



**Inter-regional event tumbling routine descriptions**

<b>Competition Division</b>	<b>Eligible</b>	<b>Tumble Pass</b>
Green	Passed level 2, 3 or 4 certificate	1. Straight jump, tuck jump, star jump continuous 3x, Step into a handstand and return to step in
		2. Forward roll straight jump, forward roll tuck jump, forward roll star jump, forward roll jump 1/2 turn, roll back to shoulder balance and hold for 3 seconds & stand up to vertical stretch
Bronze	Passed level 5 or 6 certificate	1. Cartwheel, side gallop, cartwheel with 1 hand, side gallop, cartwheel to step in finish
		2. Handstand forward roll, cartwheel, cartwheel, cartwheel with step in finish.
		* Optional Bonus Skill - Run into a roundoff straight jump
Silver	Passed level 7 +	1. From a run hurdle step into roundoff straight jump and repeat continuously 4x in total. The 4 <sup>th</sup> straight jump does NOT have a 180 degree turn.
		2. From a run front handspring (1 foot take off) or front fly spring (2 foot take off) to land on two feet, handstand jump on hands into forward roll. Pause between skills allowed.
		* Optional Bonus Skill - Standing Back Handspring
Gold	Passed level 8 +	1. Roundoff back handspring
		2. From a run front tuck somersault to land. From a run roundoff back handspring or roundoff back tuck somersault. Pause between skills allowed.
		* Optional Bonus Skill - Standing Back Tuck
Diamond	Passed level 9 +	1. Compulsory Pass per age group
		2. Voluntary Pass per age group

\* Please note that students should preview the demonstration video of their division routines prior to attending an event

## **Diamond Division National Age Group Tumble Passes**

### **Tumble Pass 1 - Compulsory Tumble Pass**

Athletes will perform one compulsory tumble pass for their first tumble run from the list below (A- D). The tumbling difficulty is based on the athletes age group and gradually increases with difficulty and age. We have also added an entry level tumble pass (A) which is suitable for athletes of any age group who have not yet accomplished the specific age requirements. For example, if the athlete has not performed the age specific tumble pass they perform tumble A. All tumble passes A-D are score from 10 points irrespective of the difficulty.

#### **A. Any Age**

Roundoff, Back Handspring, Back Handspring, Back Handspring, Straddle or tuck Jump

#### **B. 9 -12 Years Old**

Roundoff, Back Handspring, Back Handspring, Back Handspring, Back Tuck Salto

#### **C. 13 – 14 Years Old**

Roundoff, Back Handspring, Back Handspring, Back Handspring, Back Pike Salto

#### **D. 15 Years Old +**

Roundoff, Back Handspring ,Back Handspring, Back Handspring, Back Straight Salto

### Tumble Pass 2 – Voluntary Tumble Pass

Athletes perform one voluntary tumble pass for their second tumble run from the list below. Each tumble pass on the list increases in difficulty value. Athletes are scored from higher start values with the increased difficulty performed ranging from 10.9 – 14.0 start values.

Code	Tumble Pass	Start Value
A	Roundoff, 3 back handsprings, back tuck salto	10.9
B	Roundoff, 3 back handsprings, back pike salto	11.0
C	Roundoff, 3 back handsprings, back Layout salto	11.1
D	Roundoff, 3 back handsprings, layout 1/2 twist salto	11.2
E	Roundoff, 2 back handsprings, back tuck salto, front tuck salto	11.3
F	Front tuck salto walk out, roundoff, 2 back handsprings, back tuck salto	11.3
G	Roundoff, 6 back handsprings, back tuck salto	13.2
H	Roundoff, 6 back handsprings, back pike salto	13.3
I	Roundoff, 6 back handsprings, layout salto	13.4
J	Roundoff, 6 back handsprings, back layout 1/2 twist	13.5
K	Roundoff, 5 back handsprings, back tuck salto, front tuck salto	13.6
L	Roundoff, 5 back handsprings, back layout salto, front tuck salto	13.8
M	Front tuck walk out, roundoff, 5 back handsprings, back layout salto	13.8
N	Roundoff, 5 back handsprings, back layout salto, front pike salto	14.0

#### Notes:

- Athletes are required to submit the code of their voluntary tumble pass at the judges table prior to the start of their competition. The judge will ask each of them to provide the letter relating to their difficulty. For example, if you are performing roundoff, 3 back handsprings, back pike salto, your difficulty code is B.
- Compulsory & voluntary tumble passes must be different. Athletes will be penalized if they perform the same tumble pass twice with a 0.5 deduction from their final score.

- All Diamond athletes are to wear the club uniform. This will be provided to them either at the final training session before the competition or on the day of competition prior to warm ups. Leotards are academy property and must be returned either at the next training session or after the competition.
- The top 3 overall scorers will go into a final where they repeat their voluntary tumble pass again. The podium places of first, second, third depend on the execution of this final tumble pass.