

2010 TUMBLING GRID

STANDING TUMBLING	
DIFFICULTY	TECHNIQUE
4.0-5.0	Forward or Backward Roll ----- Front or Back Walkover
5.0-6.0	Single Back handsprings ----- Back walkover/back roll connected to a single back handspring Poor Technique (which can include) Head/knees landing on mat Chest down upon landing Bent arms Not Completing skill
6.0-7.0	Series back handsprings ----- Any skill(s) connected to series back handsprings and/or jumps connected to back handsprings Below average technique (which can include) Steps taken after skill Legs apart on skill Below average height on flipping skill
7.0-8.0	Back handspring tuck ----- Standing back tuck Average technique (which can include) Not standing up/completely finishing a skill Non-pointed toes Average height on flipping skill
8.0-9.0	Back handspring layout ----- Jump(s)* connected to a back tuck Above average technique (which can include) Bent legs on layout (progressions) Some non-pointed toes Above average height on most flipping skills
9.0-10.0	Back handspring full twist ----- Back handspring double twist Excellent technique Skills completely finished Toes pointed in all skills Excellent height on flipping skills

RUNNING TUMBLING	
DIFFICULTY	TECHNIQUE
4.0-5.0	Cartwheels/Round offs ----- Combination skills into cartwheel/roundoff
5.0-6.0	Round off back handsprings ----- Combination skills into roundoff back handsprings Poor Technique (which can include) Head/knees landing on mat Chest down upon landing Bent arms Not Completing skill
6.0-7.0	Round off/round off back handspring back tuck and/or punch fronts ----- Combination skills into round off back handspring back tuck Below average technique (which can include) Steps taken after skill Legs apart on skill Below average height on flipping skill
7.0-8.0	Round off/round off back handspring layout ----- Combination skills into a layout Average technique (which can include) Not standing up/completely finishing a skill Non-pointed toes Average height on flipping skill
8.0-9.0	Round off/round off back handspring single full twist ----- Combination skills into a single full twist Above average technique (which can include) Bent legs on layout (progressions) Some non-pointed toes Above average height on most flipping skills
9.0-10.0	Round off/round off back handspring double full twist ----- Combination skills into round off back handspring double full twist Excellent technique Skills completely finished Toes pointed in all skills Excellent height on flipping skills

*Jumps connected to any standing tumbling skill will raise your score within that range.



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