

AAU LOWER LEVEL TUMBLING REFERENCE SHEET					
SUB-BEGINNER		ADVANCED BEGINNER		SUB NOVICE	
(2 warm up passes)		(2 warm up passes, 1 routine per warm up)		(2 warm up passes, 1 routine per pass)	
PASS Req & Restrictions		PASS Req & Restrictions		PASS Req & Restrictions	
1 Pass with 5 FORWARD rolls		2 Passes with 5 skills		2 Passes: 1st. with 3-skills, 2nd. with 4-skills	
* NO cartwheels, Round-offs, Handstands		* 1st pass all Backward skills		*Each must have at least one handspring	
Superior/Major Deductions		*2nd pass all Forward skills		*Step-outs are allowed in middle of pass only	
*Terminate after 2nd consecutive step (3rd step terminates & .5 per step = 1.5)		*Each pass MUST have a Limber skill		*Handsprings may repeat without deduction	
*Exceeding pass requirements -2.0		and must rebound if performed *Round-offs = NEUTRAL skill that must be performed as the last skill of the pass		Superior/Major Deductions	
BEGINNER		*Cartwheels are a FORWARD skill		*Not starting from run/hurdle = termination	
(2 warm up passes, 1 routine per warm up)		Superior/Major Deductions		*Pass with NO handspring - 2.0 pass req.	
PASS req. & Restrictions		*Pass with no limber -2.0		*No rebound on completed pass = .5 + landing	
2 Passes with 5 skills		*Terminate after 1st consecutive step (2nd step terminates, .5 per step = 1.0)		*Performing any somi -2.0 exceeding level	
*1st pass all Backward skills		*Performing passes in the wrong order score as normal (give DD) -2.0		*Intermediate steps with feet or hands = termination	
*2nd pass all Forward skills		*Performing round-off in pass other then ending -2.0		*Hand slide deductions can NOT be taken on round-off handsprings with repulsion	
*Round-offs are NOT allowed		*Performing a round-off at the end of the pass and failing to rebound -.5		SUPERIOR DEDUCTIONS	
*Cartwheels are a Forward skill		SUB NOVICE 1		One foot landing on last skill	
Superior/Major Deductions		(2 warm up passes, 1 routine per warm up)		Repeating a skill 3 X's in a row	
*Terminate after 2nd consecutive step (3rd step terminates & .5 per step = 1.5)		PASS req. & Restrictions		Repeating a skill 4 X's in a row	
*Performing passes in the wrong order score as normal (give DD) -2.0		2 Passes with 2 skills		Repeating a skill 5 X's in a row	
*Illegal skill .5 and No DD		*Both passes are compulsory		Extra skill	
*Performing cartwheel in 1st pass = score as normal (give DD) & -2.0		*Run/Hurdle Round-off handspring		Spotting during pass	
* Performing round-off or limber exceeds pass requirements -2.0 & No DD		*Rebound stick		Landing/Stick/Stability	
SUPERIOR DEDUCTIONS BEG. LEVELS		DIFFICULTY		Landing 1 hand	
Hand/Foot slides	0.3	Front Handstand roll	0.1	Landing 2 hands	
Step with Hand/Foot	0.5	Back Extension roll	0.1	Landing knees/elbows	
Rocking forward on first skill	0.5	Cartwheel (1or 2 hand)	Beg .1 / Sub-Nov .0	Landing seat or hands behind	
Toe/Foot/Heel over mat on straddle		Round-off	0.2	Landing front/head/back	
(Do Not take if athlete is center of mat)		Limber/Walkover/Arabian	0.2	Landing - going off the mat	
*Toe/Heel .1-.3 Heel .9 + termination		Front or Back handspring	0.2	Coaching	
				Jewelry (NO Tape)	
				Innapropriate attire	
				Illegal skill	
				Control/travel of rebound	