

## SUB-BEGINNER

(2 warm up passes)

PASS Regs & Restrictions

1 pass with five FORWARD rolls

- No CWs, ROs, handstands or dive rolls

Superior / Major Deductions

- Terminate after the 2<sup>ND</sup> consecutive step (3<sup>rd</sup> step terminates & -.5 per step = -1.5)
- Dive roll or skill w/ DD = Term, -2.0 illegal skill, -3.0 exceeding skill level & no DD

## BEGINNER

(4 warm up passes)

PASS Regs & Restrictions

2 passes with five skills

- 1<sup>st</sup> pass = BACKWARDS
- 2<sup>nd</sup> pass = FORWARDS
- Round-offs are NOT allowed
- Cartwheels = FRONT skills

Superior / Major Deductions

- Terminate after the 2<sup>ND</sup> consecutive step (3<sup>rd</sup> step terminates & -.5 per step = -1.5)
- Performing a pass/skill in the wrong direction = score pass as normal & -2.0
- Performing a cartwheel in the 1<sup>st</sup> pass = score as normal (GIVE DD) & -2.0
- Performing a Round-Off or Limber = terminate, -2.0 ill. skill, -3.0 exceeding skill level & no DD

## ADVANCED BEGINNER

(4 warm up passes)

PASS Regs & Restrictions

2 passes with five skills

- 1<sup>st</sup> pass = BACKWARDS
- 2<sup>nd</sup> pass = FORWARDS
- Each pass MUST contain a limbering skill
- Round-offs = NEUTRAL skill that must be performed as the last skill of the pass and must rebound if performed
- Cartwheels = FRONT skills

Superior / Major Deductions

- Pass with no limber = -2.0
- Terminate after the 1<sup>ST</sup> consecutive step (2nd step terminates & -.5 per step = -1.0)
- Performing a pass or skill (cartwheel in 1<sup>st</sup> pass) in the wrong direction = score pass as normal (GIVE DD) & -2.0
- Performing a RO in middle of pass = score as normal (GIVE DD) & -2.0
- Performing a RO at the end of the pass and failing to rebound = -.5

### SUP DEDUCTIONS BEGINNER LEVELS

Hand/Foot Slides	.3 / slide
Step with Hand/Foot	.5 / step
Push Off Hands Before 1 <sup>st</sup> Back Roll	.5
Toe/Foot/Heel Over Mat on Straddle <small>(Do NOT take if athlete is in the center of the mat)</small>	Toe/Foot = .1-.3 Heel = .9 + Term
Not Starting from a Stand	Terminate

### SUP DEDUCTIONS GENERAL

One Foot Ending on Last Skill (Completed Pass Only)	.5
Repeating a Skill 3 x's in a Row	.1
Repeating a Skill 4 x's in a Row	.3
Repeating a Skill 5 x's in a Row	.6
Extra Skills	1.0 / pass
Spotting During Pass	Terminate
Landing   Stick or Instability	.0-.3
Landing   1 Hand   2 Hands	.4   .5
Landing   Knee or Elbow	.6
Landing   Seat or Hands Behind	.7
Landing   Front / Back / Head	.8
Landing   Going Off the Mat	.9
Coaching / Hair / Underwear / Bra	.3 / pass
Jewelry (No Tape)	1.0 / pass
Inappropriate Attire	2.0 / pass

### SUP DEDUCTIONS SUB-NOVICE LEVEL

Not Starting From a Run or Hurdle	Terminate
No Rebound (Completed Pass Only)	.5 + landing
Hand Slide on Round Off <small>(ONLY IF NO REPULSION IN RO)</small>	.1-.5

### AESTHETIC RANGES

Aesthetics Per Skill	.0-.8
Control / Travel of Rebound <small>(Adv. Beg &amp; Sub-Novice Only)</small>	.0-.3

### MAXIMUM PASS START VALUES BEGINNER LEVELS

# of Skills Completed	Max Start Value
0	0
1	2.0*
2	4.0*
3	6.0*
4	8.0*
5	10.0*
6+	10.0 – 1.0 Xtra Skills = <u>9.0*</u>

\* Subtract any additional major deductions and landing deductions.

### DIFFICULTY BEGINNER LEVELS

Tuck / Pike / Straddle Roll <small>(Position defined by how the skill ENDS)</small>	0
Dive Roll (Illegal at Sub-Beginner)	0
Front Handstand Roll (Must hit vertical)	.1
Back Extension Roll (Must hit vertical)	.1
Cartwheel (1 or 2 handed)	.1
Round Off	.2
Limber (Front / Back)	.2
Walkover (Front / Back / Scissor)	.2
Arabian (Front / Back)	.2

Note: Boys MUST wear shorts. .3 only if rolled up

## SUB-NOVICE

(4 warm up passes)

PASS Regs & Restrictions

2 passes: 1<sup>st</sup> with 3 skills, 2<sup>nd</sup> with 4 skills

- Each must have at least one handspring
- Step-outs allowed in middle of pass only

Superior / Major Deductions

- No rebound on completed pass = -.5 & landing
- Not starting the pass from a run or hurdle = termination (smiley faces)
- Pass with no handspring = -2.0 for pass requirements
- Performing any somi (or aerial) = Term, -2.0 ill. skill, -3.0 exceeding & no DD
- Hand slide deductions can NOT be taken on RO/handsprings with repulsion
- Intermediate steps with feet or hands = Terminate & -.5

### DIFFICULTY SUB-NOVICE

Cartwheel	0
Round Off	.2
Front / Back Handspring	.2

### MAXIMUM START VALUES SUB-NOVICE PASSES ONLY

# of Skills Completed	Max Start Value First Pass	Max Start Value Second Pass
0	0	0
1	8.0 – 1.0 n/e skills = <u>7.0*</u>	7.0 – 1.0 n/e skills = <u>6.0*</u>
2	9.0 – 1.0 n/e skills = <u>8.0*</u>	8.0 – 1.0 n/e skills = <u>7.0*</u>
3	<u>10*</u>	9.0 – 1.0 n/e skills = <u>8.0*</u>
4	10.0 – 1.0 Xtra Skills = <u>9.0*</u>	<u>10*</u>
5+	10.0 – 1.0 Xtra Skills = <u>9.0*</u>	10.0 – 1.0 Xtra Skills = <u>9.0*</u>

\* Subtract any additional major deductions and landing deductions.

**NOVICE**  
(4 warm up passes)

**PASS Reqs & Restrictions\***  
2 passes: 1<sup>st</sup> with 5 skills, 2<sup>nd</sup> with 8 skills

- Each pass must contain 2 consecutive hsp
- 2<sup>nd</sup> pass must have a min of 4 handsprings

**Superior / Major Deductions**

- Any somi (or aerial) = Term, -2.0 ill. skill, -3.0 exceeding skill level & no DD
- Hand slide deductions can NOT be taken on RO demonstrating repulsion (if no repulsion is demonstrated -1.-5)
- No DD for Cartwheels
- Cartwheel Repeats (3 = .1, 4 = .3, 5+ =.6)

**INTERMEDIATE**  
(6 warm up passes)

**PASS Reqs & Restrictions**  
2 passes: 1<sup>st</sup> with 5 skills, 2<sup>nd</sup> with 8 skills

- Minimum of 1 somi per pass
- Maximum of 2 somis per pass
- Maximum of 180° twist PER PASS
- No reversal somis allowed

**Superior / Major Deductions**

- > 2 somis = -2.0, -3.0 & GET DD
- > 180° twist = Term, -2.0, -3.0 & NO DD
- Reversal = Term, -2.0, -3.0 & NO DD

**SUB-ADVANCED**  
(6 warm up passes)

**PASS Reqs & Restrictions**  
2 passes: 1<sup>st</sup> with 5 skills, 2<sup>nd</sup> with 8 skills

- Minimum 2 somis per pass
- Maximum 4 somis per pass
- Each completed pass must end in a somi
- 1 reversal allowed per pass
- Only one full is allowed per pass
- May repeat 1 DD skill per pass
- Max 360° twist & rotation per somi (i.e. full)

**Maximum of 5.0 Combined DD**

**Superior / Major Deductions**

- > 5.0 total DD = -2.0 pass req, -3.0 exceeding skill level, athlete receives >5.0 DD if all skills were legal at this level
- Performing a 5<sup>th</sup> somi in a pass = -2.0 pass, - 3.0 exceed, get DD if legal skill
- >360° of twist or rotation per skill = term, -2.0 ill. skill, - 3.0 exceed & no DD
- Performing more than one full in a pass = -2.0 pass req, -3.0 exceed & no DD
- Repeated Somi (2<sup>nd</sup> of the pass, one repeat is allowed) = loss of DD

**ADVANCED\***  
(Prelims: 8 warm ups / Finals: 6 warm ups)

**PASS Reqs & Restrictions\***  
Prelim: 2 passes: 1<sup>st</sup> w/ 5 skills, 2<sup>nd</sup> w/ 8 skills  
Finals = 1 pass with 8 skills

- Minimum 2 somis per pass
- Each completed pass must end in a somi
- 1 reversal allowed per pass

**LEVEL Reqs & Restrictions\***

- 1 pass **MUST** have three somies

**Prelims = Maximum of 7.9 Combined DD**  
**Finals = Max of 5.0 DD**

**Superior / Major Deductions**

- Repeats = Loss of DD (Exceptions Below)
  - 5-Skill – Consecutive whips may be repeated
  - 8-Skill – Consecutive whips may be repeated ONLY if a completed pass ends in a somi with ≥720° twist or ≥720° rotation
- No pass with three somis = -2.0
- > 7.9 Combined DD (or > 5.0 DD in finals) = -2.0 pass reqs, - 3.0 exceeding skill level and DD given for all legal skills

*\* May “Double Dip” (-4.0) if athlete fails to meet both **PASS** & **LEVEL** req. on 2<sup>nd</sup> pass*

**AGE ELITE**  
(Prelims: 8 warm ups / Finals: 6 warm ups)

**PASS Reqs & Restrictions\***  
P: 2 passes w/ 8 skills | F: 1 pass w/ 8 skills

- Minimum 3 somis per pass
- Each completed pass must end in a somi
- Only 1 prelim pass may end in a reversal
- Each prelim pass must end in a different skill

**Min of 8.0 Combined DD**

**Superior / Major Deductions**

- Repeats = Loss of DD (Exceptions Below)
  - Consecutive whips may be repeated ONLY if a completed pass ends in OR contains a somi with ≥720° twist OR ≥720° rotation\*\*\*
- < 8.0 Combined DD = -2.0 pass reqs & no finals
- < 3 Somis Per Pass = -2.0 pass reqs
- Ending both completed passes in prelims in a reversal = -2.0 pass reqs & loss of DD
- Ending both completed passes in prelims in the same skill = -2.0 pass reqs & loss of DD

\*\*\* The rules for Elite Open competition are different! – See Rulebook \*\*\*

**AESTHETIC RANGES**

Aesthetics Per Skill	.0-.8
Control / Travel of Rebound (Novice – Intermediate Only)	.1-.3

**SUP DEDUCTIONS**

Not Staring From a Run or Hurdle	Terminate
Step with Hand or Foot	.5 + Term
One Foot Ending on Last Skill	.5*
Not Enough or Extra Skills	1.0
Missing Pass Req or Illegal Skill	2.0
No Rebound (Nov. & Int. Only)	.5* + landing
Shoulder Height (Last Back Somi)	.3*
Not Ending in a Somi (SAdv-Elite)	.5*
Landing   Stick or Instability	.0-.3
Landing   1 Hand	.4
Landing   2 Hands	.5
Landing   Knee or Elbow	.6
Landing   Seat or Hands Behind	.7
Landing   Front / Back / Head	.8
Landing   Off Floor	.9
Skill Takeoff on Crash Pad	Terminate
Coaching / Hair / Underwear / Bra	.3
Jewelry (No Tape)	1.0
Inappropriate Attire	2.0
* Take on COMPLETED PASSES ONLY	

**DIFFICULTY**

Round Off	.2
Barani	.7
Rudi	1.1
Handspring (Front or Back)	.2
Whip	.4
Tuck [ Back   Front ]	.4   .5
Pike [ Back   Front ]	.5   .6
Layout [ Back   Front ]	.5   .6
Back Half or Arabian	.6
Full (Back)	.8
Double Full (Back)	1.2
Triple Full (Back)	2.0
Double or Triple Back Tuck	2.0   4.5
Double or Triple Back Pike	2.5   5.1
Double or Triple Back Lay	3.0   6.8
Full In (or Out) Tuck	3.0
Full In (or Out) Pike	3.5
Full In (or Out) Straight	4.0
Reversal/Punch Front Tuck	.7 [ .5 +.2 ]
Reversal/Punch Barani	.9 [ .7 +.2 ]

**MAXIMUM START VALUES**

# of Skills Completed	Max Start Value 5 Skill Passes	Max Start Value 8 Skill Passes
1	6.0 – 1.0 n/e skills = <u>5.0*</u>	3.0 – 1.0 n/e skills = <u>2.0*</u>
2	7.0 – 1.0 n/e skills = <u>6.0*</u>	4.0 – 1.0 n/e skills = <u>3.0*</u>
3	8.0 – 1.0 n/e skills = <u>7.0*</u>	5.0 – 1.0 n/e skills = <u>4.0*</u>
4	9.0 – 1.0 n/e skills = <u>8.0*</u>	6.0 – 1.0 n/e skills = <u>5.0*</u>
5	<u>10*</u>	7.0 – 1.0 n/e skills = <u>6.0*</u>
6	10.0 – 1.0 Xtra Skills = <u>9.0*</u>	8.0 – 1.0 n/e skills = <u>7.0*</u>
7	10.0 – 1.0 Xtra Skills = <u>9.0*</u>	9.0 – 1.0 n/e skills = <u>8.0*</u>
8	10.0 – 1.0 Xtra Skills = <u>9.0*</u>	<u>10*</u>
9+	10.0 – 1.0 Xtra Skills = <u>9.0*</u>	10.0 – 1.0 Xtra Skills = <u>9.0*</u>

\* Subtract any additional major deductions and landing deductions.

Double DD = [(DD of Somis & Twisting & Position) X 2] + (Total / 4) | Bounding Bonus = .1