



USA GYMNASTICS®

**Junior Olympic
Tumbling
Code of
Points
2018-2020**

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SECTION 1 – QUICK REFERENCE

J.O. Code of Points Tumbling Quick Reference

For complete information, use the Rules & Policies on the USA Gymnastics website www.usagym.org

1. Age Determination
 - 1.1 Each level of the J.O. Program is divided into age groups. The age of the competitor on December 31 of the current year determines the age group in which he/she competes.
 - 1.2 Age Groups for:

Levels 1-3	Levels 4-7	Levels 8-10
6 & Under	8 & Under	10 & Under
7-8	9-10	11-12
9-10	11-12	13-14
11 & Over	13-14	15 & Over
	15 & Over	

*Note: Upon the approval of the meet director and personal coach, an athlete may move up to the next older age group if he/she is the only athlete competing in his/her age group.

2. Calculation of a Score
 - 2.1 Two types of marks are used, “D” type marks, which is the total of the degree of difficulty in one routine and “E” type marks, which is the total given by an execution judge in one routine.
 - 2.1.1 For all levels and all competitions, the Meet Director can choose to utilize either the element-by-element or total score process.
 - 2.2 Evaluation of Difficulty (D Score)
 - 2.2.1 No difficulty value is awarded to a compulsory routine.
 - 2.2.2 Only elements terminating on the feet will be evaluated. The difficulty value is calculated on the following basis:
 - 2.2.3 Cartwheels have no difficulty
 - 2.2.4 Aerials, back handsprings, round-offs and front handsprings 0.1
 - 2.2.5 Whip-backs (see Guide to Judging) 0.2
 - 2.2.6 Somersaults:
 - 2.2.6.1 Each somersault (360°) 0.5
 - 2.2.6.2 Single somersaults without twist performed in the pike or straight position will receive a bonus of 0.1
 - 2.2.6.3 Each front somersault will receive a bonus of 0.1
 - 2.2.7 Somersaults with Twist:
 - 2.2.7.1 Single Somersault:
 - Each ½ twist of a somersault (180°) 0.2
 - Each ½ twist more than two (2) twist (720°) 0.3

- Each ½ twist more than three (3) twist (1080°) 0.4
- 2.2.7.2 Double Somersaults:
- Each ½ twist (180°) 0.1
 - Each ½ twist more than one (1) twist (360°) 0.2
 - Each ½ twist more than two (2) twist (720°) 0.3
 - Each ½ twist more than three (3) twist (1080°) 0.4

2.2.8 Single somersaults with twist must twist in one continuous direction; otherwise, no difficulty value will be awarded. For elements, which do not meet this requirement, a deduction for not meeting routine requirements may be applied in addition to the loss of difficulty value for that element.

2.2.9 Double Somersaults – with or without twist

2.2.9.1 Double somersaults performed in the pike position will receive a bonus of 0.1 pts.

2.2.9.2 Double somersaults performed in the straight position will receive a bonus of 0.2 pts.

2.2.9.3 For double somersaults, the value of the element, including any twist and bonus for position will be doubled.

2.2.9.4 **Women competition only: The 2nd and 3rd etc. somersault within one routine, that are awarded difficulty of 2.0 or more will receive a bonus of 1.0 added to the difficulty score.**

2.3 Evaluation of Execution (E Score)

2.3.1 The evaluation of execution is done in tenths of a point.

2.3.2 The deductions for execution, include the lack of form, control, height and rhythm in each element.

2.3.2.1 Evaluate the execution of elements in the range of 0.0 to 0.5 pts. as per Rules 2.3.3 - 2.3.5.

2.3.2.2 **When using total E score subtract all deductions from the maximum mark indicated by the Chair of the Judges Panel as per Rule 6.4**

2.3.2.3 **When using element-by-element E score, each individual judge's deduction is entered into the scoring program which determines the median deduction for each skill. The median deductions are totaled and multiplied by three to determine the valid E score**

2.3.3 Slight faults, per occurrence 0.1-0.2

2.3.4 Substantial faults, per occurrence 0.3-0.4

2.3.5 Major faults, per occurrence (maximum allowed) 0.5

2.3.6 **On all completed routines, when using a total E score the execution judges' scores must be not more than 0.3 pt. higher or 0.3 pts. lower than the median score. Out of range scores must be re-evaluated to come within range.**

2.4 Landing Deductions

2.4.1 To avoid additional deduction the athlete must stand still for approximately three seconds after the last element of a completed routine.

2.4.2 On the instruction of the Chair of the Judges Panel, take the single deduction for the greater fault.

2.4.2.1 Landing on both feet but lacking stability, including stability of feet, arms and trunk and not standing still for approximately three seconds. 0.1-0.3

In the event that one of the following occurs, and landing deductions are applied, instability will NOT be taken in addition to the landing deduction.

2.4.2.2	After landing, touching the track or landing zone/area with one or both hands	0.5
2.4.2.3	After landing, falling to the knees, hands & knees, seat, front, or back on the tumbling track or landing area.	1.0
2.4.2.4	Assistance from a spotter after landing	1.0
2.4.2.5	After landing in the landing area or on the track, leaving the landing area or track, or touching outside the landing area or touching the floor with any part of the body.	1.0
2.5	Total Score Penalties	
2.5.1	Chair of the Judges Panel deductions are taken from the total score of each routine where the offense occurs.	
2.5.1.1	Landing outside the outer lines of the track or landing zone on the last element.	1.5
2.5.1.2	After landing in the landing zone, touching or falling outside the landing zone with any part of the body	0.3
2.5.1.3	Performing more than the required number of elements	3.0
2.5.1.4	Talking to or giving any form of signal to a competitor by his/her spotter or coach after the start of a routine	0.9
2.5.1.5	Not initiating the first element within 20 seconds after the signal given by the Chair of the Judges Panel	0.3
2.5.1.6	Abusing the warm-up time	0.3
2.5.1.7	Violation of the dress code	0.2
2.5.1.8	Routines ending in a somersault: Failing to end a completed routine in a somersault.	3.0
2.5.1.9	Except in the case of an element performed in the reverse direction, routines ending in a somersault: Ending a completed routine on the tumbling track	0.6
2.5.1.10	Levels 8-10: all completed routines must end in a somersault	3.0
2.5.1.11	Not completing the required number of elements (See Guide to Judging Rule 3.27)	3.0
2.5.2	Difficulty judges' penalties are taken from the total score of each routine where the offense occurs	
2.5.2.1	Not meeting or exceeding routine requirements for each occurrence	3.0
2.5.2.2	Failure to turn in competition card as per Rule 3.5	0.2
2.6	Total Score Calculation	
2.6.1	General Calculations for Levels 1- 10	
2.6.1.1	Execution deductions and difficulty are evaluated in tenths of a point.	
2.6.1.1.1	Each element is worth 1.0 pts	
2.6.1.2	On completed routines, the execution judges will add the appropriate points to show their marks out of 10.0 pts	
2.6.1.3	On incomplete routines, the execution judges will add the appropriate points to show their marks out of a maximum score determined by the Chair of the Judges Panel.	
2.6.1.4	Whether using the total score or element-by-element scoring method to determine the E score you will subtract all execution and landing deductions from the maximum mark to determine the valid E Score.	

- 2.6.1.5 All Chair of the Judges Panel penalties including dress code violations are subtracted from the total score of the routine.
- 2.6.1.6 In levels 8-10, the penalty for failure to turn in a completed competition card will be taken from the total score of the first voluntary routine as per Rule 3.5.
- 2.6.1.7 In levels 7-10, a competitor must perform a minimum of three valid elements in order to receive a score. Routines that have two or fewer valid elements will score 0.0. No additional points will be added to show any other score for the routine.
- 2.6.1.8 All scores will be rounded to three decimal places. Such rounding will only be made with respect to the competitor's total score for the routine.
- 2.6.2 Levels 1-7
 - 2.6.2.1 Add the three execution judges' scores, subtract CJP deductions to determine the routine total score. If one execution judge is used for levels 1-4, multiply the score by three to determine the "E" score and minus CJP deductions to determine the routine total score.
 - 2.6.2.2 Total Score: Add the total score for the first routine to the total score for the second routine to determine the final total score.
- 2.6.3 Level 8
 - 2.6.3.1 Routine 1: Add the valid execution score to the difficulty score, subtract CJP deductions to determine the routine total.
 - 2.6.3.2 Routine 2: Add the valid execution score to the difficulty score, subtract CJP deductions to determine the routine total.
 - 2.6.3.3 Total Score: Add the total score for the first routine, and the total score of the second routine, to determine the final score.
- 2.6.4 Level 9
 - 2.6.4.1 Routine 1: Add the valid execution score to the difficulty score, subtract CJP deductions to determine the routine total.
 - 2.6.4.2 Routine 2: Add the valid execution score to the difficulty score, subtract CJP deductions to determine the routine total.
 - 2.6.4.3 Total Score: Add the total score for the first routine to the total score of the second routine to determine the final score.
 - 2.6.4.4 If finals are held:
 - 2.6.4.4.1 Finals Routine: Add the three execution judges' score to the difficulty score, subtract CJP deductions to determine the total score for the finals routine.
 - 2.6.4.4.2 Final Score: Add the total score from preliminaries to the total of the finals routine to determine the final total score.
- 2.6.5 Level 10:
 - 2.6.5.1 Routine 1: Add the valid execution score to the difficulty score, subtract CJP deductions to determine the routine total.
 - 2.6.5.2 Routine 2: Add the valid execution score to the difficulty score, subtract CJP deductions to determine the routine total.
 - 2.6.5.3 Total Score: Add the total score for the first, and second routine together to determine the total score.
 - 2.6.5.4 If finals are held:
 - 2.6.5.4.1 Routine 1: Add the valid execution score to the difficulty score, subtract CJP deductions to determine the routine total.
 - 2.6.5.4.2 Routine 2: Add the valid execution score to the difficulty score, subtract CJP deductions to determine the routine total.

2.6.5.4.3 Final Score: Add the total score from preliminaries to the total score of the final to determine the final total score.

- 2.6.6 The Chair of the Judges Panel is responsible for determining the validity of the scores and must sign the score sheet before the final results are posted.
- 2.6.7 All scores will be rounded to three decimal places. Such rounding will only be made with respect to the competitor's total score for a routine.

3. Competition Cards

3.1 Levels 1-7

- 3.1.1 No competition cards are required.

3.2 Levels 8-10

- 3.2.1 All routines, including finals, must be written on the competition card. Voluntary routines must include the difficulty value, position, and total value of the routine in order to avoid additional penalties.

- 3.2.1.1 In the voluntary routine, changes to the elements, and the order in which they are written on the competition card, are permitted with no penalty.

- 3.3 All competition cards must be turned in at the specified time and place. Changes may be made until the start of the round.
- 3.4 Competition cards must be completed using only the FIG numeric system.
- 3.5 Failure to turn in a competition card at the designated time and location filled out using the FIG numeric system will result in a deduction of 0.2 pts. from the total score of the first voluntary routine.

4. Dress Code

4.1 Athletes: The dress code should be followed during all training, warm-up and competition at meets. Any violation identified during training and session warmup may receive a warning. And violation during flight warm up or competition will result in a Chair of the Judges Panel penalty.

4.1.1 Male Competitors

- 4.1.1.1 A step in or compression shirt, with or without sleeves may be worn. The compression shirt must be skintight and made of lycra or spandex. *T-shirts are NOT acceptable*

- 4.1.1.2 Any length of skin tight leg coverings (not including trampoline pants) of one solid color that matches a color found in the leotard, or black, or skin color may be worn. Design patterns, images, words, or symbols are not allowed. A manufacturer's logo of no more than 1" is allowed.

- 4.1.1.3 Competition style shorts, with no longer than a 5" inseam.

- 4.1.1.4 White foot covering of not more than ankle length or bare feet are allowed.

4.1.2 Female Competitors

- 4.1.2.1 Leotard with or without sleeves may be worn (must be skintight).

- 4.1.2.2 Any length of skin tight leg coverings (not including trampoline pants) of one solid color that matches a color found in the leotard, or black, or skin color may be worn. Design patterns, images, words, or symbols are not allowed. A manufacturer's logo of no more than 1" is allowed.

- 4.1.2.3 A full-length one-piece leotard (unitard) may be worn. (must be skintight).

- 4.1.2.4 White foot covering of no more than ankle length or bare feet are allowed. If a unitard or long tights are worn, the foot covering may be the same color as the unitard/long tights.

- 4.1.2.5 For safety reasons, covering the face or head is NOT allowed.

- 4.1.3 The wearing of jewelry or watches is not permitted. Earrings must be removed and may NOT be taped. Rings without gemstones are permitted only if they are taped.
- 4.1.4 Only rubber bands, ribbons, flat metal clips or soft hair decorations are allowed.
- 4.1.5 Long hair for both male and female competitors must be secured close to the head. If the hair touches the tumbling floor or landing area, the routine will be interrupted. (See Guide to Judging Rule 1.20)
- 4.1.6 Support devices and bandages must be white, tan or black.
- 4.1.7 Undergarments of any type must not be visible.
- 4.1.8 Any violation of Rule 4.1.1-4.1.7 during **flight warm up and competition** will result in a penalty of 0.2 from the total score of each routine in which the violation occurs.
- 4.1.9 A major violation could result in disqualification.

4.2 Coaches are required to dress in attire reflecting the best image of gymnastics.

- 4.2.1 Collared shirts, business casual shirts or V-neck t-shirt with team logo
- 4.2.2 Track suit, or “docker-style” pants
- 4.2.3 Athletic shoes with rubberized soles
- 4.2.4 Warm up Jackets are optional
- 4.2.5 The following is **NOT** allowed on the competition floor:
 - No denim
 - No caps or hats
 - No tank tops
 - No sleeveless shirts
- 4.2.6 Violators will be asked to leave the floor.

5. Flights

- 5.1 Competitors will be divided into groups of approximately ten and no more than 12 athletes.

6. Interruptions of a Routine

- 6.1 A routine will be considered interrupted if the competitor:
 - 6.1.1 Is touched by a spotter.
 - 6.1.2 Falls to the track/zone/area during a routine.
 - 6.1.3 Touches outside the outer lines of the tumbling track with any part of the body.
 - 6.1.4 Takes intermediate steps or stops.
 - 6.1.5 Does not perform the compulsory routine as prescribed at each level.
 - 6.1.6 Performs elements that are not allowed (*see Routine Requirements for each level*).
 - 6.1.7 Touches the track/area/zone with any part of the body other than the hands and feet (level 4-10).
 - 6.1.8 Routine changes direction.
 - 6.1.9 **Does not begin a pass initiating the first element from the run-up end of the floor towards the landing area**
 - 6.1.10 Initiates any element from the landing area/zone.
 - 6.1.11 Ends a routine with an incomplete element or fails to land on two feet.

6.1.12 Using equipment for something other than its intended purpose will result in an interruption of the routine.

6.1.13 For training, warmup and competition, a tumbling pass must begin by performing the first element on the track traveling towards the landing zone. A tumbling pass that begins by performing the first element traveling towards the run-up end of the track will be interrupted.

- 6.2 No credit will be given for the element in which the interruption occurs with respect to Rules 6.1.1-6.1.13. No additional deductions will be taken.
- 6.3 Athletes will be judged only on the number of elements completed on both feet on the tumbling track or landing area.
- 6.4 The Chair of the Judges Panel determines the maximum mark.

7. Judges Panel (Competition Jury)

7.1 Duties of the Chair of the Panel

- 7.1.1 Control the facilities.
- 7.1.2 Organize the Judges' conference and the trial scoring.
- 7.1.3 Place and supervise all judges, spotters, and score keepers.
- 7.1.4 Direct the competition.
- 7.1.5 Convene the competition jury.
- 7.1.6 Decide if a second attempt should be allowed.
- 7.1.7 Decide about a gymnast's dress
- 7.1.8 Decide whether any assistance given by a spotter was necessary.
- 7.1.9 Declare the maximum mark in the case of an interrupted routine.
- 7.1.10 Assist the difficulty judge in checking for routine requirements.

7.2 Duties of Judges for Execution

- 7.2.1 Evaluate the execution in the range 0.0-0.5 points and write their deductions independently of each other.
- 7.2.2 Subtract their execution deductions and landing from the maximum mark indicated by the Chair of the Judges Panel.

7.3 Duties of Judges for Difficulty

- 7.3.1 Collect the competition cards.
- 7.3.2 Check the elements and difficulty values entered on the competition cards.
- 7.3.3 Confirm with the Chair of the Judges Panel that compulsory routine was performed correctly.
- 7.3.4 Check the required elements/requirements for the voluntary routine.
- 7.3.5 Determine and record all elements performed, and their difficulty value on the competition card.
- 7.3.6 Display the difficulty score.

7.4 Judges Panel Composition (Competition Jury)

- 7.4.1 See Rules and Policies Section VII, VIII – Judging Panels, Item A
- 7.4.2 If a judge fails to carry out his/her duties in a satisfactory manner, he/she may be replaced. This decision will be made by the Jury of Appeal upon the recommendation of the Chair of the Judges Panel.
- 7.4.3 If the judge in question is also a member of the Jury of Appeal, he/she will not participate in the process.

- 7.4.4 If an execution judge is replaced, the Jury of Appeal may decide that his/her previous marks will be replaced by the average of the remaining marks. (See Rules and Policies for information regarding the Jury of Appeal)

8. Repetition of an Element

- 8.1 Round offs, handsprings and whip-backs may be repeated during the routine.
- 8.2 Elements within the same routine other than round off, back handspring and whip-back will not be considered a repeat if preceded by a different element.
- 8.3 Elements may not be repeated within or between the two-eight element routines at levels 8-10. An element will be considered a repeat if it is performed in combination with the same preceding element more than once.
- 8.4 Repeated elements within the same routine will not be awarded difficulty credit by the difficulty judge.
- 8.5 Repeated elements over both routines of the preliminary round will not be awarded difficulty credit by the difficulty judge.
- 8.6 Repeated elements over both routines of the final round will not be awarded difficulty credit by the difficulty judge.
- 8.7 **No additional penalties will be applied, should the loss of difficulty because of the repeat causes the athlete to drop below pass difficulty minimums.**

9. Required Positions During an Element

- 9.1 In all positions, the feet and legs should be kept together and the feet and toes pointed.
- 9.2 Depending on the requirements of the movement, the body should be tucked, piked or straight.
- 9.3 In the tuck and pike positions, the thighs should be close to the upper body, except in the twisting phase of multiple somersaults as per Rule 9.7.4
- 9.4 In the tuck position, the hands should touch the legs below the knee.
- 9.5 In the pike position, the hands should touch the tops of the feet.
- 9.6 The arms should be straight and/or close to the body whenever possible.
- 9.6.1 In single somersaults with 360° of twist or less and double somersaults with 180° of twist the arms may be away from the body 45° with no deduction.
- 9.6.2 In single somersaults with more than 360° of twist and all multiple somersaults with twist, the arms may be away from the body 90° with no deduction.
- 9.7 The following defines the minimum requirements for a particular body shape:
- 9.7.1 Straight position: The angle between the upper body and thighs must be greater than 135° (see Guide to Judging Rule 1.27)
- 9.7.2 Pike position: The angle between the upper body and thighs must be equal to or less than 135° and the angle between the thighs and the lower legs must be greater than 135° (see Guide to Judging Rule 1.27)
- 9.7.3 Tuck position: The angle between the upper body and thighs must be less than 135° and the angle between the thighs and the lower leg must be less than 135° (see Guide to Judging Rule 1.27)
- 9.7.4 Puck position: The angle between the upper body and thighs is between 90° and 135° and the angle between the thighs and lower leg is between 90° and 135°. The puck position is only appropriate in the twisting phase of a multiple somersault
- 9.7.5 When two positions are achieved in one element, the difficulty value of the lesser of the two will be awarded.
- 9.7.6 In multiple somersaults with twists, the tuck and pike position may be modified during the twisting phase as described in the FIG Guide to Judging. When the puck and tuck positions are used to perform an element with the same number of rotations and twists, it will be deemed a repeat.

10. Spotters and Safety
 - 10.1 Athletes must execute routines without any external help.
 - 10.2 If the Chair of the Judges Panel determines that assistance was given, the routine will be interrupted.
 - 10.3 The spotter/coach is required to stand on the side of the tumbling floor opposite the panel of judges. When the safety of the athlete is a legitimate consideration, the spotter/coach may request the Chair of the Judges Panel to grant an exception to this rule.
11. Start of the Routine
 - 11.1 The starting order is decided by a random draw. Competitors will remain in the same order for the second routine.
 - 11.2 Each competitor will start on a signal of the Chair of the Judges Panel. The routine must be initiated within 20 seconds otherwise a deduction of 0.3 pts. will be taken from the total score of the Routine.
 - 11.2.1 If the time limit is exceeded as a result of faulty equipment or other substantial cause, no deductions will be applied. The Chair of the Judges Panel makes this decision. The athlete may restart upon the signal from the Chair of the Judges Panel.
 - 11.2.2 If a competitor is obviously disturbed in a routine due to faulty equipment or substantial external influence, the Chair of the Judges Panel may allow another attempt. A competitor's apparel is not considered "equipment".
 - 11.2.3 Spectator noise, applause and the like would not normally constitute a disturbance.
 - 11.3 A routine shall be considered started once the first element is initiated.
 - 11.3.1 Routine is initiated when the hands touch the tumbling floor.
 - 11.3.2 If the first element is a barani, the routine is initiated when the athlete's feet leave the tumbling floor to initiate the somersault.
 - 11.4 A springboard may be used only to initiate the first element. It may be placed anywhere on the tumbling track or run up as long as the first element lands within the tumbling track.
 - 11.5 Second attempts are not allowed.
12. Termination of a Routine
 - 12.1 The routine must end on both feet on the tumbling track or landing area, otherwise Rule 6.1.10 will apply. No additional landing deductions will be taken.
 - 12.2 After the last element, a competitor must stand upright for approximately three seconds; otherwise, a deduction for lack of stability will be taken as per Rule 2.4.2.1.
13. Tie-Breaking System
 - 13.1 Levels 1-4: Ties are not broken at these levels.
 - 13.2 Levels 5-7:
 - 13.2.1 The gymnast with the higher sum of the E scores of the second routine prevails.
 - 13.2.2 If there is still a tie, the tie will not be broken.
 - 13.3 Levels 8-10 Preliminaries:
 - 13.3.1 The gymnast with the higher sum of the E scores of both routines prevails.
 - 13.3.2 The gymnast with the higher sum of the E score of the second routine prevails.
 - 13.3.3 If there is still a tie, the tie will not be broken.
 - 13.3.4 Level 9-10 Finals
 - 13.3.4.1 The gymnast with the higher sum of the E-score of both passes prevail
 - 13.3.4.2 The gymnast with the higher E score of the second pass prevails.
 - 13.3.4.3 If there is still a tie, the tie will not be broken.

13.4 Example of distribution of awards if ties cannot be broken:

- Two competitors are tied for 2nd place.
- Award the 1st place medal to gymnast with the highest score.
- The 2nd place medals are presented to the gymnasts with the tied score.
- NO 3rd place medal.
- The 4th place award is presented to the next gymnast, and so on

14. Warm-Up

14.1 All competitors will be allowed flight warm-ups prior to competition. A touch is considered the performance of one routine.

14.1.1 If a general training or session warm-up is offered and there is no comparable equipment provided in an adjacent facility for warm up, the following flight warm-up will be provided:

Tumbling Qualification Round		Tumbling Final Round
Level 1-4	2 touches	N/A
Level 5-7	2 touches	N/A
Level 8	3 touches	N/A
Level 9-10	3 touches	Level 9 – 2 touches Level 10 – 3 touches

If NO general training or session warm-up is offered and there is no comparable equipment provided in an adjacent facility for warm up, the following flight warm-up will be provided:

Tumbling Qualification Round		Tumbling Final Round
Level 1-4	2 touches	N/A
Level 5-7	2 touches	N/A
Level 8	4 touches	N/A
Level 9-10	4 touches	Level 9 – 2 touches Level 10 – 4 touches

Definitions:

- General training: provided in the days prior to competition
- Session warm-up: provided immediately prior to a session of competition (minimum 50 minutes plus minimum 15 minutes stretch time).
- Flight warm-up: provided immediately prior to each flight of competition

14.2 No general warm-up period is required; however, if time allows one may be provided.

14.3 When specific session warm-ups are provided, athletes are only allowed to warm up on the apparatus on which they compete in that session.

14.4 In the event a competitor abuses the warm-up rules above, a 0.3 pts. deduction will be taken from the total score.

14.5 Warm-up on the competition hall equipment may be eliminated if equivalent equipment is provided in an adjacent hall.

14.6 The competition dress code must be followed during all training sessions and warm up times.

SECTION 2 – TUMBLING ROUTINES AND REQUIREMENTS

Tumbling Levels 1-4

1. Routine Definition

- 1.1 Tumbling should be characterized by continuous speedy, rhythmic movement without hesitation or stops. The routine should show good control, form, execution, and maintenance of tempo.
 - 1.1.1 For training, warmup and competition, a tumbling pass must begin by performing the first element on the track traveling towards the landing area. A tumbling pass that begins by performing the first element traveling towards the run-up end of the track will be interrupted and will receive a score of 0.0 for the pass.
- 1.2 In levels 1-4 all routines are compulsory routines.
- 1.3 All completed routines are scored out of 10.0 pts.
- 1.4 Levels 1-2
 - 1.4.1 The first and second routines are compulsory routines that are scored out of 10.0 pts.
 - 1.4.2 The routines must begin from a stand. No run is allowed.
- 1.5 Level 3
 - 1.5.1 The first routine is a compulsory routine that is scored out of 10.0 pts.
 - 1.5.1.1 The routines must begin from a stand. No run is allowed.
 - 1.5.2 The second routine is a compulsory routine that is scored out of 10.0 pts and must end with a landing on both feet on the track or landing area as per Rule 6.1.10.
- 1.6 Level 4
 - 1.6.1 The first routine is a compulsory routine that is scored out of 10.0 pts.
 - 1.6.1.1 The routines must begin from a stand. No run is allowed
 - 1.6.2 The second routine is a compulsory routine that is scored out of 10.0 pts
- 1.7 The routine begins with a run which may be performed on the run up or the tumbling track, the first element must land within the boundaries of the track and must end with a landing on both feet on the track or landing area as per Rule 6.1.10.

2. Compulsory Routines

LEVEL 1

First Routine – Three Element Compulsory

Forward roll tuck

Front roll tuck step-out

Cartwheel step-in

Second Routine – Three Element Compulsory

Back roll tuck

Back roll tuck

Back roll pike

LEVEL 2

First Routine – Four Element Compulsory

Handstand forward roll step-out

Cartwheel

Cartwheel step-in

Back roll tuck

Second Routine – Four Element Compulsory

Power Hurdle, round off, rebound

Back roll tuck

Back roll tuck

Back roll pike

LEVEL 3

First Routine – Three Element Compulsory

Power hurdle Cartwheel

Round off, rebound

Back extension roll pike down

Second Routine – Three Element Compulsory

Run, round off

Back handspring

Rebound

LEVEL 4

First Routine – Three Element Compulsory

Pwr. hurdle round off

Back handspring

Back handspring, rebound

Second Routine – Three Element Compulsory

Run, round off

Back handspring

Back handspring, rebound

- 2.1 Deviation from the compulsory routine will result in an interruption of the routine at the point of change.
See Rule 6.1.5

Tumbling Levels 5-7

3. Routine Definition

3.1 Level 5

- 3.1.1 Both routines are five-element compulsory routines scored out of 10.0 pts
- 3.1.2 Both routines must end in a two-foot landing as per Rule 6.1.10.
- 3.1.3 The second routine must land in the landing area, otherwise a deduction will be applied as per Rule 2.5.1.9

3.2 Level 6

- 3.2.1 Both routines are eight-element compulsory routines scored out of 10.0 pts.
- 3.2.2 Both routines must end in a two-foot landing as per Rule 6.1.10.
- 3.2.3 Both routines must land in the landing area, otherwise a deduction will be applied as per Rule 2.5.1.9

3.3 Level 7

- 3.3.1 Both routines are eight-element compulsory routines, scored out of 10.0 pts.
- 3.3.2 Both routines must end in a two-foot landing as per Rule 6.1.10.
- 3.3.3 Both routines must land in the landing area, otherwise a deduction will be applied as per Rule 2.5.1.9
- 3.3.4 Beginning at Level 7 athletes must perform a minimum of three elements in order to receive a score.

4. Routine Requirements

LEVEL 5

First Routine – Five-Element Compulsory

- Run, round off
- Back handspring
- Back handspring
- Back handspring
- Back handspring, rebound

Second Routine – Five-Element Compulsory

- Run, round off
- Back handspring
- Back handspring
- Back handspring
- Back somersault tuck

LEVEL 6

First Routine – Eight-Element Compulsory

- Run, round off
- Back handspring
- Back somersault tuck

Second Routine – Eight-Element Compulsory

- Run, round off
- Back handspring
- Back somersault pike

LEVEL 7

First Routine – Eight-Element Compulsory

Run, round off

Whip back

Back handspring

Back handspring

Back handspring

Back handspring

Back handspring

Back somersault straight

Second Routine – Eight-Element Compulsory

Run, round off

Whip back

Whip back

Back handspring

Back handspring

Back handspring

Back handspring

Back somersault pike

- 4.1 Deviation from the compulsory routine will result in an interruption of the routine at the point of change. See Rule 6.1.5.

Tumbling Levels 8-10

5. Routine Definition

5.1 Levels 8-10

- 5.1.1 All routines are eight-element voluntary routines, scored out of 10.0 pts.
- 5.1.2 All routines must end in a somersault
- 5.1.3 All routines must end in a two-foot landing per Rule 6.1.10.
- 5.1.4 All routines must land in the landing area, otherwise a penalty is applied as per Rule 2.5.1.9
- 5.1.5 Repetitions are not allowed as per Rules 8.1 – 8.7
- 5.1.6 Not meeting routine requirements will result in a deduction of 3.0 pts. per occurrence from the total score of the routine. See Rule 8.7
- 5.1.7 Elements which exceed the maximum element difficulty will result in an interruption.
- 5.1.8 If a competitor exceeds the maximum difficulty allowed at each level, then the maximum will be the valid difficulty score for the routine. No additional deductions will be applied
- 5.1.9 Routines must move in one direction only.
- 5.1.10 Whip-backs: A somersault that is performed in the middle of a routine. The whip-back would be performed below shoulder height and is fast and long similar to a back handspring. There should be no break in the rhythm of the routine when a whip back is performed correctly. Sometimes an athlete may perform a somersault (whip-back) that is too high because of an error in the execution of the element. Therefore, any non-twisting somersault performed in the middle of a routine regardless of height will be deemed a whip back
- 5.1.11 A tumbling routine must move in one direction only; however, a single element in the reverse direction is allowed at the end of a routine when performed as the 8th element.
- 5.1.12 Finals for levels 9 and 10 at all national events will consist of the top eight competitors from the preliminary round.
 - 5.1.12.1 The starting order for finals will be in order of merit, with the competitor with the lowest score going first in both routines. In the event of ties, the starting order will be by random draw.
- 5.1.13 All routines must contain a minimum of three valid elements in order to receive a score.

6. Routine Requirements

6.1 Level 8

- 6.1.1 First Routine – Eight Element Voluntary Routine
 - 6.1.1.1 Must contain a minimum of four somersaults, one of which must be the last 8th element and be performed in the straight position.
 - 6.1.1.2 Minimum routine DD 1.6
 - 6.1.1.3 Maximum routine DD 1.9
 - 6.1.1.4 Maximum element DD 0.6
- 6.1.2 Second Routine – Eight-Element Voluntary Routine
 - 6.1.2.1 Must contain one somersault as the last 8th element that has 360° of twist.
 - 6.1.2.1 Minimum routine DD 1.8
 - 6.1.2.2 Maximum routine DD 3.3
 - 6.1.2.3 Maximum element DD 1.3
- 6.1.3 No finals are required at this level.

7. Routine Requirements

7.1 Level 9

7.1.1 First Routine – Eight-Element Voluntary Routine

7.1.1.1 Must perform a minimum of five somersaults.

7.1.1.2 Must perform, within skills 2- 7, bounding somersaults one of which must be a back somersault with 1/1 twist.

7.1.1.3 Minimum routine DD 2.4

7.1.1.4 Maximum routine DD 2.9

7.1.1.5 Maximum element DD 0.9

7.1.2 Second Routine – Eight-Element Voluntary Routine

7.1.2.1 Minimum routine DD 2.5

7.1.2.2 Maximum routine DD 3.4

7.1.2.3 Maximum element DD 2.2

7.1.3 Finals – One Eight-Element Voluntary Routine

7.1.3.1 Maximum routine DD 3.4

7.1.3.2 Maximum element DD 2.2

7.1.3.3 Competitors may repeat elements or routines performed in the preliminary round, but may not repeat elements within the routine

8. Routine Requirements

8.1 Level 10

8.1.1 First Routine – Eight Element Voluntary Routine

8.1.1.1 Must contain one element with 720° of rotation performed as the last 8th element.

8.1.1.2 Minimum Routine DD 3.0

8.1.1.3 Maximum Routine DD 6.3

8.1.1.4 Maximum Element DD 3.2

8.1.2 Second Routine – Eight Element Voluntary Routine

8.1.2.1 Must contain one double somersault placed anywhere in the routine

8.1.2.2 Minimum routine DD 3.0

8.1.2.3 Maximum routine DD 6.3

8.1.2.4 Maximum element DD 3.2

8.1.3 Level 10 Finals – Two Free Eight-Element Voluntary Routines

8.1.3.1 Maximum routine DD 6.3

8.1.3.2 Maximum element DD 3.2

8.1.3.2 Competitors may repeat elements or routines performed in the preliminary round but may not repeat elements within or over the two routines.