

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)	<b>Execution Penalties &amp; Deductions</b>		<b>Maximum Score - Sub-Novice 1 Passes (2-Skill)</b>			
<p style="text-align: center;"><u>PASS REQUIREMENTS</u></p> <ul style="list-style-type: none"> <li>· <b>TWO, 2-Skill Passes</b></li> <li>· <b>EACH</b> pass <b>MUST</b> contain:                             <ul style="list-style-type: none"> <li>· One Round Off</li> <li>· One Handpring (Back or Front)</li> </ul> </li> </ul> <p style="text-align: center;">Passes <b>MUST BEGIN</b> with a <b>Hurdle OR Run</b>                      Passes <b>MUST END</b> with a <b>Rebound</b>                      Passes <b>MUST END</b> on <b>TWO FEET</b> (Step-outs allowed in the middle of the pass <b>ONLY</b>)</p> <p style="text-align: center;"><u>ILLEGAL SKILLS</u></p> <ul style="list-style-type: none"> <li>· <b>NO</b> Rolls or Limbering Skills Allowed</li> <li>· <b>NO</b> Aerials</li> <li>· <b>NO</b> Somis</li> <li>· If Performed = Interruption</li> </ul> <p style="text-align: center;"><u>SUPERIOR NOTES</u></p> <ul style="list-style-type: none"> <li>· <b>NO Handspring</b> = -1.0 for pass requirements (Complete &amp; Incomplete Passes)</li> <li>· <b>NO Rebound</b> = -0.5 + Landing (Completed Passes Only)</li> <li>· Failure to start with a hurdle or run = "Zero"/0.1 Score</li> <li>· Step with Hands or Feet = Interruption</li> </ul>	<p style="text-align: center;"><u>PASS REQUIREMENTS</u></p> <ul style="list-style-type: none"> <li>· <b>TWO</b> Passes:                             <ul style="list-style-type: none"> <li>· 1st Pass is a 3-Skill Pass</li> <li>· 2nd Pass is a 4-Skill Pass</li> </ul> </li> <li>· <b>EACH</b> pass <b>MUST</b> contain a handspring</li> </ul>	Not Performing a Rebound (Complete) 0.5 + Landing	Number of Completed Skills	Start Value			
		Hand slide on a Round Off w/o Repl 0.1-0.5	None	Zero/0.1 Score			
		Slides can not be taken on skills with repulsion.	1	9.0 - 1.0 = <b>8.0*</b>			
		<b>Pass Requirement Penalties</b>		<b>2</b>	<b>10.0**</b>		
		Not Meeting Pass Requirements	1.0	3 or More	0.0 - 1.0 = <b>9.0*</b>		
		Performing Extra Skills	1.0	Subtract any additional penalties only (no landing			
		Not Enough Skills	1.0	** Subtract any additional penalties & landing			
		<b>Repeat Penalties</b>		<b>Maximum Score - Sub-Novice 1st Pass (3-Skill)</b>			
		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		
		<b>Landing Deductions AFTER Landing</b>		1	8.0 - 1.0 = <b>7.0*</b>		
		<b>Landings Are Taken On COMPLETED Passes ONLY</b>		2	9.0 - 1.0 = <b>8.0*</b>		
		<b>Landing</b>   Stick or Instability	0.0-0.3	<b>3</b>	<b>10.0**</b>		
		<b>Landing</b>   One or Two Hands	0.5	4 or More	0.0 - 1.0 = <b>9.0*</b>		
		<b>Landing</b>   Knee or Elbow	1.0	Subtract any additional penalties only (no landing			
		<b>Landing</b>   Seat or Hands Behind	1.0	** Subtract any additional penalties & landing			
		<b>Landing</b>   Front, Back or Head	1.0	<b>Maximum Score - Sub-Novice 2nd Pass (4-Skill)</b>			
		<b>Landing</b>   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		
				1	7.0 - 1.0 = <b>6.0*</b>		
<b>Interruptions</b>		2	8.0 - 1.0 = <b>7.0*</b>				
Fall to the Mat DURING a Pass	Interruption	3	9.0 - 1.0 = <b>8.0*</b>				
Being Spotted During the Pass	Interruption	<b>4</b>	<b>10.0**</b>				
Step Between Skills	Interruption	5 or More	0.0 - 1.0 = <b>9.0*</b>				
Touching the Floor Off Mat During a	Interruption	Subtract any additional penalties only (no landing					
Performing an Illegal Skill	Interruption	** Subtract any additional penalties & landing					
Not Starting On the Mat	Zero/0.1 Score	<b>AESETIC DEDUCTIONS</b>					
Initiating a Skill in the Landing Area	Interruption	Execution Per Skill	0.0-0.5				
Not Starting from a Hurdle/Run	Zero/0.1 Score	Control of Round Off Rebound	0.1-0.3				
<b>Majors - Misc.</b>		"Zero" Scores are awarded a 0.1 Courtesy					
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						
<b>DIFFICULTY</b>							
<b>Cartwheels &amp; Round Offs</b>							
Cartwheels (One or Two Hands)	0.0						
Round Off	0.2						
<b>Handsprings</b>							
Front or Back Handsprings	0.2						

Floor must be 60' long and 6' wide.

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