

Tumbling Routines 2025 - 2029

Mobility for 2025 - 2029: Athletes must enter the competitive system at level 8 or below.

Athletes who wish to mobilize to the next level, beginning level 8 to 9, must use the mobility scores listed in the applicable year's Rules & Policies. Mobility from levels 5 to 8 is at the discretion of the athletes coach. Athletes may not skip levels.

Level 1 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Forward Roll Tuck		1. Cartwheel Step-in	
2. Forward Roll Tuck		2. Straight Jump (Rebound)	
3. Step, Cartwheel Step-in		3. Back Roll Tuck	
4. Straight Jump (Rebound)		4. Back Roll Tuck	

Levels 1 - 2 Exceptions	- 3 steps between elements or 3 sec stop = interruption
Levels 3 - 4 Exceptions	- Slight pause between elements = NO interruption

Level 3 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Power hurdle, Round-off	(1. Run, Round-off	(
2. Back Handspring	F	2. Back Handspring	F
3. Rebound		3. Rebound	

Levels 1 - 4 Exceptions	- Unsuccessful Handstand (1 Try) - 1.0
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Level 5 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Run, Round-off	(1. Run, Round-off	(
2. Back Handspring	F	2. Back Handspring	F
3. Back Handspring	F	3. Back Handspring	F
4. Back Handspring	F	4. Back Handspring	F
5. Back Handspring	F	5. Back Somersault Tuck	- o
6. Back Handspring	F		
7. Back Handspring	F		
8. Rebound			

Level 5 - 7 are eligible to attend USA Gymnastics Stars & Stripes Championships
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Level 8 - Open are eligible to attend USA Gymnastics Championships

Levels 8 - Open Routines are composed of Element Requirements only. Coaches are free to compose their routines as long as the requirements are met.

Level 8 - Qualification: 2 Voluntary Routines / No Finals	
Routine 1: 8 Elements	Routine 2: 8 Elements
Minimum of 4 somersaults, one of which must be the last element (8th) with a minimum DD of 0.6	8th element must be a somersault with a minimum of 360° Twist
Maximum of 1 somersault with 360° Twist in elements 2-8	
Maximum Element DD 0.9	Maximum Element DD 1.3
Minimum Routine DD 1.6	Minimum Routine DD 1.8
Maximum Routine DD 2.6	Maximum Routine DD 4.0

Level 10 - Qualification: 2 Voluntary Routines / Finals: 2 Voluntary Routines	
Routine 1: 8 Elements	Routine 2: 8 Elements
Elements 2-7 with a difficulty awarded of 2.0 or higher will receive a transition bonus of 2.0 added to the difficulty score for each transition	Elements 2-7 with a difficulty awarded of 2.0 or higher will receive a transition bonus of 2.0 added to the difficulty score for each transition
Must contain 1 double somersault, placed anywhere in the routine	
The 8th Element must be a minimum of a single somersault	8th Element must be a double somersault
Maximum Element DD 3.2	Maximum Element DD 3.2
Minimum Routine DD 3.0	Minimum Routine DD 3.0
Maximum Routine DD 8.2	Maximum Routine DD 8.2
Note: max DD does not include any bonus awarded	
Bonus awarded on completed routines only	
Finals: 2 Voluntary Routines with the same requirements as Routine 1 & 2	

For additional requirements, rules and guidelines, please see the Trampoline & Tumbling Code of Points and Rules & Policies.

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Level 2 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Handstand Forward Roll		1. Power Hurdle, Round-off	(
2. Step, Cartwheel		2. Rebound	
3. Cartwheel		3. Back Roll Tuck	
4. Round-off	(4. Back Roll Tuck	
5. Rebound		5. Back Roll Pike to Push Up	
		6. Hollow Push Up for 3 Seconds	

Level 4 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Power Hurdle, Round-off	(1. Run, Round-off	(
2. Back Handspring	F	2. Back Handspring	F
3. Back Handspring	F	3. Back Handspring	F
4. Rebound		4. Back Handspring	F
		5. Back Handspring	F
		6. Rebound	

Level 6 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Run, Round-off	(1. Run, Round-off	(
2. Back Handspring	F	2. Whipback	^
3. Back Handspring	F	3. Back Handspring	F
4. Back Handspring	F	4. Back Handspring	F
5. Back Handspring	F	5. Back Handspring	F
6. Back Handspring	F	6. Back Handspring	F
7. Back Handspring	F	7. Back Handspring	F
8. Back Somersault Pike	- <	8. Back Somersault Tuck	- o

Level 7 - Compulsory			
Routine 1	FIG	Routine 2	FIG
1. Run, Round-off	(1. Run, Round-off	(
2. Whipback	^	2. Whipback	^
3. Back Handspring	F	3. Whipback	^
4. Back Handspring	F	4. Back Handspring	F
5. Whipback	^	5. Back Handspring	F
6. Back Handspring	F	6. Back Handspring	F
7. Back Handspring	F	7. Back Handspring	F
8. Back Somersault Tuck	- o	8. Back Somersault Straight	- /

Level 9 - Qualification: 2 Voluntary Routines / Finals: 1 Voluntary Routine	
Routine 1: 8 Elements	Routine 2: 8 Elements
Must perform bounding somersaults, one of which must be a back somersault with 360° Twist which must be performed in elements 2-7	Elements performed as the 8th element awarded a difficulty value of 2.0 or higher will receive a 2.0 bonus added to the difficulty score
	No Doubles allowed in Elements 1-7
The 8th Element must be a somersault	The 8th Element must be a somersault
Maximum Element DD 0.9	Maximum Element DD 2.2
Minimum Routine DD 2.4	Minimum Routine DD 2.9
Maximum Routine DD 3.6	Maximum Routine DD 4.9
Note: max DD does not include any bonus awarded	
Bonus awarded on completed routines only	
Finals: 1 Voluntary Routine with the same requirements as Routine 2	

Open - Qualification: 2 Voluntary Routines / Finals: 2 Voluntary Routines	
Routine 1: 8 Elements	Routine 2: 8 Elements
Elements 2-7 with a difficulty awarded of 2.0 or higher will receive a transition bonus of 2.0 added to the difficulty score for each transition	Elements 2-7 with a difficulty awarded of 2.0 or higher will receive a transition bonus of 2.0 added to the difficulty score for each transition
Must contain 1 double somersault, placed anywhere in the routine	
The 8th Element must be a minimum of a single somersault	8th Element must be a double somersault
Maximum Element DD 4.8	Maximum Element DD 4.8
Minimum Routine DD 3.0	Minimum Routine DD 3.0
Note: max DD does not include any bonus awarded	
Bonus awarded on completed routines only	
Finals: 2 Voluntary Routines with the same requirements as Routine 1 & 2	