

AAU TUMBLING (UPPER LEVELS) QUICK REFERENCE SHEET

NOVICE		ADVANCED		SUPERIOR PENALTIES AND LANDING DEDUCTIONS			
(4 Warm Up Passes)		(5 Warm Up Routines, Prelims & Finals)		Major Execution Deductions - Completed Passes On		Maximum Score - 5 Skill Pass	
<u>PASS REQUIREMENTS</u>		<u>PASS REQUIREMENTS</u>		Not Performing a Rebound	0.5 + Landing	Number of Completed Skills	Start Value
Pass 1 - 3 Skills		2, 8-Skill Passes		Shoulder Height on Last Back Somi	0.3	None	Zero/0.1 Score
· 1st Pass MUST have 1 Handspring		· MIN 2 Somi per Pass		<u>Pass Requirement (Taken Once Per Pass)*</u>		1	6.0 - 1.0 = 5.0*
· 1st Pass MAY have 1 Somi		<u>LEVEL REQUIREMENTS</u>		Not Meeting Pass Requirements	1.0	2	7.0 - 1.0 = 6.0*
Pass 2 - 8 Skills		· One Pass MUST have ≥3 Somis		Performing Extra Skills	1.0	3	8.0 - 1.0 = 7.0*
· 2nd Pass MUST have 4 Handsprings		MAX COMBINED DD = 7.7		Not Enough Skills	1.0	4	9.0 - 1.0 = 8.0*
· No Somis Allowed in 2nd Pass		SUPERIOR NOTES		Exceeding Pass Requirements	1.0, Cap DD	5	10.0**
<u>ILLEGAL SKILLS (INTERRUPTIONS)</u>		· Repeats = Loss of DD		<u>Level Requirement (Taken On Second Pass Only)*</u>		6 or More	0.0 - 1.0 = 9.0*
· All Somis with the Exception of Back Tuck Performed as the last skill of Pass 1		· Performing two identical passes = -1.0		Not Meeting or Exceeding Level Req	1.0, Cap DD	Subtract any additional penalties only (no landing)	
SUPERIOR NOTES		· Not Ending a Completed Pass in a Somi = -0.5		Performing identical pass to 1st pas	1.0	** Subtract any additional penalties & landing	
· NO REBOUND = -0.5 + Landing		· Not Performing a Pass with ≥3 Somis = -1.0		* On the Second Pass ONLY, may "double-dip" and -2.0 if fail to meet BOTH Pass & Level Reqs.		Maximum Score - 8 Skill Pass	
INTERMEDIATE		ELITE		Repeat Penalties		Number of Completed Skills	Start Value
(5 Warm Up Routines)		(7 Warm Ups Prelims & 6 Warm Ups Finals)		Performing 3 Cartwheels in a Row	0.1	None	Zero/0.1 Score
<u>PASS REQUIREMENTS</u>		<u>PASS (PR) & LEVEL (LR) REQUIREMENTS</u>		Performing 4 Cartwheels in a Row	0.3	1	3.0 - 1.0 = 2.0*
2 Passes, One 5-Skill, One 8-Skill		2 Passes, 2 8 Skill Optional Passes		Performing 5+ Cartwheels in a Row	0.6	2	4.0 - 1.0 = 3.0*
· MIN 1 Somi per Pass		· OPTIONALS:		Repeating Ros, Handsprings or Whips	No Deduction	3	5.0 - 1.0 = 4.0*
· MAX 2 Somis per Pass		· MIN 2 Somi per Pass (PR)		Repeating Somis	Loss of DD	4	6.0 - 1.0 = 5.0*
· Passes MAY end in a handspring or Round Off, but MUST Rebound		· One Pass MUST have ≥3 Somis (LR)		Landing Deductions		5	7.0 - 1.0 = 6.0*
· MAX One 180° Twisting Somi per Pass		· Only One Pass May End in a Reversal (LR)		Landings Are Taken On COMPLETED Passes ONLY		6	8.0 - 1.0 = 7.0*
<u>ILLEGAL SKILLS (INTERRUPTIONS)</u>		· Pass Must End in Different Skills (LR)		Landing Stick or Instability	0.0-0.3	7	9.0 - 1.0 = 8.0*
· NO Somis with >180° Twist		MIN COMBINED DD = 7.8 (LR)		Landing One or Two Hands	0.5	8	10.0**
· NO Aerials (Cartwheel or Walkover)		SUPERIOR NOTES		Landing Knee or Elbow	1.0	9 or More	
· NO Reversals Allowed		· Repeats = Loss of DD		Landing Seat or Hands Behind	1.0	0.0 - 1.0 = 9.0*	
SUPERIOR NOTES		· Not Ending a Completed Pass in a Somi = -0.5		Landing Front, Back or Head	1.0	Subtract any additional penalties only (no landing)	
· >2 Somis = -1.0 EPR + No DD for 3rd+ Somi		· <7.8 DD = -1.0 LR, No Finals		Landing Falling Off Mat	1.0	** Subtract any additional penalties & landing	
· >1, 180° Twist Somi = -1.0 EPR + No DD for 2nd Tw		· Ending both passes in a reversal = -1.0 LR + Loss of DD		One Foot Landing on the Last Skill (Completed Pass Only)	0.5	DIFFICULTY	
· NO REBOUND = -0.5 + Landing		· Ending both passes in the same skill = -1.0 LR + Loss of DD		Interruptions (Scoring Stops)		Cartwheels (One or Two Hands)	0.0
SUB-ADVANCED		SUPERIOR NOTES		Fall to the Mat DURING a Pass	Interrupt	Round Off	0.2
(5 Warm Up Routines)		· Repeats = Loss of DD		Being Spotted During the Pass	Interrupt	Baranis	0.7
<u>PASS (PR) & LEVEL (LR) REQUIREMENTS</u>		· Not Ending a Completed Pass in a Somi = -0.5		Step Between Skills	Interrupt	Rudi	1.1
2 Passes, One 5-Skill, One 8-Skill		· <7.8 DD = -1.0 LR, No Finals		Touching the Floor Off Mat During a	Interrupt	Handspring (Back or Front)	0.2
· MIN 2 Somi per Pass (PR)		· Ending both passes in a reversal = -1.0 LR + Loss of DD		Performing an Illegal Skill	Interrupt	Whips	0.4
· MAX 4 Somis per Pass (PR)		· May take -2.0 if athlete fails to meet BOTH PASS & LEVEL Reqs. on 2nd Pass		Not Starting On the Mat	Zero/0.1 Score	Tucks (Back Front)	0.4 0.5
· MAX One 360° Twisting Somi per Pass (PR)		· No Comp Card - 1.0 Deduction on 1st pass.		Initiating a Skill in the Landing Area	Interrupt	Pike (Back Front)	0.5 0.6
· Passes MUST differ by at least one skill		AESETHIC DEDUCTIONS		Not Starting from a Hurdle/Run	Zero/0.1 Score	Layout (Back Front)	0.5 0.6
MAX COMBINED DD = 5.6		Execution Per Skill		Misc. Penalties		Back Half or Arabian	0.6
<u>ILLEGAL SKILLS (INTERRUPTIONS)</u>		Rebound (Nov-Int Only)		Coaching	0.3 per pass	Back Full	0.8
· NO Somis with >360° Twist or Rotation		"Zero" Scores are awarded a 0.1 Courtesy		Jewelry (No Tape)	1.0	Double Full (Back)	1.2
SUPERIOR NOTES		SUPERIOR NOTES		Inappropriate Attire	1.0	Triple Full (Back)	2
· > 4 Somis = -1.0 EPR + No DD for Extra Somis		· Repeats = Loss of DD		Socks/Shoes - Wrong Color or Type	1.0	Double or Triple Back Tuck	2.0 4.5
· >5.6 DD = DD Capped at 5.6		· Not Ending a Completed Pass in a Somi = -0.5		Dropped Hair Ties	No Deduction	Double or Triple Back Pike	2.5 5.1
· >1 Full Per Pass = -1.0 EPR + No DD for 2nd Full		· <7.8 DD = -1.0 LR, No Finals		Undergarments Showing	No Deduction	Double or Triple Back Layout	3.0 6.8
· Performing two identical passes = -1.0		· Ending both passes in a reversal = -1.0 LR + Loss of DD		Loose Hair/Bangs	No Deduction	Full In OR Out Tuck	3.0
· Not Ending a Completed Pass in a Somi = -0.5		· May take -2.0 if athlete fails to meet BOTH PASS & LEVEL Reqs. on 2nd Pass		Nail Polish	No Deduction	Full In OR Out Pike	3.5
New Rules for 2025-2026		· No Comp Card - 1.0 Deduction on 1st pass.		Hand slide on a Round Off w/o Reput can not be taken on skills with repu	0.1-0.5	Full In OR Out Layout	4.0
						Bounding Credit (Somi to Somi)	+0.1
						Bounding Credit (Reversal)	+0.2
						Reversal/Punch Front Tuck	0.7 [0.5+0.2]
						Reversal/Punch Front Pike/Lay	0.8 [0.6+0.2]
						Reversal/Punch Barani	0.9 [0.7+0.2]