

HIGH-SCHOOL GENERAL TUMBLING

A. All tumbling must originate from and land on the performing surface.

Clarification: A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt. Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.

B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.

Clarification: An individual may jump (rebound) over another individual.

C. Tumbling while holding or in contact with any prop is not allowed.

D. Dive rolls are allowed. Exception: Dive rolls performed in a swan/arched position are not allowed. Exception: Dive rolls that involve twisting are not allowed.

E. Jumps are not considered a tumbling skill from a legalities point of view.

Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass. Example: If an athlete were to do a round off – toe touch – back handspring – whip - layout, this would be considered illegal since consecutive a flip -flip combination is not allowed in Standing Tumbling.

HIGH-SCHOOL STANDING TUMBLING

A. Standing flips and flips from a back handspring entry are allowed.

B. Skills are allowed up to 1 flipping and 0 twisting rotations.

Exception: Aerial cartwheels and Onodis are allowed.

C. Consecutive flip-flip combinations are not allowed. Example: Back tuck-back tuck, back tuck-punch front.

D. Jump skills are not allowed in immediate combination with a standing flip.

Example: Toe touch back tucks, back tuck toe touches, pike jump front flips are not allowed. Clarification: Jumps connected to $\frac{3}{4}$ front flips are not allowed.

Clarification: Toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skill.

HIGH-SCHOOL RUNNING TUMBLING

A. Skills are allowed up to 1 flipping and 0 twisting rotations. Exception: Aerial cartwheels and Onodis are allowed.

