

AAU TUMBLING (BEGINNER LEVELS) QUICK REFERENCE SHEET

| SUB-BEGINNER | ADVANCED BEGINNER | SUPERIOR PENALTIES & LANDING DEDUCTIONS | |
|--|--|---|-------------------------|
| (2 Warm Up Passes) | (2 Warm Up Routines) | | |
| <u>PASS REQUIREMENTS</u> | <u>PASS REQUIREMENTS</u> | | |
| <ul style="list-style-type: none"> • ONE, 5-Skill Pass w/ FORWARD Rolls | <ul style="list-style-type: none"> • TWO, 5-Skill Passes • 1st Pass MUST be BACKWARDS • 2nd Pass MUST be FORWARDS • EACH PASS MUST have a limbering skill. • Round Offs are a neutral skill which may be in either pass BUT must be used as the last skill and must rebound • Cartwheels are a FORWARD Skill | | |
| <u>ILLEGAL SKILLS (INTERRUPTIONS)</u> | <u>ILLEGAL SKILLS (INTERRUPTIONS)</u> | | |
| <ul style="list-style-type: none"> • NO Cartwheels, RO or Handstands • NO Backwards Skills • If Performed = Interruption | <ul style="list-style-type: none"> • NO handsprings or somis • If Performed = Interruption | | |
| <u>SUPERIOR NOTES</u> | <u>SUPERIOR NOTES</u> | | |
| <ul style="list-style-type: none"> • NO REPEAT DEDUCTIONS • Steps: Pass is interrupted AFTER the 2ND consecutive step (the 3RD consecutive step interrupts and a -1.5 deduction applies.) | <ul style="list-style-type: none"> • Repeats = -0.1 (3rd), -0.3 (4th), -0.6 (5th) • Steps: Pass is interrupted AFTER the 1ST consecutive step (the 2ND consecutive step interrupts and a -1.0 deduction applies.) • WRONG DIRECTION = Score, Give DD, -1.0 PR • RO in the middle of pass = Score, Give DD, -1.0 PR • Non-rebounding Round Off = 0.5 • Hand Slide on a Round Off = 0.1-0.5 | | |
| BEGINNER | | | |
| (2 Warm Up Routines) | | | |
| <u>PASS REQUIREMENTS</u> | | | |
| <ul style="list-style-type: none"> • TWO, 5-Skill Passes • 1st Pass MUST be BACKWARDS • 2nd Pass MUST be FORWARDS (Cartwheels are a FORWARD Skill) | | | |
| <u>ILLEGAL SKILLS (INTERRUPTIONS)</u> | | | |
| <ul style="list-style-type: none"> • NO Round Offs or Limbering Skills • If Performed = Interruption | | | |
| <u>SUPERIOR NOTES</u> | | | |
| <ul style="list-style-type: none"> • 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 | | | |
| | | Penalties for Execution (Per Occurrence on All Passes) | |
| | | Pushing Off Hands Before a BACK Pa | 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/b | 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 | 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 Ski | Interruption + Ste |
| | | Touching the Floor Off Mat During a | Interrupt |
| | | (Unless the athlete is in the center c | |
| | | 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 | 0.0-0.5 |
| | | 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. | |