

## RGa TUMBLING CHAMPIONSHIPS

- Gymnasts must present 3 of the 4/5 tumblers to the Judges.
- Any gymnast that tumbles up an age category will not receive a bonus.
- However any gymnast that moves down an age category will have one whole mark deducted from each tumble.

### Years 3 & 4

1. Cartwheel, Chasse, Cartwheel
2. Forward Roll, Straight Jump, Forward Roll, Star Jump, Forward Roll, Tuck Jump
3. Forward Roll, Jump 180, Backward Roll, Jump 180
4. Round off, flic (can be aided but 0.5 deduction)

### Year 5

1. Cartwheel, Chasse, R/O, Tuck Jump
2. R/O, Jump 180, Forward Roll, Tuck Jump, Star Jump
3. Jump 180, Backward Roll, Jump 180, Forward Roll, Jump 360
4. Round off, flic (can be aided but 0.5 deduction)

### Years 6 & 7

1. Cartwheel, Cartwheel, R/O, Straight Jump, Backward Roll
2. R/O, Jump 180, R/O, Jump 180, Tuck Jump
3. R/O, Jump 180, Dive Forward Roll, Jump 360
4. Round off, flic (can be aided but 0.5 deduction)

### Year 8+

1. R/O, Jump 180, R/O, Jump 180, Dive Forward Roll, Jump 360
2. R/O, Jump 180, spring entry, Handspring to two, Rebound
3. Dive Forward Roll (stretch jump walk out), Cartwheel, R/O, Tuck Jump, Star Jump
4. Round off flic (unaided)

### Advanced (Year 7+ only - by coach recommendation)

1. R/O, flic, Rebound
2. R/O, flic, flick, Rebound
3. R/O, flic, Tuck Back Somersault
4. Handspring, Rebound dive roll
5. Handspring to one, Handspring to two, Rebound jump