

JumpStart Tumbling National Testing Coaches and Judges Guide

The Tumbling JumpStart program is designed to test drills and skill specific combinations that have been identified as key to the development of the power tumbling athlete.

This guide serves both the coach and judge. Each tumbling specific skill and routine will be defined. The method of judging will be included with each description.

Calculation of a Score

- The J.O. Code of Points will be used to determine all appropriate scoring and deductions.
- All skill and routine testing will add back the appropriate values to determine the score out of a 10.0.
- Additional JumpStart skill specific deductions will be included where appropriate for deductions not addressed in the J.O. Code of Points.

Judging Requirements:

- Two judges are required for each skill and routine test.
- Both scores are added together for a total score for each test.
- Do not use one judge and double the score or use more than two judges.

General Rules:

- The J.O. Code of Points will be used to determine skill, landing, and additional deductions.

Warm Up:

- 7-8 year-olds
 - Skill Sets: 4 touches for the 3 skill sets (Example: 1 of each skill set, then repeat 1 skill set again)
 - Passes: 1 run and 2 touches (per J.O. Code of Points)
- 9-10 year-olds
 - Skill Sets 1 & 2: 3 touches for the 2 skill sets (Athletes should know their marks. If an athlete goes backward to mark their steps, this will count as a touch.)
 - 3rd Skill Set and Passes: 1 run and 3 touches (per J.O. Code of Points)
- 11-12 year olds
 - Skill Set 1: 2 touches (Athletes should know their marks. If an athlete goes backward to mark their steps, this will count as a touch.)
 - Skill Sets 2 & 3 and Passes: 1 run and 4 touches (per J.O. Code of Points)

Run:

- In a pass beginning with a run, a run is as defined by the J.O. Code of Points.

Start Position

- For tests that land on a landing mat, athletes will be required to know their start position or mark (in number of feet) from the mat. A tape measure will be provided. This eliminates the need to find their mark in the two warm ups prior to the test.

JumpStart Tumbling Skills and Routines

Age 7-8

Skill 1 Power hurdle handstand shoulder block to flat shape

Skill 2 Power hurdle round off, 2 back handsprings, hollow landing with run back

Skill 3 Angle 2 back handsprings, hollow landing on tumble track

Routine 1 Run round off 4 back handsprings, rebound to stick

Routine 2 Run round off 2 back handsprings, hollow landing with run back

Age 9-10

Skill 1 Power hurdle round off, rebound to hollow landing on the back on raised mat

Skill 2 Power hurdle round off back handspring block to a two foot landing on a raised mat

Skill 3 Power hurdle round off 3 back handsprings, back somersault tuck*

Routine 1 Run round off, 6 back handsprings, back somersault tuck*

Routine 2 Run round off, 3 back handsprings, whip, back handspring, hollow landing with run back

Age 11-12

Skill 1 Power hurdle round off back handspring, back somersault tuck to raised mat

Skill 2 Power hurdle round off 3 back handsprings, whip, hollow landing with run back

Skill 3 Power hurdle round off 3 back handsprings, back somersault pike*

Routine 1 Run round off 1 back handspring, whip, 2 back handsprings, whip, 1 back handspring, hollow landing with run back

Routine 2 Run round off 6 back handsprings, back somersault pike*

* All testing for skills and routines must take place on a rod tumbling floor unless otherwise noted. Skills and routines ending with a somersault to the rod floor must land in the landing zone per J.O. Code of Points.

JumpStart Tumbling

Age 7-8

Age 7-8: Skill 1

Power Hurdle, Handstand Shoulder Block to Flat Back landing

Skill Definition

Skill 1 Total point value: Two-skill compulsory that is scored out of 10.0 points.

Skill 1: Power hurdle to handstand (1.0)

Skill 2: Handstand shoulder block to flat back landing (1.0)

Additional Test Description:

The athlete begins with a power hurdle to handstand shape. The hands on the handstand are on the tumbling floor in front of the landing mat. When the hands contact the tumbling floor during the handstand phase, the body shape should be straight without piking or arching, with the head in a neutral position. Strength should be shown when blocking from the hands causing the hands to leave the floor with the body landing on the landing mat in a flat, extended shape.

Equipment Requirements: 8 inch soft landing mat

Calculation of a Score

- Maximum Mark: Performance deductions taken per skill are subtracted from the maximum score of 2.0. Add the appropriate points (8.0) to show the mark out of 10.0 to the completed skills only.
- Per J.O Code of points: Execution, power hurdle, landing, Superior Judge's deductions and additional JumpStart specific deductions are subtracted from the maximum mark.

Additional JumpStart Specific Deductions

1. Test completed to the back on the landing mat and after landing touching the tumbling floor off the landing mat with any part of the body 0.5
2. Not landing the flat shape with the body completely on the landing mat and simultaneously touching the tumbling floor Interruption of the second skill (Scored out of 1.0, add back 8.0)

Age 7-8: Skill 2

Power hurdle round off, back handspring, back handspring to hollow with run back

Skill Definition

Total point value: Three-skill compulsory that is scored out of 10.0 points.

Skill 1: Power hurdle round off (1.0)

Skill 2 and 3: Back handsprings (2.0)

The hollow shape landing should demonstrate a controlled backward run of 2-5 steps. No penalty is given for more steps as long as backward movement is shown and the steps are controlled and safe. The hollow landing position will be judged as part of the second skill. Additional landing deductions specific to the hollow shape are listed below and taken after the maximum mark is determined.

Calculation of a Score

- Maximum Mark: Performance deductions taken per skill are subtracted from the maximum score of 3.0. Add the appropriate points (7.0) to show the mark out of 10.0 to the completed skills only.
- Per J.O Code of points: Additional Deductions; Power hurdle, landing, Superior Judge's deductions and additional JumpStart specific deductions are subtracted from the maximum mark.

Additional JumpStart Specific Deductions:

1. Landing in hollow shape with run but lacking stability or control	0.1-0.2
2. Hollow landing, backward run and hand touch, fall or leave track or landing area	*see J.O. Code for landing deductions
3. Landing in hollow shape, but no backward movement upon landing	0.1
4. No hollow shape or backward movement on landing	0.3
5. Does not land on two feet	Interrupted test at skill where 1 foot landing occurred

Age 7-8: Skill 3

Angle 2 Back handsprings to hollow landing on Tumbletrack

Skill Definition

Total point value: Two-skill compulsory that is scored out of 10.0 points.

Skill 1: Jump to angle, back handspring (1.0)

Skill 2: Back handspring to hollow landing with controlled rebound (1.0)

The beginning jump to an angle should show a hollow body shape. The athlete starts standing feet together and jumps slightly forward with a backward lean. The athlete initiates the back handspring upon landing this jump to angle. The hollow shape landing should demonstrate controlled backward run/jump of 2-5 steps. No penalty is given for more or less steps as long as backward movement is shown and the steps/jumps are controlled and safe. The hollow landing position will be judged as part of the second skill. Additional landing deductions specific to the hollow shape are listed below and taken after the maximum mark is determined.

Equipment Requirement: Tumbletrack or similar

Calculation of a Score

- Maximum Mark: Performance deductions taken per skill are subtracted from the maximum score of 2.0. Add the appropriate points (8.0) to show the mark out of 10.0 to the completed skills only.
- Per J.O Code of points: Execution, power hurdle, landing, Superior Judge's deductions and additional JumpStart specific deductions are subtracted from the maximum mark.

Additional JumpStart Specific Deductions:

1. Landing in hollow shape with run but lacking stability or control	0.1-0.2
2. Hollow landing, backward run and hand touch, fall or leave track or landing area	*see J.O. Code for landing deductions
3. Landing in hollow shape, but no backward movement of more than one step upon landing	0.1
4. No hollow shape or backward movement on landing	0.3
5. Does not land on two feet	Interrupted test at skill where 1 foot landing occurred

Age 7-8: Routine 1

Run Round off 4 back handsprings, rebound to stick

Routine Definition

Total point value: 5 skill routine that is scored out of 10.0 points.

Routine is judged by J.O. Code of points including deductions for the rebound to stick landing.

Calculation of a Score

- Maximum Mark: Performance deductions taken per skill are subtracted from the maximum score of 5.0. Add the appropriate points (5.0) to show the mark out of 10.0 to the completed skills only.
- Per J.O Code of points: Additional Deductions; Power hurdle, landing, and Superior Judge's deductions are subtracted from the maximum mark. There are no additional JumpStart deductions.

Age 7-8: Routine 2

Run Round off 2 back handsprings, hollow landing with run back

Calculation of a Score

- Maximum Mark: Performance deductions taken per skill are subtracted from the maximum score of 3.0. Add the appropriate points (7.0) to show the mark out of 10.0 to the completed skills only.
- Per J.O Code of points: Additional Deductions; Power hurdle, landing, Superior Judge's deductions and additional JumpStart specific deductions are subtracted from the maximum mark.

Additional JumpStart Specific Deductions:

- | | |
|---|---|
| 1. Landing in hollow shape with run but lacking stability or control | 0.1-0.2 |
| 2. Hollow landing, backward run and hand touch, fall or leave track or landing area | *see J.O. Code for landing deductions |
| 3. Landing in hollow shape, but no backward movement upon landing | 0.1 |
| 4. No hollow shape or backward movement on landing | 0.3 |
| 5. Does not land on two feet | Interrupted test at skill where 1 foot landing occurred |

JumpStart Tumbling

Age 9-10

Age 9-10: Skill 1

Power hurdle round off rebound in hollow to hollow landing on the back on a raised mat

Skill Definition

Skill 1 Total point value: Two-skill compulsory that is scored out of 10.0 points.

Skill 1: Power hurdle round off (1.0)

Skill 2: rebound in hollow to hollow shape landing on the back on a raised mat (1.0)

Additional Test Description:

The athlete begins from a power hurdle, completes the round off landing in a hollow or snap-through shape rebounding to a landing to a hollow shape landing on their back on the raised landing mat. The athlete should know how many feet they begin the power hurdle before the landing mat.

Equipment Requirements: 24 inch high Resi-pit landing mat or soft stacked landing mat equal to this height. If multiple mats are used, they must be secured together to prevent movement. A soft tape measure (adequate length for test) must be placed on the edge of the rod floor beginning at the front edge of the landing mat.

Calculation of a Score

- Maximum Mark: Performance deductions taken per skill are subtracted from the maximum score of 2.0. Add the appropriate points (8.0) to show the mark out of 10.0 to the completed skills only.
- Per J.O Code of points: Additional Deductions; Power hurdle, landing, Superior Judge's deductions and additional JumpStart specific deductions are subtracted from the maximum mark.

Additional JumpStart Specific Deductions

- | | |
|--|--|
| 1. Test completed to the back on the landing mat and after landing touching the tumbling floor off the landing mat with any part of the body | 0.5 |
| 2. Not landing the hollow shape with the body completely on the landing mat and simultaneously touching the tumbling floor | Interruption of the second skill (Scored out of 1.0, add back 8.0) |
| 3. Brushing the mat with the feet prior to landing the round off and able to complete the second skill as to the back | 0.3 |
| 4. Contacting the landing mat on completion of the round off and unable to perform the second skill | Failed Test |

Age 9-10: Skill 2

Power hurdle round off back handspring block to raised mat

Skill definition

Total point value: Three-skill compulsory that is scored out of 10.0 points.

Skill 1: Power hurdle round off (1.0)

Skill 2: Back handspring (1.0)

Skill 3: Block straight jump to raised mat

Additional Test Description:

The athlete begins with a power hurdle round off, back handspring. The block should show a change to a more vertical direction with a straight body shape landing on the raised mat. The athlete does not have to stick the landing but must show a controlled landing. If the athlete takes more than 2 steps demonstrating loss of controlled landing or falls, additional J.O. Code landing deductions will be taken. The athlete should know how many feet they begin the power hurdle before the landing mat.

Equipment requirements: 24 inch high Resi-pit landing mat or soft stacked landing mat equal to this height. If multiple mats are used, they must be secured together to prevent movement. A soft tape measure (adequate length for test) must be placed on the edge of the rod floor beginning at the front edge of the landing mat.

Calculation of a Score

- Maximum Mark: Performance deductions taken per skill are subtracted from the maximum score of 3.0. Add the appropriate points (7.0) to show the mark out of 10.0 to the completed skills only.
- Per J.O Code of points: Additional Deductions; Power hurdle, landing, Superior Judge's deductions and additional JumpStart specific deductions are subtracted from the maximum mark.

Additional JumpStart specific deductions:

- | | |
|--|---------------------|
| 1. If the athlete brushes the landing mat prior to landing the back handspring or prior to landing the block straight jump | 0.3 per occurrence |
| 2. Stepping back off the landing mat after landing | 0.5 |
| 3. Does not land on the landing mat after blocking | interrupted skill 3 |
| 4. Does not land on the landing mat with two feet | 0.5 |

Age 9-10: Skill 3

Power hurdle, 3 back handsprings, back somersault tuck

Skill Definition

Total point value: Five-skill compulsory that is scored out of 10.0 points.

Calculation of a Score

- Maximum Mark: Performance deductions taken per skill are subtracted from the maximum score of 5.0. Add the appropriate points (5.0) to show the mark out of 10.0 to the completed skills only.
- Per J.O Code of points: Additional Deductions; Power hurdle, landing, and Superior Judge's deductions are subtracted from the maximum mark.

Age 9-10: Routine 1

Run roundoff, 6 back handsprings, back somersault tuck

Skill Definition

Total point value: Eight-skill compulsory that is scored out of 10.0 points.

Calculation of a Score

- Maximum Mark: Performance deductions taken per skill are subtracted from the maximum score of 8.0. Add the appropriate points (2.0) to show the mark out of 10.0 to the completed skills only.
- Per J.O Code of points: Additional Deductions; Power hurdle, landing, and Superior Judge's deductions are subtracted from the maximum mark.

Age 9-10: Routine 2

Run round off, 3 back handsprings, whip, back handspring, hollow landing with run back

Calculation of a Score

- Maximum Mark: Performance deductions taken per skill are subtracted from the maximum score of 6.0. Add the appropriate points (4.0) to show the mark out of 10.0 to the completed skills only.
- Per J.O Code of points: Additional Deductions; Power hurdle, landing, Superior Judge's deductions and additional JumpStart specific deductions are subtracted from the maximum mark.

Additional JumpStart Specific Deductions:

- | | |
|--|---|
| 1. Landing in hollow shape with run but lacking stability or control | 0.1-0.2 |
| 2. Hollow landing, backward run and hand touch, fall or leave track or landing area | *see J.O. Code for landing deductions |
| 3. Landing in hollow shape, but no backward movement of more than on step upon landing | 0.1 |
| 4. No hollow shape or backward movement on landing | 0.3 |
| 5. Does not land on two feet | Interrupted test at skill where 1 foot landing occurred |

JumpStart Tumbling Age 11-12

Age 11-12: Skill 1

Power hurdle back handspring, back tuck somersault to raised mat

Skill definition

Total point value: Three-skill compulsory that is scored out of 10.0 points.

Skill 1: Power hurdle round off (1.0)

Skill 2: Back handspring (1.0)

Skill 3: Back tuck somersault to raised mat (1.0)

Additional Test Description:

The athlete begins with a power hurdle round off, back handspring. The block should show a change to a more vertical direction with a straight body shape and neutral head positioning. The athlete does not have to stick the landing but must show a controlled landing. If the athlete takes more than 2 steps demonstrating loss of controlled landing or falls, additional J.O. Code landing deductions will be taken. The athlete should know how many feet they begin the power hurdle before the landing mat.

Equipment requirements: 24 inch high Resi-pit landing mat or soft stacked landing mat equal to this height. If multiple mats are used, they must be secured together to prevent movement. A soft tape measure (adequate length for test) must be placed on the edge of the rod floor beginning at the front edge of the landing mat.

Calculation of a Score

- Maximum Mark: Performance deductions taken per skill are subtracted from the maximum score of 3.0. Add the appropriate points (7.0) to show the mark out of 10.0 to the completed skills only.
- Per J.O Code of points: Additional Deductions; Power hurdle, landing, Superior Judge's deductions and additional JumpStart specific deductions are subtracted from the maximum mark.

Additional JumpStart specific deductions:

- | | |
|--|---------------------------------|
| 1. If the athlete brushes the landing mat prior to landing the back handspring | 0.3 |
| 2. Stepping back off the landing mat after landing | 0.5 |
| 3. Does not land the somersault on the landing mat | interrupted skill 3, out of 2.0 |
| 4. Does not land on the landing mat with two feet | 0.5 |

Age 11-12: Skill 2

Power hurdle 3 back handsprings, whip, hollow landing with run back

Calculation of a Score

- Maximum Mark: Performance deductions taken per skill are subtracted from the maximum score of 5.0. Add the appropriate points (5.0) to show the mark out of 10.0 to the completed skills only.
- Per J.O Code of points: Additional Deductions; Power hurdle, landing, Superior Judge's deductions and additional JumpStart specific deductions are subtracted from the maximum mark.

Additional JumpStart Specific Deductions:

- | | |
|---|---|
| 1. Landing in hollow shape with run but lacking stability or control | 0.1-0.2 |
| 2. Hollow landing, backward run and hand touch, fall or leave track or landing area | *see J.O. Code for landing deductions |
| 3. Landing in hollow shape, but no backward movement of more than one step upon landing | 0.1 |
| 4. No hollow shape or backward movement on landing | 0.3 |
| 5. Does not land on two feet | Interrupted test at skill where 1 foot landing occurred |

Age 11-12: Skill 3

Power hurdle, 3 back handsprings, back somersault pike

Skill Definition

Total point value: Five-skill compulsory that is scored out of 10.0 points.

Calculation of a Score

- Maximum Mark: Performance deductions taken per skill are subtracted from the maximum score of 5.0. Add the appropriate points (5.0) to show the mark out of 10.0 to the completed skills only.
- Per J.O Code of points: Additional Deductions: Power hurdle, landing, and Superior Judge's deductions are subtracted from the maximum mark.

Age 11-12: Routine 1

Run round off back handspring, whip, 2 back handsprings, whip, back handspring, hollow landing with run back

Calculation of a Score

- Maximum Mark: Performance deductions taken per skill are subtracted from the maximum score of 7.0. Add the appropriate points (3.0) to show the mark out of 10.0 to the completed skills only.
- Per J.O Code of points: Additional Deductions; Power hurdle, landing, Superior Judge's deductions and additional JumpStart specific deductions are subtracted from the maximum mark.

Additional JumpStart Specific Deductions:

- | | |
|---|---|
| 1. Landing in hollow shape with run but lacking stability or control | 0.1-0.2 |
| 2. Hollow landing, backward run and hand touch, fall or leave track or landing area | *see J.O. Code for landing deductions |
| 3. Landing in hollow shape, but no backward movement of more than one step upon landing | 0.1 |
| 4. No hollow shape or backward movement on landing | 0.3 |
| 5. Does not land on two feet | Interrupted test at skill where 1 foot landing occurred |

Age 11-12: Routine 2

Run round off 6 back handsprings, back somersault pike

Skill Definition

Total point value: Eight-skill compulsory that is scored out of 10.0 points.

Calculation of a Score

- Maximum Mark: Performance deductions taken per skill are subtracted from the maximum score of 8.0. Add the appropriate points (2.0) to show the mark out of 10.0 to the completed skills only.
- Per J.O Code of points: Additional Deductions; Power hurdle, landing, and Superior Judge's deductions are subtracted from the maximum mark.

Examples of Scoring

Example 1

Age 7-8: Skill test 2 Power hurdle round off, 2 back handsprings, hollow landing with run back

Performance deductions: 3-skills	Judge 1	Judge 2
Power hurdle round off	0.3	0.2
Back handspring	0.2	0.2
Back handspring	0.3	0.2
	0.8	0.6
Subtracted from max score	3.0 - 0.8	3.0 - 0.6
	2.2	2.4
Add back to show mark out of 10.0	2.2 + 7.0	2.4 + 7.0
	9.2	9.4
Additional Deductions		
Landed in hollow but did not show Backward movement of more than One step upon landing	0.1	0.1
Score	9.1	9.3

Total Score: Judge 1 + Judge 2 = 9.1 + 9.3 = 18.4

Example 2

Age 11-12: Skill test Power hurdle round off back handspring, back somersault tuck to raised mat

Performance deductions: 3-skills	Judge 1	Judge 2
Power hurdle round off	0.1	0.2

Back handspring	0.2	0.3
Back somersault tuck	0.3	0.4
	0.6	0.9
Subtracted from max score	3.0-0.6	3.0-0.9
	2.4	2.1
Add back to show mark out of 10.0	2.4 + 7.0	2.1 + 7.0
	9.4	9.1
Additional Deductions		
1 step prior to power hurdle	0.1	0.1
Landed on mat and stepped off mat	0.5	0.5
Score	8.8	8.5

Total Score: Judge 1 + Judge 2 = 8.8 + 8.5 = 17.3