

TUMBLING LEVEL REQUIREMENTS

SUB-BEGINNER LEVEL

One pass with five forward rolls

No cartwheels, round-offs, or handstands

Warm ups

Two warm up passes (one routine per pass)

BEGINNER LEVEL

Two five skill passes

First pass consists of all back skills

Second pass consists of all front skills

Both passes MUST end on two feet

Warm ups

Two warm up passes, (one routine per warm up)

Round-offs are NOT allowed

Cartwheels are a forward skill

ADVANCED BEGINNER LEVEL

Two five skill passes

First pass consists of all back skills

Second pass consists of all front skills

Both passes MUST end on two feet

Each pass MUST have a limber skill

Warm ups

Two warm up passes, (one routine per warm up)

Cartwheels are a forward skill

Round-offs are a neutral skill that MUST be

Performed as the last skill of the pass and
MUST rebound.

SUB-NOVICE 1 LEVEL

Two passes with two skills MUST begin with run or hurdle

Both passes are compulsory

*Run or hurdle round-off handspring

Must rebound

Must end on two feet

Warm ups

Two warm up passes, (one routine per warm up)

Passes must move in one direction

SUB-NOVICE LEVEL

Two passes MUST begin with run or hurdle

First pass consists of three skills

Second pass consists of four skills

Each pass MUST have at least one handspring

Must rebound

Must end on two feet

Warm ups

Two warm up passes, (one routine per warm up)

Passes must move in one direction

NOVICE LEVEL

Two passes MUST begin with run or hurdle

First pass consists of five skills

Second pass consists of eight passes

Each pass MUST have at least two handsprings

Must rebound

Must end on two feet

Warm ups

Three warm up passes, (one routine per warm up)

Passes must move in one direction

One eight skill pass for finals

INTERMEDIATE LEVEL

Two passes MUST begin with run or hurdle

First pass consists of five skills

Second pass consists of eight passes

Each pass MUST have one somi no more than two

Only one somi with maximum of 180-degree twist
allowed per pass

Must end on two feet

Warm ups

Four warm up passes, (one routine per warm up)

Pass does not have to end in a somi; however, if

Ending in a handspring or round-off it must end
in a rebound.

Passes must move in one direction

One eight skill pass for finals

TUMBLING LEVEL REQUIREMENTS

SUB-ADVANCED LEVEL

Two passes MUST begin with run or hurdle

First pass consists of five skills

Second pass consists of eight passes

Each pass must consist of minimum two somis
and maximum of four somis

Only one somi with maximum 360-degree twist is
allowed per pass

One reversal tumbling skill is allowed at the end of
a pass from a somi per pass

Maximum combined difficulty is 5.0

MAY repeat one difficulty skill per pass

Both completed passes MUST end in a somi

Warm ups

Four warm up passes, (one routine per warm up)

One eight skill pass for finals

ADVANCED LEVEL

Two passes MUST begin with run or hurdle

First pass consists of five skills

Second pass consists of eight passes

Minimum of 2 somis, one pass MUST have 3 somis

Each pass MUST end in a somi

One reversal tumbling skill is allowed at the end of
a pass from a somi per pass

Consecutive whips may be repeated in 5 skill pass

Consecutive whips may be repeated ONLY if a
completed pass ends in a somi with a 720-degree
twist or 720-degree rotation or more

Warm ups

Four warm up passes, (one routine per warm up)

Maximum of 7.7 combined difficulty (for JO's)

Finals cap of 5.5 for eight skill pass at JO's

One eight skill pass for finals

ELITE LEVEL

Two optional eight skill passes MUST begin with run or hurdle

Minimum qualifying difficulty 7.8

8.8 difficulty needed to move to finals

Minimum of 2 somis per pass, but one must have 3

All completed passes MUST end in a somi

Only one pass may end in a reversal

Second optional pass MUST end in a different skill
then the first optional pass

Row of whips may be repeated without loss of
difficulty if pass ends in multiple somi

Warm ups

Prelims, 6 warm up passes, finals 3 warm ups