

Appendix I.

2015-16 TUMBLING Division Rules

Levels 1,2,3,4,5, AGE: Same as Jumps Age Divisions (Tiny, Mini, Youth, Junior, and Senior)

Level 1, 2 Guidelines

Level 1-1 pass -Minimum 3 skills, maximum 4 skills. Total pass worth 10.00 points. Skills allowed: Forward rolls, Backrolls, front and back walkovers, cartwheels, roundoffs
Level 2-1 pass -Minimum 3 skills, maximum 4 skills. Total pass worth 10.00 points Skills allowed: All Level One skills plus, front and backhandsprings, no aerial or salto skills allowed
Pass performed with only one (1) skill-Deduction 6 points. Pass Performed with only two (2) skills-Deduction 3 points. Any pass performed with more than 4 skills will be scored on the first 4 skills performed.
Level 1- No flight skills required, but roundoffs are allowed Level 2-At least 1 skills must have flight with use of hands. (Round-offs & handsprings are considered a flight skills)
No Bonus, Form deductions only

Level 3, 4 Division Guidelines

Level 3 & 4; 2 passes required -Minimum 3 skills, maximum 4 skills. Each pass is worth 10.00 for a total of 20.00 points.
Pass performed with only one (1) skill-Deduction 6 points. Pass performed with only two (2) skills-Deduction 3 points. Any pass performed with more than 4 skills will be scored on the first 4 skills performed.
All skills <u>must</u> contain flight with or without use of hands. (Round-off is considered a flight skill) Deduction for performing a non-flight skill (ex: cartwheel)- 2.00 points per occurrence.
Level 3- No dive rolls allowed. No salto skills is required but may be performed. Level 4-One pass must contain salto either forward or backward in tuck, pike or stretched position. Deduction of 5.00 points for missing salto. Aerials are allowed in Level 4
No reversal skills allowed. No twisting allowed. Deduction will result for a void (0.00) for that pass.
No bonus, form deductions only.

Level 5 Division Guidelines

Level 5; 2 passes - Minimum 3 skills, maximum 4 skills, all must contain flight. Each pass is worth 10.00 for a total of 20.00 points.
Pass performed with only one (1) skill-Deduction 6 points. Pass performed with only two (2) skills-Deduction 3 points. Any pass performed with more than 4 skills will be scored on the first 4 skills performed. First pass must contain at least one salto either forward or backward.
Second pass must contain a minimum of two saltos forward or backward, directly or indirectly connected.
Maximum level of salto difficulty- 2 1/2 backward twist. No double saltos allowed.
Bonus for each 1/2 twist: 1 point 1/2 twist= 1 point Full twist= 2 points 1 1/2 twist= 3 points Double Twist= 4 points 2 1/2 Twist= 5 points
Bonus for two directly connected saltos: 2 points Round-off, whip back, back tuck= 2 points bonus Barani, whip back, back tuck=4 points bonus Front tuck, round-off, whip back, back tuck=2 points bonus

Form deductions apply
Any hesitation between skills will result in a deduction of up to 1 point rhythm deduction for each hesitation.
Hesitations will be determined by superior judge.
Other deductions:
Bent Arms/ knees: up to one point each time.
Leg separation: up to 1 point each time.
Fall to knees or seat: 2 points
Touch of hands on mat: 1 point