

AAU TUMBLING (SUB-NOVICES) QUICK REFERENCE SHEET

SUB-NOVICE 1		SUB-NOVICE		SUPERIOR PENALTIES AND LANDING DEDUCTIONS			
(2 Warm Up Passes)		(2 Warm Up Routines)		Execution Penalties & Deductions		Maximum Score - Sub-Novice 1 Passes (2-Skill)	
<u>PASS REQUIREMENTS</u> • TWO, 2-Skill Passes • EACH pass MUST contain: • One Round Off • One Handspring (Back or Front)		Not Performing a Rebound (Complete)		0.5 + Landing	Number of Completed Skills	Start Value	
		Hand slide on a Round Off w/o Rebound		0.1-0.5	None	Zero/0.1 Score	
		Slides can not be taken on skills with repulsion.			1	9.0 - 1.0 = 8.0*	
		Pass Requirement Penalties			2	10.0**	
		Not Meeting Pass Requirements		1.0	3 or More	0.0 - 1.0 = 9.0*	
		Performing Extra Skills		1.0	Subtract any additional penalties only (no landing)		
		Not Enough Skills		1.0	** Subtract any additional penalties & landing		
		Repeat Penalties			Maximum Score - Sub-Novice 1st Pass (3-Skill)		
		Performing 3 Cartwheels in a Row		0.1	Number of Completed Skills	Start Value	
		Repeating ROs or Handsprings		No Deduction	None	Zero/0.1 Score	
Passes MUST BEGIN with a Hurdle OR Run Passes MUST END with a Rebound Passes MUST END on TWO FEET (Step-outs allowed in the middle of the pass ONLY)		Landing Deductions AFTER Landing			1	8.0 - 1.0 = 7.0*	
		Landings Are Taken On COMPLETED Passes ONLY			2	9.0 - 1.0 = 8.0*	
		Landing Stick or Instability	0.0-0.3	3	10.0**		
		Landing One or Two Hands	0.5	4 or More	0.0 - 1.0 = 9.0*		
		Landing Knee or Elbow	1.0	Subtract any additional penalties only (no landing)			
		Landing Seat or Hands Behind	1.0	** Subtract any additional penalties & landing			
		Landing Front, Back or Head	1.0	Maximum Score - Sub-Novice 2nd Pass (4-Skill)			
		Landing Falling Off Mat	1.0	Number of Completed Skills	Start Value		
		One Foot Landing on the Last Skill (Completed Pass Only)	0.5	None	Zero/0.1 Score		
		Interruptions			1	7.0 - 1.0 = 6.0*	
<u>ILLEGAL SKILLS</u> • NO Rolls or Limbering Skills Allowed • NO Aerials • NO Somis • If Performed = Interruption		Fall to the Mat DURING a Pass		Interruption	2	8.0 - 1.0 = 7.0*	
		Being Spotted During the Pass		Interruption	3	9.0 - 1.0 = 8.0*	
		Step Between Skills		Interruption	4	10.0**	
		Touching the Floor Off Mat During a Pass		Interruption	5 or More	0.0 - 1.0 = 9.0*	
		Performing an Illegal Skill		Interruption	Subtract any additional penalties only (no landing)		
		Not Starting On the Mat		Zero/0.1 Score	** Subtract any additional penalties & landing		
		Initiating a Skill in the Landing Area		Interruption	AESETHIC DEDUCTIONS		
		Not Starting from a Hurdle/Run		Zero/0.1 Score	Execution Per Skill	0.0-0.8	
		Majors - Misc.			Control of Round Off Rebound	0.1-0.3	
		<u>SUPERIOR NOTES</u> • NO Handspring = -1.0 for pass requirements (Complete & Incomplete Passes) • NO Rebound = -0.5 + Landing (Completed Passes Only) • Failure to start with a hurdle or run = "Zero"/0.1 Score • Step with Hands or Feet = Interruption		Coaching		0.3 per pass	"Zero" Scores are awarded a 0.1 Courtesy
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			
DIFFICULTY							
Cartwheels & Round Offs							
Cartwheels (One or Two Hands)		0.0					
Round Off		0.2					
Handsprings							
Front or Back Handsprings		0.2					
New Rules for 2025-2026							
Floor must be 60' long and 6' wide.		Floor must be 72' long and 6' wide.					