

# Tumbling Routines

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- Level 1

Routine 1

Tariff	0.1	0.2	0.1
Element	Cartwheel	Round off	Straddle Jump

Routine 2

Tariff	0.2	0.1	0.2
Element	Round off	Half twist Jump	Dive roll

- Level 2

Routine 1

Tariff	0.2	0.2	0.2
Element	Round off	Back flip	Back flip

Routine 2

Tariff	0.2	0.2	0.2
Element	Hand spring to one foot/ to two feet	Round off	Back flip

- Level 3

Routine 1

Tariff	0.2	0.2	0.5
Element	Round off	Back flip	Back tuck

Routine 2

Tariff	0.5	0.2	0.2
Element	Punch front	Round off	Back flip

- Level 4

- Routine 1: Any tumbling pass containing a forward somersault.  
E.g. Front somersault half twist, back handspring, back tuck.
- Routine 2: Any tumbling pass containing a backward somersault  
In this routine tumblers can perform 4 elements if the first element is a round off. This round off will not be judged.  
E.g. Round off, back flip, back flip, full twisting back somersault.

## **Routine Construction**

- Tumbling routine is characterised by continuous speedy, rhythmic hands to feet, & feet to feet, rotational jumping elements without hesitation or intermediate steps & should demonstrate a variety of forward, backward & sideward elements. It should show good control, form, execution & maintenance of tempo. All passes should maintain starting speed as a minimum and may increase in speed along the tumble track. The pass should be controlled and should not exceed the speed at which the gymnast can safely perform the tumble series. All passes should be performed along the centre of the track and on completion of the final element show a controlled, upright finishing position.
  - Tumbling passes must
    - Contain 3 elements otherwise they will score 0.
    - Move in one direction only; however a single element in the reverse direction is allowed at the end of the pass.
    - End with a somersault.
    - Be written down on the provided competition cards & submitted to the tariff judge before the beginning of the tumbling competition. Use the Tariff Judges section to tariff your own routine.
  - With the exception of flic-flacs, whip backs, & round-offs no element may be repeated during a routine, otherwise the difficulty of the repeated element will not be counted.
  - Somersaults will not be considered as repetitions if they are preceded by a different element.
- [See Tariff Judging section for more information]