

NOVICE LEVEL 1 RULES

TUMBLING



The rules listed below are those for Novice level 1 and are stated as they appear in the USASF Rule Book.

Please note: each rule listed has the specific section number or letter as well as the page number where you can find it in the USASF rule book.

General Tumbling Rule Book Section:

A. ALL LEVEL GENERAL TUMBLING

- 1 All tumbling must originate and land on the performing surface.
- 2 A tumbler may rebound from his/her feet into a stunt transition.
 - a. 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.
- 3 Tumbling over/under (any body part), or through a stunt, individual, or prop, is not allowed.
- 4 Tumbling while holding, or in contact with, any prop is not allowed.

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Level 1 Tumbling Rule Book Section:

A. STANDING/RUNNING TUMBLING

- 1 Skills must involve constant physical contact with the performing surface.
- 2 Forward/backward rolls (no dive rolls), cartwheels/block cartwheels, round offs, backbends, walkovers, handstands are allowed.
- 3 No tumbling is allowed in immediate combination after a round off or round off rebound.
- 4 Front and back handsprings are not allowed.

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All Star Novice Tumbling Rule Book Section:

ALL STAR NOVICE DIVISIONS

F. Tumbling skills are allowed and will follow the level rules for that level but will not be rated/required.

Tiny Novice Only: No building skills permitted (includes tosses, stunts and pyramids). The only two tumbling skills allowed are cartwheels and forward rolls. Handstands, backbends/bridges, etc. are not allowed.

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Skill: Forward Roll

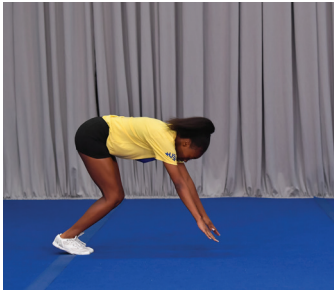
Novice Level 1 Tumbling

USASF CHEER GLOSSARY DEFINITION: A non-airborne, tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball "rolling" across the floor. [Page 6](#)

PREREQUISITES: Safety roll, candlestick, active/passive shoulders

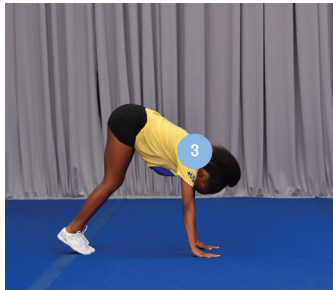
DESCRIPTION:

Entry:

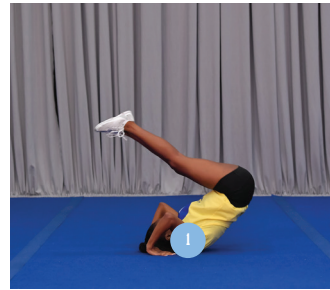


Squat, reaching hands forward with fingers pointing straight ahead, tucking chin to chest (look at belly button)

Middle:

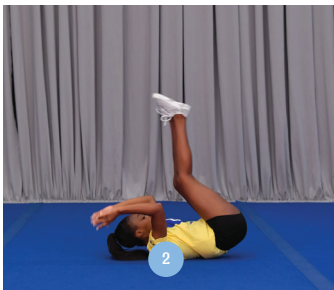


Lean forward transferring weight from heels to toes and into arms



Roll onto upper back / shoulders in a candlestick tuck position

Exit:



Roll to lower back, continue looking at your belly button with chin tucked



Rollup to tuck position



Reach your arms forward and up to initiate the standing position

Supplies / Aids:

Video

Conditioning:

- Core - plank
- Calf - calf raises

Drills:

- Tuck rockers
- Roll down wedge

Notes:

Safety:

- 1 Keep weight off neck (at entry/middle)
- 2 Place weight in upper back/shoulder area (at entry/middle)
- 3 Keep chin tucked in/look at belly button (at entry, middle and exit)



Tips, Tricks & Drills

- 1 Roll down an incline mat. (Video)
- 2 Tuck. Rock- rock back and forth in tuck position then stand up with arms by your ears.

Candlestick tuck rolls. (Video)
- 4 Place two folded panel mats close together. Roll between the two mats. (Video)
- 5 Lay on a folded panel mat, hit candlestick tuck position, place hand on floor and roll off the panel mat to a stand. (Video)

