are considered landing deductions on a completed pass and are in addition to the aesthetic skill performed**

- 1. The maximum aesthetic deduction per skill (does not include rebound deductions) 0.8 pts.

6. DIFFICULTY

- i. Difficulty Ratings:
 - 1. Round-offs (neutral skill) 0.2 pts
 - 2. Backward & Forward Handsprings 0.2 pts
 - 3. A cartwheel is a front skill with no difficulty value
- ii. Difficulty scores must be flashed

xvi. INTERMEDIATE DIVISION

1. PASS REQUIREMENTS

- i. 1. Two passes are required. A pass at this level must begin with a run or a hurdle. A pass at this level ending in a round-off or a handspring must end with a rebound out of the last skill.
- ii. Each pass must have a minimum of one (1) somi.
 - 1. The first pass must consist of a maximum of five (5) skills; include a minimum of one somi, not more than two (2) somersaults. Only one somi with a maximum of 180(twist allowed per pass. The passes do not have to end in a somi.
 - 2. The second pass must consist of a maximum of eight (8) skills; include a minimum of one (1) somi, not more than two (2) somersaults. Only one somi with a maximum of 180(twist allowed per pass. The passes do not have to end in a somi.
 - 3. The two passes must be different.
- iii. List of skills permitted
 - 1. Round-off (neutral skill)
 - 2. Front handspring
 - 3. Back handspring
 - 4. Cartwheel (1 or 2 hands)

5. Step-outs allowed except on the last skill
6. Front aerial (any position)
7. Back aerial (any position)
- iv. Repeats are allowed; however the following deductions apply. (The following are total deductions, not accumulative).
 1. For repeating three identical skills in a row 0.1 pt.
 2. For repeating four identical skills in a row 0.3 pts.
 3. For repeating five identical skills in a row 0.6 pts.
- v. Skills not allowed
 1. Front or back rolls
 2. Limbers or Walkovers
 3. Tinsicas
 4. Somersaults with more than 180(twist or multiple somersaults
 5. Reversal skills

2. COMPETITION PROCEDURE

- i. Large age groups will be pyramided into groups of 10.
- ii. Age groups with five (5) or fewer competitors may be combined with adjacent age group(s) for Invitational Competitions as long as the Meet Director states policy on entry form. The AAU recommends approval of all coaches with athletes in said age group(s).
- iii. All competitors will execute their five skill pass first. When this pass is completed, they will stay in the same order and execute their seven skill pass. (Passes will not run consecutively).
- iv. All routines will begin from one end of the mat.

3. METHOD OF SCORING

- i. Two aesthetic judges and one Superior/Difficulty judge required for all Invitational, State, and National competitions.
- ii. The aesthetic judges will score the routine by evaluating the form, consistency of height, control, and execution of performance in tenths of a point.
- iii. Each pass is judged out of the number of skills successfully completed.
 1. Each skill will be worth 1.0.
 2. Each aesthetic judge will add 5.0 bonus points to the number of skills successfully completed on the first pass and 2.0 bonus points to the number of skills successfully completed on the second pass. The aesthetic and major deductions are subtracted from that total for each pass.
 3. After the aesthetic and major deductions are taken, the judges will add 5.0 pts. to their score.
 - a. A completed pass with the correct number of skills will be scored out of ten (10) points.
- iv. There is difficulty awarded at this level.
- v. The two aesthetic judges' scores will be added together and the difficulty score is added to that total.
- vi. The scores of the two passes are added together to receive the total score.

4. INTERRUPTIONS OF A PASS

Refer to the General Tumbling Rules

- i. Specific interruptions of a pass at this level.
 1. Takes intermediate step or stops.

2. Perform movements without rotation or uses an illegal skill.
3. Touches the mat with any part of the body other than the hands or the feet.
4. During the execution of a skill, the competitor's fingers wrap around the edges of the mat.
5. Use of an illegal skill will terminate the pass at that point.

5. DEDUCTIONS FOR FAULTY EXECUTION

Refer to the General Rules

i. Specific deductions for faulty execution of a pass at this level.

1. For not starting from a run or a hurdle 0.5 pts.
2. Bobble Step - not weight bearing 0.5 pts.
3. Completing over two (2) aerials/somies in a pass, a reversal skill, a skill with over 180 (twist per pass (not a termination), more than one 180(skill per pass 2.0 pts.

NOTE: Must also move to the Sub-Advanced level of competition by the next meet.

4. For additional skills (total) 1.0 pts.
(Made by the aesthetic judges at the signal of the Superior Judge)
5. For not performing the required number of skills per pass 1.0 pts.
6. For not performing the required type of pass 2.0 pts.
7. For not performing two different passes 2.0 pts.
8. Failure to rebound out of a handspring or round-off at the end of a completed pass 0.5 pts.
9. Lack of height and/or control on a rebound out of a handspring or round-off at the end of a completed pass 0.1-0.3 pts.

ii. The aesthetic deduction for a somi at the end of a completed pass that is not executed at shoulder height or above 0.3 pts.

To be determined by the Superior Judge

NOTE: 2.8, 2.9, and 3.0 are considered landing deductions on a completed pass and are in addition to the aesthetic deduction of the last skill performed

1. The maximum aesthetic deduction per skill (does not include rebound deductions) 0.8 pts.

6. DIFFICULTY

i. Difficulty Ratings:

1. Round-offs (neutral skill) 0.2 pts
2. Backward & Forward Handsprings 0.2 pts
3. Aerial Brandi (no handed round-off) 0.3 pts.
4. Back somersault - tuck 0.4 pts.
5. Back somersault - whip 0.4 pts.
6. Back somersault - pike 0.5 pts.
7. Back somersault - straight 0.5 pts.
8. Front somersault - tuck 0.5 pts.

- | | |
|---|----------|
| 9. Back somersault with 2 twist or
Arabian front | 0.6 pts. |
| 10. Front somersault - pike | 0.6 pts. |
| 11. Front somersault with 1/2 twist | 0.7 pts. |
| 12. Bounding credit | 0.1 pts. |

YOU MAY REPEAT ROUND-OFFS, BACKWARD HANDSPRINGS, AND FORWARD HANDSPRINGS.

xvii. SUB-ADVANCED DIVISION

1. PASS REQUIREMENTS

- i.** Two optional passes are required. A pass at this level must begin with a run or a hurdle. All completed passes must end with a somersault. A Tumbling pass must move in one direction only; however, a single skill in the reverse direction from a somi is allowed at the end of the pass.
- ii.** Each pass must consist of at least one somersault and one pass must contain a minimum of two somersaults. No pass may contain more than four somersaults. Only one somi with a 360(twist is allowed per pass. One reversal tumbling skill is allowed from a somersault per pass. Maximum difficulty for combined passes is 5.0 pts.
 1. First pass is a five (5) skill pass.
 2. Second pass is an eight (8) skill pass.
 3. Six (6) warm-up passes prior to competition.
- iii.** Repeats
 1. Only one difficulty skill can be repeated.
 - a.** With the exception of handsprings and round-offs, only one difficulty skill may be repeated in an optional pass; otherwise, the Difficulty of the repeated skill will not be counted.
 - b. Skills** having the same amount of rotation, but performed in the tucked, piked, and straight positions are considered to be different skills and not repetitions.
 - c.** The tucked and piked positions are not considered to be the same skill.
 - d.** A somersault shall not be considered a repetition if preceded by a different element.
 2. Repeated non-difficulty skills (cartwheels) will receive the following deductions. (The following are total deductions, not accumulative).
 - a.** For repeating three identical skills in a row
0.1 pt.
 - b.** For repeating four identical skills in a row
0.3 pts.
 - c.** For repeating five identical skills in a row
0.6 pts.
- iv.** Skills not allowed
 1. Forward or backward rolls
 2. Walkovers or Limbers
 3. Tinsicas
 4. Somersaults with more than 360 degree twist or multiple somersaults

Invitational Advanced or Elite competitions that don't meet floor length requirements – allows 2 five passes then the second pass

must differ by one skill from the first pass and you will not be allowed to perform reversals in both passes. 2.0 deduction on 2nd pass of in violation. Must be Pre-approved by Executive Board.

2. COMPETITION PROCEDURE

- i.** Large age groups will be pyramided in groups of ten (10).
- ii.** Age groups with five (5) or fewer competitors may be combined with adjacent age group(s) for Invitational Competitions as long as the Meet Director states policy on entry form. The AAU recommends approval of all coaches with athletes in said age group(s).
- iii.** All competitors will execute their 5 skill first. When this is completed they will stay in the same order and execute their 8 skill pass. (Passes will not run consecutively).
- iv.** All routines will begin from one end of the mat.

3. METHOD OF SCORING

- i.** Two aesthetic judges and one Superior/Difficulty judge required for all Invitational, State, and National competitions.
- ii.** 2. The aesthetic judges will score the routine by evaluating the form, consistency of height, control, and execution of performance in tenths of a point.
- iii.** Each pass is judged out of the number of skills successfully completed.
 - 1.** Each skill will be worth 1.0.
 - 2.** Each aesthetic judge will add 5.0 bonus points to the number of skills successfully completed on the first pass and 2.0 bonus points to the number of skills successfully completed on the second pass. The aesthetic and major deductions are subtracted from that total for each pass.
 - a.** A completed pass with the correct number of skills will be scored out of ten (10) points.
- iv.** There is difficulty awarded at this level.
- v.** The two aesthetic judges' scores will be added together and the difficulty score is added to that total.
- vi.** The scores of the two passes are added together to receive the total score.

4. INTERRUPTIONS OF A PASS

Refer to the General Tumbling Rules

- i.** Specific interruptions of a pass at this level.
 - 1.** Takes intermediate step or stops.
 - 2.** Perform movements without rotation or uses an illegal skill.
 - 3.** Touches the mat with any part of the body other than the hands or the feet.
 - 4.** During the execution of a skill, the competitor's fingers wrap around the edges of the mat.
 - 5.** Use of an illegal skill will terminate the pass at that point.

5. DEDUCTIONS FOR FAULTY EXECUTION

Refer to the General Rules

- i.** Specific deductions for faulty execution of a pass at this level.
 - 1.** Bobble Step - not weight bearing 0.5 pts.
 - 2.** For not starting from a run or a hurdle 0.5 pts.
 - 3.** For not performing the required number of skills per pass 1.0 pts.

4. For not having at least one aerial in a pass 2.0 pts.
5. Completing over four (4) aerials in a pass, a somersault with over 360(twist, throwing over 5.0 difficulty for the combined two passes, and/or two reversal skills per pass (not a termination) 2.0 pts.

NOTE: Must also move to the Advanced level of competition by the next meet.

6. For additional skills (maximum per pass) 1.0 pts.
7. For not ending a completed pass with a somersault 0.5 pts.
8. The aesthetic deduction for a somi at the end of a completed pass that is not executed at shoulder height or above 0.3 pts.

To be determined by the Superior Judge

- ii. 3.0 The maximum aesthetic deduction per skill 0.8 pts.

6. DIFFICULTY

i. Difficulty Ratings

1. Round-offs 0.2 pts
2. Backward & Forward Handspring 0.2 pts
3. Aerial Brandi (no handed round off) 0.3 pts
4. Back Somersault – tuck 0.4 pts
5. Back Somersault – whip 0.4 pts
6. Back Somersault – pike 0.5 pts
7. Back Somersault – straight 0.5 pts
8. Front Somersault – tuck 0.5 pts
9. Back Somersault with 2 twist or Arabian front 0.6 pts
10. Front Somersault – pike 0.6 pts
11. Front Somersault ½ twist 0.7 pts
12. Back Somersault with 360 twist 0.8 pts
13. Front Somersault with 1/1 twist 0.9 pts
14. Bounding credit 0.1 pts
15. Reversal credit 0.2 pts

Reversal front somis are clarified by position (tuck, pike, and layout) and a pike or layout will receive a 0.1 pt. bonus. Reversal baranis will not be clarified by position. (*Only ONE reversal skill per pass)

16. A cartwheel is a front skill with no difficulty value.

xviii. ADVANCED DIVISION

1. PASS REQUIREMENTS

- i. Two optional passes are required. A pass at this level must begin with a run or a hurdle. All completed passes must end with a somersault. Each pass must consist of at least two (2) somersaults, and one pass must have three (3) somis. A Tumbling pass must move in one direction only; however, a single skill in the reverse direction from a somi is allowed at the end of the pass. There shall be two optional passes: The first optional pass will consist of five (5) skills and the second will consist of eight (8) skills. At least one pass must contain three somersaults.

1. With the exception of handsprings and round-offs, no skill may be repeated in an optional pass; otherwise, the Difficulty of the repeated skill will not be counted.

2. Skills having the same amount of rotation, but performed in the tucked, piked, and straight positions are considered to be different skills and not repetitions.
3. The tucked and piked positions are not considered to be the same skill.
4. Multiple somersaults (of more than 360N rotation) having the same number of twists and somersaults will not be considered a repetition if the twist is located in different phases of the skill.
5. A somersault shall not be considered a repetition if preceded by a different element.

Invitational Advanced or Elite competitions that don't meet floor length requirements – allows 2 five passes then the second pass must differ by one skill from the first pass and you will not be allowed to perform reversals in both passes. 2.0 deduction on 2nd pass of in violation. Must be Pre-approved by Executive Board.

2. COMPETITION PROCEDURE

- i. Large age groups will be pyramided in groups of ten (10).
- ii. Age groups with five (5) or fewer competitors may be combined with adjacent age group(s) for Invitational Competitions as long as the Meet Director states policy on entry form. The AAU recommends approval of all coaches with athletes in said age group(s).
- iii. All competitors will execute their 5 skill first. When this is completed they will stay in the same order and execute their 8 skill pass. (Passes will not run consecutively).
- iv. All routines will begin from one end of the mat.
- v. Eight (8) warm-up passes prior to competition.

3. METHOD OF SCORING

- i. There will be one (1) superior judge, four (4) aesthetic judges, and one (1) difficulty judges for a total of seven (7). This is recommended for Invitationals and required for Association and National Championships & Team Trials.
- ii. The evaluation of Execution (form, consistency of height, control, and rhythm), and Difficulty is done in 10ths of a point. A competitor will be judged only on the number of skills completed on the feet on the track or the landing zone.
 1. Judges must write their deductions independently of each other. When signaled by the Superior Judge, the marks of the Judges for difficulty and Execution must be shown simultaneously.
 2. Evaluation of the score for Execution:
 - a. In the five skill pass, the Judges will add 5.0 bonus points to the number of skills completed.
 - b. In the seven skill pass, the Judges will add 2.0 bonus points to the number of skills completed.
 - c. The deductions for poor Execution are subtracted from that total.
 - d. The Judges will calculate their marks, including any deductions and subtract that.
 3. The highest and lowest marks of the Execution Judges are deleted and the two middle marks are added together to

4. Evaluation of the score for Difficulty:
 - a. The Difficulty Judges calculate the difficulty of the optional passes. Difficulty scores must be flashed.
5. Evaluation of the competitor's total score for a pass:
6. Each pass is scored separately and a total of Execution plus difficulty is calculated for each optional pass.
7. All scores will be rounded to 2 decimal places. Such rounding will only be made in respect of the competitor's total score for a pass.
8. The recorders will calculate the total score (Execution + Difficulty) and enter it on the score sheet.
9. The Chief Recorder must verify the total score on the score sheets.
10. The scores of the two passes are added together to receive the total score.
11. The Superior Judge is responsible for determining the validity of the final scores.

4. INTERRUPTIONS OF A PASS

Refer to the General Tumbling Rules

- i. Specific interruptions of a pass at this level.
 1. Takes intermediate step or stops.
 2. Perform movements without rotation or uses an illegal skill.
 3. Touches the mat with any part of the body other than the hands or the feet.
 4. During the execution of a skill, the competitor's fingers wrap around the edges of the mat.

5. DEDUCTIONS FOR FAULTY EXECUTION

Refer to the General Rules

- i. Specific deductions for faulty execution of a pass at this level.
 1. Bobble Step - not weight bearing 0.5 pts.
 2. For not starting from a run or a hurdle 0.5 pts.
 3. For not performing the required number of skills per pass 1.0 pts.
 4. For not having at least two somis in a pass and a pass with at least three somis 2.0 pts.
 5. For not ending a completed pass with a somersault 0.5 pts.
 6. The aesthetic deduction for a somi at the end of a completed pass that is not executed at shoulder height or above **to be determined by the Superior Judge** 0.3 pts.

6. DIFFICULTY - Refer to Tumbling Difficulty Chart

7. CALCULATING DIFFICULTY

- i. Degree of Difficulty; the Difficulty value of each skill is calculated on the following basis:

1. Only skills terminating on the feet will be evaluated.
2. Cartwheels have no difficulty value.
3. Each 1/4 twist 0.1pts
4. Each 1/4 somersault 0.1pts
5. Each 1/1 front or side somersault will receive a bonus of 0.1pts

6. Single Somersaults or less

- a. Flip-flops, round-offs, and hand-springs 0.2pts

b. Aerial cartwheels 0.3pts

c. Whipback 0.4pts

d. Somersaults done in the piked or straight position, without twist will receive a bonus of 0.1pts

- e. Each 1/4 twist beyond 2/1 twists 0.2pts
7. Multiple Somersaults - with or without twist:
- a. Each somersault performed in the pike position will receive a bonus of 0.1pts
- b. Each somersault performed in the straight position will receive a bonus of 0.2pts
- c. Double Somis will be figured as follows: Figure difficulty as usual, then divide by 4, then add the two scores together. Example: Double Tuck Back is 1.6 which divided by 4 is 0.4...adding the 1.6 and 0.4 for a total of 2.0.
8. Single or multiple somersault skills, whether twisting or not which are executed from a previous somersault, if performed in the same direction receive a bonus of 0.1pts. If performed in the reverse direction, the bonus will be 0.2pts
9. A skill completed in the landing zone will only be considered valid if it is landed on the feet.
10. The Difficulty Judges will evaluate the difficulty of a skill according to the position of the feet upon landing.

8. TUMBLING DIFFICULTY CHART

Skill	.4 for each Somi	.1 for Front	.1 for each 1/4 turn up to double then for each 1/4 turn	.1 for pike or layout for each somi/layout another .1 double and above per somi	double somi bonus (diff of each somi + diff of each twist + diff of position) times 2. Then take those points and divided them by 4 and then add the two totals together	Total Difficulty
Tuck Back	0.4					0.4
Pike or Layout Back	0.4			0.1		0.5
Tuck Front	0.4	0.1				0.5
Pike or Layout Front	0.4	0.1		0.1		0.6
Baranis any Position	0.4	0.1	0.2			0.7
Front 1 1/2 - Rudi	0.4	0.1	0.6			1.1
Back with 1/2	0.4		0.2			0.6
Full	0.4		0.4			0.8
Double Full	0.4		0.8			1.2
Triple Full	0.4		1.6			2.0
Double Back Tuck	0.8				$1.6+(1.6/4) = 1.6+.4$	2.0
Double Back Pike	0.8			0.2	$2.0+(2.0/4) = 2.0+.5$	2.5
Double Back Layout	0.8			0.4	$2.4+(2.4/4) = 2.4+.6$	3.0
Full In or Out Double Back Tuck	0.8		0.4		$2.4+(2.4/4) = 2.4+.6$	3.0

Full In or Out Double Back Tuck	0.8		0.4	0.2	$2.8+(2.8/4) = 2.4+.7$	3.5
Full In or Out Double Back Straight	0.8		0.4	0.4	$3.2+(3.2/4) = 3.2+.8$	4.0
Full In Full Out Double Back Tuck	0.8		0.8		$3.2+(3.2/4) = 3.2+.8$	4.0
Full In Full Out Double Back Pike	0.8		0.8	0.2	$3.6+(3.6/4) = 3.6+.9$	4.5
Full In Full Out Double Back Straight	0.8		0.8	0.4	$4+(4/4) = 4+1$	5.0
Triple Back Tuck	1.2				$3.6+(3.6/4) = 3.6+.9$	4.5
Double Front 1/2 Punch Fronts	0.8	0.2 .1 for Front	0.2 .1 for each 1/4 twist	bonus position	$2.4+(2.4/4) = 2.4+.6$.1 for Bounding & .1 for Reversal	3.0 Total Difficulty
Tuck	0.4	0.1			0.2	0.7
Pike	0.4	0.1		0.1	0.2	0.8
Barani	0.4	0.1	0.2		0.2	0.9
Rudi	0.4	0.1	0.6		0.2	1.3

Trampoline General Rules

xix. OBJECT OF A ROUTINE

1. The object of a routine is to execute the routine with control, consistent height and perfection in the execution of each skill.
2. All skills performed must be combined in such a fashion so as to give the athlete the safest order of skills for them.

xx. START OF A ROUTINE

1. Each competitor will start a routine after the Superior Judge signals the competitor to begin.
2. A competitor may take as many preliminary bounces as desired before beginning the routine. Scoring begins upon the initiation of the first skill. The routine must begin directly facing one of the end decks.
3. A competitor's routine shall be considered started once the first element is initiated. Prior to that, if there is a faulty start, the competitor may re-start without penalty on a signal from the Superior Judge.
4. Second attempts at routines are not allowed.
 - i. If a competitor is obviously disturbed in a routine (faulty equipment or external influence), the Superior Judge may allow a second attempt.
 - ii. Spectator noise, applause, and the like would not normally constitute disturbance.
5. During a competition pass, if an individual walks between the competitor and judges, the competitor's coach has the option to have the athlete re-perform the pass. The scores received for the re-performed pass will be used.

xxi. REQUIRED POSITIONS DURING A ROUTINE

1. In all positions the feet and legs should be kept together (except for straddle jumps) and the feet and toes pointed.
2. Depending on the requirements of the movement, the body should be either tucked, piked, or straight.
3. In the tucked and piked positions, the thighs should be close to the upper body except in the twisting phase of multiple somersaults (2/1 or more) as per 6.