



Inter-regional event tumbling routine descriptions

Competition Division	Eligible	Tumble Pass
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 th 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

Athletes will choose their routine and perform a tumble pass made up of 5 skills connected together. Each skill has a difficulty value which is added to the 10.00 start value. Athletes can choose from the following skills listed below and can be connected with a jump step out if required:

Skill	Value
Cartwheel	0.1
Roundoff	0.2
Back handspring	0.3
Front handspring	0.3

For example,

- a tumble pass of (1) roundoff, (2) Back handspring jump step out (3) Cartwheel, (4) cartwheel (5) cartwheel step in, will have a start value of $10.0 + 0.2 + 0.3 + 0.1 + 0.1 + 0.1 = 10.8$.
- a tumble of (1) Front handspring jump and step out into (2) Roundoff jump and step out into (3) Back handspring jump and step out into (4) cartwheel (5) cartwheel step in will have a start value of $10.0 + 0.3 + 0.2 + 0.3 + 0.1 + 0.1 = 11.00$
- a tumble pass of (1) roundoff (2) Back handspring (3) Back handspring (4) Back handspring (5) Back handspring will have a start value of $10.0 + 0.2 + 0.3 + 0.3 + 0.3 + 0.3 = 11.4$.

Tumble Pass 2

Athletes will choose their routine and perform a tumble pass made up of 5 skills connected together. Each skill has a difficulty value which is added to the 10.00 start value. Athletes can choose from the following skills listed below and can be connected with a jump step out if required. Tumble pass 2 can include both front and back salto's:

Skill	Value
Cartwheel	0.1
Roundoff	0.2
Back handspring	0.3
Front tucked salto	0.4
Back tucked salto	0.5
Front pike salto	0.6
Back pike or layout salto	0.6

For example,

- (1) Front tuck salto jump step out, (2) roundoff, (3) back handspring, (4) back handspring, (5) back tuck salto has a start value of $10.0 + 0.4 + 0.2 + 0.3 + 0.3 + 0.5 = 11.7$ start value.
- (1) Front tuck salto jump step out into (2) round off, (3) Back handspring jump step out into , (4) Cartwheel, (5) Cartwheel step in has a start value of $10.0 + 0.4 + 0.2 + 0.3 + 0.1 + 0.1 = 11.0$ start value.

Notes:

- Tumble passes 1 and tumble pass 2 must be different. Athletes will be penalized if they perform the same tumble pass twice with a 0.5 deduction from their final score.
- 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.