

Tumbling Routines 2013 - 2017

Mobility for 2013/2017: Athletes may enter mobility system at level 7 and below. Athletes who wish to mobilize to the next level, may do so using the mobilization scores listed in the current Junior Olympic Code of Points.

Level 1		Level 2	
Pass 1 Compulsory 1. Pike front roll to tuck 2. Front roll tuck 3. Front roll tuck 4. Front roll tuck 5. Straight jump	Pass 2 Compulsory 1. Front roll tuck 2. Front roll tuck 3. Jump ½ turn 4. Back roll tuck 5. Back roll tuck	Pass 1 Compulsory 1. Cartwheel 2. Cartwheel step in to hollow 3. Back roll tuck 4. Back roll tuck 5. Straight jump	Pass 2 Compulsory 1. Front roll step out 2. Cartwheel 3. Cartwheel 4. Round off 5. Rebound
Level 3		Level 4	
Pass 1 Compulsory 1. Power hurdle 2. Cartwheel 3. Round off 4. Rebound 5. Back roll tuck	Pass 2 Compulsory 1. Handstand front roll step out 2. Cartwheel 3. Cartwheel 4. Round off 5. Rebound	Pass 1 Compulsory 1. Power hurdle round-off 2. Back handspring 3. Rebound	Pass 2 Compulsory 1. Run, Round-off 2. Back handspring 3. Rebound
Level 5		Level 6	
Pass 1 Compulsory 1. Power hurdle, round-off 2. Back handspring 3. Back handspring 4. Rebound	Pass 2 Compulsory 1. Run, round-off 2. Back handspring 3. Back handspring 4. Back handspring 5. Back handspring 6. Rebound	Pass 1 Compulsory 1. Run, round-off 2. Back handspring 3. Back handspring 4. Back handspring 5. Back handspring 6. Back handspring 7. Back handspring 8. Rebound	Pass 2 Compulsory 1. Run round-off 2. Back handspring 3. Back handspring 4. Back handspring 5. Back somersault tuck
Level 7		Level 8	
Pass 1 Compulsory 1. Run, Round-off 2. Back handspring 3. Back handspring 4. Back handspring 5. Back handspring 6. Back handspring 7. Back handspring 8. Back somersault pike	Pass 2 Compulsory 1. Run, Round off 2. Whip back 3. Back handspring 4. Back handspring 5. Back handspring 6. Back handspring 7. Back handspring 8. Back somersault tuck	Pass 1 Compulsory 1. Run, Round off 2. Whip back 3. Whip back 4. Back handspring 5. Back handspring 6. Back handspring 7. Back handspring 8. Back somersault pike	Pass 2- 8-Skill Optional Pass Minimum DD 2.1 Maximum DD 2.4 *Must end in a back somersault tuck, straight or full twisting back somersault *Must have two bounding somersaults
Level 9		Level 10 Prelims	
Pass 1 Compulsory 1. Run, Round off 2. Whip back 3. Whip back 4. Back handspring 5. Whip Back 6. Back handspring 7. Back handspring 8. Back somersault straight	Pass 2- 8-Skill Optional Pass Minimum DD 2.5 Maximum DD 4.1 Maxim DD 2.2 per skill * One somersault must contain a minimum of 360° or a maximum of 720° of twist OR One double somersault tuck * One additional somersault may contain 360° of twist * One somersault with or without twist must be performed as the last (8th) skill. * Bounding full twisting somersaults are NOT allowed. * The remaining somersaults may not contain more than 180° of twist	Two Free 8- Skill Optional Passes Minimum DD 3.4 per pass Maximum DD 6.5 per pass Maximum DD 3.2 per skill -No triple somersaults -No reversals -Minimum of one double somersault anywhere in the two passes -No repeats within the pass or over the two passes	
Level 9 Finals - 8 Skill Voluntary *Same requirements as prelims. *Skills or passes may be repeated from the preliminary round		Level 10 Finals	
		2 - Free 8 Skill Optional Passes Must contain one somersault in last (8th skill) Minimum DD 3.4 per pass Maximum DD 6.5 per pass Maximum DD 3.2 per skill - No triple somersaults - No reversals -Minimum of one double somersault placed anywhere in the two passes. -Skill repeats only if preceded by a different skill or if repeat from Preliminary Round.	