

# TUMBLING COMPETITION RUNS

Current: January 2016

GRADE 1 - marked out of 10

- 1) Forward roll, jump 1/2 turn, backward roll.....(3)
- 2) Forward roll, straight jump to 1, cartwheel.....(3)
- 3) Cartwheel, chasse, cartwheel, cartwheel.....(4)

GRADE 2 - marked out of 10

- 1) Cartwheel, round off, straight jump.....(3)
- 2) Cartwheel, cartwheel (turn in), backward roll to straddle stand....(3)
- 3) Straight jump (RB), Round off, jump 1/2 turn, dive roll.....(4)

GRADE 3 – marked out of 10

- 1) Round off, jump 1/2 turn to one leg, cartwheel, cartwheel.....(4)
- 2) Handspring.....(1)
- 3) Straight jump (RB), Round off, jump half turn, step to cartwheel one hand, cartwheel two hands..(5)

GRADE 4 – marked out of 10

- 1) Handspring, straight jump, dive roll.....(3)
- 2) Handspring to one, cartwheel, round-off, straight jump.....(4)
- 3) Straight jump (RB), round off, back flic.....(3)

GRADE 5 – marked out of 12

- 1) Handspring, straight jump to one leg, round off, jump 1/2 turn to one leg, round off, full turn...(6)
- 2) Handspring to one, handspring to two.....(2)
- 3) Straight jump (RB), round off, back flic, back flic.....(4)

GRADE 6 – marked out of 10

- 1) Handspring to two, fly spring, straight jump.....(3)
- 2) Handspring to one, round-off, back flic, back flic.....(4)
- 3) Straight jump (RB), round off, back somersault (T).....(3)

GRADE 7 – marked out of 12

- 1) Free cartwheel.....(1)
- 2) Handspring to one, round off, back flic, back flic, back somersault (T) .....(5)
- 3) Front somersault (RB), straight jump to one foot, round off, back flic, jump half turn, dive roll....(6)

GRADE 8 – marked out of 10

- 1) Round off, back flic, back flic, back flic, back flic.....(5)
- 2) Round off, Straight back somersault.....(2)
- 3) Front somersault walk out (RB), Handspring to 2, Fly spring.....(3)

*(RB = Reuther Board which must be used for this element.)*

## **TUMBLING GUIDELINES**

- 1) All tumblers must be executed with a running approach.
- 2) The approach run must not be executed more than three times and the exercise is considered to have started once the first element has been initiated.
- 3) The tumbler should finish with the body vertical at the end of the tumble run.
- 4) All tumble runs must finish with a two feet landing and should be static. No rebound jump is permitted.
- 5) No steps are permitted between the tumbling elements. A step between elements is regarded as a stop and terminates the run.
- 6) Each level consists of three runs which must be performed in the order shown.
- 7) Each tumble run consists of a number of elements which must be performed in the order shown.