AAU TUMBLING (BEGINNER LEVELS) QUICK REFERENCE SHEET

SUB-BEGINNER

(2 Warm Up Passes)

PASS REQUIREMENTS

· **ONE, 5-Skill Pass w/ FORWARD Rolls**

ILLEGAL SKILLS (INTERUPTIONS)

· **NO** Cartwheels, RO or Handstands
· **NO** Backwards Skills
· If Performed = Interruption

SUPERIOR NOTES

· **NO REPEAT DEDUCTIONS**
· **Steps:** Pass is interrupted **AFTER** the **2ND** consecutive step (the **3RD** consecutive step interrupts and a -1.5 deduction applies.)

BEGINNER

(2 Warm Up Routines)

PASS REQUIREMENTS

· **TWO, 5-Skill Passes**
  · 1st Pass **MUST** be **BACKWARDS**
  · 2nd Pass **MUST** be **FORWARDS**
  (Cartwheels are a FORWARD Skill)

ILLEGAL SKILLS (INTERRUPTIONS)

· **NO** Round Offs or Limbering Skills
· If Performed = Interruption

SUPERIOR NOTES

· **Repeats** = -0.1 (3rd), -0.3 (4th), -0.6 (5th)
· **Steps:** Pass is interrupted **AFTER** the **2ND** consecutive step (the **3RD** consecutive step interrupts and a -1.5 deduction applies.)
· Performing a skill in the wrong direction = score full pass and -1.0 for pass reqs. (Give DD)
· Performing a cartwheel in the 1st pass = score full pass, -1.0 PR and give cartwheel DD

ADVANCED BEGINNER

(2 Warm Up Routines)

PASS REQUIREMENTS

· **Two Compulsory Passes:**
Pass One:
Power Round Off, Rebound, Backward Roll Tuck

Pass Two:
Running Round Off, Rebound, Three Steps Backward
-- The three steps should show repulsion and be natural

SUPERIOR NOTES

· If they deviate from routine = Interruption
· Passes do receive difficulty

SUPERIOR PENALTIES & LANDING DEDUCTIONS

enalties for Execution (Per Occurrence on All Passe	
Pushing Off Hands Before a BACK Pass	0.5
Slides of the hands/feet	0.3 per slide
Steps with hands/feet	0.5 per step
Toes Over the Edge/Side of Mat	0.1-0.3
Pass Requirement Penalties	
Not Meeting Pass Requirements	1.0
Not Performing Enough Skills	1.0
Performing Extra Skills	1.0
Performing the wrong pass (front/back)	1.0
Repeat Penalties (Beg & Adv Beg Only)	
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)	
Landing | Stick or Instability	0.0-0.3
Landing | One or Two Hands	0.5
Landing | Knee or Elbow	1.0
Landing | Seat or Hands Behind	1.0
Landing | Front, Back or Head	1.0
Landing | Falling Off Mat	1.0
One Foot Landing on the Last Skill (Completed Pass w/ ≥ 5 Skills Only)	0.5
Interruptions (Stop Scoring)	
Reversal of Motion / Change Directi	Interrupt
Fall to the Mat DURING a Pass	Interrupt
Pushing off Anything Other than Ha	Interrupt
Being Spotted During the Pass	Interrupt
SUBSTANTIAL Pause Between Skills	Interrupt
Taking Too Many Steps Between Skills	erruption + Ste
Touching the Floor Off Mat During a (Unless the athlete is in the center c	Interrupt
Ankle or More Over the Edge of Ma	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	0.3
Undergarments Showing	No Deduction
Loose Hair/Bangs	No Deduction
Nail Polish	No Deduction

Maximum Score	
Number of Completed Skills	**Start Value**
None	Zero/0.1 Score
1	6.0 - 1.0 = **5.0***
2	7.0 - 1.0 = **6.0***
3	8.0 - 1.0 = **7.0***
4	9.0 - 1.0 = **8.0***
5	10.0**
6 or More	0.0 - 1.0 = **9.0***
Subtract any additional penalties only (no landing	
** Subtract any additional penalties & landing	

DIFFICULTY

Rolls	
Tuck, Pike or Straddle	0.0
Dive Roll (Illegal at Sub-Beg)	0.0
Handstand Roll (Front)*	0.1
Extension Roll (Back)*	0.1
* MUST hit vertical position to receive credit.	
Cartwheels & Round Offs	
Cartwheels (One or Two Hands)	0.1
Round Off	0.2
Limbering Skills	
Limbers (Front or Back)	0.2
Walkovers (Regular or Scissor)	0.2
Arabian Limbers (Front or Back)	0.2

AESETHIC DEDUCTIONS

Execution Per Skill	0.0-0.8
Control of Round Off Rebound	0.1-0.3
"Zero" Scores are awarded a 0.1 Courtesy	

Floors must be 42' long and 6' wide.

© AAU Trampoline and Tumbling 2024