

# 2012-2013 TeamGym Regulations

## Group Jump: Tumbling Pass Summary Table

Updated October 25, 2012

### Group Jump – Tumbling

**Introducing Coaches Choice:** Use the specified passes listed for each level or substitute your pass for any of the Level passes marked as "Voluntary."

- General Guidelines**
- Passes must contain min. 4 & max. 6 acro skills selected from skill elements used in the designated passes and/or listed as "Coach Choice elements."
  - Coach's Pass(es) must show continuous movement w/o stops and w/ good streaming.
  - Where indicated, the final performing athlete finishes and "holds" a lunge position.
  - Coaches are required to write & submit their **Coach's Choice** description on the **Squad Pass Description Form** submitted prior to the competition.

#### Intensification

- Where indicated, each of the final 1, 2 or 3 squad members may "intensify" their passes with the skill element choices listed for that Level.
- There is **NO BONUS** for intensification.
- Regular Execution deductions will apply to all skill elements that are intensified.

**NOTE:** At all Group Jump: Tumbling Levels, the REQUIRED PASS may not be repeated exactly as the Coach's Choice Pass.

If repeated exactly, the squad will receive a deduction of 1.0. While it is permissible to utilize and repeat some of the skill elements and/or sequences from the Required Pass as part of the Coach's Choice pass, the arrangement and selection of the skill elements for the Coach's Choice pass must differ from the Required Pass in an obvious way.

#### L-1 Performs 1 Pass from choices below, OR use Coach's Choice

##### TG Pass 1 (Voluntary)

- Ft. roll (T)
- Dive Ft. roll
- Ft. roll (T)
- Dive Ft. roll
- Tuck jump to 2-foot landing  
Step forward to lunge.

##### TG Pass 2 (Voluntary)

- Ft. roll (T)
- Dive Ft. roll
- Straight Jump w/ ½ turn
- Bk roll
- Pike Bk roll to finish in  
Straddle stand

##### Coach's Choice skill elements...

- Any listed skill element for L-1 Tumbling.
- Basic jumps: Straight, T, Pike, Straddle, Spread eagle.

##### Intensification -

**There is no intensification at this level.**

#### L-1 ADSN – Performs 1 Pass from choice below, OR use Coach's Choice

##### Voluntary Pass

Squat to "tap" → Jump (S, T) → Jump (S, T) →  
2-3 steps to stand →  
Squat to "tap" → Jump (S, T) → Jump (S, T) →  
2-3 steps to stand and show Finish position

##### Coach's Choice skill elements...

- Pass should consist of 4-6 skill elements.
- All elements should flow from one to another with continuous movement.
- Rolls (Ft, Bk, log); Basic Jumps;
- Basic locomotors: walks, skips, hops, etc.
- Other: shoulder rolls, push-ups, etc.

#### L-2 Performs 2 Passes from choices below, OR use Coach's Choice for "Voluntary" pass.

##### TG Pass 1 - REQUIRED

##### 4 Cartwheels (c/w) in series:

From stand facing forward...

- c/w to lateral position
- Lateral c/w
- Lateral c/w
- c/w to finish in lunge facing  
start position

##### Voluntary Pass

From stand facing forward...

- Hndstd Ft roll
- step into c/w
- c/w turn to std facing forward and..
- Power Hurdle → RO rebound
- Finish in lunge position

##### Coach's Choice skill elements...

- As above
- Any listed skill element for L-2 Tumbling.
- Connections: Hurdles, chassés, other locomotors
- Additional: Walkovers (Ft., Bk., Tinsicas)

##### Intensification -

**There is no intensification at this level.**

#### L-2 ADSN – Performs 2 Passes from choices below, OR use Coach's Choice for "Voluntary" passes.

##### Voluntary Pass 1

- c/w → chassé →
- c/w → chassé →
- c/w → LUNGE show finish position

##### Voluntary Pass 2

- Kick-up to "near" Hndstd, step-down →
- chassé → chassé →
- Hndstd step-down → chassé →
- c/w → LUNGE show finish

##### Coach's Choice skill elements...

- Pass should consist of 4-6 skill elements.
- Any listed skill elements from L-1 & L-2 TU
- All elements should flow from one to another with continuous movement.

**L-3 Performs 2 Passes from choices below, OR use Coach's Choice**

TG Pass 1 - REQUIRED	Voluntary Passes	Coach's Choice skill elements...
From stand, Run/hurdle to • RO-BHS step-out ¼ turn into c/w → – OR – RO-BHS rebound with turn to step-out → • c/w → • RO rebound to lunge Last athlete should hold & show the lunge	From stand facing forward... • Hndstd ½ pirouette • Bk walkover (BWO) to lunge • quick turn & run/hurdle, RO-BHS • Rebound to lunge – OR – • Hndstd ½ pirouette • c/w to lunge • quick turn & run/hurdle, RO-BHS • Rebound to lunge	• Any listed skill element for L-3 Tumbling. • Varieties of C/Ws (1-arm, dive, spring-out, aerial, etc.), varieties of Ft & Bk. Walkovers, Ft. handsprings (FHS), and Bk. Extensions, etc. • MAY include some kind of FHS
		<b>Intensification -</b> There is no intensification at this level.

**L-4 Performs 2 Passes from choices below, OR use Coach's Choice**

TG Pass 1 - REQUIRED	Voluntary Passes	Coach's Choice skill elements...
From stand facing forward... • Run/hurdle, RO-BHS (1) • BHS (2) • BHS (3) • Rebound and "get out of the way!" The last athlete ends with rebound to lunge	From stand, Run/hurdle to • FHS stepout (w/ flight from hands) • FHS stepout (w/ flight from hands) • RO-BHS, Rebound to lunge – OR – From stand, Run, hurdle/jump to • Ft. Flyspring • Rebound, hurdle directly into • RO-BHS, BHS, Rebound to lunge (NOTE: only 1 BHS here if intensifying w/ run to Ft. salto)	• Any listed skill element for L-4 Tumbling. • MUST include some kind of FHS: wth 2-foot landing, step-out, and/or Flyspring • MUST include Fwd and Bkw tumbling.
		<b>Intensification -</b> • For <b>Pass 1</b> - The final 1, 2 or 3rd athlete(s) <u>MAY</u> substitute a Bk. Salto (T) for the 3rd BHS. • <b>Pass 2</b> - At the end of the L-4 Voluntary or L-4 Coach's Choice pass, the final 1, 2 or 3 athlete(s) MAY add run, punch Ft. Salto (T) 2-foot landing .

**L-5 Performs 2 Passes from choices below, OR use Coach's Choice**

TG Pass 1 - REQUIRED	Voluntary Passes	Coach's Choice skill elements...
From stand, Run/hurdle, FHS stepout (with flight off the hands), • RO-BHS (1) • BHS (2) • Bk. Salto (T) showing rise of center of gravity (c.g.) • Rebound to lunge	From stand, Run/hurdle to • 2-foot punch Ft.Salto (T) with 2-foot landing rebound & step-out <u>OR</u> immediate step-out → • RO-BHS, • Bk. Salto (T), Rebound to lunge – OR – From stand, Run/hurdle, FHS 2-foot landing → • Ft salto (T) 2-foot landing rebound & step-out <u>OR</u> immediate step-out → • FHS step-out → • c/w to lunge	• Any listed skill element for L-5 Tumbling. • MUST have an acro element directly connected into and/or out of some kind of Ft Salto. • This Coach's Pass may be all Front or Mixed.
		<b>Intensification -</b> • <b>Pass 1 Required</b> - changing Bk Salto body position to P or S. • <b>Pass 2 (Voluntary or Coach's Choice)</b> - MAY be intensified by changing the body position of any of the saltos (Ft. or Bk).

**L-6 Performs 2 Passes from choices below, OR use Coach's Choice**

TG Pass 1 - REQUIRED	Voluntary Passes	Coach's Choice skill elements...
From stand, Run, 2-foot punch to • Ft. salto (T or P) step-out → • RO-BHS → • Bk. Salto (T or Straight) • Rebound to lunge	From stand, Run/hurdle to • FHS 2-foot landing → • punch Ft. salto (T) 2-foot landing rebound & step-out <u>OR</u> immediate step-out → • RO-BHS * • Bk Salto (T or P) • Rebound to lunge *NOTE: If on FX diagonal, may drop BHS and just do RO-Bk salto (T or P).	• Any listed skill element for L-6 Tumbling. • MAY include <b>Whipback</b> connected in front or back by BHS. • MUST have some kind of Ft or Bk salto • Since the L-6 Required pass is a Mixed pass (Fwd & Bkw), this Coach's Choice pass may be all Back or Mixed.
		<b>Intensification -</b> • A pass ending w/ Bk Salto (T, P, or S), MAY be intensified with Bk Salto ½ or 1/1 twist. • Ft. salto (T) MAY be intensified to (P).

**L-7 TeamGym - Pass 1**  
*Work in Progress!*

TG - Other Passes

Coach's Choice skill elements...
• MUST connect 2 saltos • Include 1 salto w/ min. 360° • 1 pass must be mixed (both Fwd & Bk skills)

L-8	TeamGym - Pass 1	TG - Other Passes	
	<i>Work in Progress!</i>		<ul style="list-style-type: none"> <li>• Include 1 salto w/ min. 720°</li> <li>• May add dbl salto</li> <li>• 1 pass must be mixed (both Fwd &amp; Bk skills)</li> </ul>
L-9	TeamGym - Pass 1	TG - Other Passes	
	<i>Work in Progress!</i>		
L-10	TeamGym - Pass 1	TG - Other Passes	
	<i>Work in Progress!</i>		