

# AAU TUMBLING

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## TABLE OF CONTENTS

SAFETY RULES FOR TUMBLING .....	TU – 1
AAU GENERAL RULES	
EQUIPMENT .....	TU – 2
DRESS - ATHELTE ATTIRE .....	TU – 4
COMPETITION AGE DETERMINATION & AGE GROUPS .....	TU – 5
STRETCH-OUT & WARM-UPS .....	TU – 6
START OF A ROUTINE .....	TU – 7
OBJECT OF A ROUTINE .....	TU – 8
REQUIRED POSITIONS DURING A ROUTINE .....	TU – 8
INTERRUPTIONS OF THE ROUTINE (SCORE STOPS).....	TU – 10
DUTIES OF THE AESTHETIC JUDGE .....	TU – 11
DEDUCTIONS FOR FAULTY EXECUTION.....	TU – 11
DEDUCTIONS TAKEN ON THE INSTRUCTION OF THE SUPERIOR JUDGE .....	TU – 12
LANDING DEDUCTIONS .....	TU – 12
METHOD OF SCORING.....	TU – 14
COMPETITION PROCEDURES.....	TU – 16
PROTESTS .....	TU – 17
ARBITRATION JURY.....	TU – 18
TEAM POINTS & RESULTS, NATIONAL COMPETITION, AND NATIONAL COMPETITION PROMOTION RULE .....	TU – 18
LEVEL .....	TU – 19
SUB-BEGINNER DIVISION .....	TU – 22
BEGINNER DIVISION .....	TU – 24
ADVANCED BEGINNER DIVISION.....	TU – 27
SUB-NOVICE 1 & SUB-NOVICE DIVISION.....	TU – 30
NOVICE DIVISION .....	TU – 32
INTERMEDIATE DIVISION .....	TU – 34
SUB-ADVANCED DIVISION.....	TU – 37
ADVANCED DIVISION .....	TU – 40
ELITE RULES.....	TU – 44
DIFFICULTY CHART NOTES .....	TU – 46
ADDITIONAL VISUAL AIDS & DEDUCTIONS CHARTS .....	TU – 48
FIGURING TUMBLING DIFFICULTY FOR TWISTING SKILLS.....	TU – 51
GUIDE TO JUDGING – DEDUCTIONS FOR FAULTY EXECUTION .....	TU – 52
GLOSSARY OF TUMBLING TERMS .....	TU – 54

## SAFETY RULES FOR TUMBLING

1. Tumbling should take place only in situations where a safe tumbling mat is provided. Safe tumbling mats should be sufficiently shock absorbent so as to minimize any danger of ankle injuries on landing. Safe tumbling mats should be at least 1" thick (depending on the material), At least 6' in width, and of sufficient length for the type of tumbling involved.
2. No student or performer should ever attempt to execute any tumbling skill unless that skill has been thoroughly taught to the student by a qualified instructor.
3. Tumbling mats should be set up in a level area, (clear of obstructions) that are placed sufficiently far enough away from a wall or other obstructive object to provide ample running room for the tumbling to take place.
4. Tumbling should never be done while dressed in street clothes or shoes. A proper tumbling uniform should be provided that allows the student or performer freedom of action.
5. Never run across a tumbling mat while students are tumbling!
6. In tumbling classes, never stand at the end of a mat while someone else is tumbling, students should stand off to one side.
7. Small segmented tumbling mats should be joined together at the ends to form one continuous and secure length of mat.
8. No tumbling should ever take place in a gymnasium or training hall unless a qualified instructor is there to supervise the activity.
9. No tumbling should ever be undertaken by anyone who is under the influence of alcohol, drugs, or medication that could hinder the person's coordination or perceptive faculties.
10. No tumbling should ever be undertaken by anyone who is in a state of fatigue, is over-tired, or in a state of vertigo.
11. Although not strictly necessary, aerial skills in tumbling are better learned first on either the trampoline, or double-mini trampoline before they should be attempted on the tumbling mats.
12. No horseplay should ever be allowed in tumbling class.
13. No rings, hair adornments, hair beads, hard balls, or other encumbering items should be worn by a tumbler during work-outs or practice sessions.
14. Tumblers should know their limitations. Skills which are possible and safe on trampolines and double-mini trampolines may not be safe or practical for tumbling.
15. Safety standards must be imposed for what types of floors will be acceptable for the advanced and elite tumblers to use in future competitions.
16. During competition, coaches must stand behind the starting point or behind the landing point of competition unless their athlete is on the equipment.
17. Regulation equipment should always be used for competitions.
18. Tumbling should only take place in where running through a doorway is NOT necessary.
19. Tumbling should never be allowed during a power outage or where the lighting is deemed to be insufficient or poor.

## EQUIPMENT

**Tumbling should only take place where running through a doorway is NOT necessary.**

**The interior height of the hall in which tumbling competitions are to take place must be at least 16 feet for the entire length of the tumbling floor and landing zone.**

"A white line must run down the middle of the mat for all levels of competition. The line must be 2" wide or less. The line is also to be numbered in one foot increments (starting with "0") from the landing zone back to the start of the 84' rod floor (not the run-up) for all levels competing on the rod floor."

Throw-in mats are required at all competitions. A sting mat of 2" or less thick and smaller than the yellow zone to be placed on the landing zone at the Advanced and Elite levels without deduction.

A red cracker must be used to connect the rod floor and the landing area, placed  $\frac{1}{2}$  on the rod floor and  $\frac{1}{2}$  on the landing area. If an athlete punches off the red, the skill will count. Recommended at Invitationals. Required at State, Nationals, and Team Trials.

**RECOMMENDED AT INVITATIONALS. REQUIRED FOR STATE, Jr. OLYMPICS AND TEAM TRIALS.**

### SUB-BEGINNER, BEGINNER, & ADVANCED-BEGINNER

1. \*Single layer tumbling mat ( 1"-2" thick), 42' long and at least 6' wide **OR** rod floor or at least 42' carpet with at least one additional 6'x12' mat available for a coach to add to the end of the existing 42' of mat if needed.

### SUB-NOVICE 1

1. A double set of tumbling mats or 2" ethafoam at least 6' wide and 60' long must be used on top of a spring floor. Double layer mats or 2" ethafoam used on both floor and spring floor. Recommended landing area consists of a minimum 6' x 12' landing mat even with the competition floor. Minimum 10' run up from start of tumbling floor.

### SUB-NOVICE

1. A double set of tumbling mats or 2" ethafoam at least 6' wide and 72' long must be used on top of a spring floor. Double layer mats or 2" ethafoam used on both floor and spring floor.
2. Recommended landing area consists of a minimum 6' x 12' landing mat even with the competition floor.
3. Minimum 10' run-up from start of tumbling floor (top of ramp). Must not run through a doorway.

### NOVICE\*

1. 6' x 84' rod floor. Carpet bonded foam with an underlayment of foam. The 2 layers should be a minimum of 3 inches thick.
2. 33' x 3' wide run-up will be flat/level with the rod floor. The wood run-up platform will be covered with vault carpet cover. Competitors must start their run no further than the designated 33' run-up. Must not run through a doorway.
3. Recommended landing area consists of a minimum 6' x 12' landing mats even with the competition floor.
4. The interior height of the hall must be at least 16' for the entire length of the tumbling floor and landing zone.

**INTERMEDIATE\***

1. 6' x 84' rod floor. Carpet bonded foam with an underlayment of foam. The 2 layers should be a minimum of 3 inches thick. May have the option to have the rod floor extended out to a total of 117' with the 84' starting point marked.
2. 33' x 3' wide run-up will be flat/level with the rod floor. The wood run-up platform will be covered with vault carpet cover. Competitors must start their run no further than the designated 33' run-up. Must not run through a doorway.
3. Recommended landing area consists of a minimum 6' x 12' landing mats even with the competition floor.
4. The interior height of the hall must be at least 16' for the entire length of the tumbling floor and landing zone.

**SUB-ADVANCED\***

1. 6' x 84' rod floor. Carpet bonded foam with an underlayment of foam. The 2 layers should be a minimum of 3 inches thick. May have the option to have the rod floor extended out to a total of 117' with the 84' starting point marked.
2. 33' x 3' wide run-up will be flat/level with the rod floor. The wood run-up platform will be covered with vault carpet cover. Competitors must start their run no further than the designated 33' run-up. Must not run through a doorway.
3. Recommended landing area consists of a minimum 6' x 12' landing mats even with the competition floor.
4. The interior height of the hall must be at least 16' for the entire length of the tumbling floor and landing zone.

**ADVANCED & ELITE\***

1. 6' x 84' rod floor. Carpet bonded foam with an underlayment of foam. The 2 layers should be a minimum of 3 inches thick. May have the option to have the rod floor extended out to a total of 117' with the 84' starting point marked. At State, Nationals, and Team Trial competitions, the rod floors must have 1" rods with a minimum of four (4) rods per foot or 7/8" rods with a minimum of six (6) rods per foot. Double layer mats or 2" ethafoam used on both floor and spring floor.
2. 33' x 3' wide run-up will be flat/level with the rod floor. The wood run-up platform will be covered with vault carpet cover. Competitors must start their run no further than the designated 33' run-up. Must not run through a doorway.
3. Minimum of 8'x16' landing mat even with the floor with a 6'x12' or 6½'x13' landing zone. Minimum 10' x 20' landing mat required for Nationals and Team Trials.
4. Recommended landing area consists of 6' x 12' landing mat even with the competition floor.
5. The interior height of the hall must be at least 16' for the entire length of the tumbling floor and landing zone.

\*At Invitational Meets, may have the option to have the rod floor extended out to a total of 117' with the 84' starting point marked.

**\*CLARIFICATION;** If an athlete starts their pass BEFORE the marked 84' floor (in the run-up zone), the pass will be terminated resulting in a "0" score. An athlete may perform their hurdle in the run-up zone. There is no deduction for starting anywhere within the 84' floor.

**DRESS - ATHLETE ATTIRE** - The Superior Judge makes the decision.

**AAU requires appropriate dress to be worn in the competition area, warm-up area, and awards area.**

**ATHLETE ATTIRE:** During stretch-out, athletes may wear competition warm-ups (which must be stored in a designated area or bag) over their competition attire. Athletes **MUST** be in competition attire from the beginning of their warm-ups through the end of their competition (deduction 1.0 on their 1<sup>st</sup> pass) and during all Award Ceremonies.

**Men:** A gymnastics step-in (without sleeves) with uniform gym shorts (cannot be sweat material, cut-offs, boxers, jean shorts, baggy or oversized) finger-tip length or shorter must be worn. Only one pair of shorts may be worn. Shorts may not be rolled down at the waist. No singlets, biking shorts or t-shirts are allowed. Deduction 1.0 pt. per pass. Under Armour or Compression shirts are allowed with no deduction. Long pants are allowed on all events.

Appropriate **undergarments** must be worn. Undergarments that show **MUST** match the color of the shorts. Deduction 0.3 pt. per pass.

**Women:** A leotard must be worn. It may be long sleeve, short sleeve, or sleeveless (which means that a leotard must have arm/sleeve holes). No two piece leotards, unitards, halter leotards, skirts, or tights are allowed. No leotards with cut-outs below the arm holes are allowed. Deduction 2.0 pt. per pass.

Appropriate **undergarments** must be worn. Deduction 0.3 pt. per pass.

1. Briefs, if worn, **MUST** match the color of the leotard located around the leg opening or be the athlete's flesh color.
2. Bras, if worn, may not show.

**Footwear:** Tumbling shoes, ankle length socks (up to 1" above the ankle bone), or bare feet. If shoes or socks are worn, they must be all white. Although the rules state shoes must be white, we will accept "off-white" and light tan. Shoes may have an un-embellished manufacturer's trademark, but no other markings, designs, or decorations. Deduction 1.0 pt. per pass.

**Distracting Dress:** Distracting dress, such as undergarments, thongs, strings on boys pants that fall out (above or under) and show, etc. Deduction 0.3 pt. per pass.

**Jewelry:** The wearing of jewelry or watches may not be worn in competition. Jewelry must be removed, taping over will result in deduction. Deduction 1.0 pt. per pass.

**Hair:** All hair should be pulled back out of the eyes, even short hair. Hair that falls in the face will result in a 0.3 pt. deduction per pass.

Ribbons or scrunchies that fall off during competition will result in a 0.3 pt. deduction per pass. There will not be a deduction taken for glasses & hearing aids that fall off during competition.

Hard hair beads and/or hard hair balls. Deduction 1.0 pt. per pass.

**Tattoos:** All visible tattoos must be covered with flesh color or athletic tape. Deduction 0.3 pt. per pass.

**Athletic Wrap:** Athletic wrap must be plain without designs. Athletic wrap with designs will result in a 0.3 distracting deduction.

**Casts:** Athletes will not be allowed to warm-up or compete.

**Awards:** Only competition attire may be worn on the award stand while receiving awards.

**" Attire deductions are taken on a per pass basis »**

## COMPETITION AGE DETERMINATION & AGE GROUPS

**Ages will be determined by a Universal Birthdate of December 31. Whatever age a competitor will be on December 31 will determine the age he/she will compete at the entire competition year.**

Boys and Girls will not compete against each other. There shall be separate divisions for each.

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).

**RECOMMENDATION:** At Invitational competitions, it is strongly recommended if more than 30 competitors are in one age-group, the Meet Director add another division and give duplicate awards.

**\*EXCEPTIONS to the age groups will be made to include children with developmental disabilities through petitioning procedures.**

<b>Sub-Beginner</b>	Girls: 4 & Under, 5-6 Boys: 4 & Under, 5-6
<b>Beginner</b>	Girls: 4 & Under, 5-6, 7-8, 9-10, 11-12, 13-14, 15 & Over Boys: 4 & Under, 5-7, 8-10, 11-13, 14 & Over
<b>Advanced Beginner</b>	Girls: 4 & Under, 5-6, 7-8, 9-10, 11-12, 13-14, 15 & Over Boys: 4 & Under, 5-7, 8-10, 11-13, 14 & Over
<b>Sub-Novice 1</b>	Girls: 4 & Under, 5-6, 7-8, 9-10, 11-12, 13-14, 15 & Over Boys: 4 & Under, 5-7, 8-10, 11-13, 14 & Over
<b>Novice</b>	Girls: 4 & Under, 5-6, 7-8, 9-10, 11-12, 13-14, 15 & Over Boys: 4 & Under, 5-7, 8-10, 11-13, 14 & Over
<b>Intermediate</b>	Girls: 4 & Under, 5-6, 7-8, 9-10, 11-12, 13-14, 15 & Over Boys: 4 & Under, 5-7, 8-10, 11-13, 14 & Over
<b>Sub-Advanced</b>	Girls: 4 & Under, 5-6, 7-8, 9-10, 11-12, 13-14, 15 & Over Boys: 4 & Under, 5-7, 8-10, 11-13, 14 & Over
<b>Advanced</b>	Girls: 4 & Under, 5-6, 7-8, 9-10, 11-12, 13-14, 15 & Over Boys: 4 & Under, 5-7, 8-10, 11-13, 14 & Over
<b>Elite</b>	Open Age Group

## **STRETCH-OUT & WARM-UPS**

During stretch-out, athletes may wear competition warm-ups (which must be stored in a designated area or bag) over their competition attire.

Stretch-out Mats at Competition: If a competitor is doing skills at or above their level on the stretch out mats, a 2.0 pt. deduction will be taken on the 1<sup>st</sup> pass.

**WARM-UPS** - Warm-ups must start after the scheduled coaches and judges' meeting (not during or before).

Athletes **MUST** be in competition attire from the beginning of their warm-ups (deduction 1.0 on their 1<sup>st</sup> pass) through the end of their competition (and at nationals, until after their flight awards) unless approved by the Superior Judge. and during all Award Ceremonies.

If a competitor is doing skills at or above their level during warm-ups, a 2.0 pt. deduction will be taken on the 1<sup>st</sup> pass.

### **SUB-BEGINNER**

1. Competitors must be divided into groups of 15 or less EXCEPT at Nationals (10 or less).
2. No-run. Two (2) passes with one routine per pass.

### **BEGINNER**

1. Competitors must be divided into groups of 15 or less EXCEPT at Nationals (10 or less).
2. No-run. Two (2) passes with one routine per pass.

### **ADVANCED BEGINNER**

1. Competitors must be divided into groups of 15 or less EXCEPT at Nationals (10 or less).
2. No-run. Two (2) passes with one routine per pass.

### **SUB NOVICE 1**

1. Competitors must be divided into groups of 10 or less
2. One run down mat. Two (2) passes with one routine per pass.

### **SUB-NOVICE**

1. Competitors must be divided into groups of 10 or less.
2. Running down the mat does not constitute a pass down the mat.
3. One run down mat. Two (2) passes with one routine per pass.

### **NOVICE**

1. Competitors must be divided into groups of 10 or less.
2. Running down the mat does not constitute a pass down the mat.
3. One run down mat. Three (3) passes with one routine per pass.

### **INTERMEDIATE**

1. Competitors must be divided into groups of 10 or less.
2. Running down the mat does not constitute a pass down the mat.
3. One run down mat. Four (4) passes with one routine per pass.

### **SUB-ADVANCED**

1. Competitors must be divided into groups of 10 or less.
2. Running down the mat does not constitute a pass down the mat.
3. One run down mat. Four (4) passes with one routine per pass.

### **ADVANCED**

1. Competitors must be divided into groups of 10 or less.
2. **Preliminaries:** One run down mat. Four (4) passes with one routine per pass. Running down the mat does not constitute a pass down the mat.
3. **Finals:** One run down mat. Two (2) passes with one routine per pass. Running down the mat does not constitute a pass down the mat.

**ELITE**

1. Competitors must be divided into groups of 10 or less.
2. **Preliminaries:** One run down mat. Six (6) passes with one routine per pass. Running down the mat does not constitute a pass down the mat.

**Finals:** Three (3) Passes. Running down the mat does not constitute a pass down the mat.

**START OF A ROUTINE****Sub-Beginner through Adv-Beginner Levels**

1. Each competitor will start on the signal given by the Superior Judge.
2. A pass does not have to start from a run, but may.
3. A pass will be considered initiated once the competitor's hands touch the mat.
  - 3.1. The touch of the hands (i.e. for balance) is permitted on a back-roll at the beginning of the back pass without penalty.
  - 3.2. **NOTE:** Beginner through Adv-Beginner - Pushing off hands prior to a back roll at the beginning of the back pass is allowed; however, a 0.5 pt. deduction will be taken.

**Sub-Novice 1 & Sub Novice**

1. Each competitor will start on the signal given by the Superior Judge.
2. A pass shall be considered started once the first skill is initiated.
3. The pass must start from a run or a hurdle. Penalty - termination.

**Novice through Elite Levels**

1. Each competitor will start on the signal given by the Superior Judge.
2. A pass shall be considered started once the first skill is initiated.
3. The pass must start from a run or a hurdle. Penalty - termination.
4. Competitors must start their run no further than the designated 33' run-up. Deduction - termination.
5. There is no deduction for starting anywhere within the 84' floor.

**CLARIFICATION;** If an athlete starts their pass BEFORE the marked 84' floor (in the 33' run-up zone), the pass will be terminated resulting in a ".1" score. An athlete may perform their hurdle in the run-up zone.

**Second attempts at passes are not allowed**

1. If a competitor is obviously disturbed in a pass (faulty equipment or substantial external influence), the Superior Judge may allow another attempt.
2. Spectator noise, applause, and the like would not normally constitute a disturbance.
3. 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.



## OBJECT OF A ROUTINE

**Sub-Beginner** - Tumbling in the Sub-Beginner division shall be characterized by continuous, rotational movement without hesitation or intermediate steps down the center of the mat. A tumbling routine shall be planned to demonstrate a variety of forward skills. The routine should show good control, form, execution, and rhythm.

**Beginner through Adv-Beginner** - Tumbling in the Beginner & Adv-Beginner divisions shall be characterized by continuous, rotational movement without hesitation or intermediate steps down the center of the mat. A tumbling routine at these levels shall be planned to demonstrate a variety of forward or backward skills. The routine should show good control, form, execution, and rhythm.

**Sub-Novice 1 through Novice** - Tumbling in the Novice divisions shall be characterized by continuous, speedy, rhythmic hands to feet and feet to hands movement, without hesitation or intermediate steps down the center of the mat. The routine should show good control, form, execution, and maintenance of height and rhythm.

**Intermediate through Elite** - Tumbling in these divisions shall be characterized by continuous, speedy, rhythmic rotational movement from feet to hands or feet to feet movement, without hesitation or intermediate steps down the center of the mat. The routine should show good control, form, execution, and maintenance of height and rhythm.

## REQUIRED POSITION DURING A ROUTINE

1. In all positions, the feet and legs should be kept together (except for straddle rolls) and the feet and toes pointed.  
**NOTE:** No deduction on Front Limbers for landing with feet *shoulder width apart or less*.
2. The arms should be straight and held close to the body whenever possible.
3. **Front Pike Roll:** The position of a front pike roll is defined by how the skill begins and ends. For safety, two (2) hand placements are allowed without penalty (both hands should be placed at the same time) on the mat before and after the performance of forward pike rolls.
4. **Back Pike Roll:** The position of a back pike roll is defined by how the skill begins and ends. For safety, two (2) hand placement is allowed without penalty (both hands should be placed at the same time) on the mat behind the athlete during the performance of backward pike rolls.
5. **Handstand roll down** and **Back extension roll** should meet a vertical line before rolling down. The position of a handstand roll and back extension roll will be determined between 11:00 and 1:00 (5 degrees on either side of vertical).
6. **Straddle Roll:** The legs should be a minimum of 135N apart during the execution of a Straddle Roll.
7. Depending on the requirements of the movement, the body should be either tucked, piked, or straight.
8. The position of somersaulting skills will be determined between 10:00 and 2:00 (tuck, pike, straight).
9. The following defines the *minimum requirements* for a particular body position:
  - 9.1. **Straight Position:** The angle between the upper body and thighs must be greater than 135 N and the angle between the thighs and lower legs must be greater than 135 N.
  - 9.2. **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

9.2.1. Intermediate and up - In the *piked* position, the hands should touch the toes except in the twisting phase of multiple somersaults.

9.3. **Tuck Position:** The angle between the upper body and thighs must be less than 135° and the angle between the thigh and the lower leg must be less than 135°.

9.3.1. Intermediate and up - In the *tucked* position, the hands should touch the legs below the knees (except in the twisting phase of multiple somersaults).

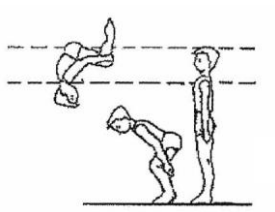
9.4. **Puck Position:** In multiple *somersaults* (2/1 or more) with twists, the *tuck* and *pike* position may be modified during the twisting phase.

10. In the *tucked* and *piked* positions, the thighs should be close to the upper body (upper levels: except in the twisting phase of multiple somersaults [2/1 or more]).

11. Any *backward or forward non-twisting single somersault* performed in the middle of a pass (should be shoulder height or below), will be considered a whip regardless of position. **NOTE:** This does NOT include the last backward, single somi performed prior to a reversal skill.

12. The last backward single somersault executed at the end of a completed pass must be shoulder height or above; otherwise, the aesthetic judges will take the required deduction of 0.3 pt. **NOTE:** This includes the last backward, single somi performed prior to a reversal skill. The Superior Judge makes the decision.

#### ACCEPTABLE SHOULDER HEIGHT



**Straight Position**

**Pike Position**

**Tuck Position**



## INTERRUPTIONS OF THE ROUTINE (SCORING STOPS)

Whatever terminates a pass results in loss of skill and the appropriate deduction.

The Superior Judge make the decision. A routine is to be considered interrupted if:

1. A fall to the mat during the routine (refer to landing deductions).
2. Touches the mat with any part of the body other than the hands or the feet (i.e., head, knees, elbows, etc.).  
EXCEPTION: In the beginner levels, during the execution of some skills, the elbows may touch the tumbling mat. If there is a smooth continuation of the skill, then there is no deduction. If the athlete is unstable or off balance and falls to or pushes off the elbow, the pass will be terminated at that point, no credit will be given for the skill, and a 0.6 pt. deduction will be taken.
3. Going off the side or end of the mat with any part of the body.
  - 3.1. If a competitor's torso **IS NOT** in the center of the mat during the execution of a straddle roll, once the competitor's foot touches the floor or the heel goes all the way off the mat, the pass will be terminated and the appropriate deduction will be taken. *EXCEPTION:* In the Beginner levels, if the torso of a competitor **IS** in the middle of the tumbling mat on a straddle roll and their feet are over the side of the mat, their pass can't be terminated nor an aesthetic deduction taken for toes or heels touching the floor.
  - 3.2. 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 (will also result in a loss of skill and a 2.0 deduction).

**NOTE:** If the **Beginner or Adv-Beginner** competitor performs the wrong pass, a 2.0 deduction will be taken. This is not a termination because the skills performed are not illegal at these levels.

**NOTE:** If the **Adv-Beginner** competitor performs a round-off anywhere in the pass other than as the last skill, the pass will not be terminated, however, a 2.0 deduction will be taken. This is not a termination because a round-off is a legal skill at this level.

If the athlete performs a round-off anywhere else in the pass, they should NOT rebound. If they do rebound - you would deduct for the number of steps taken. A straight up and down rebound is two feet, so you would take two 0.5 step deductions and the pass would be terminated at that point.

**EXCEPTION:** If an athlete does not perform enough skills and ends their uncompleted pass in a handspring (or round-off) and rebounds, as long as it meets the description of a rebound, you consider it a rebound and judge it accordingly for Adv-Beginner through Intermediate.

7. A stop or reversal of motion on any one skill during a pass.

**EXCEPTION:** When performing a skill at the Beginner levels, as long as the shoulders continue in a forward motion, the pass will not be interrupted if a competitor takes a step backward (will still receive a 0.5 deduction for the step).

8. Use of profanity or unsportsmanlike conduct during the competition will result in disqualification from the competition, for the first offense.
9. Starting their run farther than the maximum 33' run as defined in Novice through Elite levels.
10. Starting their pass before the marked 84' floor (in the run-up zone) as defined in Novice through Elite levels. **NOTE:** May perform their hurdle in the run-up zone without penalty.
11. Initiating a skill in the landing zone - pass will be interrupted prior to a skill that begins in the landing zone.
12. Landing deductions 13.2 - 13.7 on page TU-12
13. Refer to each Specific Level for additional deductions under this heading.

**No credit will be given for the skill in which the interruption occurs.**

## DUTIES OF THE AESTHETIC JUDGE

Evaluate the Execution (form, head position, constant height, control, deviation from center or mat, continual smooth speed, and rhythm down the center of the mat), and write down their deductions. A pass should demonstrate smooth, controlled, even rhythm with no breaks for “posing” skills or a change in rhythm.

**DEDUCTIONS FOR FAULTY EXECUTION** - Deductions are the same on a rod floor as on panel mats.

1. For lack of form, head position, individual constant height, lack of control in each skill, deviation from center of mat, lack of speed, cutting under and/or lack of blocking in each skill.....0.1-0.5 pt.  
If a coach stands between the judges and the athlete without moving, blocking a judge’s view of a skill or skills, an 0.5 pt. aesthetic deduction will be taken on that skill(s). There will not be any consideration to the score point spread.

The aesthetic deduction per skill should be based on the following:

- 1.1. In all positions the feet and legs should be kept together (except for straddle skills) and the feet & toes pointed.  
NOTE: No deduction on Front Limbers for landing with feet shoulder width apart or less.
- 1.2. Depending on the requirements of the movement, the body should be either tucked, piked, or straight.  
Refer to required positions for specific body requirements.
- 1.3. In the tucked and piked positions, the thighs should be close to the upper body.
- 1.4. The arms should be straight and held close to the body whenever possible.
- 1.5. Skills should be performed in a straight line down the center of the mat without deviation from the center of the mat.
- 1.6. The pass should be performed in a controlled, continuous, smooth, rhythmic rotational motion.

### Sub-Beginner through Adv-Beginner

In completing a roll, the legs should straighten as they go over the head.

### Sub-Novice through Elite.

During the execution of a handspring, the legs should not bend on the beginning or ending so the athlete is in a “squatting” position.

During the execution of a handspring, the body should be stretched out. The length of the handspring from beginning to end should be equivalent to the length of the athlete or more.

### Intermediate through Elite.

During the execution of somis, the legs should not bend on the beginning or ending so the athlete is in a “squatting” position.

2. Round-Offs: Adv-Beginner through Intermediate, for lack of form and control, traveling, landing on one foot on the rebound out of a round-off or handspring at the end of a completed pass.....0.1-0.3 pt.
3. Subtract their deductions from the maximum mark indicated by the Superior Judge.
4. All aesthetic scores must be within 0.8 (not just the middle score).

## DEDUCTIONS TAKEN ON THE INSTRUCTION OF THE SUPERIOR JUDGE

Refer to each Specific Level for deductions under this heading.

Failure to complete at least one skill will result in a ".1" score.

1. Not performing the required type of pass.....2.0 pt.  
EXAMPLE: At the beginner levels, performing the front pass as their 1st pass.
2. Performing an illegal skill.....0.5 pt.  
NOTE: Will also result in loss of skill and termination.
3. Exceeding pass/level caps.....2.0 pt.
4. Performing too many skills (maximum per pass).....1.0 pt.
5. A completed pass, not ending in a two-foot landing.....0.5 pt.
6. Talking or giving any signal to a competitor by his own coach or spotter during the competition routine (including stick). This includes clapping, gesturing, etc. (Maximum deduction - 0.3 pt. per pass).....0.3 pt.
7. Non-weight bearing hand slide between or during skills other than a round-off.....0.3 pt.  
NOTE: Sliding both hands simultaneously will receive the same deduction as one hand.
8. Non-weight bearing foot slide between or during skills.....0.3 pt.  
NOTE: Sliding both feet simultaneously will receive the same deduction as one foot.
9. Hand Slides on Round-offs that DO NOT demonstrate quality repulsion/rebound off the tumbling floor for the Adv-Beginner through Elite levels:
  - 9.1. Non-weight bearing slide during a round-off.....0.1-0.5 pt.
  - 9.2. One hand slides less than 1:00 o'clock.....0.1 pt.
  - 9.3. One hand slides to between 1:00 and 2:00 o'clock.....0.2 pt.
  - 9.4. One hand slides to between 2:00 and 3:00 o'clock.....0.3 pt.
  - 9.5. One hand slides past 3:00 o'clock.....0.4 pt.
  - 9.6. Both hands slide.....0.5 pt.
10. Hand Slides on Handsprings that DO NOT demonstrate quality repulsion/rebound off the tumbling floor.....0.3 pt.
11. Step with the hand or foot (may also result in termination - refer to each level).....0.5 pt.  
The placement of the hands shall be judged the same as the feet in regard to steps and slides.
12. Athlete Attire - refer to TU-4
13. Use of profanity or unsportsmanlike conduct during the competition will result in disqualification from the entire competition, for the first offense.
14. **LANDING DEDUCTIONS.** NOTE: All the following landing deductions are in addition to the aesthetic deduction of the last skill performed. Landing deductions apply for incomplete passes, complete passes, or passes with too many skills. If a pass has too many skills, LANDING deductions will be taken on the last skill performed, not at the point where the pass was to have stopped. Landing deductions are not accumulative, if more than one landing infraction occurs, the greater deduction will be taken. If a pass is terminated for a major deduction, landing deductions do not apply.  
After the final landing on the competition floor, the competitor must stand upright for at least three seconds; otherwise, the athlete will receive a landing deduction.
- 14.1. Instability Steps.....0.1-0.3 pt

NOTE: When judging instability, the competitor should stop and hold the landing for three seconds prior to turning to salute.

Counting to 3. Regardless of the size of the step(s), taking one step results in a 0.1 deduction; taking two steps results in a 0.2 deduction; and taking three or more steps results in a 0.3 deduction.

Although technically "instability" includes arm waving and/or body movement, the Technical Committee agreed to exclude those from these clarifications. If an aesthetic judge feels there is too much movement, they can increase the deduction on the last skill - the movement is probably a direct result of how they completed that skill anyway.

NOTE: 14.2 - 14.7 will also result in loss of skill and termination of pass

- 14.2. For touching the mat with one hand.....0.4 pt.
- 14.3. For touching the mat with both hands.....0.5 pt.
- 14.4. For falling to elbows, knees/hands & knees.....0.6 pt.

EXCEPTION: In the beginner levels, during the execution of some skills, the elbows may touch the tumbling mat. If there is a smooth continuation of the skill, then there is no deduction. If the athlete is unstable or off-balance and falls to or pushes off the elbow, the pass will be terminated at that point, no credit will be given for the skill, and the 0.6 pt. deduction will be taken.

- 14.5. For falling to seat and/or touching hand(s) on mat behind body.....0.7 pt.
- 14.6. For falling to front, back, or head.....0.8 pt.
- 14.7. After landing in the landing zone or track, touching outside the landing zone or track with any part of the body.....0.9 pt.

NOTE: Landing out of the landing zone or track will result in termination, Loss of skill, and 0.9 deduction in addition to other appropriate level deductions

NOTE: A skill cannot be initiated in the landing zone - termination and loss of skill.

Refer to each Specific Level for additional deductions under this heading.

## METHOD OF SCORING

### Scores must be flashed

#### SUB-BEGINNER through ADV-BEGINNER

1. Two aesthetic judges and one Superior/Difficulty judge required for all Invitational, State, and National competitions. Recommend the Superior Judge be positioned between the two aesthetic judges when possible.
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.
3. Each pass is judged out of the number of skills successfully completed.
  - 3.1. Each skill will be worth 2.0.
    - 3.1.1. A five (5) skill pass will be scored out of ten (10) points.
  - 3.2. Each aesthetic judge will subtract their aesthetic deductions from the maximum mark indicated by the Superior Judge.
  - 3.3. The scores of the judges must be written independently of each other.
  - 3.4. The two aesthetic judges' scores will be added together. When awarded, difficulty is added to the two aesthetic judges' scores for the pass total.
  - 3.5. The total of the two passes will be added together for the final score.

#### SUB-NOVICE

1. Two aesthetic judges and one Superior/Difficulty judge required for all Invitational, State, and National competitions. Recommend the Superior Judge be positioned between the two aesthetic judges when possible.
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.
3. Each pass is judged out of the number of skills successfully completed.
  - 3.1. Each skill will be worth 1.0.
  - 3.2. 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.
  - 3.3. A completed pass with the correct number of skills will be scored out of ten (10) points.
4. The scores of the judges must be written independently of each other. The two aesthetic judges scores will be added together and the difficulty score is added to that total.
5. The two pass totals will be added together for the final score.
6. There is difficulty awarded at this level.

#### NOVICE through \*SUB-ADVANCED

1. Two aesthetic judges and one Superior/Difficulty judge required for all Invitational, State, and National competitions. Recommend the Superior Judge be positioned between the two aesthetic judges when possible.
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.
3. Each pass is judged out of the number of skills successfully completed.
  - 3.1. Each skill will be worth 1.0.

- 3.2. 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.
- 3.3. A completed pass with the correct number of skills will be scored out of ten (10) points.
4. The scores of the judges must be written independently of each other. The two aesthetic judges scores will be added together and the difficulty score is added to that total.
5. The two pass totals will be added together for the final score.
6. There is difficulty awarded at these levels.

## ADVANCED

1. There will be one (1) superior judge, four (4) aesthetic judges, and one (1) difficulty judges for a total of six (6). This is recommended for Invitationals and required for State, National Championships and Team Trials.
2. 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.
  - 2.1. Each skill will be worth 1.0.
  - 2.2. 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.
  - 2.3. Evaluation of the score for Execution:
    - 2.3.1. In the five (5) skill pass, the Judges will add 5.0 bonus points to the number of skills completed. 2.3.2 In the eight (8) skill pass, the Judges will add 2.0 bonus points to the number of skills completed.
      - 2.3.2.1 The deductions for poor Execution are subtracted from that total.
      - 2.3.2.2 The Judges will calculate their marks, including any deductions and subtract that.
  - 2.4. The highest and lowest marks of the Execution Judges are deleted and the two middle marks are added together to give the valid score for Execution.
  - 2.5. Evaluation of the score for Difficulty:
    - 2.5.1. The Difficulty Judges calculate the difficulty of the optional passes. Difficulty scores must be flashed.
3. Evaluation of the competitor's total score for a pass:
  - 3.1. Each pass is scored separately and a total of Execution plus difficulty is calculated for each optional pass.
  - 3.2. 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.
  - 3.3. The recorders will calculate the total score (Execution + Difficulty) and enter it on the score sheet.
  - 3.4. The Chief Recorder must verify the total score on the score sheets.
4. The Superior Judge is responsible for determining the validity of the final scores.
5. All aesthetic scores must be within 0.8 (not just the middle scores).

*\*Sanctioned Invitationals Competitions that don't meet the floor length requirements may receive prior approval from the AAU Vice-President (must state said on sanction form & on entry form) to have the Advanced and/or Elite competitors perform two 5-skill passes. In this case the passes must differ by one skill and only one of the passes may end in a reversal. Failure to have different passes and/or ending both passes in a reversal will result in a 2.0 pt deduction (each).*



## COMPETITION PROCEDURES

### SUB-BEGINNER

Large age groups will be pyramided into groups of 15 except at Nationals where the groups will be 10 or less. 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). **FINALS** - Junior Olympic Nationals only.

### BEGINNER THROUGH ADV-BEGINNER

Large age groups will be pyramided into groups of 15 except at Nationals where the groups will be 10 or less. 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).

This division: Passes will run consecutively. All routines will begin from one end of the mat. **FINALS** – Junior Olympic Nationals only.

### SUB-NOVICE THROUGH SUB-ADVANCED

Large age groups will be pyramided into groups of 10.

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).

Passes will not run consecutively. All routines will begin from one end of the mat.

All competitors will execute their first pass. When this pass is completed, they will stay in the same order and execute their second pass. (Passes will not run consecutively). All routines will begin from one end of the mat. **FINALS** – Junior Olympic Nationals only.

### ADVANCED THROUGH ELITE

Large age groups will be pyramided in groups of ten (10). 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).

#### PRELIMINARIES

1. There shall be two optional passes. Each pass must meet the Advanced Level Pass Requirements.
  - a. The first optional pass will consist of five (5) skills
  - b. The second optional pass will consist of \*eight (8) skills.

All competitors will execute their 5 skill first. When this is completed they will stay in the same order and execute their eight (8) skill pass. All routines will begin from one end of the mat.

#### ELITE

Two optional passes. Each pass will consist of eight (8) skills.

#### FINALS

1. There shall be one optional eight (8) skill pass in the finals. In the final pass, the competitor may repeat the eight (8) skill optional pass performed in the Preliminaries. The pass must meet the Advanced Level Pass Requirements. The competitors with the top ten (10) scores from the preliminaries will advance to finals. In the event of a tied score with the sixth scoring athlete, all athletes with the same scores will be eligible to compete in finals. No new life - preliminary scores will be added to the final scores. The starting order for the Finals will be in order of merit, the competitor with the lowest preliminary score going first in both passes. In the event of ties, the starting order will be decided by a draw.

## **PROTESTS - (Fees: \$50/Invitational, Regional (State), Team Trial; \$100/National Championship)**

A protest can only be made at levels of competition that have difficulty points and/or “black and white” situations (i.e., number of skills, steps, reverse of motion, positions, etc.)

"Complaints" regarding aesthetic scores must be presented to the meet director only. The meet director may then discuss the situation with the Superior Judge. Spectators may NOT go directly to judges. Only a coach, competitor, or representative of a Federation may approach the meet director.

If a scoring error results in a change of award placement after awards have been announced to the public or in the award room at any sanctioned competition, no award or placement shall be taken away from any competitor. The correct award and placement shall also be given to the athlete.

Coaches and/or competitors will not be allowed to approach the judges at any time during a competition to justify scores. Coaches/athletes may inquire about difficulty or skill positions of their pass with no discussion allowed. All other score inquiries must go through the Meet Director. Infractions will result in a verbal warning for the first offense and disqualification from the meet for the second offense.

**A written protest with protest fee must be handed to the meet director within 5 minutes of the end of that flight of competition. The Meet Director will then present the protest to the Superior Judge.**

A written protest with protest fee must be handed to the meet director within 5 minutes of the end of that flight of competition. The meet director will inform the respective judging panel that a protest has been filed, gather the appropriate protest committee members and prepare the video for viewing by the committee.

1. During this time, there is to be *no discussion* among the committee regarding the pass or rules in questions. This eliminates any pre-determined conceptions of the pass and any bias or persuasion of committee members to vote one way or another. Once the committee is convened and the video is set for review, the meet director will read only the general facts related to the protest and indicate the specific skill (i.e. – the second skill, the last skill, etc.) or movement in question (i.e. – landing).
2. At this time, the committee may also ask the meet director and/or superior judge to review any rules related to the protest. (i.e. – “A position is determined by \_\_\_ degree angle between...” or “A pass is initiated when...”)

A protest concerning the execution scores can only be made in respect of a numerical error.

At ALL competitions, a video other than the meet director's designated video can be used if the meet director's designated video does not record the pass. In this situation only, the meet director has the option to review the first video tape available to use by the Arbitration Jury. If no video is available, the judges' decision stands and the protest fee will be returned.

**Arbitration juries may view the pass in slow motion.**

Protests must be dealt with by the Arbitration Jury prior to the start of the next round and their decision announced immediately. The decision of the Arbitration Jury is final and must be abided by.

A decision must be made within 5 minutes of reviewing the video.

If the protest is sustained, the fee will be returned and the score sheets must be taken back to the judges' panel for proper score adjustments.

If the protest is overruled, the fee will be given to the Meet Director.

**Decisions made by the Jury at a competition cannot be overturned by the AAU Executive Board.**

## ARBITRATION JURY

### Composition

1. For a protest with a panel of 4+ judges, the committee will consist of the superior judge, a member of the Technical Committee (or in his absence a member of the Board of Directors), the meet director, and two judges of the appropriate event appointed by the meet director before the competition begins. **Note:** One of the two judges must be a difficulty judge.
2. For a protest with a panel of 3 or less judges, composition will consist of the meet director, a member of the Technical Committee (or in his absence a member of the Board of Directors), the Superior Judge, an Aesthetic judge of the appropriate event and an Aesthetic Judge from another panel. If a member of the Technical Board is also a judge on the panel involved in the protest, that judge may not serve as a member of the Protest Committee as the Technical Board Representative.
3. If the protest concerns a competitor from the meet director's team, the meet director will be replaced by another member of the Technical Committee or Board of Directors for that protest.
4. If the protest concerns a competitor from the Technical Committee Member at the competition, the meet director shall designate an unbiased coach.
5. Each Protest Committee Member must review the protest procedure rules prior to acting on any protest.

### PROCEDURE

1. A written protest with protest fee must be handed to the meet director within 5 minutes of the end of that flight of competition. The meet director will inform the respective judging panel that a protest has been filed, gather the appropriate protest committee members and prepare the video for viewing by the committee.
  - 1.1. During this time, there is to be *no discussion* amongst the committee regarding the pass or rules in questions. This eliminates any pre-determined conceptions of the pass and any bias or persuasion of committee members to vote one way or another. Once the committee is convened and the video is set for review, the meet director will read only the general facts related to the protest and indicate the specific skill (i.e. – the second skill, the last skill, etc.) or movement in question (i.e. – landing).
  - 1.2. At this time, the committee may also ask the meet director and/or superior judge to review any rules related to the protest. (i.e. – “A position is determined by \_\_\_ degree angle between...” or “A pass is initiated when...”)
  - 1.3. Each Protest Committee Member must review the protest procedure rules prior to acting on any protest.

### TEAM POINTS

1. The top three raw preliminary scores used are added together for the girls and the top two raw preliminary scores used are added together for the boys.

### RESULTS

1. A complete copy of the results (along with the Meet Director's Report and Judges' Reports) must be sent to the National Office within two weeks of the competition.

### J.O. NATIONAL COMPETITION - Sub-Beginner through Elite are National Championship events.

1. Advanced - Preliminary cap –7.7 (2 pass combined) ; Finals – 5.5 cap (1 pass)  
A competitor will automatically qualify to compete at Nationals in the Advanced level if he/she competes at their State Championship in the Advanced level. After their State Championship has been held, an Advanced athlete cannot compete in any other AAU competition to reach the qualifying score for the Elite National Competition
2. Elite tumbling athletes competing at State Championships may only compete in the Elite level at the Junior Olympic Nationals.

### NATIONAL COMPETITION PROMOTION RULE

1. A competitor must advance to the next level of tumbling (***with the exception of the Sub-Beginners and 6 & under age groups***) at the beginning of upcoming season as follows:
  - 1.1. Top 1 place is required to move up to the next level.
  - 1.2. This applies to all age divisions and levels, exceptions listed above.
  - 1.3. All ties for the final cut-off position will be required to move up a level.

## LEVELS

**SUB-BEGINNER** - Sub-Beginner competition consists of one pass which may begin from a stand or a run. The pass must be a front pass consisting of five forward (5) skills. The completed pass (5<sup>th</sup> skill) must end with a two-foot landing.

**BEGINNER** - Beginner competition consists of two five skill passes which may begin from a run or a stand.

1. The FIRST PASS consists of all back skills, and the completed pass (5<sup>th</sup> skill) must end with a two-foot landing.

**NOTE:** A cartwheel is a front skill. If performed in the back pass, a 2.0 deduction will be taken; however, the pass will not be terminated.

2. The SECOND PASS consists of all front skills and the completed pass (5<sup>th</sup> skill) must end with a two-foot landing.

**ADVANCED BEGINNER** - Advanced-Beginner competition consists of two five (5) skill passes are required which may begin from a run or a stand.

1. The FIRST pass consists of all back skills, must have at least one limbering skill, and the completed pass (5<sup>th</sup> skill) must end with a two-foot landing.

**NOTE:** A cartwheel is a front skill. If performed in the back pass, a 2.0 deduction will be taken.

2. The SECOND pass consists of at all front skills, must have at least one limbering skill, and the completed pass (5<sup>th</sup> skill) must end with a two-foot landing.

**\*IF a round-off is performed, it may only be used as the last skill in a pass and the athlete MUST rebound. \*IF a round-off is performed anywhere other than the last skill in a pass, it will result in a 2.0 deduction not a termination.**

**SUB-NOVICE 1** – Sub Novice 1 competition consists of two passes which must begin with a run or a hurdle. A pass must move in one direction only. Both passes consist of 2 skills.

1. Both passes are compulsory passes.
2. Required passes are: Round off backhandspring, rebound stick.

**SUB-NOVICE** - Sub-Novice competition consists of two passes which must begin with a run or a hurdle. A pass must move in one direction only. Each pass must have a minimum of one (1) handspring.

1. The FIRST pass must consist of a maximum of three (3) skills, a minimum of one (1) handspring, and the completed pass (3<sup>rd</sup> skill) must end with a two-foot landing.
2. The SECOND pass must consist of a maximum of four (4) skills, a minimum of one (1) handspring, and the completed pass (4<sup>th</sup> skill) must end with a two foot landing.
3. A pass at this level ending in a handspring or round-off must end with a rebound (straight up and down in the same place).

**NOVICE** - Novice competition consists of two passes which must begin with a run or a hurdle. A pass must move in one direction only. Each pass must have a minimum of one (1) handspring.

1. The FIRST pass must consist of a maximum of five (5) skills, a minimum of one (1) handspring, and the completed pass (5<sup>th</sup> skill) must end with a two-foot landing.
2. The SECOND pass must consist of a maximum of eight (8) skills, a minimum of one (1) handspring, and the completed pass (8<sup>th</sup> skill) must end with a two foot landing.
3. A pass at this level ending in a handspring or round-off must end with a rebound (straight up and down in the same place).

**INTERMEDIATE** - Intermediate competition consists of two passes which must begin with a run or a hurdle and end in a two foot landing. A pass at this level does not have to end in a somi; however, if ending in a handspring or round-off - it must end in a rebound (straight up and down in the same place). Each pass must have a minimum of one (1) somi per pass and no more than two (2) somis. Only one somi with a maximum of 180E twist allowed per pass

1. The FIRST pass must consist of a maximum of five (5) skills, include at least one (1) somersault and not more than two (2) somersaults. Only one somi with a maximum of 180E twist allowed per pass.
2. The SECOND pass must consist of a maximum of eight (8) skills, at least one (1) somersault and not more than two (2) somersaults. Only one somi with a maximum of 180E twist allowed per pass.

**SUB-ADVANCED** - Sub-Advanced competition consists of two optional passes which must begin with a run or a hurdle and end in a two foot landing. All completed passes must end with a somersault. All completed passes must end in a two-footed landing. 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.

1. Each pass must consist of a MINIMUM of two (2) somersaults and no more than four somersaults.
2. Only one somi with a 360 degree of twist is allowed per pass.
3. One reversal tumbling skill is allowed at the end of a pass from a somersault per pass.
4. Maximum combined difficulty is 5.0.

**ADVANCED** - A pass at this level must begin with a run or a hurdle and completed passes must end in a two foot landing. 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. **Continuous whips may be repeated without penalty (loss of difficulty) if the completed pass ends in a 720 degree twisting or rotational somi. Failure to end the pass in a 720 degree twisting or rotational somi will result in loss of difficulty for the repeated whips.**

1. Each pass must consist of at least two (2) somersaults.
2. **LEVEL REQUIREMENT:** At least one pass must have three (3) somies.

#### **PRELIMINARIES.**

1. There shall be two optional passes.
  - 1.1. The first optional pass will consist of five (5) skills
  - 1.2. The second optional pass will consist of \*eight (8) skills.
  - 1.3. **NATIONALS ONLY:** 7.7 combined 2 pass difficulty cap.

#### **FINALS.**

1. Optional at Invitational and State Competitions. Mandatory at National Championships, and Team Trials.
  - 1.1. The top ten (10) scoring athletes will advance to finals. In the event of a tied score with the tenth scoring athlete, all athletes with the same score will be eligible to compete in finals.
  - 1.2. Finals will be in order of merit, the competitor with the lowest preliminary score going first in both passes. In the event of ties, the starting order will be decided by a draw.
  - 1.3. There shall be one optional eight (8) skill pass in the finals.
  - 1.4. In the final passes the competitor may repeat the eight (8) skill optional pass performed in the Preliminaries.
  - 1.5. There is no new life. Preliminary Scores will be added to Final Scores.
  - 1.6. **NATIONALS ONLY:** 5.5 difficulty cap.

**ELITE** - One compulsory and two optional eight (8) skill passes are required. A pass at this level must begin with a run or a hurdle and end in a two-foot landing. All completed passes must end in a somersault.

**Continuous whips may be repeated without penalty (loss of difficulty) at the Elite Division if the pass ends in a multiple somi. Failure to end the pass in a multiple somi will result in loss of difficulty for the repeated whips.**

Each optional pass must consist of at least two (2) somersaults. One optional pass must consist of at least three (3) somersaults). 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 a pass.

1. **PRELIMINARIES** - The Preliminaries will consist of one (1) Compulsory Pass and two (2) 8-skill Optional Passes.
  - 1.1. The First Pass will be the eight skill Compulsory Pass which is: Round-off, Back Handspring, Whip, Whip, Full, Whip, Back Handspring, Back Straight.
    - 1.1.1. The Compulsory Pass will not receive a difficulty score. The Compulsory pass will be interrupted where an athlete deviates from the pass skills.
  - 1.2. The Second Pass (or 1<sup>st</sup> Optional Pass) and Third Pass (or 2<sup>nd</sup> Optional Pass) will each consist of eight (8) skills each.
    - 1.2.1. The last skill of the Third Pass (Second Optional Pass) must be different than the last skill of the Second Pass (First Optional Pass) - failure to perform different skills as defined will result in loss of difficulty for the repeated skill plus a 2.0 pt. deduction for the repeated skill on the second optional pass on the advice of the superior judge.
    - 1.2.2. Only one of the optional passes may end in a reversal somi (performing a reversal somi at the end of both optional passes will result in loss of difficulty for the reversal somi on the second optional pass plus a 2.0 pt. deduction will be taken on the advice of the superior judge.
    - 1.2.3. The compulsory pass may be used as one of the optional passes which will receive a difficulty of 3.4 pt.
  - 1.3. In order to advance to finals, an athlete must complete the compulsory pass and have a total combined difficulty score of 8.8 pt. for their two optional eight (8) skill passes.
2. **FINALS**
  - 2.1. The top ten (10) scoring athletes who complete the compulsory pass and a total combined difficulty score of 8.8 pt. for their optional passes will advance to Finals. In the event of a tied score with the tenth scoring athlete, all athletes with the same score will be eligible to compete in finals. Finals will be in order of merit, the competitor with the lowest preliminary score going first in both passes. In the event of ties, the starting order will be decided by a draw.
  - 2.2. There shall be one optional eight (8) skill pass in the finals.
  - 2.3. The Finals will consist of one (1) 8-skill Optional Passes which may be repeated from the Preliminary Competition if desired. The final optional pass must consist of at least two somersaults.
  - 2.4. There is no new life. Preliminary Scores will be added to Final Scores.

## SUB-BEGINNER DIVISION TUMBLING

AGE GROUPS - Boys and Girls will not compete against each other. There shall be separate divisions for each. EXCEPTIONS to the age groups will be made to include children with developmental disabilities through petitioning procedures. **Girls & Boys' Age Groups are: 4 & Under, 5-6**

**REQUIREMENTS** One pass is required. A pass at this level may begin from a stand or a run. The pass must be a front pass consisting of five forward (5) skills. The completed pass (5<sup>th</sup> skill) must end with a two-foot landing.

SKILLS PERMITTED	SKILLS NOT PERMITTED
Front Roll (any position) Front Straddle Roll Front Pike Roll* Dive roll	Cartwheels, round-offs, handstand rolls, handsprings, tinsicas, somis, or limbering skills Splits or contortion-type skills such as fish-flops or chest rolls. Back rolls of any type.

### SAMPLE PASSES:

- Five Front Rolls
- Four Front Straddle Rolls, Front Roll
- Front Roll, Front Roll to Straddle, Front Straddle Roll, Front Roll, Front Roll **DIFFICULTY** - Difficulty is not awarded at the Sub-Beginner Level of Tumbling.

### REPEATS:

Repeats are allowed; however, the following deductions apply. (The following are total deductions, not accumulative)

- DEDUCTIONS:
  - For repeating three identical skills in a row.....0.1 pt.
  - For repeating four identical skills in a row.....0.3 pt.
  - For repeating five identical skills in a row.....0.6 pt.
- A skill shall be considered different; and therefore not a repeat, if the feet of the skill begins or ends in a different position.

### LEVEL SPECIFIC DEDUCTIONS

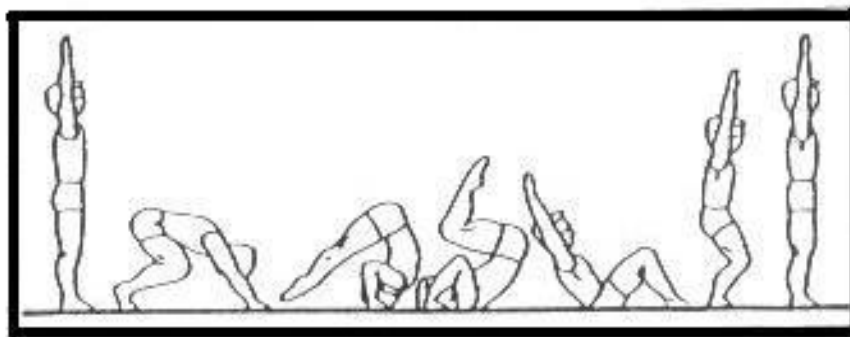
- During the execution of a straddle roll, if the competitor's torso is not in the center of the mat and the competitor's foot extends over the edge of the mat.....0.1-0.3 pt.  
**NOTE:** If the torso of a competitor at these levels is in the center of the tumbling mat on a straddle roll and their foot is over the side of the mat, an aesthetic deduction cannot be taken.
- For performing an illegal skill (ex: use of back skills).....2.0 pt.

### INTERRUPTION OF A PASS (Whatever terminates a pass results in loss of skill and appropriate deductions)

- 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 pt deduction).

2. Taking more than two continuous steps 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 pt.). **NOTE:** Taking 3 continuous steps will result in a 1.5 (0.5 pt/step) deduction and termination.
3. If a competitor's torso is not in the center of the mat during the execution of a skill, once the competitor's foot touches the floor or the heel goes all the way off the mat, the pass will be terminated. - 0.9 deduction.  
**EXCEPTION:** In Sub-Beginner through Advanced-Beginner levels, if the torso of a competitor at these levels is in the middle of the tumbling mat on a straddle roll and their feet are over the side of the mat, their pass can't be terminated nor an aesthetic deduction taken for toes or heels touching the floor.
4. A fall to the mat during the routine. Touches the mat with any part of the body other than the hands or feet.  
**EXCEPTION:** In the beginner levels, during the execution of some skills, the elbows may touch the tumbling mat. If there is a smooth continuation of the skill, then there is no deduction. If the athlete is unstable or off balance and falls to or pushes off the elbow, the pass will be terminated at that point, no credit will be given for the skill, and the 0.6 pt. deduction will be taken.
5. Reversal of motion.  
**NOTE:** When performing a skill at the Beginner levels, as long as the shoulders continue in a forward motion, the pass will not be interrupted if a competitor steps backward (will still receive a 0.5 deduction for the step).
6. Use of an illegal skill with result in termination from that point, loss of skill, and a 2.0 deduction.

The Front Tuck Roll in the diagram below depicts one roll only. While performing continuous rolls, it is not necessary for the athlete to come to a standing position between rolls.



**FRONT TUCK ROLL**



## BEGINNER DIVISION TUMBLING

**AGE GROUPS** - Boys and Girls will not compete against each other. There shall be separate divisions for each.

1. Girls Age Groups are: 4 & Under, 5-6, 7-8, 9-10, 11-12, 13-14, 15 & Over
2. Boys Age Groups are: 4 & Under, 5-7, 8-10, 11-13, 14 & Over

### REQUIREMENTS

Two five skill passes are required. A pass at this level may begin from a run or a stand.

1. The FIRST PASS consists of all back skills, and the completed pass (5<sup>th</sup> skill) must end with a two-foot landing. **NOTE:** A cartwheel is a front skill. If performed in the back pass, a 2.0 deduction will be taken; however, the pass will not be terminated.
2. The SECOND PASS consists of all front skills and the completed pass (5<sup>th</sup> skill) must end with a two-foot landing.

SKILLS PERMITTED	SKILLS NOT PERMITTED
<ol style="list-style-type: none"> <li>1. Forward roll (any position)</li> <li>2. Dive roll</li> <li>3. Straddle roll</li> <li>4. Cartwheel (<b>Front Skill</b>) - 1 or 2 hands</li> <li>5. Handstand, roll down</li> <li>6. Back roll (any position)</li> <li>7. Back extension roll</li> <li>8. Step-outs allowed <b>except</b> on the last skill of a completed pass (5<sup>th</sup> skill).</li> </ol>	<ol style="list-style-type: none"> <li>1. Handsprings, tinsicas, somis, or limbering skills.</li> <li>2. Splits or contortion-type skills such as fish-flops or chest rolls. Round-offs</li> <li>3.</li> </ol>

### SAMPLE PASSES:

#### PASS 1

1. Back Straddle Roll, Back Straddle Roll, Back Pike Roll, Back Tuck Roll Step-out, Back Roll (0.0 pt. difficulty)
2. Back Roll, Back Roll, Back Straddle Roll, Back Straddle Roll, Back Roll (0.0 pt. difficulty)
3. Back Extension Roll, Back Pike Roll, Back Tuck Roll, Back Roll Step-out, Straddle Roll (0.1 pt. difficulty)

#### PASS 2

1. Handstand Roll Step-out, Cartwheel, Cartwheel, Handstand Roll, Front Roll (0.4 pt. difficulty)
2. Handstand Roll, Front Straddle Roll, Front Straddle Roll, Front Roll, Front Roll (0.1 pt. difficulty) 3. Front Roll, Front Roll Step-out, Cartwheel, One Arm Cartwheel, Handstand Front Roll (0.3 pt. difficulty) **DIFFICULTY** - Difficulty will be awarded for all skills passing through a vertical at this level only.

#### Difficulty Ratings:

1. Handstand Roll.....0.1 pt.
2. Back Extension Roll.....0.1 pt.
3. Cartwheel (front skill).....0.1 pt.

Difficulty scores must be flashed.

**REPEATS:**

Repeats are allowed; however the following deductions apply. (The following are total deductions, not accumulative)

## 1. DEDUCTIONS:

For repeating three identical skills in a row.....0.1 pt.

For repeating four identical skills in a row.....0.3 pt.

For repeating five identical skills in a row.....0.6 pt.

2. A skill shall be considered different; and therefore not a repeat, if the feet of the skill begins or ends in a different position.

EXAMPLES: A one arm cartwheel is different than a two arm cartwheel.

**LEVEL SPECIFIC DEDUCTIONS**

1. During the execution of a straddle roll, if the competitor's torso is not in the center of the mat and the competitor's foot extends over the edge of the mat.....0.1-0.3 pt.

**NOTE:** If the torso of a competitor at these levels is in the middle of the tumbling mat on a straddle roll and their foot is over the side of the mat, an aesthetic deduction cannot be taken.

2. For rocking forward and pushing off on hands prior to a back roll at the beginning of a pass.....0.5 pt.

**NOTE:** The touch of the hands (i.e. for balance) is permitted without penalty.

3. For additional skills (Maximum per pass).....1.0 pt.

4. Performing the wrong pass.....2.0 pt.

**INTERRUPTION OF A PASS** (Whatever terminates a pass results in loss of skill and appropriate deductions).

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 pt deduction).

2. Taking more than two continuous steps 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 pt.). **NOTE:** Taking 3 continuous steps will result in a 1.5 (0.5 pt/step) deduction and termination.

3. If a competitor's torso is not in the center of the mat during the execution of a skill, once the competitor's foot touches the floor or the heel goes all the way off the mat, the pass will be terminated. - 0.9 deduction.

**EXCEPTION:** In Sub-Beginner through Advanced-Beginner levels, if the torso of a competitor at these levels is in the middle of the tumbling mat on a straddle roll and their feet are over the side of the mat, their pass can't be terminated nor an aesthetic deduction taken for toes or heels touching the floor.

4. Reversal of motion.

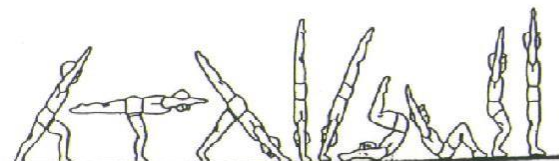
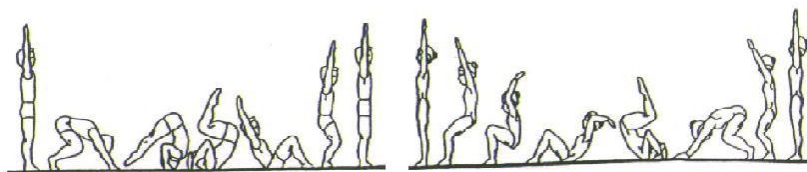
**NOTE:** When performing a skill at the Beginner levels, as long as the shoulders continue in a forward motion, the pass will not be interrupted if a competitor steps backward (will still receive a 0.5 deduction for the step).

5. A fall to the mat during the routine. Touches the mat with any part of the body other than the hands or feet.

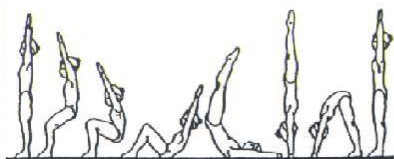
**EXCEPTION:** In the beginner levels, during the execution of some skills, the elbows may touch the tumbling mat. If there is a smooth continuation of the skill, then there is no deduction. If the athlete is unstable or offbalance and falls to or pushes off the elbow, the pass will be terminated at that point, no credit will be given for the skill, and the 0.6 pt. deduction will be taken.

**NOTE:** Doing the wrong pass, i.e., the front pass 1st is NOT a termination, but a 2.0 pt. deduction

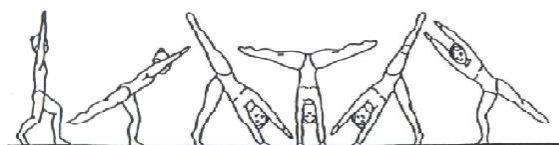
**BEGINNER SKILLS**



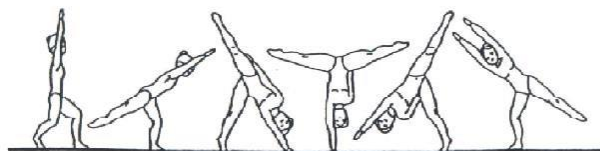
**HANDSTAND ROLL**



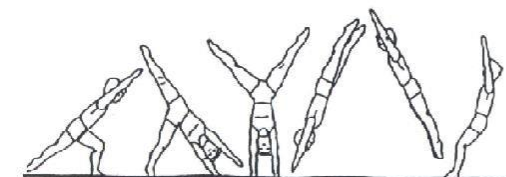
**BACK EXTENSION ROLL**



**CARTWHEEL**



**ONE ARM CARTWHEEL**



**FRONT ROLL & BACK ROLL**

**ADVANCED BEGINNER DIVISION TUMBLING**

**AGE GROUPS** - Boys and Girls will not compete against each other. There shall be separate divisions for each.

1. Girls Age Groups are: 4 & Under, 5-6, 7-8, 9-10, 11-12, 13-14, 15 & Over
2. Boys Age Groups are: 4 & Under, 5-7, 8-10, 11-13, 14 & Over

**REQUIREMENTS**

Two five skill passes are required. A competitor at this level has the option to start their passes from a run or a stand.

1. The FIRST PASS consists of all back skills, must have at least one limbering skill, and the completed pass (5<sup>th</sup> skill) must end with a two-foot landing.

**NOTE:** A cartwheel is a front skill. If performed in the back pass, a 2.0 deduction will be taken.

2. The SECOND PASS consists of all front skills, must have at least one limbering skill, and the completed pass (5<sup>th</sup> skill) must end with a two-foot landing.

**\*IF a round-off is performed, it may only be used as the last skill in a pass and the athlete MUST rebound.**

**\*IF a round-off is performed anywhere other than the last skill in a pass, it will result in a 2.0 deduction not a termination.**

NOTE: if an athlete performs a pass with less than five skills and the last skill is a Round-off, there is no deduction since the round-off was the last skill.

SKILLS PERMITTED	SKILLS NOT PERMITTED
<ol style="list-style-type: none"> <li>1. Forward roll (any position)</li> <li>2. Dive roll</li> <li>3. Cartwheel , 1 or 2 hands (front skill)</li> <li>4. Round-off (Neutral skill) *</li> <li>5. Handstand, roll down</li> <li>6. Back roll (any position)</li> <li>7. Back extension roll</li> <li>8. Limbers</li> <li>9. Walkovers</li> <li>10. Scissors</li> <li>11. Step-outs allowed <b>except</b> on the last skill of a competed pass (5<sup>th</sup> skill) <i>*Only as the last skill in a pass.</i></li> </ol>	<ol style="list-style-type: none"> <li>1. 2. Handsprings, tinsicas, or somis.</li> <li>Splits or contortion-type skills such as fish-flops or chest rolls.</li> </ol>

**SAMPLE PASSES:****PASS 1**

1. Back Walkover, Back Limber, Back Roll, Back Straddle Roll, Back Roll.....0.4 pt. difficulty
2. Back Walkover, Back Walkover, Back Limber, Back Straddle Roll, Back Roll.....0.6 pt. difficulty
3. Back Walkover, Back Walkover, Back Limber, Back Walkover, Back Limber.....1.0 pt. difficulty

**PASS 2**

1. Front Roll, Front Straddle Roll, Front Straddle Roll, Front Roll to a step-out, Front Limber.....0.2 pt. difficulty
2. Front Walkover, Front Limber, Front Straddle Roll, Front Straddle Roll, Front Roll.....0.4 pt. difficulty
3. Handstand Roll, Front Roll, Front Roll Step-out, Front Walkover, Front Limber.....0.5 pt. difficult

### DIFFICULTY

The Difficulty Judges will evaluate the difficulty of a skill according to the position of the feet upon landing. Difficulty will be awarded for all skills passing through a vertical at this level only. *Difficulty scores must be flashed.*

Difficulty Ratings:

1. Handstand Roll.....0.1 pt.
2. Back Extension Roll.....0.1 pt.
3. Cartwheel (front skill).....0.1 pt.
4. Round-off (neutral skill).....0.2 pt.
5. Walkover (front & back).....0.2 pt.
6. Scissors (front & back).....0.2 pt.
7. Limber (front & back).....0.2 pt.
8. 8.Arabians (front & back).....0.2 pt.

### REPEATS:

Repeats are allowed; however the following deductions apply. (The following are total deductions, not accumulative)

1. A skill shall be considered different; and therefore not a repeat, if the feet of the skill begins or ends in a different position.

EXAMPLES: A one arm cartwheel is different than a two arm cartwheel. A walkover is a walkover - regardless of leg used...therefore, a left walk-over is considered the same skill as a right walk-over.

### 2. DEDUCTIONS:

- 2.1. For repeating three identical skills in a row.....0.1 pt.
- 2.2. For repeating four identical skills in a row.....0.3 pt.
- 2.3. For repeating five identical skills in a row.....0.6 pt.

### LEVEL SPECIFIC DEDUCTIONS

1. During the execution of a straddle roll, if the competitor's torso is not in the center of the mat and the competitor's foot extends over the edge of the mat . . . . . 0.1-0.3 pt.  
**NOTE:** If the torso of a competitor at these levels is in the middle of the tumbling mat on a straddle roll and their foot is over the side of the mat, an aesthetic deduction cannot be taken..
2. Failure to rebound out of a round-off performed at the end of a pass only . . . . . 0.5 pt.
  - 2.1. If the athlete performs a round-off anywhere else in the pass, they should NOT rebound. If they do rebound - you would deduct for the number of steps taken. A straight up and down rebound is two feet, so you would take two 0.5 step deductions...if more steps are taken, you take 0.5 for each step up to the termination number which is 2 steps for Adv-Beginner.
  - 2.2. If an athlete does not perform enough skills and ends their uncompleted pass in a round-off and rebounds, as long as it meets the description of a rebound, you consider it a rebound (not instability) and judge it accordingly.
3. For rocking forward on hands prior to a back roll at the beginning of a pass.....0.5 pt.  
 NOTE: On a back roll, the touch of the hands (i.e. for balance) is permitted without penalty.
4. Performing the wrong pass.....2.0 pt.
5. For not having one limbering skill in a pass.....2.0 pt.
6. Performing a round-off anywhere in the pass other than as the last skill.....2.0 pt.

**NOTE:** If the Adv-Beginner competitor performs a round-off anywhere in the pass other than as the last skill, the pass will not be terminated, a 2.0 deduction is taken. This is not a termination because a round-off is a legal skill this level.

**INTERRUPTION OF A PASS** (Whatever terminates a pass results in loss of skill and appropriate deductions)

6.1.1. 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 pt deduction).

6.1.2. During the execution of a straddle roll, if the competitor's torso is not in the center of the mat and the competitor's foot touches the floor over the edge of the mat. **NOTE:** If the torso of a competitor at these levels is in the middle of the tumbling mat on a straddle roll and their foot touches the floor, their pass can't be terminated.

6.1.3. Taking more than one continuous steps 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 pt.). **NOTE:** Taking 2 continuous steps will result in a 1.0 (0.5 pt/step) deduction and termination.

6.1.4. Reversal of motion.

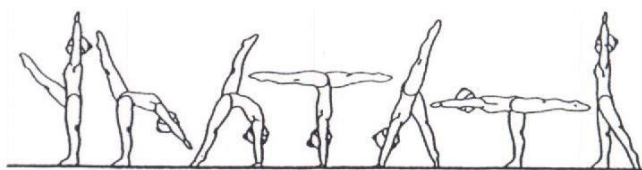
**NOTE:** When performing a skill at the Beginner levels, as long as the shoulders continue in a forward motion, the pass will not be interrupted if a competitor steps backward (will still receive a 0.5 deduction for the step).

6.1.5. A fall to the mat during the routine. Touches the mat with any part of the body other than the hands or feet.

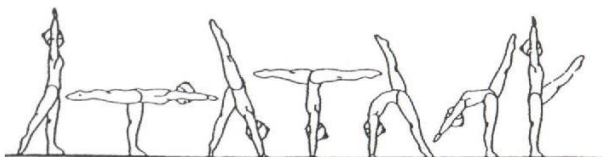
**EXCEPTION:** In the beginner levels, during the execution of some skills, the elbows may touch the tumbling mat. If there is a smooth continuation of the skill, then there is no deduction. If the athlete is unstable or off-balance and falls to or pushes off the elbow, the pass will be terminated at that point, no credit will be given for the skill, and the 0.6 pt. deduction will be taken.

6.1.6. Use of an illegal skill\* will result in termination from that point, loss of skill, and a 2.0 deduction. **NOTE:** Doing the wrong pass, i.e., the front pass 1st is NOT a termination, but a 2.0 pt. deduction

## ADVANCED BEGINNER SKILLS



**BACK WALKOVER**



**FRONT WALKOVER**

**SUB- NOVICE 1 AND SUB-NOVICE DIVISION TUMBLING**

**AGE GROUPS** - Boys and Girls will not compete against each other. There shall be separate divisions for each.

1. Girls Age Groups are: 4 & Under, 5-6, 7-8, 9-10, 11-12, 13-14, 15 & Over
2. Boys Age Groups are: 4 & Under, 5-7, 8-10, 11-13, 14 & Over

**SUB-NOVICE 1 REQUIREMENTS:** - Two compulsory passes are required.

A pass must move in one direction only. A pass at this level must begin with a run or hurdle.

Both passes are: Round-off back handspring rebound (straight up and down in the same place) and stick.

**SUB-NOVICE REQUIREMENTS** - Two passes are required.

A pass must move in one direction only. A pass at this level **must** begin with a run or a hurdle. A completed pass at this level ending in a handspring or round-off must end with a rebound (straight up and down in the same place). 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 the completed pass (3<sup>rd</sup> skill) 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 the completed pass (4<sup>th</sup> skill) must end with a two foot landing.

SKILLS PERMITTED	SKILLS NOT PERMITTED
<ol style="list-style-type: none"> <li>1. Round-off (neutral skill)</li> <li>2. Front handspring</li> <li>3. Back handspring</li> <li>4. Cartwheel, 1 or 2 hands (front skill)</li> <li>5. Step-outs allowed <b>except</b> on the last skill of a completed pass</li> <li>6. Front fly-spring</li> </ol> <p><i>*At this level, athletes MUST rebound out of a roundoff and/or a handspring at the end of a completed pass.</i></p>	<ol style="list-style-type: none"> <li>1. Front or back rolls</li> <li>2. Limbering skills</li> <li>3. Walkovers</li> <li>4. Tinsicas</li> <li>5. Somis</li> </ol>

**SAMPLE PASSES:****PASS 1**

1. Round-off, Handspring, Handspring (0.6 pt. difficulty)
2. Cartwheel, Round-off, Handspring (0.4 pt. difficulty)
3. Round-off, Handspring Step-out (pivot), Round-off (0.6 pt. difficulty)

**PASS 2**

1. Round-off, 3 Handsprings (0.8 pt. difficulty)
2. Cartwheel, Cartwheel, Round-off, Handspring (0.4 pt. difficulty)
3. Round-off, Handspring, Handspring Step-out (pivot), Round-off (0.8 pt. difficulty)

**DIFFICULTY**

The Difficulty Judges will evaluate the difficulty of a skill according to the position of the feet upon landing.

Difficulty will be awarded for the following skills. *Difficulty scores must be flashed.*

1. Round-off (neutral skill).....0.2 pt.

2. Handspring (forward or backward).....0.2 pt.

Difficulty scores must be flashed.

#### REPEATS:

Repeats are allowed; however, the following deductions apply except for handsprings and round-offs. (The following are total deductions, not accumulative).

#### 1. DEDUCTIONS:

- 1.1. For repeating three identical skills in a row.....0.1 pt.  
1.2. For repeating four identical skills in a row.....0.3 pt.

#### LEVEL SPECIFIC DEDUCTIONS

1. Not performing a rebound at the end of a completed pass ending in a handspring or round-off.....0.5 pt.  
**NOTE:** If an athlete does not perform enough skills and ends their uncompleted pass in a handspring (or round-off) and rebounds, as long as it meets the description of a rebound, you consider it a rebound (not instability) and judge it accordingly.
2. For additional skills (Maximum per pass).....1.0 pt.
3. For not performing required number of skills.....1.0 pt.
4. For not having a handspring in a pass.....2.0 pt.
5. Completing a somi or illegal skill in a pass.....2.0 pt.

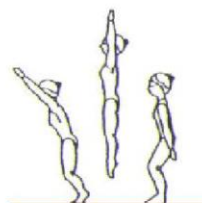
**INTERRUPTIONS OF A PASS** - Whatever terminates a pass will result in loss of skill and receive the appropriate deduction.

1. Takes an intermediate step with a hand or foot or stops.
2. Performs movements without rotation or uses an illegal skill (will also result in loss of skill and 2.0 deduction).
3. Not starting with a run or a hurdle (will result in termination).

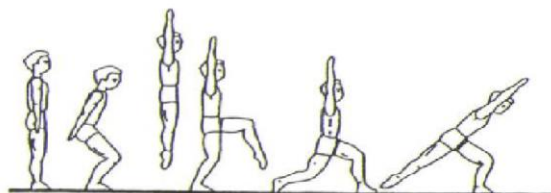
#### SUB-NOVICE & NOVICE SKILLS



**BACK HANDSPRING**



**"REBOUND"  
STRETCH JUMP**



**POWER HURDLE**



**NOVICE DIVISION TUMBLING**

**AGE GROUPS** - Boys and Girls will not compete against each other. There shall be separate divisions for each.

1. Girls Age Groups are: 4 & Under, 5-6, 7-8, 9-10, 11-12, 13-14, 15 & Over
2. Boys Age Groups are: 4 & Under, 5-7, 8-10, 11-13, 14 & Over

**REQUIREMENTS**

Two passes are required. A pass must move in one direction only. A pass at this level **must** begin with a run or a hurdle. A completed pass at this level ending in a handspring or round-off must end with a rebound (straight up and down in the same place). Each pass must have a minimum of one (1) handspring.

1. First pass must consist of a maximum of five (5) skills, a minimum of one (1) handspring, and the completed pass (5<sup>th</sup> skill) must end with a two-foot landing.
2. Second pass must consist of a maximum of eight (8) skills, a minimum of one (1) handspring, and the completed pass (8<sup>th</sup> skill) must end with a two foot landing.

SKILLS PERMITTED	SKILLS NOT PERMITTED
<ol style="list-style-type: none"> <li>1. Round-off (neutral skill)</li> <li>2. Front handspring</li> <li>3. Back handspring</li> <li>4. Cartwheel (1 or 2 hands)</li> <li>5. Step-outs allowed except on the last skill</li> </ol> <p><i>*At this level, athletes MUST rebound out of a roundoff and/or a handspring at the end of a completed pass.</i></p>	<ol style="list-style-type: none"> <li>1. Front or back rolls</li> <li>2. Limbering skills</li> <li>3. Walkovers</li> <li>4. Tinsicas</li> <li>5. Somis</li> </ol>

**SAMPLE PASSES:****PASS 1 - Five (5) Skills**

1. Round-off, 4 Handsprings (1.0 pt. difficulty)
2. Cartwheel, Cartwheel, Round-off, 2 Handsprings (0.6 pt. difficulty)
3. Round-off, Handspring Step-out (pivot), Round-off, 2 Handsprings (1.0 pt. difficulty)

1. Round-off, 7 Handsprings (1.6 pt. difficulty)
2. Cartwheel, Cartwheel, Round-off, 5 Handsprings (1.2 pt. difficulty)
3. Round-off, Handspring, Handspring Step-out (pivot), Round-off, 4 Handsprings (1.6 pt. difficulty)

**DIFFICULTY**

The Difficulty Judges will evaluate the difficulty of a skill according to the position of the feet upon landing.

Difficulty will be awarded for the following skills. *Difficulty scores must be flashed.*

1. Round-off (neutral skill).....0.2 pt.
2. Handspring (forward or backward).....0.2 pt.

Difficulty scores must be flashed.

**REPEATS:** Repeats are allowed; however the following deductions apply except for handsprings and round-offs. (The following are total deductions, not accumulative).

1. DEDUCTIONS:
  - 1.1. For repeating three identical skills in a row.....0.1 pt.
  - 1.2. For repeating four identical skills in a row.....0.3 pt.

1.3. For repeating five identical skills in a row.....0.6 pt.

#### LEVEL SPECIFIC DEDUCTIONS

1. Not performing a rebound at the end of a completed pass ending in a handspring or round-off.....0.5 pt.  
**NOTE:** If an athlete does not perform enough skills and ends their uncompleted pass in a handspring (or round-off) and rebounds, as long as it meets the description of a rebound, you consider it a rebound (not instability) and judge it accordingly.
2. For additional skills (total).....1.0 pt
3. For not performing required number of skills.....1.0 pt
4. For not having a handspring in a pass.....2.0 pt
5. Performing a somi or illegal skill in a pass.....2.0 pt & loss of DD

**INTERRUPTIONS OF A PASS** - Whatever terminates a pass will receive the appropriate deduction.

1. Takes an intermediate step with the hand or the foot or stops.
  2. Performs movements without rotation or uses an illegal skill (will also result in loss of skill, and 2.0 deduction).
- Not starting with a run or a hurdle (will result in termination).

## INTERMEDIATE DIVISION TUMBLING

**AGE GROUPS** - Boys and Girls will not compete against each other. There shall be separate divisions for each.

Girls Age Groups Are: 4 & Under, 5-6, 7-8, 9-10, 11-12, 13-14, 15 & Over

Boys Age Groups Are: 4 & Under, 5-7, 8-10, 11-13, 14 & Over

### REQUIREMENTS

Two passes are required. A pass at this level **must** begin with a run or a hurdle and end in a two-foot landing. A completed pass at this level does not have to end in a somi; however, if ending in a handspring or round-off - it must end in a rebound (straight up and down in the same place). Each pass must have a minimum of one (1) somi per pass and no more than two (2) somis. Only one somi with a maximum of 180E twist allowed per pass

1. First pass must consist of a maximum of five (5) skills, include at least one (1) somersault and not more than two (2) somersaults. Only one somi with a maximum of 180E twist allowed per pass.
2. Second pass must consist of a maximum of eight (8) skills, at least one (1) somersault and not more than two (2) somersaults. Only one somi with a maximum of 180E twist allowed per pass.

SKILLS PERMITTED	SKILLS NOT PERMITTED
<ol style="list-style-type: none"> <li>1. Round-off (neutral skill)</li> <li>2. Handspring (front and back)</li> <li>3. Cartwheel (1 or 2 hands)</li> <li>4. Front and Back somies (any position)</li> <li>5. Barani (Somi with 180E twist - one per pass)</li> <li>6. Step-outs allowed except on the last skill</li> </ol> <p>* <i>At this level, IF a completed pass ends in a roundoff or a handspring, athletes MUST rebound</i></p> <p>* <i>At this level, IF a completed pass ends in a somi, it must be shoulder height or above (must be considered a tuck, a pike, or a layout).</i></p>	<ol style="list-style-type: none"> <li>1. Front or back rolls</li> <li>2. Limbering skills</li> <li>3. Walkovers</li> <li>4. Tinsicas</li> <li>5. Somi with more than 180E twist</li> <li>6. Multiple somersaults</li> <li>7. Side somersaults</li> <li>8. Reversal skills</li> <li>9. Aerial cartwheel</li> <li>10. Brandi</li> </ol>

### SAMPLE PASSES

#### PASS 1 - Five (5) Skills

1. Round-off, 3 Handsprings, Back Tuck (1.2 pt. difficulty)
2. Round-off, Whip, Handspring, Handspring, Back Tuck (1.4 pt. difficulty)
3. Cartwheel, Round-off, Handspring, Handspring, Back Tuck (1.0 pt. difficulty)

#### PASS 2 - Eight (8) Skills

1. Front Tuck, Round-off, Handspring Step-out (pivot), Round-off, 3 Handsprings, Back Tuck (2.1pt. difficulty)
2. Barani, 6 Handsprings, Back Layout (2.4 pt. difficulty)
3. Round-Off, Whip, 5 Handsprings, Back ½ Twist (2.2 pt. difficulty)

### DIFFICULTY

The Difficulty Judges will evaluate the difficulty of a skill according to the position of the feet upon landing.

Difficulty Ratings - Difficulty scores must be flashed.

1. Round-offs (neutral skill).....0.2 pt.

2. Backward & Forward Handsprings.....	0.2 pt.
3. Back somersault – tuck.....	0.4 pt.
4. Back somersault – whip.....	0.4 pt.
5. Back somersault – pike.....	0.5 pt.
6. Back somersault – straight.....	0.5 pt.
7. Front somersault – tuck.....	0.5 pt.
8. Back somersault with ½ twist or Arabian front.....	0.6 pt.
9. Front somersault – pike.....	0.6 pt.
10. Front somersault – straight.....	0.6 pt.
11. Barani (front somersault with ½ twist).....	0.7 pt.
12. Bounding credit.....	0.1 pt.
13. A cartwheel is a front skill with no difficulty value but a legal skill at this level.....	0.0 pt.

**REPEATS:**

1. Round-offs and Handsprings can be repeated without deduction.
2. With the exception of round-offs and handsprings, only one difficulty skill can be repeated without deduction.
3. Repeated non-difficulty skills (cartwheels) will receive the following deductions. (The following are total deductions, not accumulative).

## 3.1. DEDUCTIONS

- 3.1.1. For repeating three identical skills in a row.....0.1 pt.
- 3.1.2. For repeating four identical skills in a row.....0.3 pt.
- 3.1.3. For repeating five identical skills in a row.....0.6 pt.

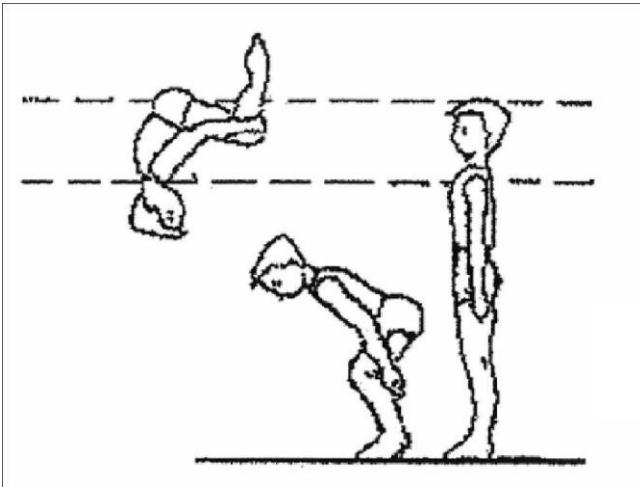
**LEVEL SPECIFIC DEDUCTIONS**

1. Last backward single somersault executed at the end of a completed pass must be shoulder height or above....0.3 pt.
2. A completed pass, not rebounding out of a round-off or handspring at the end of the pass.....0.5 pt.  
NOTE: If an athlete does not perform enough skills and ends their uncompleted pass in a handspring (or round-off) and rebounds, as long as it meets the description of a rebound, you consider it a rebound (not instability) and judge it accordingly.
3. For not having a somi in a pass.....2.0 pt.
4. Performing more than two somis in a pass.....2.0 pt. & loss of DD
5. Performing ore than one twist of 180E per pass.....2.0 pt. & loss of DD

**INTERRUPTIONS OF A PASS** - Whatever terminates a pass will receive the appropriate deduction.

1. Takes intermediate step with a hand or foot or stops.
  2. \*Performing a twist of greater than 180 degree per pass.....2.0 pt.
  3. \*Performing a reversal skill.....2.0 pt.
- \*NOTE: 2 & 3 - Will also result in loss of skill**
4. Not starting with a run or a hurdle (will result in termination).

## ACCEPTABLE SHOULDER HEIGHT



**SUB-ADVANCED DIVISION TUMBLING**

**AGE GROUPS** - Boys and Girls will not compete against each other. There shall be separate divisions for each.

Girls Age Groups Are: 4 & Under, 5-6, 7-8, 9-10, 11-12, 13-14, 15 & Over

Boys Age Groups Are: 4 & Under, 5-7, 8-10, 11-13, 14 & Over

**REQUIREMENTS:**

Two optional passes are required. A pass at this level **must** begin with a run or a hurdle and end in a two-foot landing. All completed passes must end with a somersault. All completed passes must end in a two-footed landing. 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 a pass. Each pass must consist of a MINIMUM of two (2) somersaults and no more than four somersaults. Only one somi with a 360E twist is allowed per pass. One reversal tumbling skill is allowed at the end of a pass from a somersault per pass. MAXIMUM combined difficulty is 5.0.

1. First pass is a five (5) skill pass.
2. Second pass is an eight (8) skill pass.

**Maximum difficulty for combined passes is 5.0 pt.**

SKILLS PERMITTED	SKILLS NOT PERMITTED
<ol style="list-style-type: none"> <li>1. Round-off (neutral skill)</li> <li>2. Handspring (front and back)</li> <li>3. Cartwheel (1 or 2 hands)</li> <li>4. Front and Back Somi (any position)</li> <li>5. Somi with 180E twist (front or back)</li> <li>6. Somi with 360E twist (one per pass)</li> <li>7. Reversal skills</li> <li>8. Step-outs allowed except on last skill of a completed pass</li> </ol>	<ol style="list-style-type: none"> <li>1. Front or back roll</li> <li>2. Limbering skill</li> <li>3. Walkover</li> <li>4. Tinsica</li> <li>5. Somi with more than 360E twist</li> <li>6. Multiple somersault</li> <li>7. Aerial cartwheel</li> <li>8. Brandi</li> </ol>

**SAMPLE PASSES****PASS 1 - Five (5) Skills**

1. Round-off, Whip, Whip, Back Tuck, "Punch" {reversal} Front Tuck (2.3 difficulty)
2. Round-off, Handspring, Handspring, Whip, Full (1.9 difficulty)
3. Round-off, Whip, Whip, Full, Front Tuck (2.7 difficulty)

**PASS 2 - Eight (8) Skills**

1. Round-off, Handspring, Whip, Whip, Handspring, Handspring, Handspring, Back Layout (2.4 difficulty)
2. Tuck Front, Round-off, Handspring, Whip, Whip, Handspring, Handspring, Full (3.0 difficulty) 3.Barani, 5 Handsprings, Whip, Back Tuck (2.6 difficulty)

**DIFFICULTY**

The Difficulty Judges will evaluate the difficulty of a skill according to the position of the feet upon landing.

Difficulty Ratings:

1. Round-offs (neutral skill).....0.2 pt

2. Backward & Forward Handsprings.....	0.2 pt.
3. Back somersault – tuck.....	0.4 pt.
4. Back somersault – whip.....	0.4 pt.
5. Back somersault – pike.....	0.5 pt.
6. Back somersault - straight (layout).....	0.5 pt.
7. Front somersault – tuck.....	0.5 pt.
8. Back somersault with ½ twist or arabian front.....	0.6 pt.
9. Back somersault with 1/1 twist.....	0.8 pt.
10. Front somersault - pike or straight.....	0.6 pt.
11. Front somersault with ½ twist (Barani).....	0.7 pt.
12. Front somersault with 1/1 twist.....	0.9 pt.
13. Bounding credit.....	0.1 pt.
14. Reversal credit.....	0.1 pt.

If a reversal (punch) somi is performed at the end of an incomplete pass (Not enough skills), the athlete will still receive that skill & difficulty.

15. A cartwheel is a front skill with no difficulty value but a legal skill at this level.

16. In exceeding pass maximums if a legal skill at this level, will receive difficulty.

Difficulty scores must be flashed.

**NOTE:**

1. Reversal front somis are clarified by position (tuck, pike, and layout). A pike or layout reversal front will receive a 0.1 pt. bonus.
2. Reversal baranis are not clarified by position and do not receive the position bonus.

**REPEATS:**

Round-offs and Handsprings can be repeated without deduction. With the exception of handsprings and round-offs, only one difficulty skill may be repeated in an optional pass without loss of difficulty. Repeating more than one difficulty skill in a pass will result in loss of difficulty for the second repeated difficulty skill.

1. 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.
2. The tucked and piked positions are not considered to be the same skill.
3. A somersault shall not be considered a repetition if preceded by a different element.

Repeated **non-difficulty skills** (cartwheels) will receive the following deductions. (The following are total deductions, not accumulative).

**DEDUCTIONS**

For repeating three identical skills in a row.....	0.1 pt.
For repeating four identical skills in a row.....	0.3 pt.
For repeating five identical skills in a row.....	0.6 pt.

**LEVEL SPECIFIC DEDUCTIONS**

1. A somi at the end of a completed pass that is not executed at shoulder height or above.....0.3 pt.  
The **last backward**, single somersault executed at the end of a completed pass must be shoulder height or above.  
**NOTE:** This includes the last backward, single somi performed prior to a reversal skill.
2. Completed pass, not ending in a somersault.....0.5 pt.

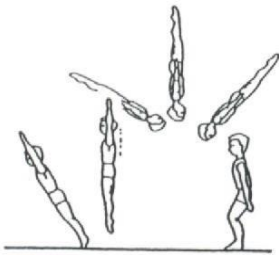
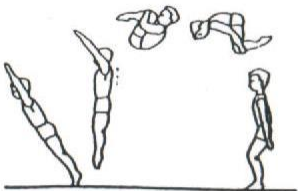
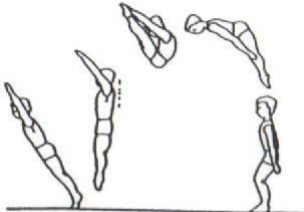
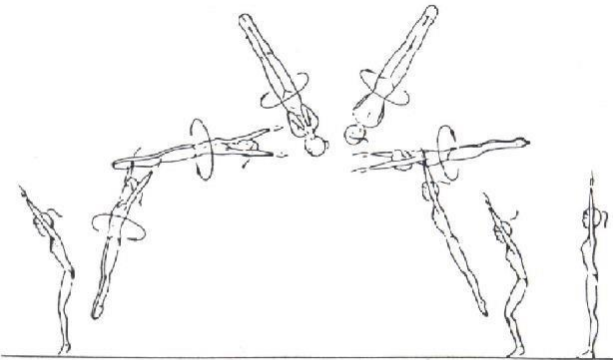
**NOTE:** If a pass has too many skills and the last required skill is not a somersault, the 0.5 pt. deduction will be taken for not ending a completed pass in a somersault.

3. For additional skills (total).....1.0 pt.
4. For not performing required number of skills in a pass (too few).....1.0 pt.  
This applies even if the Superior Judge terminates the pass.
5. For not having a minimum of two somersaults in a pass.....2.0 pt.
6. Performing more than four somis in a pass.....2.0 pt.
7. Performing more than one twist of 360E per pass.....2.0 pt.
8. Performing combined pass difficulty greater than 5.0 pt.....2.0 pt.

**INTERRUPTIONS OF A PASS** - Whatever terminates a pass will receive the appropriate deduction.

1. Takes intermediate step with a hand or foot or stops.
  2. Performing twists greater than 360E per pass.....2.0 pt. & loss of DD
- Not starting with a run or a hurdle (will result in termination).

### SUB-ADVANCED SKILLS

		
<p><b>STRAIGHT (LAY-OUT) BACK</b></p>	<p><b>TUCK BACK</b></p>	<p><b>PIKE BACK</b></p>
		
<p><b>FULL TWISTING BACK SOMI</b></p>		



## ADVANCED DIVISION TUMBLING

**AGE GROUPS** - Boys and Girls will not compete against each other. There shall be separate divisions for each.

Girls Age Groups Are: 4 & Under, 5-6, 7-8, 9-10, 11-12, 13-14, 15 & Over

Boys Age Groups Are: 4 & Under, 5-7, 8-10, 11-13, 14 & Over

**REQUIREMENTS** - Tumbling in the advanced division shall be characterized by continuous, speedy, rhythmic rotational movement from feet to hands or feet to feet movement, without hesitation or intermediate steps down the center of the mat.

Two optional passes are required. A pass at this level must begin with a run or a hurdle and the completed passes must end in a somi and a two foot landing. All completed passes must end with a somersault.

**PASS REQUIREMENTS:** Each pass must consist of at least two (2) somersaults. 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.

**LEVEL REQUIREMENT:** At least one pass must have three (3) somis.

### PRELIMINARIES.

1. There shall be two optional passes.
  - 1.1. The first optional pass will consist of five (5) skills
  - 1.2. The second optional pass will consist of \*eight (8) skills.
  - 1.3. **ADVANCED CAP:** 7.7 combined 2 pass difficulty cap.

### FINALS.

1. Optional at Invitational Competitions, Mandatory at National Championships, and Team Trials.
  - 1.1. The top ten (10) scoring athletes will advance to finals. In the event of a tied score with the tenth scoring athlete, all athletes with the same score will be eligible to compete in finals.
  - 1.2. Finals will be in order of merit, the competitor with the lowest preliminary score going first in both passes. In the event of ties, the starting order will be decided by a draw.
  - 1.3. There shall be one optional eight (8) skill pass in the finals.
  - 1.4. **The final pass must consist of a MINIMUM of three (3) somersaults. 2.0 deduction.**
  - 1.5. In the final passes the competitor may repeat the eight (8) skill optional pass performed in the Preliminaries.
  - 1.6. There is no new life. Preliminary Scores will be added to Final Scores.
  - 1.7. **NATIONALS ONLY:** 5.5 difficulty cap.

*\*Sanctioned Invitationals Competitions that don't meet the floor length requirements may receive prior approval from the AAU Vice-President (must state said on sanction form & on entry form) to have the Advanced and/or Elite competitors perform two 5-skill passes. In this case the passes must differ by one skill and only one of the passes may end in a reversal. Failure to have different passes and/or ending both passes in a reversal will result in a 2.0 pt deduction (each).*

SKILLS PERMITTED	SKILLS NOT PERMITTED
<ol style="list-style-type: none"> <li>1. Round-off (neutral skill)</li> <li>2. Handspring (front and back)</li> <li>3. Cartwheel (1 or 2 hands)</li> <li>4. Single and Multiple Front and Back aerials (any position)</li> <li>5. Somi with twists</li> <li>6. Reversal skills</li> <li>7. Step-outs allowed except on the last skill of a completed pass</li> </ol>	<ol style="list-style-type: none"> <li>1. Front or back roll</li> <li>2. Limbering skill</li> <li>3. Walkover</li> <li>4. Tinsica</li> <li>5. Aerial cartwheel</li> <li>6. Brandi</li> </ol>

**SAMPLE PASSES****PASS 1 - Five (5) Skills**

1. Round-off, Whip, Whip, Full, Full (2.9 pt. difficulty)
2. Barani, Whip, Full, Full, Back Layout (3.6 pt. difficulty)
3. Barani, Full, Whip, Whip, Double-Full (3.9 pt. difficulty)

**PASS 2 - Eight (8) Skills**

1. Round-off, Handspring, Whip, Full, Full, Whip, Double-Full, Punch Front Tuck (5.1 pt. difficulty)
2. Barani, Full, Full, Whip, Handspring, Whip, Triple-Full, Punch Barani (6.6 pt. difficulty)
3. Barani, Whip, Whip, Whip, Whip, Whip, Handspring, Double Back Tuck (5.4 pt. difficulty)

**DIFFICULTY** - *Difficulty scores must be flashed***REFER TO DIFFICULTY CHART LOCATED AFTER ELITE TUMBLING**

The Difficulty Judges will evaluate the difficulty of a skill according to the position of the feet upon landing.

1. Degree of Difficulty; the Difficulty value of each skill is calculated on the following basis:
2. Only skills terminating on the feet will be evaluated.
3. Cartwheels have no difficulty value, but are a legal skill at this level.
4. Each 1/4 twist.....0.1pt
5. Each 1/4 somersault.....0.1pt
6. Each 1/1 front somersault will receive a bonus of.....0.1pt
7. Somersaults done in the piked or straight position without twist will receive a bonus of.....0.1pt
8. Each 1/4 twist beyond 2/1 twists.....0.2pt
9. Multiple Somersaults - with or without twist:
  - 9.1. Each somersault performed in the pike position will receive a bonus of.....0.1pt
  - 9.2. Each somersault performed in the straight position will receive a bonus of.....0.2pt
10. Double Somis will be figured as follows:

**DOUBLE SOMIES** - Figure difficulty as usual, multiple by 2, divide that total by 4, then add that total to the original difficulty.

Example: Double Tuck Back (each tuck back is 0.4)  $0.4+0.4 = 0.8 \times 2 = 1.6$  which divided by 4 is 0.4., add the 1.6 and 0.4 for a total of 2.0. \*An additional bonus of 0.1 will be awarded for each somi performed in the straight (lay-out) position.

11. 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 (bounding).....0.1pt
  - 11.1. If performed in the reverse direction, the total bonus will be.....0.2pt
12. A skill completed in the landing zone will only be considered valid if it is landed on the feet.

**REPEATS:**

1. Handsprings and round-offs may be repeated without deduction.
2. **Continuous whips may be repeated without penalty (loss of difficulty) if the completed pass ends in a 720 degree twisting or rotational somi. Failure to end the pass in a 720 degree twisting or rotational somi will result in loss of difficulty for the repeated whips.**
3. With the exception of handsprings, round-offs, and whips as stated above, no skill may be repeated in an optional pass; otherwise, the Difficulty of the repeated skill will not be counted.
4. 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.
5. The tucked and piked positions are not considered to be the same skill.
6. 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.
7. A somersault shall not be considered a repetition if preceded by a different element.

**NOTE:**

1. Reversal front somis are clarified by position (tuck, pike, and layout). A pike or layout reversal front will receive a 0.1 pt. bonus.
2. Reversal baranis are not clarified by position and do not receive the position bonus.

8. Repeated **non-difficulty skills** (cartwheels) will receive the following deductions. (The following are total deductions, not accumulative).

## 8.1. DEDUCTIONS

- 8.1.1. For repeating three identical skills in a row.....0.1 pt.
- 8.1.2. For repeating four identical skills in a row.....0.3 pt.
- 8.1.3. For repeating five identical skills in a row.....0.6 pt.

9. Continuous whips may be repeated without penalty in the five (5) skill pass.

**REQUIRED POSITIONS DURING A ROUTINE**

1. In multiple somersaults (2/1 or more) with twists, the tuck and pike position may be modified during the twisting phase.
2. Any backward or forward 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 whip.
3. Any backward, single somersault executed at the end of a completed pass must be above shoulder height; otherwise, a 0.3 deduction will be taken. **NOTE:** This includes the last backward, single somi performed prior to a reversal skill.

**LEVEL SPECIFIC DEDUCTIONS**

1. A completed pass, not ending in a somi.....0.5 pt.

**NOTE:** If a pass has too many skills and the last required skill is not a somersault, the 0.5 pt. deduction will be taken for not ending a completed pass in a somi.

2. The **last backward** single somersault executed at the end of a completed pass must be shoulder height or above.  
**NOTE:** This includes the last backward, single somersault performed prior to a reversal skill.....0.3 pt.
3. For additional skills (total).....1.0 pt.
4. For not performing required number of skills in a pass (too few).....1.0 pt.
5. For not having two somersaults in a pass.....2.0 pt.
6. For not performing a pass with three somersaults.....2.0 pt.  
**NOTE:** It is possible to take 2.0 for not having two somersaults in the second pass and a 2.0 for not having a pass with three somersaults.
7. For not having three somersaults in the final pass.....2.0 pt.

**NOTE:** A skill cannot be initiated in the landing zone - pass will be interrupted prior to a skill that begins in the landing zone

### INTERRUPTIONS OF A PASS

1. Not starting with a run or a hurdle (will result in termination).

### NATIONAL CHAMPIONSHIPS

A competitor will automatically qualify to compete at Nationals in the Advanced level if he/she competes at their State Championship in the Advanced Level of Tumbling;

After their State Championship has been held, an Advanced athlete cannot compete in any other AAU competition to reach the qualifying score for the Elite National Competition

### NATIONALS ONLY

Preliminaries difficulty cap – 7.7

Finals difficulty cap – 5.5

## ELITE DIVISION TUMBLING

All the General Rules of Tumbling and the Advanced Rules of Tumbling apply to Elite Trampoline. Only the exceptions or additions will be listed below.

### ELIGIBILITY

During the current season, the athlete must perform a routine with a difficulty score of a least 7.8 difficulty (combined two (2) 8 skill passes) at the Advanced level at a sanctioned AAU meet to be eligible to compete in Elite Tumbling. Proof of eligibility is validated by the official score sheets that are sent into the National Office by meet directors. The National Office will develop and maintain a list of athletes qualified and eligible for Elite Tumbling.

**AGE GROUPS** - There are no age groups in the Elite Division. All girls compete against each other and all boys compete against each other.

### REQUIREMENTS

One compulsory and two optional eight (8) skill passes are required. A pass at this level must begin with a run or a hurdle and end in a two-foot landing. All completed passes must end in a somersault.

**Continuous whips may be repeated without penalty (loss of difficulty) at the Elite Division if the pass ends in a multiple somi. Failure to end the pass in a multiple somi will result in loss of difficulty for the repeated whips.**

Each optional pass must consist of at least two (2) somersaults. One optional pass must consist of at least three (3) somersaults). 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 a pass.

1. **PRELIMINARIES** - The Preliminaries will consist of one (1) Compulsory Pass and two (2) 8-skill Optional Passes.
  - 1.1. The First Pass will be the eight skill Compulsory Pass which is: Round-off, Back Handspring, Whip, Whip, Full, Whip, Back Handspring, Back Straight.
    - 1.1.1. The Compulsory Pass will not receive a difficulty score.
    - 1.1.2. The Compulsory pass will be interrupted where an athlete deviates from the pass skills.
  - 1.2. The Second Pass (or First Optional Pass) and Third Pass (or Second Optional Pass) will each consist of eight (8) skills each.
    - 1.2.1. The last skill of the Third Pass (Second Optional Pass) must be different than the last skill of the Second Pass (First Optional Pass) - failure to perform different skills as defined will result in loss of difficulty for the repeated skill plus a 2.0 pt. deduction for the repeated skill on the second optional pass on the advice of the superior judge.
    - 1.2.2. \*Only one of the optional passes may end in a reversal somi. Performing a reversal somi at the end of both optional passes will result in loss of difficulty for the reversal somi on the second optional pass plus a 2.0 pt. deduction will be taken on the advice of the superior judge.
    - 1.2.3. The compulsory pass may be used as one of the optional passes which will receive a difficulty of 3.4 pt.
  - 1.3. In order to advance to finals, an athlete must complete the compulsory pass and have a total combined difficulty score of 8.8 pt. for their two optional eight (8) skill passes.
2. **FINALS**
  - 2.1. The top ten (10) scoring athletes who complete the compulsory pass and a total combined difficulty score of 8.8 pt. for their optional passes will advance to Finals. In the event of a tied score with the tenth scoring athlete, all athletes with the same score will be eligible to compete in finals.
  - 2.2. Finals will be in order of merit, the competitor with the lowest preliminary score going first in both passes. In the event of ties, the starting order will be decided by a draw.
  - 2.3. There shall be one optional eight (8) skill pass in the finals.

- 2.4. The Finals will consist of one (1) 8-skill Optional Passes which may be repeated from the Preliminary Competition if desired. **The final optional pass must consist of at least three somersaults.**
- 2.5. There is no new life. Preliminary Scores will be added to Final Scores.

### SAMPLE PASSES

#### PASS 1 (COMPULSORY PASS)

1. Round-off, Back handspring, Whip, Whip, Full, Whip, Back Handspring, Back Straight.

#### PASS 2 - (1st OPTIONAL PASS) Eight (8) Skills

1. Round-off, Whip, Whip, Full, Full, Handspring, Whip, Punch Front Tuck (4.2 pt. difficulty)
2. Barani, Whip, Handspring, Full, Full, Whip, Back Layout, Punch Barani (5.1 pt. difficulty)
3. Barani, Handspring, Full, Whip, Whip, Double-Full, Whip, Full (5.4 pt. difficulty)

#### PASS 3 - (2nd OPTIONAL PASS) Eight (8) Skills

1. Round-off, Whip, Whip, Whip, Whip, Whip, Whip, Double Back Straight (6.2 pt. difficulty)
2. Barani, Full, Full, Handspring, Whip, Whip, Handspring, Double Back Tuck (5.8 pt. difficulty)
3. Barani, Whip, Whip, Full, Whip, Handspring, Handspring, Double Full (4.7 pt. difficulty)

#### PASS 4 - (FINAL PASS) Eight (8) Skills

1. Barani, Full, Full, Handspring, Whip, Whip, Triple-Full, Punch Barani (6.6 pt. difficulty)

### DIFFICULTY - *Difficulty scores must be flashed*

The Difficulty Judges will evaluate the difficulty of a skill according to the position of the feet upon landing.

1. Degree of Difficulty; the Difficulty value of each skill is calculated on the following basis:
  - 1.1. Only skills terminating on the feet will be evaluated.
  - 1.2. Cartwheels have no difficulty value.
  - 1.3. Each 1/4 twist up to 2/1 twist.....0.1pt
  - 1.4. Each 1/1 front or side somersault will receive a bonus of.....0.1pt
  - 1.5. Somersaults done in the piked or straight position without twist will receive a bonus of.....0.1pt
  - 1.6. Each 1/4 twist beyond 2/1 twist.....0.2 pt
  - 1.7. Multiple Somersaults - with or without twist:
2. Each somersault performed in the pike position will receive a bonus of.....0.1pt
3. Each somersault performed in the straight position will receive a bonus of.....0.2pt
4. Double Somis will be figured as follows:
  - 4.1. Figure difficulty as usual, multiply by 2, divide by 4, then add the two scores together.  
 Example: Double Tuck Back is 1.6 which divided by 4 is 0.4., add the 1.6 and 0.4 for a total of 2.0. A bonus of 0.1 will be awarded for each somi performed in the pike and a bonus of 0.2 for each somi performed in the straight (lay-out) position.
5. 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.....0.1pt
  - 5.1. If performed in the reverse direction, the bonus will be.....0.2pt
6. A skill completed in the landing zone will only be considered valid if it is landed on the feet.

### REPEATS:

1. Continuous whips may be repeated without penalty (loss of difficulty) at the Elite Division if the pass ends in a multiple somi. Failure to end the pass in a multiple somi will result in loss of difficulty for the repeated whips.  
**NOTE:** A skill cannot be initiated in the landing zone - pass will be interrupted prior to a skill that begins in the landing zone


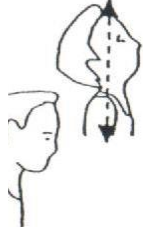

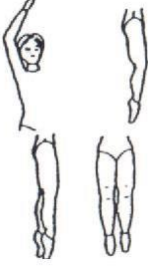
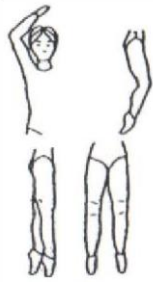
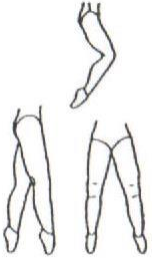
**DIFFICULTY CHART NOTE:**

Skill	0.4 for each somi	0.1 for Front	0.1 for each 1/4 turn up to double - 0.2 for each 1/4 turn beyond a double	Bonus position 0.1 for pike or layout for each somi/layout another 0.1 double and above per somi	double somi bonus (diff of each somi + diff of each twist + diff of position) x 2. Take those points & divide them by 4 and add the two totals together	Total DD
Tuck Back	0.4					<b>0.4</b>
Pike or Layout Back	0.4			0.1		<b>0.5</b>
Tuck Front	0.4	0.1				<b>0.5</b>
Pike or Layout Front	0.4	0.1		0.1		<b>0.6</b>
Barani any Position	0.4	0.1	0.2			<b>0.7</b>
Front 1 1/2 - Rudi	0.4	0.1	0.6			<b>1.1</b>
Back with 1/2	0.4		0.2			<b>0.6</b>
Back Full	0.4		0.4			<b>0.8</b>
Back Double Full	0.4		0.8			<b>1.2</b>
Back Triple Full	0.4		1.6			<b>2.0</b>
Double Back Tuck	0.8				$1.6+(1.6/4) = 1.6+.4$	<b>2.0</b>
Double Back Pike	0.8			0.2	$2.0+(2.0/4) = 2.0+.5$	<b>2.5</b>
Double Back Layout	0.8			0.4	$2.4+(2.4/4) = 2.4+.6$	<b>3.0</b>
Full In or Out Double Back Tuck	0.8		0.4		$2.4+(2.4/4) = 2.4+.6$	<b>3.0</b>
Full In or Out Double Back Pike	0.8		0.4	0.2	$2.8+(2.8/4) = 2.4+.7$	<b>3.5</b>
Full In or Out Double Back Layout	0.8		0.4	0.4	$3.2+(3.2/4) = 3.2+.8$	<b>4.0</b>
Full In Full Out Double Back Tuck	0.8		0.8		$3.2+(3.2/4) = 3.2+.8$	<b>4.0</b>
Full In Full Out Double Back Pike	0.8		0.8	0.2	$3.6+(3.6/4) = 3.6+.9$	<b>4.5</b>
Full In Full Out Double Back Lay	0.8		0.8	0.4	$4.0+(4.0/4) = 4.0+1.0$	<b>5.0</b>
Full In Double Full Out Tuck	0.8		1.2		$4.0+(4.0/4)=4.0+1.0$	<b>5.0</b>
Full In Double Full Out Pike	0.8		1.2	0.2	$4.4+(4.4/4)=4.4+1.1$	<b>5.5</b>
Full In Double Full Out Layout	0.8		1.2	0.4	$4.8+(4.8/4)=4.8+1.2$	<b>6.0</b>
Triple Back Tuck	1.2				$3.6+(3.6/4) = 3.6+.9$	<b>4.5</b>
Triple Back Pike	1.2			0.3		<b>5.1</b>

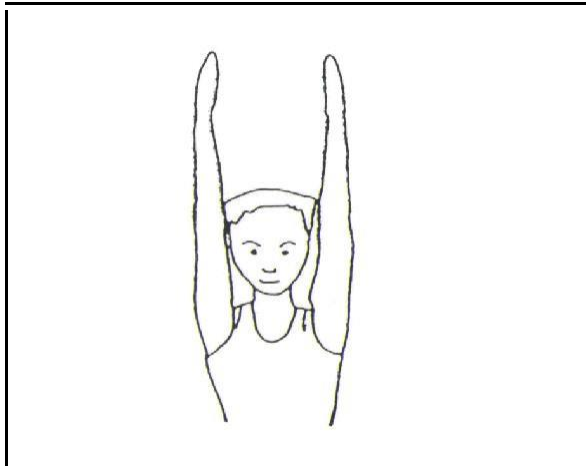
Triple Back Lay	1.2			0.6	$5.4 + (5.4/4) = 5.4 + 1.35$	<b>6.8</b>
Double Front 1/2	0.8	0.2	0.2		$2.4 + (2.4/4) = 2.4 + .6$	<b>3.0</b>
Punch Fronts	.4 for each somi	.1 for Front	.1 for each 1/4 twist	bonus position	.1 for Bounding & .1 for Reversal	Total DD
Reversal (Punch) Tuck	0.4	0.1			0.2	<b>0.7</b>
Reversal (Punch) Pike	0.4	0.1		0.1	0.2	<b>0.8</b>
Reversal (Punch) Barani	0.4	0.1	0.2		0.2	<b>0.9</b>
Reversal (Punch) Rudi	0.4	0.1	0.6		0.2	<b>1.3</b>



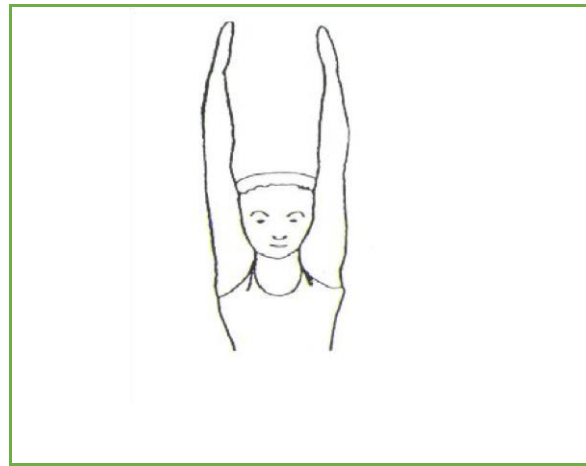
## ADDITIONAL VISUAL AIDS AND DEDUCTION CHARTS -

DEDUCTIONS				
DEDUCTIONS	0	0.1	0.2	0.3
Position of the head				
Position of the limbs				

**EXTENDED:** Arms should be held up straight and tight before and after each skill is executed with the shoulders extended and pressing against the head (as in a “shrug”).



**INCORRECT  
SHOULDER**



**CORRECT  
SHOULDER**

## ADDITIONAL VISUAL AIDS AND DEDUCTION CHARTS -



**THE STRAIGHT BODY POSITION MUST BE USED ON TAKE-OFFS, PRESSOUTS, AND TWISTING SKILLS. THIS POSITION CAN BE TRAINED AGAINST A FLAT WALL.**

**ARMS - straight and against the wall with extended shoulders and flat armpits.**

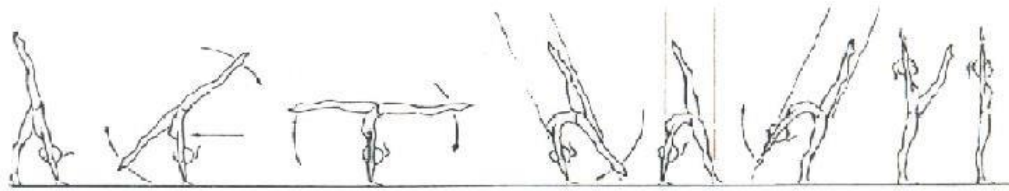
**HEAD - should be held against the wall in a neutral position.**

**BACK - should be flat with the rib cage pulled in and up allowing for only the small of the back off the wall.**

**LEGS - should be straight with feet less than 2 inches off the wall.**

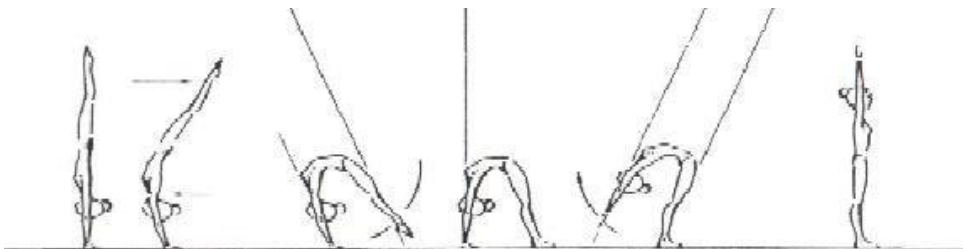
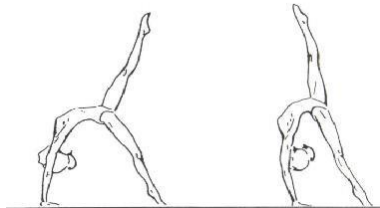
**STRAIGHT BODY**

**ADDITIONAL VISUAL AIDS AND DEDUCTION CHARTS -**

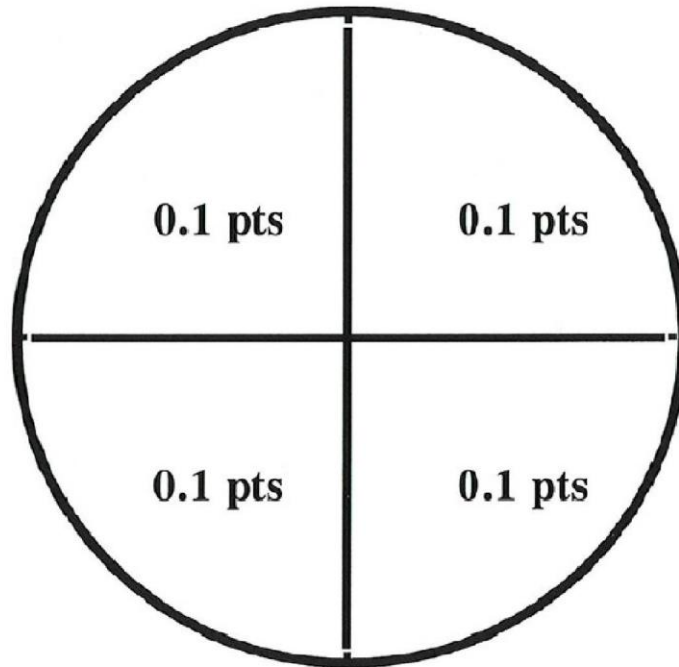


**FRONT WALKOVER**

**COMPARISON OF AMPLITUDE IN STEP-OUT PHASE OF FRONT WALKOVERS**



**FRONT LIMBER**

**FIGURING TUMBLING DIFFICULTY FOR TWISTING SKILLS****SINGLE SOMI & TWIST DIFFICULTY:****Back Somis & Twists UP TO Doubles**

Each  $\frac{1}{4}$  Rotation & each  $\frac{1}{4}$  Twist = 0.1 pt. difficulty

One FULL Rotation = 0.4 pts. difficulty

One FULL Somi = 0.4 pts. difficulty

One FULL Rotation and One FULL Twist = 0.8 (0.4 + 0.4) pts. difficulty

**Front Somis & Twists UP TO DOUBLES - add 0.1 to back difficulty**

One FULL Rotation or Somi = 0.5 pts. difficulty

One FULL Rotation and One FULL Twist = 0.9 (0.4 + 0.4 + 0.1) pts. difficulty

For each Somi in a PIKE or OPEN (LAYOUT) Position, Add 0.1 to the somi difficulty  
i.e., Pike Back Somi = 0.5 (0.4 + 0.1) pts. difficulty

**DOUBLE SOMI & TWIST DIFFICULTY:**


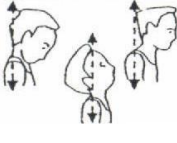









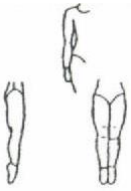
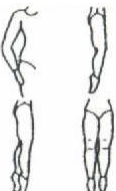








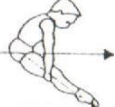


Figure difficulty as before (take the total as figured above and multiply by 2)  
i.e., Double Tuck Back = 0.4 for each somi rotational =  $0.8 \times 2 = 1.6$  pts. difficulty



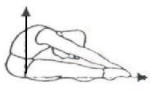
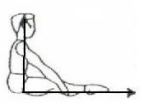

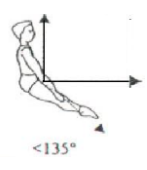

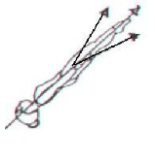
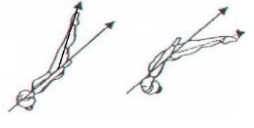
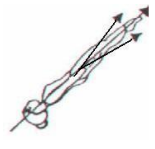
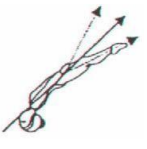
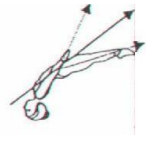
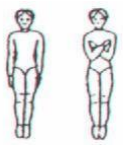



Divide that amount by 4 ( $1.6/4 = 0.4$  pts. difficulty)

Add that figure to the original difficulty (which was 1.6 pts. difficulty) for the total skill difficulty

( $1.6 + 0.4 = 2.0$  pts. difficulty)

# GUIDE TO JUDGING - DEDUCTIONS FOR FAULTY EXECUTION

DEDUCTIONS	0.0	0.1	0.2	0.3	0.4	0.5
Position of the Head						
Tuck position Angle of upper body to thigh	 somersault					
Knees apart						
Position of the hands						
Somersaults with twists Position of the Limbs						
Pike position Angle of upper body to thighs						
Position of the legs with respect to horizontal (jump)						
Position of the hands (jump & somi)						

DEDUCTIONS	0.0	0.1	0.2	0.3	0.4	0.5
Straddle jump (piked)  Opening of the legs	 > 135°	 < 135°				
Somersaults without twists  Angle between chest and thighs						
Multiple somersaults with twist  Angle between chest and thighs	 < 135°					
Straight position without twist  Bending of the body						
Somersaults without twist  Bending of the body						
Somersaults with twist  Position of arms						
Puck position  Multiple somersaults with twist		 > 120°				

## Glossary of Tumbling Terms

**Back Handspring** - A skill in which the athlete jumps and rotates backward to momentarily push off the hands before landing on the feet to complete 360E rotation.

**Barani** - A single front somersault with a  $\frac{1}{2}$  (180E) twist initiated after 45E degrees of somersaulting rotation.

**Brandi** - A Round-off in which the hands do not touch the floor.

**Bounding Credit** - A 0.1 point difficulty credit awarded when single or multiple somersault skills, whether twisting or not which are executed from a previous somersault performed in the same direction.

**Front Handspring** - A skill in which the athlete jumps and rotates forward to momentarily push off the hands before landing on the feet to complete a 360E rotation.

**Full** - A single back somersault in the straight position with 1/1 (360E) twist.

**Hurdle** - An upward and forward jump from two feet, with the weight landing on one leg (back leg of the round-off). The weight should transfer from the back to front leg to begin the following skill.

**Instability** - Landing: Lacking stability or steadiness. See landing instability.

**Landing area** - The entire landing mat provided at the end of the tumbling run.

**Landing stability** - Stability when ending a pass. Moving body around, waving arms, and/or taking steps. Not holding the landing still for three seconds results in an aesthetic deduction of 0.1-0.3 pt.

**Landing zone** - The designated area within the landing area that marks the zone a skill can land in without deduction.

**Miller** - A double back somersault with a full in, double full out. Difficulty: straight - 6.0

**Randi** - A single front somersault in the straight position with  $2\frac{1}{2}$  twist.

**Rebound** - An immediate straight jump (straight up and down) directly following the landing of a skill. performed out of a round-off or handspring at the end of a sub-novice, novice, or intermediate level pass.

**Round-Off** - A neutral repulsion skill that can be used as a front or back skill which begins by placing the hands on the floor parallel to each other - pushing off as the feet come together in the air before doing a  $\frac{1}{2}$  twist and landing on the feet - ending the skill facing the opposite direction as started. The hands should lift off the mat before the feet land.

**Rudi** - A single front somersault in the straight position with  $1\frac{1}{2}$  twist.

**Somersault** - A skill in which the athlete jumps completes a 360E rotation beginning and ending on the feet.

**Somi** - A shortened term for a somersault.

**Whip** - A somersault performed in the middle of a pass (should be performed at or below shoulder height). Length and speed characterize a handspring.