

AAU UPPER LEVEL TUMBLING REFERENCE SHEET			
NOVICE	ADVANCED	SUPERIOR DEDUCTIONS	
(3 Warm up passes, 1 routine per warmup)	(Prelims 4 warm ups / Finals 3 warm ups)	Not starting from run or hurdle	Termination
<u>Pass Req. & Restrictions</u>	<u>Pass Req. & Restrictions</u>	Step with Hand/Foot	.5 & Termination
2 passes: 1st. with 5 skills, 2nd. with 8 skills	2 Passes: 1st. with 5 skills, 2nd. with 8 skills	One foot landing on last skill	0.5
*Each must have at least 2 handsprings	*Minimum of 2 Somis per pass	Not enough or extra skills	1
<u>Superior/Major Deductions</u>	*Each completed pass must end in a somi	Missing pass requirements	2
*Hand slide deductions can not be taken on	*1 reversal allowed per pass	No rebound (Nov. & Inter.)	.5 + landing
Round-off that has repulsion	<u>Level Req. & Restrictions</u>	*Shoulder Height (last Back somi)	.3*
If No repulsion is demonstrated -.1 to .5	*1 pass must have 3 somis	*Not ending in Somi (SAdv.-Elite)	.5*
*No DD for Cartwheels	<u>Maximum of 7.7 combined DD</u>	Landing/Stick/Stability	.0 - .3
*Cartwheel repeats (3=-.1, 4=-.3, 5=-.6)	<u>Finals cap of 5.5 for 8 skill pass at JO's</u>	Landing 1 Hand	0.4
*Any somi exceeds level req. = -2.0 & no DD	<u>Superior/Major Deductions</u>	Landing 2 Hands	0.5
<u>INTERMEDIATE</u>	*Repeats = loss of DD (exceptions below)	Landing Knees/Elbows	0.6
(4 Warm up passes, 1 routine per warm up)	* 5-skill - Consecutive whips may be repeated	Landing seat or hands behind	0.7
<u>Pass Req. & Restrictions</u>	* 8-skill - Consecutive whips may be repeated	Landing front/head/back	0.8
2 passes: 1st. with 5 skills, 2nd. with 8 skills	ONLY if a completed pass ends in a somi with 720 degree twist or 720 degree rotation or more.	Landing - going off floor/mat	0.9
*Minimum of 1 Somi per pass		Skill takeoff on crash pad	Terminate
*Maximum of 2 Somis per pass		Coaching	0.3
*Maximum of 180 degree twist per pass		* No pass with three somis = -2.0	Jewelry (No tape)
*No reversal somis allowed	*May take -4.0 if athlete fails to meet both	Inappropriate attire	1.0 per pass
<u>Superior/Major Deductions</u>	PASS & LEVEL req. (taken on 2nd. Pass)	*TAKE ON COMPLETED PASS ONLY*	
*More than 2 somis = -2.0 exceeding level	ELITE	DIFFICULTY	
*More than 180 degree twist = -2.0	(Prelims 6 warmups / Finals 3 warm ups)	Roundoff	0.2
*Reversal = -2.0 exceeding level	MINIMUM QUALIFING DD = 7.8	Handspring (front/back)	0.2
<u>SUB-ADVANCED</u>	8.8 DD Needed to move to Finals	Whip	0.4
(4 Warm up passes, 1 routine per warm up)	<u>Pass Req. & Restrictions</u>	Barani	0.7
<u>Pass Req. & Restrictions</u>	2 Optional 8 skill passes	Tuck [back] [front]	.4/.5
2 passes: 1st. with 5 skills, 2nd. with 8 skills	*Minimum of 2 Somis per pass	Pike [back] [front]	.5/.6
*Minimum of 2 Somis per pass	** One pass must have 3 somis**	Layout [back] [front]	.5/.6
*Maximum of 4 somis per pass	*Only 1 pass may end in a reversal	Back half or Arabian	0.6
*Each completed pass must end in a somi	*2nd. Optional pass must end in a different skill then the 1st optional pass. Row of whips may be repeated without loss of DD ONLY if pass ends in multiple somi	Full [back]	0.8
*1 reversal allowed per pass		Rudi	1.1
*May repeat 1 DD skill per pass		Double full [back]	1.2
*Max 360 degree twist & rotation per somi		Triple full [back]	2
<u>Maximum 5.0 combined DD</u>	**all other repeats = loss of DD**	Double or Triple back tuck	2.0/4.5
<u>Superior/Major Deductions</u>	Failing to meet any of the pass requirements above = -2.0	Double or Triple back pike	2.5/5.6
Exceeding pass req. = -2.0		Double or Triple back layout	3.0/6.8
*More than 360 rotation or twist per skill		Full In or Out Tuck / Pike	3.0/3.5
*More than 1 360 twist per pass	AESTHETIC RANGES	Full In or Out layout	4
*More than 4 somis per pass	Aesthetics Per Skill	Reversal/Punch front tuck	.7 (.5+.2)
Repeated somi = loss of DD	Control/Travel of Rebound (Novice - Intermediate Only)	Reversal/Punch barani	.9 (.7+.2)
	One eight skill pass for finals Novice - Elite		