

## Tumbling Routines 2022-2024

Mobility for 2022 - 2024: 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	
<b>Pass 1</b> 1. Forward Roll Tuck 2. Forward Roll Tuck Step-out 3. Cartwheel Step-in	<b>Pass 2</b> 1. Back Roll Tuck 2. Back Roll Tuck 3. Back Roll Pike

Level 2 - Compulsory	
<b>Pass 1</b> 1. Handstand Forward Roll Step-out 2. Cartwheel 3. Cartwheel Step-in 4. Back Roll Tuck	<b>Pass 2</b> 1. Pwr Hurdle Roundoff 2. Rebound 3. Back Roll Tuck 4. Back Roll Tuck 5. Back Extension Roll Pike Down

Level 3 - Compulsory	
<b>Pass 1</b> 1. Pwr hurdle Roundoff 2. Back Handspring 3. Rebound	<b>Pass 2</b> 1. Run, Roundoff 2. Back Handspring 3. Rebound

Level 4 - Compulsory	
<b>Pass 1</b> 1. Pwr Hurdle Roundoff 2. Back Handspring 3. Back Handspring 4. Rebound	<b>Pass 2</b> 1. Run, Roundoff 2. Back Handspring 3. Back Handspring 4. Back Handspring 5. Back Handspring 6. Rebound

Level 5 - Compulsory	
<b>Pass 1</b> 1. Run, Roundoff 2. Back Handspring 3. Back Handspring 4. Back Handspring 5. Back Handspring 6. Back Handspring 7. Back Handspring 8. Rebound	<b>Pass 2</b> 1. Run, Roundoff 2. Back Handspring 3. Back Handspring 4. Back Handspring 5. Back Somersault Tuck

Level 6 - Compulsory	
<b>Pass 1</b> 1. Run, Roundoff 2. Back Handspring 3. Back Handspring 4. Back Handspring 5. Back Handspring 6. Back Handspring 7. Back Handspring 8. Back Somersault Tuck	<b>Pass 2</b> 1. Run, Roundoff 2. Back Handspring 3. Back Handspring 4. Back Handspring 5. Back Handspring 6. Back Handspring 7. Back Handspring 8. Back Somersault Pike

Level 7 - Compulsory	
<b>Pass 1</b> 1. Run, Roundoff 2. Whipback 3. Back Handspring 4. Back Handspring 5. Back Handspring 6. Back Handspring 7. Back Handspring 8. Back Somersault Straight	<b>Pass 2</b> 1. Run, Roundoff 2. Whipback 3. Whipback 4. Back Handspring 5. Back Handspring 6. Back Handspring 7. Back Handspring 8. Back Somersault Pike

Level 8 - 2 Voluntary Routines	
<b>Pass 1: 8-Elements</b> Min of 4 somersaults, one of which must be the last element and be performed in the straight position Minimum Routine DD 1.6 Maximum Routine DD 1.9 Maximum Element DD 0.6	<b>Pass 2: 8-Elements</b> Minimum Routine DD 1.8 Maximum Routine DD 3.3 Maximum Element DD 1.3 8th element must be a somersault with a minimum of 360° of twist

Level 9 - 2 Voluntary Qualification; 1 Voluntary Finals	
Note: max DD does not include any bonus awarded.	
<b>Pass 1: 8-Elements</b> Must perform bounding somersaults, one of which must be a back somersault with 1/1 twist which must be performed in skills 2-7  Minimum Routine DD 2.4 Maximum Routine DD 2.9 Maximum Element DD 0.9	<b>Pass 2: 8-Elements</b> Minimum pass DD 2.9 Maximum pass DD 4.2 Maximum element DD 2.2 Elements performed as the 8th element with a difficulty value of 2.0 or higher will receive a 1.0 bonus added to the difficulty score  <b>Finals:</b> Same requirements as routine 2  Bonus is awarded on completed passes only

Level 10 - 2 Voluntary Qualification; 2 Voluntary Finals	
Note: max DD does not include any bonus awarded.	
<b>Pass 1: 8-Elements</b> Minimum Routine DD 3.0 Maximum Routine DD 7.5 Maximum Element DD 3.2 8th element must be a double somersault  Elements performed as skills 2-7 with a difficulty value of 2.0 or higher will receive a transition bonus of 2.0 added to the difficulty score each time.	<b>Pass 2: 8-Elements</b> Minimum Routine DD 3.0 Maximum Routine DD 7.5 Maximum Element DD 3.2 Pass must end in a somersault Must contain 1 double somersault, placed anywhere in the Routine Elements performed as skills 2-7 with a difficulty value of 2.0 or higher will receive a transition bonus of 2.0 added to the difficulty score each time.  <b>Finals:</b> Same requirements as routine 1 & 2  Bonus is awarded on completed Routines only

Open - 2 Voluntary Qualification; 2 Voluntary Finals	
<b>Pass 1: 8-Elements</b> Minimum Routine DD 3.0 Maximum Element DD 4.8 8th element must be a double somersault  Performing two elements with a difficulty of 2.0 or higher will receive a bonus of 2.0 added to the difficulty score each time.	<b>Pass 2: 8-Elements</b> Minimum Routine DD 3.0 Maximum Element DD 4.8 Pass must end in a somersault Must contain 1 double somersault, placed anywhere in the routine Performing two elements with a difficulty of 2.0 or higher will receive a bonus of 2.0 added to the difficulty score each time.  <b>Finals:</b> Same requirements as routine 1 & 2  Bonus is awarded on completed routines only

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