

AAU TUMBLING (BEGINNER LEVELS) QUICK REFERENCE SHEET

SUB-BEGINNER		ADVANCED BEGINNER		SUPERIOR PENALTIES & LANDING DEDUCTIONS			
(2 Warm Up Passes)		(2 Warm Up Routines)		Penalties for Execution (Per Occurrence on All Passes)		Maximum Score	
PASS REQUIREMENTS		PASS REQUIREMENTS		Pushing Off Hands Before a BACK Pass	0.5	Number of Completed Skills	Start Value
· ONE, Compulsory 5-Skill Pass		· Two Compulsory Passes:		Slides of the hands/feet	0.3 per slide	None	Zero/0.1 Score
Pass One: 5 Tuck Forward Rolls		Pass One:		Steps with hands/feet	0.5 per step	1	6.0 - 1.0 = 5.0*
ILLEGAL SKILLS (INTERRUPTIONS)		Power Round Off, Rebound, Backward Roll Tuck		Toes Over the Edge/Side of Mat	0.1-0.3	2	7.0 - 1.0 = 6.0*
· NO Cartwheels, RO or Handstands		Pass Two:		Pass Requirement Penalties		3	8.0 - 1.0 = 7.0*
· NO Backwards Skills		Running Round Off, Rebound, Three Steps Backward		Not Meeting Pass Requirements	1.0	4	9.0 - 1.0 = 8.0*
· If Performed = Interruption		-- The three steps should show repulsion and be natural		Not Performing Enough Skills	1.0	5	10.0**
SUPERIOR NOTES		SUPERIOR NOTES		Performing Extra Skills	1.0	6 or More	0.0 - 1.0 = 9.0*
· NO REPEAT DEDUCTIONS		· If they deviate from routine = Interruption		Performing the wrong pass (front/back)	1.0	Subtract any additional penalties only (no landing)	
· Steps: Pass is interrupted AFTER the 2ND consecutive step (the 3RD consecutive step interrupts and a -1.5 deduction applies.)		· Passes do receive difficulty		Repeat Penalties (Beg & Adv Beg Only)		** Subtract any additional penalties & landing	
				3rd Identical Skill in a Row	0.1		
				4th Identical Skill in a Row	0.3		
				5th Identical Skill in a Row	0.6		
				Landings Deductions (Completed Passes Only)		Tuck, Pike or Straddle	
				Landing Stick or Instability	0.0-0.3	Dive Roll (Illegal at Sub-Beg)	
				Landing One or Two Hands	0.5	Handstand Roll (Front)*	
				Landing Knee or Elbow	1.0	Extension Roll (Back)*	
				Landing Seat or Hands Behind	1.0	* MUST hit vertical position to receive credit.	
				Landing Front, Back or Head	1.0	Cartwheels & Round Offs	
				Landing Falling Off Mat	1.0	Cartwheels (One or Two Hands)	0.1
				One Foot Landing on the Last Skill (Completed Pass w/ ≥ 5 Skills Only)	0.5	Round Off	0.2
				Interruptions (Stop Scoring)		Limbering Skills	
				Reversal of Motion / Change Direction	Interrupt	Limbers (Front or Back)	0.2
				Fall to the Mat DURING a Pass	Interrupt	Walkovers (Regular or Scissor)	0.2
				Pushing off Anything Other than Hands	Interrupt	Arabian Limbers (Front or Back)	0.2
				Being Spotted During the Pass	Interrupt	AESETHIC DEDUCTIONS	
				SUBSTANTIAL Pause Between Skills	Interrupt	Execution Per Skill	0.0-0.8
				Taking Too Many Steps Between Skills	Interruption + Step	Control of Round Off Rebound	0.1-0.3
				Touching the Floor Off Mat During a Pass (Unless the athlete is in the center of the mat)	Interrupt	"Zero" Scores are awarded a 0.1 Courtesy	
				Ankle or More Over the Edge of Mat	Interrupt		
				Performing an Illegal Skill	Interrupt		
				Not Starting On the Mat	Zero/0.1 Score		
				Performing Skills After the Mat Ends	Interruption		
				Misc. Penalties			
				Coaching	0.3 per pass		
				Jewelry (No Tape)	1.0		
				Inappropriate Attire	1.0		
				Socks/Shoes - Wrong Color or Type	1.0		
				Dropped Hair Ties	No Deduction		
				Undergarments Showing	No Deduction		
				Loose Hair/Bangs	No Deduction		
				Nail Polish	No Deduction		