

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