

TUMBLING DIFFICULTY

Skill	DD	FIG Shorthand	Skill	DD	FIG Shorthand
Round-off	0.1	(1/2 in Back out Tuck	2.2	810°
Front Handspring	0.1	f	1/2 in Back out Pike	2.4	810<
Flic-Flac	0.1	f	1/2 out Back Tuck	2.2	801°
Whipback	0.2	^	1/2 out Back Pike	2.4	801<
Back Tuck	0.5	4°	1/2 out Back Straight	2.6	801/
Back Pike	0.6	4<	Full in Back out Tuck	2.4	820°
Back Straight	0.6	4/	Full in Back out Pike	2.6	820<
Front Tuck	0.6	4°	Full in Back out Straight	2.8	820/
Front Pike	0.7	4<	Back in Full out Tuck	2.4	802°
Back Straight	0.6	4/	Back In Full out Pike	2.6	802<
Back with 1/2 twist	0.7	41°, 41<, 41/	Back in Full out Straight	2.8	802/
Barani	0.8	41°, 41<, 41/	Full in 1/2 out Straight	3.2	821/
Rudi	1.2	43	Full, Full Tuck	3.2	822°
Back with 1/2 Twist	0.7	41	Full, Full Straight	3.6	822/
Full	0.9	42	Full, Double Full Tuck	4.4	824°
Back with 1 1/2 Twist	1.1	43	Full, Double Full Straight	4.8	824/
Double Full	1.3	44	Double Full, Double Full Straight	6.4	844/
Back with 2 1/2 Twist	1.6	45	Triple Back Tuck	4.5	12---°
Triple Full	1.9	46	Triple Back Pike	5.1	12---<
Back with 3 1/2 Twist	2.3	47	Triple Back Straight	5.7	12---/
Back with 4 full Twist	2.7	48	1/2 in Triple Tuck	5.4	121--°
Double Back Tuck	2.0	8--°	1/2 in Triple Pike	6.0	121--<
Double Back Pike	2.2	8--<	Full in Triple Tuck	6.3	122--°
Double Back Straight	2.4	8--/	Full in Triple Pike	6.9	122--<
Double Front Tuck	2.4	800°	Quadruple Back Tuck	8.0	16----°
Double Front Pike	2.6	800<			
Calculation of a Skill					
Single Somersault performed in Tuck	0.0	Double Somersault performed in Tuck	0.0		
Single Somersault performed in Pike	0.1	Double Somersault performed in Pike	0.1		
Single Somersault performed in Straight	0.1	Double Somersault performed in Straight	0.2		
Front Somersaults	0.1	Triple Somersault performed in Tuck	0.0		
		Triple Somersault performed in Pike	0.2		
		Triple somersault performed in Straight	0.4		
In double somersaults the value of the skill, including any twist and bonus for position will be doubled					
In triple somersaults the value fo the skill, including any twist and bonus for position will be tripled					
Twist Value					
Single Somersaults			Double Somersaults		
		Each 1/2 twist (180°)	0.1		
Each 1/2 twist (180°)	0.2	Each 1/2 twist more than one full twist (360°)	0.2		
Each 1/2 twist more than two full twists (720°)	0.3	Each 1/2 twist more then two full twists (720°)	0.3		
Each 1/2 twist more than three full twist (1080°)	0.4	Each 1/2 twist more than three full twist (1080°)	0.4		
Single somersaults with twist, must twist in one continous direction; otherwise no difficulty value will be awarded					