

TUMBLING SAFETY RULES

Refer to the USA Gymnastics Safety Handbook, the Level 1 Coaches' Course and Tumbling Equipment Specifications.

1. Tumbling practice should take place in a facility where a USA Gymnastics Trampoline & Tumbling registered instructor is present to supervise the activity.
2. Tumbling should take place only where a safe tumbling surface is provided. Tumbling surfaces should be sufficiently shock absorbent so as to reduce the risk of injury.
3. Tumbling areas should be level and well lit with the track placed well away from walls or other obstructions or low ceilings. If space is short and the end of the tumbling track comes near a wall, the wall must be padded.
4. Athletes should be aware of the safety rules and of their own limitations. Skills more easily done on trampoline or double mini-trampoline may be more difficult or dangerous to attempt on a tumbling track.
5. Most spring floors are designed more for shock-absorbency than for extra lift during a skill. Athletes should be aware of this difference and not assume that skills will be easier using such surfaces.
6. Rings, hair decorations, earrings, and/or jewelry should not be worn by the athlete or spotter during practice or competition.
7. A proper uniform should be worn to allow freedom of movement.
8. A thorough warm-up and stretching period should precede tumbling practice and a proper cool down and stretching period should follow to reduce the risk of injury.
9. Athletes and spotters must know and agree on all passes that will be attempted. Athletes must pay attention to the coach.
10. Tumbling should not be attempted by persons under the influence of alcohol, drugs, or any medication that may hinder coordination or perception or by persons who are dizzy, over-tired or who have undue fear.
11. Successful tumbling depends upon a great deal of concentration. When one is fatigued, angry, frustrated, or otherwise unable to concentrate, it may become futile or even dangerous to tumble.
12. Crossing the tumbling track can be dangerous; look both ways before crossing.
13. Athletes should perfect skills before trying harder skills or combinations. Use proper progressions to learn more difficult skills. Practice form, execution and control.
14. The use of a tumbling track is a highly specialized, potentially dangerous activity for athlete and coach alike. Both the coach and athlete should first understand and practice progressions and drills in order to help the athlete to tumble safely.
15. No casts or hard splints are allowed while participating in tumbling and trampoline activities. Braces that have been measured and prescribed by a licensed physician for a specific medical condition may be worn.

**J.O. RULES AND POLICIES
TUMBLING QUICK-REFERENCE**

For complete information, see the Rules & Policies on the USAG web site at www.usa-gymnastics.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:
Levels 1-7*

Levels 8-9

6 & Under		10 & Under
7-8		11-12
9-10		13-14
11-12		15 & Over
13-14		
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.

1.3 Age groups for Level 10

10 & Under
11-12
13-14
15-16
17 & Over

2. Appeals

2.1 An appeal can only be filed by a coach or competitor. Spectators are not allowed to participate in the appeal process. A difficulty inquiry can be made at the judge's table using the appropriate form. (See Rules and Policies for inquiry form.)

2.2 The written appeal, with the appropriate appeal fee must be submitted to the Meet Referee prior to the start of the next round. The next round is the actual competition, not warm-up of the next flight. In the case of an appeal concerning the final pass, the appeal must be submitted immediately after the end of the round. In any case, no appeals will be accepted after the medals have been awarded.

2.3 Appeals concerning the execution scores can only be made with respect to numerical error.

2.4 Appeals must be dealt with by the Jury of Appeal prior to the start of the next round and their decision must be announced immediately

2.5 Video

2.5.1 Levels 1-8: The organizing committee is not required to have an official video. The Jury of Appeal may review a video submitted by the coach or athlete filing the appeal. All video submitted must be from the appropriate angle. The angle should be from the same perspective as the judges. Video shot from the end will not be used.

2.5.2 Levels 9-10: The organizing committee is required to have an official video for the Jury of Appeal to review.

2.5.3 The Jury of Appeal may not watch the video individually. They must assemble in the designated location in order to view the video together. The video will be watched at real time and a straw poll will be taken, after which discussion may be held. If necessary the jury may re-watch the video and a straw poll will be taken after each viewing.

- 3.7.5 Levels 7 and 8:
 - 3.7.5.1 Pass 1: Add the three Execution Judges' scores to the difficulty score.
 - 3.7.5.2 Pass 2: Add the three Execution Judges' scores to the difficulty score.
 - 3.7.5.3 Total Score: Add the score for the first pass to the score for the second pass to determine the total score.
- 3.7.6 Level 9:
 - 3.7.6.1 Pass 1: Add the three Execution Judges' scores.
 - 3.7.6.2 Pass 2: Add the three Execution Judges' scores to the difficulty score.
 - 3.7.6.3 Total Score: Add the score for the first pass to the score for the second pass to determine the total score.
- 3.7.7 Level 10:
 - 3.7.7.1 Pass 1: Add the three Execution Judges' scores to the difficulty score.
 - 3.7.7.2 Pass 2: Add the three Execution Judges' scores to the difficulty score.
 - 3.7.7.3 Pass 3: Add the three Execution Judges' scores to the difficulty score.
 - 3.7.7.4 Total Score: Add the score for the first pass, second pass and third pass to determine the total score.
 - 3.7.7.5 If finals are held:
 - 3.7.7.5.1 Finals Pass 1: Add the three Execution Judges' scores to the difficulty score.
 - 3.7.7.5.2 Finals Pass 2: Add the three Execution Judges' scores to the difficulty score.
 - 3.7.7.5.3 Final Total Score: Add the Total Score from preliminaries to the Finals Pass 1 and 2 scores to determine the Final Total Score.
- 3.8 The Superior Judge is responsible for determining the validity of the scores and must sign the final score sheet before final results are posted.
- 3.9 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.

4. Competition Cards

- 4.1 Levels 1-7
 - 4.1.1 No competition cards are required.
- 4.2 Levels 8-10
 - 4.2.1 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.
 - 4.2.1.1 In the compulsory passes, the competitor must execute the skills as written on the competition card; otherwise, the pass will be interrupted at the point of change.
 - 4.2.1.2 In the optional passes, changes to the skills and the order in which they are written on the competition card are permitted with no penalty.
 - 4.2.2 All competition cards must be turned in at the specified time and place. Changes may be made until the start of the round.
 - 4.2.3 Competition cards must be completed using official FIG terminology or the FIG numerical system.
 - 4.2.4 Failure to turn in a competition card will result in a deduction of 0.2 pts from the difficulty score of the optional routine.

5. Dress Code

- 5.1 Athletes: The dress code must be followed during all training sessions, warm-up and competition times.
 - 5.1.1 Male Competitors
 - 5.1.1.1 Leotards or compression shirts, with or without sleeves. Compression shirts must be skin tight and made of lycra or spandex.
 - 5.1.1.2 T-Shirts are not acceptable.

- 5.1.1.3 Competition style shorts, with no longer than a 5" inseam.
- 5.1.1.4 White foot covering or bare feet are allowed.
- 5.1.2 Female Competitors
 - 5.1.2.1 Leotards with or without sleeves may be worn.
 - 5.1.2.2 Long tights may be worn (must be skin tight).
 - 5.1.2.3 A full length one piece leotard (unitard) may be worn (must be skin tight).
 - 5.1.2.4 White foot covering of no more than ankle length may be worn. Bare feet are allowed. If a unitard is worn, the foot covering may be the same color as the unitard.
 - 5.1.2.5 Any other "dress" which is not skin tight is not allowed.
 - 5.1.2.6 For reasons of safety, covering the face or the head is not allowed.
- 5.1.3 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.
- 5.1.4 Only rubber bands, ribbons, flat metal clips or soft hair decorations are allowed.
- 5.1.5 Long hair for both male and female competitors must be secured close to the head. If the hair touches the tumbling track or landing area, the pass will be interrupted.
- 5.1.6 Any violation of Rule 5.1 may result in disqualification from the round in which the offense occurs. This decision is made by the Superior Judge.
- 5.2 Coaches: The dress code must be followed during all training sessions, warm-up and competition times.
 - 5.2.1 Warm-up pants (long pants or capri length, no shorts) and polo shirt or team t-shirt. Warm-up jacket is optional.
 - 5.2.2 Gym shoes are required.
 - 5.2.3 No denim allowed.
 - 5.2.4 No caps or hats allowed.
 - 5.2.5 Violators may be asked to leave the floor.

6. Flights

- 6.1 The competitors will be divided into groups of approximately ten athletes per group.

7. Height of Hall

- 7.1 The interior height of the hall in which tumbling competitions take place must be:
 - 7.1.1 Levels 1-10 Minimum 5 meters (16 feet)

8. Mobility Scores (See complete Mobility Rules in the Rules & Policies at www.usa-gymnastics.org.)

- 8.1 To ensure proper progression from one level to another, athletes must achieve a designated mobility score at a sanctioned competition.
- 8.2 Mobility forms must be completed and submitted to the State Chair for approval. Approval must be given by the State Chair prior to the athlete competing at the new level.
- 8.3 Athletes may compete to mobilize no more than two levels at a local competition. State, Regional and National Championships may be used to earn a mobility score but the athlete may not compete at more than one level per competition.
- 8.4 The highest level at which an athlete may enter the mobility system is Level 7.

Level	Total Score
5 to 6	53.8
6 to 7	52.7
7 to 8	54.0
8 to 9	54.3
9 to 10	53.7

For mobility from Level 10 to Junior Elite, see Rules & Policies, Section VII: Elite Program.

12. Tie-Breaking System

- 12.1 Levels 1-4: Ties are not broken at this level.
- 12.2 Levels 5-7: Use the score of the second pass to break the tie. If there is still a tie, then duplicate awards will be given for ties.
- 12.3 Levels 8-9, Level 10 Preliminaries: Use the highest total score in the second routine of preliminaries to break the tie. If still tied:
 - 12.3.1 If five execution judges are on the panel, the counting execution scores are used to break the tie.
 - 12.3.2 If three execution judges are on the panel, the two highest judge's execution scores in the second routine are used to break the tie.
 - 12.3.3 If still tied, then duplicate awards will be given for ties.
- 12.4 Level 10 Finals: Use the highest total score in the final routine to break the tie. If still tied:
 - 12.4.1 If five execution judges are on the panel, the counting execution scores are used to break the tie.
 - 12.4.2 If three execution judges are on the panel, the two highest judge's execution scores in the second routine are used to break the tie.
 - 12.4.3 If still tied, then duplicate awards will be given for ties.
- 12.6 Example of distribution of awards if the tie cannot be broken:
 - Two competitors are tied for 2nd place.
 - Award the 1st place medal to the gymnast with the highest score.
 - The 2nd place medals are then presented to the tied gymnasts.
 - There is NO 3rd place medal.
 - The 4th place award is then presented to the next gymnast, and so on.

13. Warm-Up

- 13.1 All competitors will be allowed warm-up passes during the flight warm-up prior to competition. A touch is considered one pass.
 - 13.1.1 Levels 1 – 7 A run and two touches
 - Levels 8 – 9 A run and three touches
 - Level 10 A run and four touches
 - Level 10 finals A run and three touches
- 13.1.2 No general warm-up period is required; however a general warm up may be provided if time allows.
- 13.1.3 In the event that a competitor abuses the warm-up rules, the Superior Judge may instruct each of the Execution Judges to deduct 0.1 pt from their subsequent mark.
- 13.1.4 Warm-up on the competition hall equipment may be eliminated if equivalent equipment is provided in an adjacent hall.
- 13.1.5 The dress code must be followed for all training sessions and warm-up times.

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 Levels 1-3
 - 1.2.1 The first pass is a five-skill compulsory pass that is scored out of 10.0 pts.
 - 1.2.2 The second pass is a five-skill compulsory pass that is scored out of 10.0 pts.
 - 1.2.3 Levels 1-3 passes must begin from a stand. No run is allowed.
- 1.3 Level 4
 - 1.3.1 The first pass is a three-skill compulsory pass that is scored out of 10.0 pts.
 - 1.3.2 The second pass is a four-skill compulsory pass that is scored out of 10.0 pts.
- 1.4 Each pass must end with a landing on both feet on the track or landing area, otherwise a deduction of 0.5 pts will be taken, per Rule 7.4.1
- 1.5 For passes beginning with a power hurdle:
 - 1.5.1 If the competitor takes one or two steps or hops prior to the power hurdle, then a 0.3 pt deduction will be taken by each Execution Judge on the instruction of the Superior Judge.
 - 1.5.2 If the competitor takes three or more steps or runs prior to the power hurdle, then a deduction of 1.0 pts will be taken by each Execution Judge on the instruction of the Superior Judge.
 - 1.5.3 If the competitor does not perform the power hurdle prior to the round-off and begins from a stand, a deduction of 1.0 pts will be taken by each Execution Judge on the instruction of the Superior Judge.
- 1.6 For passes that must begin from a stand:
 - 1.6.1 If a competitor runs at the beginning of a pass that must begin with a stand a 1.0 deduction will be taken from each execution judge's score.
- 1.7 No finals are required.

2. Compulsories

First Pass

Level 1

1. Front roll pike straddle out
2. Front roll tuck
3. Front roll tuck
4. Front roll tuck
5. Rebound

Level 2

1. Front roll tuck
2. Front roll tuck
3. Jump ½ twist
4. Back roll tuck
5. Rebound

Level 3

1. Power hurdle round-off
2. Rebound
3. Back roll tuck
4. Back extension roll, pike down
5. Back roll pike

OR

- Option 2 for skills 4 and 5
4. Back extension roll, step down
5. Back walkover step-in

Second Pass

1. Front roll tuck
2. Front roll tuck
3. Jump ½ twist
4. Roll to candle stick
5. Rebound

1. Pike forward to front roll tuck
2. Front roll tuck stand up
3. One-step forward to cartwheel step-in
4. Rebound
5. Back roll tuck

1. Handstand front roll
2. Front roll tuck
3. One-step forward to cartwheel step-in
4. Rebound
5. Back roll tuck

	OR	
	6.3.5.2	After landing, touching the track or landing zone/area with one or both hands 0.5
	6.3.5.3	After landing, falling to the knees, hands and knees, seat, front or back on the track or landing area 1.0
	6.3.5.4	Assistance from a spotter after landing 1.0
	6.3.5.5	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
	6.3.5.6	Total landing deductions may not exceed 1.0 pts.
6.4	Superior Judges Deductions <i>(In addition to form and landing deductions)</i>	
	6.4.1	Not ending in a two-foot landing 0.5
	6.4.2	Talking to or giving any form of signal to a competitor by his/her spotter or coach after the start of the pass, for each occurrence 0.3
	6.4.3	Not initiating the first skill within 20 seconds after the signal is given by the Superior Judge 0.1
	6.4.4	Abusing the warm-up time 0.1
	6.4.5	Levels 1-3: Taking significant steps (three or more or running) or a major stop (longer than three seconds). 1.0
	6.4.6	Touching outside the outer lines of the tumbling track with any part of the body. 1.0
	6.4.7	Does not perform the compulsory pass as written, for each occurrence 1.0
	6.4.8	Pass changing directions 1.0
	6.4.9	Taking one to two steps or hops prior to the power hurdle 0.3
	6.4.10	Taking three or more steps or runs prior to the power hurdle 1.0
	6.4.11	Not performing the power hurdle 1.0
	6.4.12	Running prior to a pass that must start from a stand 1.0
	6.4.13	After landing in the landing zone, touching or falling outside the landing zone with any part of the body 0.1
	6.4.14	Landing outside the outer lines of the track or landing zone 0.5

TUMBLING LEVELS 5 – 7

1. Pass Definition

- 1.1 Level 5
 - 1.1.1 The first pass is a four-skill compulsory pass, scored out 10.0 pts.
 - 1.1.2 The second pass is a six-skill compulsory pass, scored out of 10.0 pts.
 - 1.1.3 Both passes must end in a two-foot landing, per Rule 7.4.1.
- 1.2 Level 6
 - 1.2.1 The first pass is an eight-skill compulsory pass that is scored out of 10.0 pts.
 - 1.2.2 The second pass is a five-skill compulsory pass that is scored out of 10.0 pts.
 - 1.2.3 The first pass must end in a two-foot landing, per Rule 7.4.1.
 - 1.2.4 The second pass must end in a two-foot landing, per Rule 6.1.10
 - 1.2.5 The last skill of the second pass must initiate from the take-off zone otherwise a deduction as per Rule 7.4.7-7.4.8 will be taken from each Execution Judge's score.
 - 1.2.6 A somersault initiated from the landing area will result in an interruption, per Rule 6.1.11.
- 1.3 Level 7
 - 1.3.1 The first pass is an eight-skill optional pass that will receive difficulty.
 - 1.3.2 The second pass is an eight-skill optional pass that will receive difficulty.
 - 1.3.3 Both passes must end with a two-foot landing on the track or landing area; otherwise the pass will be interrupted, per Rule 6.1.10.
 - 1.3.4 The last skill must initiate from the take-off zone otherwise a deduction, per Rules 7.4.7 – 7.4.9 will be taken from each Execution Judge's score.
 - 1.3.5 A somersault initiated from the landing area will result in an interruption, per Rule 6.1.11.
 - 1.3.6 Competitors must perform at least three accepted skills in order to receive a score. A pass that contains two or fewer skills will score out of 0.0 pts.
- 1.4 Level 5 - Passes beginning with a power hurdle round-off:
 - 1.4.1 If the competitor takes one or two steps or hops prior to the power hurdle, then a 0.3 pt deduction will be taken by each Execution Judge on the instruction of the Superior Judge, per Rule 7.4.11.
 - 1.4.2 If the competitor takes three or more steps or runs prior to the power hurdle, then a deduction of 1.0 pts will be taken by each Execution Judge on the instruction of the Superior Judge, per Rule 7.4.12.
 - 1.4.3 If the competitor does not perform the power hurdle prior to the round-off and begins from a stand, a deduction of 1.0 pts will be taken by each Execution Judge on the instruction of the Superior Judge, per Rule 7.4.13.
- 1.5 Passes beginning with a round-off:
 - 1.5.1 If the competitor does not begin with a run on the tumbling track and starts the pass with a power hurdle or from a stand a total deduction of 1.0 pts will be taken by each Execution Judge on the instruction of the Superior Judge, per Rule 7.4.14.
- 1.6 **The National Coaching Staff strongly recommends that a pass ending in a somersault land on the landing area rather than on the tumbling track.**
- 1.7 Finals are not required.

2. Compulsories

First Pass

Level 5

1. Power hurdle round-off
2. Flic-Flac
3. Flic-Flac
4. Rebound

Second Pass

1. Run, Round-off
2. Flic-Flac
3. Flic-Flac
4. Flic-Flac
5. Flic-Flac
6. Rebound

7.3.3	Evaluate the execution of each skill in the range of 0.0 to 0.5.	
7.3.3.1	Slight faults, for each occurrence	0.1-0.2
7.3.3.2	Substantial faults, for each occurrence	0.3-0.4
7.3.3.3	Major faults, for each occurrence	0.5
7.3.4	Execution Judges' scores must be no more than 0.5 pts higher or 0.5 pts lower than the median score. The Superior Judge will instruct the Execution Judges to re-evaluate their scores if the score(s) are out-of-range.	
7.3.5	After the last skill of a completed pass take the following deductions on instruction of the Superior Judge. (Interrupted passes will not receive these deductions.)	
7.3.5.1	Landing on both feet but lacking stability and not standing still for approx. three seconds.	0.1-0.3
	OR	
7.3.5.2	After landing, touching the track or landing zone/area with one or both hands	0.5
7.3.5.3	After landing, falling to the knees, hands & knees, seat, front or back on the tumbling track or landing area	1.0
7.3.5.4	Assistance from a spotter after landing.	1.0
7.3.5.5	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
7.3.5.6	Total landing deductions may not exceed 1.0 pts.	
7.4	Superior Judge Deductions (In addition to form and landing deductions)	
7.4.1	Not ending with a two-foot landing (Level 5 both passes and Level 6 first pass)	0.5
7.4.2	Performing more than the required number of skills	1.0
7.4.3	Talking to or giving any form of signal to a competitor by his/her own spotter or coach after the start of the pass, for each occurrence	0.3
7.4.4	Not initiating the first skill within 20 seconds after the signal given by the Superior Judge	0.1
7.4.5	Level 7: Not meeting or exceeding the somersaulting requirements per pass, per occurrence	1.0
7.4.6	Level 6 second pass and Level 7: Failing to end a completed pass in a somersault	1.0
7.4.7	Passes ending in a somersault: Failing to initiate the last skill from the take-off zone (See Rule 1.3.4)	0.1
7.4.8	Passes ending in a somersault: Initiating the last skill from the penalty zone.	0.3
7.4.9	Passes ending in a somersault: The final skill is not at or above shoulder height	0.5
7.4.10	Abusing the warm-up time	0.1
7.4.11	Level 5: Taking one or two steps or hops prior to the power hurdle	0.3
7.4.12	Level 5: Taking three or more steps or running	1.0
7.4.13	Level 5: Not performing the power hurdle and beginning from a stand	1.0
7.4.14	Passes beginning with a running round-off: Starting from a power hurdle or from a stand	1.0
7.4.15	After landing in the landing zone, touching or falling outside the landing zone with any part of the body	0.1
7.4.16	Landing outside the outer lines of the track or landing zone.	0.5
7.4.17	Initiating the run farther than the 33' of designated run up	0.3

TUMBLING
LEVELS 8 – 9**1. Pass Definition**

- 1.1 Level 8
 - 1.1.1 The first pass is an eight-skill optional pass ending with a somersault, scored out of 10.0 pts.
 - 1.1.2 The second pass is an eight-skill optional pass ending with a somersault, scored out of 10.0 pts.
- 1.2 Level 9
 - 1.2.1 The first pass is an eight-skill compulsory pass ending with a somersault, scored out of 10.0 pts.
 - 1.2.2 The second pass is an eight-skill optional pass ending with a somersault, scored out of 10.0 pts.
- 1.3 Each pass must begin with a run and must move in one direction only, including the last skill. No reversals are allowed.
- 1.4 Each pass must end with a landing on both feet on the track or the landing area; otherwise the skill will not be counted.
- 1.5 Initiation of the last skill
 - 1.5.1 The last skill must initiate from the take-off zone and land in the landing area; otherwise a deduction will be taken from each Execution Judge's score, per Rules 8.4.7 – 8.4.9.
 - 1.5.2 Skills initiating from the landing area will result in an interruption, per Rule 6.1.9.
- 1.6 Competitors must perform at least three accepted skills in order to receive a score. A pass that contains two or fewer skills will score out of 0.0 pts.
- 1.7 Finals are not required at this level.

2. Pass Requirements

- 2.1 Level 8
 - 2.1.1 First pass – 8-skill optional
 - 2.1.1.1 Must contain one somersault that is performed as the last (8th) element in the tuck, pike or straight position and must be performed at or above shoulder height
 - 2.1.1.2 Option 1: Must contain one or two additional non twisting somersaults placed anywhere in the pass.
 - 2.1.1.3 Option 2: Must contain one front somersault with or without twist performed as the first (1st) element and one additional non twisting somersault placed anywhere in the pass. The front somersault may not contain more than 180° of twist.
 - 2.1.2 Second pass – 8-skill optional
 - 2.1.2.1 Must contain one somersault that is performed as the last (8th) element in the pike or straight position or a somersault with 360° of twist. The last skill must be performed at or above shoulder height.
 - 2.1.2.2 Option 1: Must contain two or three additional non twisting somersaults, two of which must be bounding somersaults (directly connected).
 - 2.1.2.3 Option 2: Must contain one front somersault with or without twist performed as the first (1st) element and one or two additional non twisting somersaults. The pass must contain two bounding somersaults (directly connected).
- 2.2 Level 9
 - 2.2.1 First pass – compulsory
 - 1. Round-off
 - 2. Whip-back
 - 3. Whip-back
 - 4. Flic-flac
 - 5. Whip-back
 - 6. Flic-flac
 - 7. Flic-flac
 - 8. Back somersault pike

- 2.2.2 Second pass – 8-skill optional
 - 2.2.2.1 Must contain a minimum of four somersaults and a maximum of seven somersaults one of which must contain a minimum of 360° or a maximum of 720° of twist.
 - 2.2.2.2 One somersault with or without twist must be performed as the last (8th) element.
 - 2.2.2.3 One additional somersault may contain a maximum of 360° of twist. Bounding full twisting back somersaults are not allowed.
 - 2.2.2.4 The remaining somersaults may contain no more than 180° of twist.
 - 2.2.2.5 Any non-twisting somersault that is performed in the middle of a pass will be considered a whip-back unless otherwise stated by the Code of Points. Refer to Rule 4.1.3.1.
- 2.3 If a competitor does not meet or exceeds the pass requirements, there will be a 1.0 pt deduction per occurrence taken from each Execution Judge's score upon the instruction of the Superior Judge.

3. Repetitions: Level 9 only

- 3.1 Whip-backs, flic-flacs and round-offs may be repeated during the pass.
- 3.2 Somersaults other than whip-backs will not be considered as repetitions if they are preceded by a different skill.
 - 3.2.1 Bounding full-twisting back somersaults (360°) are not allowed.
 - 3.2.2 Repeated skills will not be awarded difficulty credit by the Difficulty Judges.

4. Accepted Skills

- 4.1 Level 8
 - 4.1.1 Round-off
 - 4.1.2 Flic-flac
 - 4.1.3 Whip-back
 - 4.1.3.1 **Whip-back:** A somersault that is performed in the middle of a pass. The somersault is 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.
 - 4.1.4 Front somersault step out (tuck or pike)
 - 4.1.5 Front somersault with 180° of twist
 - 4.1.6 Back somersault (tuck, pike or straight)
 - 4.1.7 Back somersault with 360° of twist (second pass only)
- 4.2 Level 9
 - 4.2.1 Round-off
 - 4.2.2 Flic-flac
 - 4.2.3 Whip-back
 - 4.2.4 Back somersault (tuck, pike or straight)
 - 4.2.5 Front somersault (tuck, pike or straight)
 - 4.2.6 ½ twisting somersaults (Barani or back ½)
 - 4.2.7 Full-twisting somersaults (360°)
 - 4.2.8 Double full-twisting somersaults (720°)
- 4.3 Skills that are not allowed at this level will not receive difficulty and will cause an interruption at that point.

7.3.5	After the last skill of a completed pass take the following on instruction of the Superior Judge. (Interrupted passes do not receive these deductions.)	
7.3.5.1	Landing on both feet but lacking stability and not standing still for approx. three seconds.	0.1-0.3
	OR	
7.3.5.2	After landing, touching the track or landing zone/area with one or both hands	0.5
7.3.5.3	After landing, falling to the knees, hands & knees, seat, front, or back on the tumbling track or landing area	1.0
7.3.5.4	Assistance from a spotter after landing	1.0
7.3.5.5	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
7.3.5.6	Total landing deductions may not exceed 1.0 pts.	
7.4	Superior Judge Deductions <i>(In addition to form and landing deductions)</i>	1.0
7.4.1	Performing more than the required number of skills	1.0
7.4.2	Talking to or giving any form of signal to a competitor by his/her own spotter or coach after the start of the pass, for each occurrence	0.3
7.4.3	Not initiating the first skill within 20 seconds after the signal given by the Superior Judge.	0.1
7.4.4	Failing to end a completed pass in a somersault	1.0
7.4.5	Failing to meet the somersaulting requirements per occurrence	1.0
7.4.6	Exceeding the somersaulting requirements, per occurrence	1.0
7.4.7	Failing to initiate the last somersault from the take-off zone	0.1
7.4.8	Ending a completed pass on the tumbling track	0.2
7.4.9	Initiating the last skill from the penalty zone	0.3
7.4.10	Passes ending in a somersault with or without twist: The final skill is not at or above shoulder height.	0.5
7.4.11	Abusing the warm up time	0.1
7.4.12	After landing in the landing zone, touching or falling outside the landing zone with any part of the body	0.1
7.4.13	Landing outside the outer lines of the track of landing zone	0.5
7.4.14	Initiating the run farther than the 33' of designated run up	0.3

TUMBLING
LEVEL 10**1. Competition**

- 1.1 Tumbling shall be characterized by continuous, speedy, rhythmic hands to feet and feet to feet rotational skills without hesitations or intermediate steps.
- 1.2 A tumbling pass shall be planned to demonstrate a variety of forward, backward and sideward skills. The pass should show good control, form, execution and maintenance of tempo.
- 1.3 Preliminaries
 - 1.3.1 The preliminaries shall consist of one compulsory and two optional passes. Refer to Rule 3 for pass requirements.
 - 1.3.2 The starting order for the preliminaries will be decided by a draw.
 - 1.3.3 Preliminaries are the qualification to the individual finals.
- 1.4 Finals
 - 1.4.1 There will be two optional passes in the finals. Refer to Rule 3 for pass requirements.
 - 1.4.2 The competitors with the eight best scores from the preliminaries will go forward to the finals when finals are held at State, Regional and National Championships.
 - 1.4.3 The starting order for the final will be in order of merit, with the competitor with the lowest preliminary score going first. In the event of ties, the starting order will be decided by a draw.

2. Pass Definition

- 2.1 The first pass is an eight-skill compulsory pass scored out of 10.0 pts.
- 2.2 The second pass is a eight-skill optional pass scored out of 10.0 pts
- 2.3 The third pass is an five-skill optional pass scored out of 10.0 pts.
- 2.4 All passes must end with a two-foot landing.
- 2.5 Finals are optional for local, state, regional, and national invitational events.
- 2.6 Finals are mandatory for the National Championships.

3. Pass Requirements

- 3.1 First pass – compulsory
 1. Round-off
 2. Flic-flac
 3. Back somersault straight
 4. Whip-back
 5. Whip-back
 6. Flic-flac
 7. Flic-flac
 8. Back somersault straight
- 3.1.1 The pass will be interrupted if skills other than those listed in Rule 3.1 are performed. The pass is interrupted at the point of change.

3.2 Second pass – 8-skill optional

3.2.1 Somersaulting requirements – Must contain one of two options:

- 3.2.1.1 First option - Minimum of four somersaults, one of which must contain a minimum of 360° of twist and one of which must be performed as the last (8th) element and must contain a minimum of 720° of twist. (Full-full and combinations of twisting skills are allowed.
- 3.2.1.2 Second option - Minimum of four somersaults, one of which must be performed as the last (8th) element and which must be a multiple somersault, with or without twist.

3.3 Third pass – 5-skill optional

3.3.1 Must contain a minimum of two somersaults. The last (5th) skill must have a minimum difficulty of 0.6.

3.4 The last skill of the second and third passes must be different, regardless of their preceeding skill. (Example: whip, double full in the second pass and flic double full in the third pass is considered a repeat.) The repeated skill will not receive difficulty and a 1.0 pts deduction will be taken from each Execution Judges score for not meeting pass requirements.

3.5 The following skills are not allowed at level 10 and will result in an interruption of the pass.

- Double twisting double somersaults.
- Triple somersaults
- Side Somersaults
- Reversals
- Skills with more than 3.6 in difficulty value

3.6 Any somersault that is performed in the middle of a pass will be considered a whip-back unless otherwise stated in the code of points

Whip-back: A somersault that is performed in the middle of a pass. The somersault is 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.

Exception: The third skill of the Level 10 compulsory must be a back somersault straight and will be judged accordingly. Any other somersault performed above shoulder height in the middle of a pass should receive a maximum deduction, as it can cause a break in the rhythm of the pass.

3.7 A tumbling pass must move in one direction only. Skills in the reverse direction are not allowed and will cause an interruption.

3.8 The last (8th) skill must be a somersault with or without twist that is performed at or above shoulder height; otherwise deduction of 0.5 pts will be taken on the instruction of the Superior Judge for lack of height, per Rule 8.4.10.

3.9 Initiation of the last skill

3.9.1 The last skill must be initiated from the take-off zone and land in the landing area; otherwise, there will be a penalty of 0.1 for not taking off in the correct area and 0.2 for landing on the track. These deductions will be taken from each Execution Judge's score on the instruction of the Superior Judge.

3.9.2 If the athlete initiates the last skill from the penalty zone, there will be a penalty of 0.3 pts taken from each Execution Judge's score on the instruction of the Superior Judge.

3.10 Competitors must perform at least three accepted skills in order to receive a score. If the competitor performs two skills or fewer, the score for the pass will be 0.0. No additional points are added to show the mark out of 10.0 pts.

- 3.11 **Finals:**
- 3.11.1 Finals first pass will be an eight-skill optional pass with the same requirements as preliminaries.
 - 3.11.2 Finals second pass will be a five-skill optional pass with the same requirements as preliminaries.
 - 3.11.3 The last skill of the two passes must be different no matter what skill precedes the skill.
 - 3.11.4 Competitors may repeat skills or passes performed in the preliminaries.
 - 3.11.5 If a competitor does not meet the pass requirement for the final round a deduction of 1.0 pts will be taken from each Execution Judge's score.
 - 3.11.6 Performing a skill not allowed at this level will result in an interruption of the pass and no difficulty will be awarded for the interrupted skill.
 - 3.11.7 The competitors with the eight best scores from the preliminaries will go forward to the finals when finals are held at State, Regional and National Championships.
 - 3.11.8 The starting order for finals will be in order of merit, with the competitor with the lowest preliminary score going first in both passes. In the event of ties, the starting order will be decided by draw.

4. Start of a Pass/Second Attempts

- 4.1 Each competitor will start on the signal given by the Superior Judge and must initiate the first skill within 20 seconds; otherwise a deduction of 0.1 pt will be taken by each Execution Judge on the instruction of the Superior Judge.
- 4.2 A competitor's pass will be considered started once the first skill is initiated. Prior to that, if there is a faulty start, the competitor may re-start on a signal from the Superior Judge.
- 4.3 A springboard may be used only to initiate the first skill. It may be placed anywhere on the tumbling track or run-up.
- 4.4 Whether using a springboard or not, the first skill may be initiated on the run-up but must land on the tumbling track.
- 4.5 The competitor must begin his/her run no further than the 33' mark of designated run-up, otherwise a deduction 0.3 pts will be taken from each execution judges.
- 4.6 Second attempts at passes are not allowed.
 - 4.6.1 If a competitor is obviously disturbed in a pass (faulty equipment or substantial external influence), the Superior Judge may allow another attempt. A competitor's apparel is not considered "equipment." (See Guide to Judging.)
 - 4.6.1.1 Spectator noise, applause and the like would not normally constitute a disturbance.

5. Repetition of Skills

- 5.1 Whip-backs, flic-flacs and round-offs may be repeated during the pass.
- 5.2 Skills within the same pass other than round-off, flic-flac and whip-back will not be considered a repeat if they are preceded by a different skill.
- 5.3 Skill may not be repeated between the eight skill and the five skill pass. A skill will be deemed a repeat if it is preceded by the same skill,
 - 5.3.1 The last somersault of the 2nd and 3rd passes may not be the same skill, regardless of the skill preceding the somersault.
 - 5.3.2 Repeated skills within the same pass will not be awarded difficulty credit by the Difficulty Judge.
 - 5.3.3 Repeated skills between the two passes will not be awarded difficulty credit by the Difficulty Judge.

8. Scoring

8.1 Judges Panel

8.1.1 All judges must be Category II or higher.

8.1.2 Superior Judge (No. 1)	1
Judges for Execution (Nos. 2-4)	3
Judge for Difficulty (No. 5)	1
Video Judge (optional - any category)	<u>1</u>

TOTAL **6 (with optional video judge)**

8.1.3 The judges must sit five meters from the side of the tumbling track with the judges' tables positioned starting at meter 16 (52 feet) of the tumbling track.

8.1.4 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 Superior Judge.

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

8.1.4.2 If an Execution Judge is replaced, the Jury of Appeal may decide that his or her previous marks will be replaced by the average of the remaining marks.

8.2 Degree of Difficulty

8.2.1 No difficulty value is awarded to the compulsory pass.

8.2.2 Only skills terminating on the feet will be evaluated. The difficulty value of the optional pass is calculated on the following basis:

8.2.2.1 Cartwheels have no difficulty	
8.2.2.2 Aerials, flic-flacs, round-offs and front handsprings	0.2
8.2.2.3 Whip-backs (tempo-salto)	0.3

8.2.3 Single Somersaults

8.2.3.1 Each somersault (360°)	0.5
8.2.3.2 Single somersaults without twist performed in the pike or straight position will receive a bonus of	0.1

8.2.4 Twisting somersaults

8.2.4.1 Each ½ twist of a somersault is awarded difficulty as follows:

8.2.4.1.1 Each ½ twist (180°)	0.1
8.2.4.1.2 Each ½ twist more than one full twist (360°)	0.2
8.2.4.1.3 Each ½ twist more than two full twists (720°)	0.3
8.2.4.1.4 Each ½ twist more than three full twists (1080°)	0.4

8.2.4.2 Single somersaults with twist must twist in one continuous direction otherwise no difficulty will be awarded. Skills that do not meet this requirement may also result in a deduction for not meeting pass requirements.

8.2.5 Double somersaults – with or without twist

8.2.5.1 Double somersaults performed in the pike position will receive a bonus of 0.1 pts.	
8.2.5.2 Double somersaults performed in the straight position will receive a bonus of 0.2 pts.	
8.2.5.3 In double somersaults, the value of the skill, including any twist and bonus for position will be doubled.	

8.3 Execution Deductions

8.3.1 Subtract deductions from the maximum mark indicated by the Superior Judge.

8.3.2 Lack of form, control, height and rhythm in each skill. 0.1-0.5

8.3.3 Evaluate the execution in the range of 0.0 to 0.5. for lack of form, control, height and rhythm in each skill.

8.3.3.1 Slight faults, for each occurrence	0.1-0.2
8.3.3.2 Substantial faults, for each occurrence	0.3-0.4
8.3.3.3 Major faults, for each occurrence	0.5

8.3.4 After the last skill of a completed pass, take a single deduction for the greater fault only on the instruction of the Superior Judge:

8.3.4.1 Landing on both feet but lacking stability and not standing still for three seconds.	0.1-0.3
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	OR	
	8.3.4.2	After landing, touching the track or landing zone/area with one or both hands 0.5
	8.3.4.3	After landing, falling to the knees, hands & knees, seat, front, or back on the tumbling track or landing area. 1.0
	8.3.4.4	Assistance from a spotter after landing. 1.0
	8.3.4.5	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
	8.3.4.6	Total landing deductions may not exceed 1.0 pts.
8.4	Superior Judge Deductions (In addition to form and landing deductions)	
	8.4.1	Not initiating the first skill within 20 seconds after the signal from the Superior Judge 0.1
	8.4.2	Talking to or giving any form of signal to a competitor by his/her own spotter or coach after the start of the pass, for each occurrence 0.3
	8.4.3	Performing more than the required number of skills 1.0
	8.4.4	Abusing the warm-up time 0.1
	8.4.5	Exceeding the pass requirements 1.0
	8.4.6	Failing to meet the minimum pass requirements 1.0
	8.4.7	Failing to initiate the last somersault from the take-off zone 0.1
	8.4.8	Ending a completed pass on the tumble track 0.2
	8.4.9	Initiating the last skill from the penalty zone 0.3
	8.4.10	Failing to perform the last skill at or above shoulder height 0.5
	8.4.11	Failing to end a completed pass with a somersault 1.0
	8.4.12	Repeating the last skill in the two optional routines 1.0
	8.4.13	After landing in the landing zone stepping or falling outside the landing zone with any part of the body 0.1
	8.4.14	Landing outside the outer lines of the track or landing zone 0.5
	8.4.15	Initiates the run farther than the designated 33' of run up 0.3

TUMBLING EQUIPMENT SPECIFICATIONS

1. Tumbling Track

- 1.1 Levels 1 – 5: Minimum of a single layer mat, 60' long, 6' wide and 1" thick
- 1.2 Levels 6 – 7 Minimum of spring/foam block floor with a single or double layer of mats, 72' long, 6' wide, 1"-2" thick
- 1.3 Levels 8 – 9 Minimum of spring/foam block floor with single or double layer of mats, 84' long, 6' wide, 1"-2" thick.
- 1.4 Level 10
- 1.4.1 The tumbling track must be constructed with a sprung surface, which must be padded. If constructed of several units, the units must be firmly fixed together so they will not separate during use. They must not show any space between them.
- 1.4.2 Dimensions:
- | | | |
|--------|-----------|---------|
| Length | 26m (85') | +/-1.0m |
| Width | 1.5m (5') | +/-0.1m |

2. Markings

- 2.1 The outer edge of a line, 50mm (2") wide in a contrasting color, marks the boundary of the track.
- 2.2 A centerline, 50mm (2") wide in a contrasting color, must mark the centerline on the tumbling track.

3. Springboard

- 3.1 There are no restrictions on the type or location of the springboard.

4. Landing Area

- 4.1 A shock absorbent surface must be used as the landing area to allow for a stable landing on the feet. If two or more mats are joined together to form the landing area:
- They must have the same height and density.
 - They must be held firmly together so as not to separate in use.
 - On top of the landing mat, an additional landing mat may be used by the competitor. (sting mat)
- 4.2 Dimensions of the landing area must be:
- | | | |
|-----------|------|---------|
| Length | 6m | minimum |
| Width | 3m | minimum |
| Thickness | 30cm | +/-10mm |

5. Landing Zone

- 5.1 A landing zone must be marked out in the landing area with either the whole zone in a contrasting color or with lines 50mm (2") wide in a contrasting color. The outer edge of the landing zone (or lines) marks the boundary of the landing zone.
- 5.2 Dimensions of the landing zone must be:
- | | | |
|--------|---------------|--------|
| Length | 4000mm (13') | +/-5mm |
| Width | 2000mm (6.5') | +/-5mm |

6. There must be a run-up of 10m (33') prior to the tumbling track. It must be the same level as the tumbling track. Competitors must start their run no further than the designated 33' run-up.

7. Measurements of the take-off zone for tumbling levels 7-10.

- 7.1 The lines of the zone can be Velcro, tape or paint. Lines must be at least one inch (1") in width: White for the take-off zone and red for the penalty zone. The penalty zone must be solid red or striped in red.
- 7.2 Penalty Zone: One foot (1')
- 7.3 Take-off Zone: Eight feet (8') with seven lines spaced evenly one foot (1') apart within the take off zone. The white line on the 9' mark should be the width of the rod floor.