



Inter-Schools Tumbling Competition Routines 2020

Competition Division	Eligible	Tumble Pass
Green	Passed grade 2, 3 or 4 certificate	1. Straight jump -tuck jump - star jump continuous 3x, Step into a handstand and return to standing position
		2. F.roll straight jump, f.roll tuck jump, f.roll star jump, f.roll jump 1/2 turn, roll back to shoulder stand & stand up
Bronze	Passed grade 5 or 6 certificate	1. Cartwheel, chase, cartwheel with 1 hand, chase, cartwheel to step in
		2. Handstand forward roll, cartwheel, cartwheel, cartwheel with step in finish.
		* Optional Bonus Skill - Run into a roundoff straight jump
Silver	Passed grade 7 or 8 medal awards	1. From a run hurdle step into roundoff rebound 4x in total with a straight jump to stick landing.
		2. From a run front handspring to land on two feet, handstand jump on hands into forward roll.
		* Optional Bonus Skill - Standing Back Handspring
Gold	Passed grade 9 medal award	1. Roundoff back handspring
		2. From a run front tuck somersault to land. From a run roundoff back handspring or roundoff back tuck somersault.
		* Optional Bonus Skill - Standing Back Tuck
Diamond	Passed Grade 10 trophy award	1. Compulsory Pass per age group
		2. Voluntary Pass per age group

