



Tumbling Competition
Sunday 22nd June 2014

Grade 1

Grade 1
Run 1

Forward Roll
Stretch Jump
Forward Roll
Star Jump
Forward Roll
Full Turn Jump

Grade 1
Run 2

Chasse
Cartwheel
Chasse
Cartwheel
Chasse
Cartwheel (to land side on)

Grade 1
Run 3

Cartwheel
Cartwheel ¼ turn in
Backward roll
½ turn jump
Forward Roll
Star Jump

Grade 2

Grade 2
Run 1

Round off
½ turn jump to 1
Cartwheel
Cartwheel
Round off
Rebound Jump

Grade 2
Run 2

Cartwheel
Chasse
Cartwheel
Round off
Stretch Jump
Backward Roll

Grade 2
Run 3

Handstand forward roll
Forward roll to 1
Cartwheel
Cartwheel
Round off
½ turn jump

Grade 3

Grade 3
Run 1

Round off
½ turn jump to 1
Cartwheel
Round off
Rebound Jump
Full turn jump

Grade 3
Run 2

Handspring to 2
Stretch jump to 1
Cartwheel
Round off
½ turn jump
Rebound roll

Grade 3
Run 3

Round off
Flic
Rebound Jump
(hold 3 secs) Turn round
repeat
Round off
Flic
Rebound Jump
Present to judge

Allstarz Advanced tumbling 1

Allstarz Advanced 1

Run 1

Round off
½ turn jump to 1
Round off
½ turn jump to 1
Round off
Rebound Jump

Allstarz Advanced 1

Run 2

Handspring to 2
Stretch jump to 1
Round off
½ turn jump to 1
Cartwheel
Round off

Allstarz Advanced 1

Run 3

Round off
Flic
Flic
Rebound Jump

Allstarz Advanced tumbling 2

Allstarz Advanced 2

Run 1

Round off
½ turn jump to 1
Round off
½ turn jump
Dive forward roll

Allstarz Advanced 2

Run 2

Handspring to 1
Round off
½ turn jump
Round off
½ turn jump
Round off

Allstarz Advanced 2

Run 3

Round off
Flic
Flic
Flic