



**USA GYMNASTICS®**

**Junior Olympic  
Tumbling  
Code of Points  
2016 - 2017**

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**SECTION 1 – QUICK REFERENCE**

**J.O. Code of Points**  
**Tumbling Quick Reference**

For complete information, use the Rules & Policies on the USAG website [www.usagym.org](http://www.usagym.org)

**1. Age Determination**

- 1.1 Each level of the J.O. Program is divided into age groups. The age of the competitor on December 31 of the current year determines the age group in which he/she competes.
- 1.2 Age Groups for:

<b>Levels 1-3</b>	<b>Levels 4-7</b>	<b>Levels 8-10</b>
6 & Under	8 & Under	10 & Under
7-8	9-10	11-12
9-10	11-12	13-14
11 & Over	13-14	15 & Over
	15 & Over	

\*Note: Upon the approval of the Meet Director and personal coach, an athlete may move up to the next older age group if he/she is the only athlete competing in his/her age group.

**2. Calculation of a Score**

- 2.1 Two types of marks are used, "D" type marks, which is the total of the degree of difficulty in one pass and "E" type marks, which is the total given by an execution judge in one pass.
- 2.2 Evaluation of Difficulty (D Score)
- 2.2.1 No difficulty value is awarded to a compulsory pass.
- 2.2.2 Only skills terminating on the feet will be evaluated. The difficulty value of the optional pass is calculated on the following basis:
- 2.2.3 Cartwheels have no difficulty
- 2.2.4 Aerials, back handsprings, round-offs and front handsprings 0.1
- 2.2.5 Whip-backs (See Guide to Judging) 0.2
- 2.2.6 Somersaults:
- 2.2.6.1 Each somersault (360°) 0.5
- 2.2.6.2 Single somersaults without twist done in the pike or straight position will receive a bonus of 0.1
- 2.2.6.3 Each front somersault will receive a bonus of 0.1
- 2.2.7 Somersaults with Twist:
- 2.2.7.1 Single Somersault:
- Each ½ twist of a somersault (180°) 0.2
  - Each ½ twist more than two (2) twist (720°) 0.3
  - Each ½ twist more than three (3) twist (1080°) 0.4
- 2.2.7.2 Double Somersaults:
- Each ½ twist (180°) 0.1
  - Each ½ twist more than one (1) twist (360°) 0.2
  - Each ½ twist more than two (2) twist (720°) 0.3
  - Each ½ twist more than three (3) (1080°) 0.4
- 2.2.8 Single somersaults with twist must twist in one continuous direction; otherwise, no difficulty value will be awarded. For skills, which do not meet this requirement, a deduction for not meeting pass requirements may be applied in addition to the loss of difficulty value for that skill.
- 2.2.9 Double Somersaults – with or without twist
- 2.2.9.1 Double somersaults performed in the pike position will receive a bonus of 0.1 pts.
- 2.2.9.2 Double somersaults performed in the straight position will receive a bonus of 0.2 pts.
- 2.2.9.3 For double somersaults, the value of the skill, including any twist and bonus for position will be doubled.
- 2.2.9.4 Women competition only: The second somersault within one pass, with a difficulty of 2.0 or more will receive a bonus of 1.0 to the difficulty score.

## 2.3 Evaluation of the Score for Execution [E Score]

2.3.1 The evaluation of execution is done in tenths of a point.

2.3.2 The deductions for execution, include the lack of form, control, height and rhythm in each skill.

2.3.2.2 Evaluate the execution of skills in the range of 0.0 to 0.5 pts. as per Rules 2.3.3 -2.3.5

2.3.2.3 Subtract all deductions from the maximum mark indicated by the Chair of the Judges Panel as per Rule 6.4

2.3.3 Slight faults, per occurrence 0.1 - 0.2

2.3.4 Substantial faults, per occurrence 0.3 - 0.4

2.3.5 Major faults, per occurrence (maximum allowed) 0.5

2.3.6 On all completed routines/passes, execution judges' scores must be not more than 0.3 pt. higher or 0.3 pts. lower than the median score. Out of range scores must be re-evaluated to come within range.

## 2.4 Landing Deductions

2.4.1 To avoid additional deduction the athlete must stand still for approximately three seconds after the last skill of a completed routine.

2.4.2 On the instruction of the Chair of the Judges Panel, take the single deduction for the greater fault.

2.4.2.1 Landing on both feet but lacking stability, including stability of feet, arms and trunk and not standing still for approximately three seconds. 0.1-0.3

**In the event that one of the following occurs, and landing deductions are applied, instability will NOT be taken in addition to the landing deduction**

2.4.2.2 After landing, touching the track or landing zone/area with one or both hands 0.5

2.4.2.3 After landing, falling to the knees, hands &amp; knees, seat, front, or back on the tumbling track or landing area. 1.0

2.4.2.4 Assistance from a spotter after landing 1.0

2.4.2.5 After landing in the landing area or on the track, leaving the landing area or track, or touching outside the landing area or touching the floor with any part of the body. 1.0

## 2.5 Chair of the Judges Panel Deductions (CJP)

2.5.1 Chair of the Judges Panel deductions are taken from the total score of each pass where the offense occurs.

2.5.1.1 Landing outside the outer lines of the track or landing zone on the last skill. 1.5

2.5.1.2 After landing in the landing zone, touching or falling outside the landing zone with any part of the body 0.3

2.5.1.3 Performing more than the required number of skills 3.0

2.5.1.4 Talking to or giving any form of signal to a competitor by his/her spotter or coach after the start of a pass 0.9

2.5.1.5 Not initiating the first skill within 20 seconds after the signal given by the Chair of the Judges Panel 0.3

2.4.1.6 Abusing the warm-up time 0.3

2.4.1.7 Not meeting or exceeding pass requirements for each violation 3.0

2.4.1.8 Passes ending in a somersault: Failing to end a completed pass in a somersault. 3.0

2.4.1.9 Passes ending in a somersault: Ending a completed pass on the tumbling track 0.6

2.4.1.10 Passes ending in a somersault: final skill is not at or above shoulder height (Includes skills with or without twist) 3.0

## 2.6 Total Score Calculation

## 2.6.1 General Calculations for Levels 1- 10

2.6.1.1 Execution deductions and difficulty are evaluated in tenths of a point.

2.6.1.1.1 Each skill is worth 1.0 pts

2.6.1.2 On completed passes, the execution judges will add the appropriate points to show their marks out of 10.0pts

2.6.1.3 On incomplete passes, the execution judges will add the appropriate points to show their marks out of a maximum score determined by the Chair of the Judges Panel.

2.6.1.4 All execution and landing deductions are subtracted from the maximum mark of each execution judges' score. [E Score]

2.6.1.5 All Chair of the Judges Panel deductions and dress code violations are subtracted from the total score of the Pass.

2.6.1.6 In Levels 8-10, the deduction for failure to turn in a completed competition card will be taken from the difficulty score of the first possible optional pass as per Rule 3.5

2.6.1.7 In Levels 7-10, a competitor must perform a minimum of three valid skills in order to receive a score. Passes that have two or fewer valid skills will score 0.0. No additional points will be added to show any other score for the pass.

2.6.1.8 All scores will be rounded to three decimal places. Such rounding will only be made with respect to the competitor's total score for the pass.

## 2.6.2 Levels 1-7

2.6.2.1 Add the three execution judges' scores, minus Chair of panel deductions to determine the pass total score. If one execution judge is used for Levels 1-4, multiply the score by three to determine the "E" score and minus CJP deductions to determine the pass total score.

2.6.2.2 Total Score: Add the total score for the first pass to the total score for the second pass to determine the final total score.

## 2.6.3 Level 8

2.6.3.1 Pass 1: Add the three execution judges' scores and subtract the Chair of panel deductions to determine the pass total.

2.6.3.2 Pass 2: Add the three execution Judges' scores to the difficulty score and subtract the Chair of panel deductions to determine the pass total.

2.6.3.3 Total Score: Add the total score for the first pass, and the total score for the second pass, to determine the final score.

## 2.6.4 Level 9

2.6.4.1 Pass 1: Add the three execution judges' scores and subtract the Chair of panel deductions to determine the pass total

2.6.4.2 Pass 2: Add the three execution judges' scores to the difficulty score and subtract Chair of panel deductions to determine the pass total.

2.6.4.3 Total Score: Add the total score for the first pass to the total score for the second pass to determine the final score.

2.6.4.4 All execution and landing deductions are subtracted from the maximum mark.

2.6.4.5 If finals are held:

2.5.10.5.1 Finals Pass: Add the three execution judges' score to the difficulty score, subtract Chair of panel deductions to determine the total score for the pass.

2.5.10.5.2 Final Score: Add the total score from preliminaries to the total of the finals pass to determine the final total score.

## 2.6.5 Level 10:

2.6.5.1 Pass 1: Add the three execution judges' scores to the difficulty score, subtract CJP deductions to determine the pass total.

2.6.5.2 Pass 2: Add the three execution judges' scores to the difficulty score, subtract CJP deductions to determine the pass total.

2.6.5.3 Total Score: Add the total score for the first, and second pass together to determine the total score.

2.6.5.4 All execution and landing deductions are subtracted from the maximum mark.

2.6.5.5 If finals are held:

2.6.5.5.1 Pass 1: Add the three execution judges' scores to the difficulty score and subtract Chair of panel deductions to determine the pass total

2.6.5.5.2 Pass 2: Add the three execution judges' scores to the difficulty score and subtract Chair of panel deductions to determine the pass total.

2.6.5.5.3 Final Score: Add the total score from preliminaries to the total score of the final to determine the final total score.

2.6.6 The Chair of the Judges Panel is responsible for determining the validity of the scores and must sign the score sheet before the final results are posted.

2.6.7 All scores will be rounded to three decimal places. Such rounding will only be made with respect to the competitor's total score for a pass.

## 3. Competition Cards

## 3.1 Levels 1-7

3.1.1 No competition cards are required.

## 3.2 Levels 8-10

3.2.1 All passes, including finals, must be written on the competition card. optional passes must include the difficulty value, position, and total value of the pass in order to avoid additional deductions.

3.2.1.1 In the compulsory pass, the competitors must execute the skills as written on the competition card; otherwise, the pass will be interrupted at the point of change.

3.2.1.2 In the optional pass, changes to the skills, and the order in which they are written on the competition card, are permitted with no penalty.

3.3 All competition cards must be turned in at the specified time and place. Changes may be made until the start of the round.

3.4 Competition cards must be completed using only the FIG numeric system.

3.5 Failure to turn in a competition card at the designated time and location filled out using the FIG numeric system will result in a deduction of 0.2 pts. from the difficulty score of the optional pass.

## 4. Dress Code

4.1 Athletes: The dress code must be followed during all training, warm-up and competition times.

## 4.1.1 Male Competitors

4.1.1.1 A Step in or compression shirt, with or without sleeves may be worn. The compression shirt must be skin tight and made of lycra or spandex. *T-shirts are NOT acceptable*

4.1.1.2 Competition style shorts, with no longer than a 5" inseam.

4.1.1.3 White foot covering of not more than ankle length or bare feet are allowed.

## 4.1.2 Female Competitors

4.1.2.1 Leotard with or without sleeves may be worn (must be skin tight).

4.1.2.2 Long tights in the same color as the leotard may be worn (must be skin tight).

4.1.2.3 A full-length one-piece leotard (unitard) may be worn. (must be skin tight).

4.1.2.4 White foot covering of no more than ankle length or bare feet are allowed. If a unitard or long tights are worn, the foot covering may be the same color as the unitard/long tights.

4.1.2.5 For safety reasons, covering the face or head is NOT allowed.

4.1.3 The wearing of jewelry or watches is not permitted. Earrings must be removed and may NOT be taped. Rings without gemstones are permitted only if they are taped.

4.1.4 Only rubber bands, ribbons, flat metal clips or soft hair decorations are allowed.

4.1.5 Long hair for both male and female competitors must be secured close to the head. If the hair touches the tumbling floor or landing area, the pass will be interrupted. (See Guide to Judging)

4.1.6 Support devices and bandages must not create a big contrast to the skin color.

4.1.7 Undergarments of any type must not be visible.

4.1.8 Any violation of Rule 4.1.1 – 4.1.7 will result in a penalty of 0.2 from the total score of the routine in which the violation occurs.

4.1.9 A major violation could result in disqualification.

4.2 Coaches: The dress code must be followed during all training sessions, warm-up and competition times.

4.2.1 Track suit, polo shirt or team t-shirt must be worn. Warm-up jackets are optional.

4.2.2 Gym shoes are required

4.2.3 The following are NOT allowed on the competition floor

- No denim allowed
- No caps or hats allowed
- No capri pants
- No tank tops
- No shorts

4.2.4 Violators will be asked to leave the floor.

## 5. Flights

5.1 Competitors will be divided into groups of approximately ten athletes per flight.

## 6. Interruptions of a Pass

6.1 A pass will be considered interrupted if the competitor:

6.1.1 Is touched by a spotter.

6.1.2 Falls to the track/zone/area during a pass.

6.1.3 Touches outside the outer lines of the tumbling track with any part of the body.

6.1.4 Takes intermediate steps or stops.

6.1.5 Does not perform the compulsory routine as prescribed at each level. .

6.1.6 Performs skills that are not allowed (*see Pass Requirements for each level*).

6.1.7 Touches the track/area/zone with any part of the body other than the hands and feet (level 4-10).

6.1.8 Pass changes direction.

6.1.9 Initiates any skill from the landing Area/Zone.

6.1.10 Ends a pass with an incomplete skill or fails to land on two feet.

6.2 No credit will be given for the skill in which the interruption occurs with respect to Rules 6.1.1 – 6.1.10. No additional deductions will be taken.

6.3 Athletes will be judged only on the number of skills completed on both feet on the tumbling track or landing area.

6.4 The Chair of the Judges Panel makes this decision.

## 7. Judges Panel (Competition Jury)

## 7.1 Duties of the Chair of the Panel

- 7.1.1 Control the facilities.
- 7.1.2 Organize the Judges' conference and the trial scoring.
- 7.1.3 Place and supervise all judges, spotters, and recorders.
- 7.1.4 Direct the competition.
- 7.1.5 Convene the Competition Jury.
- 7.1.6 Decide if a second attempt should be allowed.
- 7.1.7 Decide about a gymnast's dress.
- 7.1.8 Decide whether any assistance given by a spotter was necessary.
- 7.1.9 Declare the maximum mark in the case of an interrupted pass.

## 7.2 Duties of Judges for Execution

- 7.2.1 Evaluate the execution in the range 0.0-0.5 points and write their deductions independently of each other.
- 7.2.2 Subtract their execution deductions and landing from the maximum mark indicated by the Chair of the Judges Panel.

## 7.3 Duties of Judges for Difficulty

- 7.3.1 Collect the competition cards.
- 7.3.2 Check the skills and difficulty values entered on the competition cards.
- 7.3.4 Confirm with the Chair of the Judges Panel that compulsory routine was performed correctly.
- 7.3.5 Check the required skills/requirements for the optional pass.
- 7.3.6 Determine and record all skills performed, and their difficulty value on the competition card.
- 7.3.7 Display the difficulty score.

## 7.4 Judges Panel Composition (Competition Jury)

## 7.4.1 Level 1-4

- 7.4.1.1 A Category 2 or higher judge that acts as the Chair and Execution
- 7.4.1.2 One judge that acts as the Chair as well as an execution Judge and two additional execution Judges all must be category 3 or higher.

## 7.4.2 Levels 5-7

- 7.4.2.1 One Category 2 or higher judge who will act as the Chair, execution judge and as the difficulty judge. Two additional execution judges who are category 3 or higher.

## 7.4.3 Levels 8-10

- |         |  |            |
|---------|--|------------|
| 7.4.3.1 | All Judges must be Category 2 or higher                | Individual |
| 7.4.3.2 | Chair of Judges Panel                                  | 1          |
| 7.4.3.3 | Judges for Execution                                   | 3          |
| 7.4.3.4 | Judges for Difficulty                                  | 1          |
| 7.4.3.5 | Video Judge National events only (may be any Category) | 1          |

7.4.5 If a judge fails to carry out his/her duties in a satisfactory manner, he/she may be replaced. This decision will be made by the Jury of Appeal upon the recommendation of the Chair of the Judges Panel.

7.4.6 If the judge in question is also a member of the Jury of Appeal, he/she will not participate in the process.

7.4.7 If an execution judge is replaced, the Jury of Appeal may decide that his/her previous marks will be replaced by the average of the remaining marks. (See Rules and Policies for information regarding the Jury of Appeal)

## 8. Repetition of a Skill

- 8.1 Round offs, handsprings and whip-backs may be repeated during the pass.
- 8.2 Skills within the same pass other than round off, back handspring and whip-back will not be considered a repeat if preceded by a different skill.
- 8.3 Skills may not be repeated within or between the two-eight skill passes at Levels 8-10. A skill will be considered to be a repeat if it is performed in combination with the same preceding skill more than once.
- 8.4 Repeated skills within the same pass will not be awarded difficulty credit by the Difficulty Judge.
- 8.5 Repeated skills over both passes of the Preliminary round will not be awarded difficulty credit by the Difficulty Judge.
- 8.6 Repeated skills over both passes of the Final round will not be awarded difficulty credit by the Difficulty Judge.

## 9. Required Positions during a Skill

- 9.1 In all positions, the feet and legs should be kept together and the feet and toes pointed.
- 9.2 Depending on the requirements of the movement, the body should be tucked, piked or straight.
- 9.3 In the tuck and pike positions, the thighs should be close to the upper body, except in the twisting phase of multiple somersaults as per Rule 9.7.4
- 9.4 In the tuck position, the hands should touch the legs below the knee.

- 9.5 In the pike position, the hands should touch the tops of the feet.
- 9.6 The arms should be straight and/or close to the body whenever possible.
- 9.7 The following defines the minimum requirements for a particular body shape:
- 9.7.1 Straight position: The angle between the upper body and thighs must be greater than  $135^{\circ}$
- 9.7.2 Pike position: The angle between the upper body and thighs must be equal to or less than  $135^{\circ}$  and the angle between the thighs and the lower legs must be greater than  $135^{\circ}$
- 9.7.3 Tuck position: The angle between the upper body and thighs must be less than  $135^{\circ}$  and the angle between the thighs and the lower leg must be less than  $135^{\circ}$
- 9.7.4 Puck position: The angle between the upper body and thighs is between  $90^{\circ}$  and  $135^{\circ}$  and the angle between the thighs and lower leg is between  $90^{\circ}$  and  $135^{\circ}$ . The puck position is only appropriate in the twisting phase of a multiple somersault
- 9.7.5 When two positions are achieved in one skill, the difficulty value of the lesser of the two will be awarded.
- 9.7.6 In multiple somersaults with twists, the tuck and pike position may be modified during the twisting phase as described in the FIG Guide to Judging. When the puck and tuck positions are used to perform a skill with the same number of rotations and twists, it will be deemed a repeat.
10. Spotters and Safety
- 10.1 Athletes must execute passes without any external help.
- 10.2 If the Chair of the Judges Panel determines that any assistance was given, the pass will be interrupted at that point.
- 10.3 The spotter/coach is required to stand on the side of the tumbling floor opposite the panel of judges. When the safety of the athlete is a legitimate consideration, the spotter/coach may request the Chair of the Judges Panel to grant an exception to this rule.
11. Start of the Pass
- 11.1 The starting order is decided by a random draw. Competitors will remain in the same order for the second pass.
- 11.2 Each competitor will start on a signal of the Chair of the Judges Panel. The pass must be initiated within 20 seconds otherwise a deduction of 0.3 pts. will be taken from the total score of the Pass.
- 11.2.1 If the time limit is exceeded as a result of faulty equipment or other substantial cause, no deductions will be applied. The Chair of the Judges Panel makes this decision. The athlete may restart upon the signal from the Chair of the Judges Panel.
- 11.2.2 If a competitor is obviously disturbed in a pass due to faulty equipment or substantial external influence, the Chair of the Judges Panel may allow another attempt. A competitor's apparel is not considered "equipment".
- 11.2.3 Spectator noise, applause and the like would not normally constitute a disturbance.
- 11.3 A pass shall be considered started once the first skill is initiated.
- 11.3.1 Pass is initiated when the hands touch the tumbling floor.
- 11.3.2 If the first skill is a Barani, the pass is initiated when the athlete's feet leave the tumbling floor to initiate the somersault.
- 11.4 A springboard may be used only to initiate the first skill. It may be placed anywhere on the tumbling track or run up as long as the first skill lands within the tumbling track.
- 11.5 Second attempts are not allowed.
12. Termination of a Pass
- 12.1 The pass must end on both feet on the tumbling track or landing area, otherwise Rule 6.1.10 will apply. No additional landing deductions will be taken.
- 12.2 After the last skill, a competitor must stand upright for approximately three seconds; otherwise, a deduction for lack of stability will be taken as per Rule 2.3.1.1.
13. Tie-Breaking System
- 13.1 Levels 1-4: Ties are not broken at these levels.
- 13.2 Levels 5-7:
- 13.2.1 The gymnast with the higher sum of the E scores of the both passes prevails
- 13.2.2 The gymnast with the higher sum of the E scores of the second pass prevails.
- 13.2.3 If there is still a tie, then duplicate awards will be given for ties.
- 13.3 Levels 8 - 10 Preliminaries:
- 13.3.1 The gymnast with the higher sum of the E scores of both passes prevails.
- 13.3.2 The gymnast with the higher sum of the E score of the second pass prevails.
- 13.3.2 If still tied then duplicate awards will be given for the ties
- 13.3.3 Level 9 Finals: Ties are not broken in the final round.
- 13.3.4 Level 10 Finals: Ties are not broken in the final round
- 13.4 Example of distribution of awards if ties cannot be broken:
- Two competitors are tied for 2<sup>nd</sup> place.

- Award the 1<sup>st</sup> place medal to gymnast with the highest score.
- The 2<sup>nd</sup> place medals are then presented to the gymnasts with the tied score.
- There is NO 3<sup>rd</sup> place medal.
- The 4<sup>th</sup> place award is then presented to the next gymnast, and so on

#### 14. Warm-Up

- 14.1 All competitors will be allowed flight warm-ups prior to competition. A touch is considered the performance of one pass.
- |        |                 |               |
|--------|-----------------|---------------|
| 14.1.1 | Levels 1-7      | Two touches   |
| 14.1.2 | Level 8-9       | Three touches |
| 14.1.3 | Level 10        | Four touches  |
| 14.1.4 | Level 9 Finals  | Two touches   |
| 14.1.5 | Level 10 Finals | Four touches  |
- 14.2 No general warm-up period is required; however, if time allows one may be provided.
- 14.3 When specific session warm-ups are provided, athletes are only allowed to warm up on the apparatus on which they compete in that session.
- 14.4 In the event a competitor abuses the warm-up rules above, a 0.3 pts. deduction will be taken from the total score.
- 14.5 Warm-up on the competition hall equipment may be eliminated if equivalent equipment is provided in an adjacent hall.
- 14.6 The competition dress code must be followed during all training sessions and warm up times.

## SECTION 2 – TUMBLING ROUTINES AND REQUIREMENTS

### TUMBLING LEVELS 1-4

1. Pass Definition
  - 1.1 Tumbling should be characterized by continuous speedy, rhythmic movement without hesitation or stops. The pass should show good control, form, execution, and maintenance of tempo.
  - 1.2 In levels 1-4 all passes are compulsory passes.
  - 1.3 All completed passes are scored out of 10.0 pts.
  - 1.4 Levels 1-3
    - 1.4.1 The first and second passes are five-skill compulsory passes that are scored out of 10.0 pts.
    - 1.4.2 The passes must begin from a stand. No run is allowed.
  - 1.5 Levels 4
    - 1.5.1 The first pass is a three-skill compulsory pass that is scored out of 10.0 pts.
    - 1.5.2 The second pass is a three-skill compulsory pass that is scored out of 10.0 pts.
  - 1.6 All passes must end with a landing on both feet on the track or landing area as per Rule 6.1.10.
2. Compulsory Passes

#### LEVEL 1

First Pass – Five Skill Compulsory

Pike front roll to tuck

Front roll tuck

Front roll tuck

Front roll tuck

Straight jump

Second Pass – Five Skill Compulsory

Front roll tuck

Front roll tuck

Jump ½ twist

Back roll tuck

Back roll tuck

#### LEVEL 2

First Pass – Five Skill Compulsory

Cartwheel

Cartwheel step in to hollow

Back roll tuck

Back roll tuck

Straight jump

Second Pass – Five Skill Compulsory

Front roll step out

Cartwheel

Cartwheel

Round off

Rebound

#### LEVEL 3

First Pass – Five Skill Compulsory

Power hurdle

Cartwheel

Round off

Rebound

Back roll tuck

Second Pass – Five Skill Compulsory

Handstand front roll step out

Cartwheel

Cartwheel

Round off

Rebound

#### LEVEL 4

First Pass – Three Skill Compulsory

Pwr. hurdle round off

Back handspring

Rebound

Second Pass – Three Skill Compulsory

Run, round off

Back handspring

Rebound

- 2.1 Deviation from the compulsory routine will result in an interruption of the routine at the point of change. See Rule 6.1.5

TUMBLING LEVELS 5-7

- 3. Pass Definition
  - 3.1 Level 5
    - 3.1.1 The first pass is a four-skill compulsory pass scored out of 10.0 pts.
    - 3.1.2 The second pass is a six-skill compulsory pass scored out of 10.0 pts.
    - 3.1.3 Both passes must end in a two-foot landing as per Rule 6.1.10.
  - 3.2 Level 6
    - 3.2.1 The first pass is an eight-skill compulsory pass scored out of 10.0 pts.
    - 3.2.2 The second pass is a five-skill compulsory pass scored out of 10.0 pts.
    - 3.2.3 Both passes must end in a two-foot landing as per Rule 6.1.10.
    - 3.2.4 The second pass must land in the landing area.
  - 3.3 Level 7
    - 3.3.1 The first pass is an eight-skill compulsory pass, scored out of 10.0 pts.
    - 3.3.2 The second pass is an eight-skill compulsory pass, scored out of 10.0 pts.
    - 3.3.3 Both passes must end in a two-foot landing as per Rule 6.1.10.
    - 3.3.4 Must perform a minimum of three skills in order to receive a score.

4. Pass Requirements

LEVEL 5

First Pass – Four-Skill Compulsory

- Power hurdle, round off
- Back handspring
- Back handspring
- Rebound

Second Pass – Six-Skill Compulsory

- Run, round off
- Back handspring
- Rebound

LEVEL 6

First Pass – Eight-Skill Compulsory

- Run, round off
- Back handspring
- Rebound

Second Pass – Five-Skill Compulsory

- Run, round off
- Back handspring
- Back handspring
- Back handspring
- Back Somersault Tuck

LEVEL 7

First Pass – Eight-Skill Compulsory

- Run, round off
- Back handspring
- Back somersault pike

Second Pass – Eight-Skill Compulsory

- Run, round off
- Whip back
- Back handspring
- Back somersault tuck

4.1 Deviation from the compulsory routine will result in an interruption of the routine at the point of change. See Rule 6.1.5

TUMBLING  
LEVELS 8-10

5. Pass Definition
- 5.1 Level 8
- 5.1.1 The first pass is an eight-skill compulsory pass scored out of 10.0 pts.
- 5.1.2 The second pass is an eight-skill optional pass scored out of 10.0 pts.
- 5.1.3 Both passes must end in a two-foot landing per Rule 6.1.10.
- 5.1.4 Repetitions are not allowed.
- 5.1.5 Not meeting or exceeding pass requirements will result in a deduction of 3.0 pts. per occurrence from the total score of the pass.
- 5.1.6 Passes must move in one direction only, including the last skill. No reversals are allowed.
- 5.1.7 Whip-backs: A somersault that is performed in the middle of a pass. The whip-back would be performed below shoulder height and is fast and long similar to a back handspring. There should be no break in the rhythm of the pass when a whip back is performed correctly. Sometimes an athlete may perform a somersault (whip-back) that is too high because of an error in the execution of the skill. Therefore, any non-twisting somersault performed in the middle of a pass regardless of height will be deemed a whip back.
- 5.1.8 Finals are not required at this level.
- 5.1.9 Must perform a minimum of three valid skills in order to receive a score.
- 5.2 Level 9
- 5.2.1 The first pass is an eight-skill compulsory pass scored out of 10.0 pts.
- 5.2.2 The second pass is an eight-skill optional pass scored out of 10.0 pts.
- 5.2.3 All passes must end in a two-foot landing, per Rule 6.1.10.
- 5.2.4 Repetitions are not allowed.
- 5.2.5 Not meeting or exceeding pass requirements will result in a deduction of 3.0 pts. per occurrence from the total score of the pass.
- 5.2.6 Passes must move in one direction only, including the last skill. No reversals are allowed.
- 5.2.7 Whip-backs: A somersault that is performed in the middle of a pass. The whip-back would be performed below shoulder height and is fast and long similar to a back handspring. There should be no break in the rhythm of the pass when a whip back is performed correctly. Sometimes an athlete may perform a somersault (whip-back) that is too high because of an error in the execution of the skill. Therefore, any non-twisting somersault performed in the middle of a pass regardless of height will be deemed a whip back.
- 5.2.8 The top eight competitors will advance to the finals at all national events. Finals will consist of one, eight skill optional pass with the same requirements as Preliminaries. Competitors may repeat passes performed in the preliminary round.
- 5.2.8.1 The starting order for finals will be in order of merit, with the competitor with the lowest score going first in both passes. In the event of ties, the starting order will be by random draw.
- 5.2.9 Must perform a minimum of three valid skills in order to receive a score.
- 5.3 Level 10
- 5.3.1 The first pass is an eight-skill optional, scored out of 10.0 pts.
- 5.3.2 The second pass is an eight-skill optional pass, scored out of 10.0 pts.
- 5.3.3 All passes must end in a two-foot landing as per Rule 6.1.10.
- 5.3.4 Repetition are not allowed.
- 5.3.5 Pass must move in one direction only, including the last skill. No reversals are allowed as per Rule 6.1.8.
- 5.3.6 Not meeting or exceeding pass requirements will result in a deduction of 3.0 pts. per occurrence from the total score of the pass.
- 5.3.7 Whip-backs: A non-twisting single somersault that is performed in the middle of a pass. The whip-back would be performed below shoulder height and is fast and long similar to a back handspring. There should be no break in the rhythm of the pass when a whip back is performed correctly. Sometimes an athlete may perform a somersault (whip-back) that is too high because of an error in the execution of the skill. Therefore, any non-twisting single somersault performed in the middle of a pass regardless of height will be deemed a whip back. Somersaults, which are performed above shoulder height in the middle of pass, that are not mandated should receive a maximum deduction. There will be a major rhythm break after a skill performed above shoulder height.
- 5.3.8 The top eight competitors will advance to the finals at all national events. Finals will consist of two 8 skill free optional pass with the same requirements as Preliminaries. Competitors may repeat passes performed in the preliminary round.
- 5.3.7.1 The starting order for finals will be in order of merit, with the competitor with the lowest score going first in both passes. In the event of ties, the starting order will be by random draw.
- 5.3.9 Must perform a minimum of three valid skills in order to receive a score.

## 6. Pass Requirements

## 6.1 Level 8

## 6.1.1 First Pass – Eight-Skill Compulsory Pass

Run, Round off  
Whip back  
Whip back  
Back handspring  
Back handspring  
Back handspring  
Back handspring  
Back somersault pike

## 6.1.2 Second Pass – Eight-Skill Optional Pass

- 6.1.2.1 Must contain one somersault that is performed as the last (8<sup>th</sup>) skill. Must end in a back somersault in the tuck, straight position or full twisting back somersault.
- 6.1.2.2 Must have two bounding somersaults.
- 6.1.2.3 A maximum of one somersault with 360<sup>0</sup> of twist is allowed.
- 6.1.2.4 The minimum difficulty allowed per pass is 1.4.
- 6.1.2.5 The maximum difficulty allowed per pass is 1.9.
- 6.1.2.5.1 If a competitor exceeds the maximum difficulty of 1.9, then 1.9 will be the valid difficulty score for the routine. No additional deductions will be applied.
- 6.1.2.6 The maximum difficulty allowed per skill is 0.9.
- 6.1.2.6.1 Skills which exceed the maximum skill DD will result in an interruption of the pass
- 6.1.2.7 A maximum of 360<sup>0</sup> of rotation per skill is allowed.
- 6.1.2.8 No more than 360<sup>0</sup> of twist per skill is allowed.
- 6.1.2.9 The pass must be performed without repetition as per Rule 8.1-8.6.
- 6.1.2.10 If a competitor does not meet or exceeds the pass requirements, including minimum difficulty, a deduction of 3.0 pts. will be taken from the total score of the Pass. This deduction is taken only on completed routines. (See Guide to Judging).

## 7. Pass Requirements

## 7.1 Level 9

## 7.1.1 First Pass – Eight-Skill Compulsory Pass

Run, Round off  
Whip back  
Whip back  
Back handspring  
Whip back  
Back handspring  
Back handspring  
Back somersault straight

## 7.1.2 Second Pass – Eight-Skill Optional Pass

- 7.1.2.1 Must contain one somersault that is performed as the last (8<sup>th</sup>) skill.
- 7.1.2.2 Must contain one somersault with a minimum of 360<sup>0</sup> of twist, or a maximum of 720<sup>0</sup> of twist OR one double somersault in the tuck or pike position.
- 7.1.2.3 One additional somersault may contain 360<sup>0</sup> of twist.
- 7.1.2.4 The remaining somersaults may not contain more than 180<sup>0</sup> of twist.
- 7.1.2.5 The minimum difficulty allowed per pass is 2.0.
- 7.1.2.6 The maximum difficulty allowed per pass is 3.4.
- 7.1.2.6.1 If a competitor exceeds the maximum difficulty of 3.4, then 3.4 will be the valid difficulty score for the routine. No additional deductions will be applied.
- 7.1.2.7 The maximum difficulty allowed per skill is 2.2.
- 7.1.2.7.1 Skills which exceed the maximum skill DD will result in an interruption of the pass
- 7.1.2.8 No more than 720<sup>0</sup> of twist per skill is allowed.
- 7.1.2.9 May contain no more than one double somersault.
- 7.1.2.10 Bounding full twisting somersaults are not allowed.
- 7.1.2.11 No repetitions are allowed within the pass, as per Rule 8.1 – 8.6. Repeated skills will not receive difficulty as per Rule 8.4 and 8.5.

7.1.2.12 If a competitor does not meet or exceeds the pass requirements, including minimum difficulty, a deduction of 3.0 pts. from the total score of the Pass. This deduction is taken only on completed routines. (See Guide to Judging).

### 7.1.3 Finals Pass – Eight-Skill Optional Pass

7.1.3.1 The finals pass will use the same requirements as the optional pass from prelims. Refer to 7.1.2.1 - 7.1.2.12

## 8. Pass Requirements

### 8.1 Level 10

#### 8.1.1 Two-Free Eight Skill Optional Passes

8.1.1.1 Both passes must contain one somersault that is performed as the last (8<sup>th</sup>) skill.

8.1.1.2 Minimum of one double somersault placed anywhere within the two passes.

8.1.1.3 The minimum difficulty allowed per pass is 3.1.

8.1.1.4 The maximum difficulty allowed per pass is 6.5.

8.1.1.4.1 If a competitor exceeds the maximum difficulty of 6.5, then 6.5 will be the valid difficulty score for the routine.  
No additional deductions will be applied.

8.1.1.5 The maximum difficulty allowed per skill 3.2.

8.1.1.5.1 Skills which exceed the maximum skill DD will result in an interruption of the pass.

8.1.1.6 No reversals are allowed.

8.1.1.7 No repeats are allowed within the pass or over the two passes in each round.

8.1.1.8 Not meeting or exceeding pass requirements including minimum difficulty, will result in a deduction of 3.0 pts. from the total score of the Pass.

#### 8.1.2 Level 10 Finals – Two Free Eight-Skill Optional Passes

8.1.2.1 Finals passes will use the same requirements as the prelims see Rules 8.1.1.1 – 8.1.1.8

8.1.2.2 Competitors may repeat skills or passes performed in the preliminary round.

8.1.2.3 Passes which do not meet or exceed pass requirements, will result in a deduction of 3.0 pts. from the total score of the Pass.