# **NOVICE LEVEL 1 RULES**





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

- 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.
- 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

- 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.
- 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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Novice Tumbling Level 1 USASF.NET



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:**



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



Lean forward transferring weight from heels to toes and into arms



Roll onto upper back / shoulders in a candlestick tuck position



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



Rollup to tuck position



Reach you arms forward and up to initiate the standing position

# Safety:

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

## Supplies / Aids:

Video

## **Conditioning:**

- Core plank
- · Calf calf raises

## **Drills:**

- Tuck rockers
- Roll down wedge

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## Tips, Tricks & Drills





**USASF CHEER GLOSSARY DEFINITION:** A non-aerial, tumbling skill where the athlete rotates backward into/ or through an inverted position by lifting the hips over the head and shoulders while curving the spine (a tucked position) to create a motion similar to a ball "rolling" across the floor. Page 4

PREREQUISITES: Candlestick, safety roll, active/passive shoulders

## **DESCRIPTION:**

## Entry:



Hands near shoulders, tuck your chin in (look at belly button)



Squat and roll backwards to lower back and then into a candlestick tuck, position placing hands behind shoulders on the floor

## Middle:



Reaching toes behind the head, push through arms

#### Exit



Transfer weight into feet (not knees)



Stand up

## Backward roll variation:



Grab opposite arm elbow above your head



Hold the elbows through the entire backward roll sequence

## Safety:

- Keep weight off neck (entry, middle and exit)
- 2 Place weight into arms (entry, middle and exit)
- 3 Keep chin tucked in/look at belly button (at entry, middle and exit)



# Supplies / Aids:

Video

## **Conditioning:**

- Core plank
- Arms push ups

## Drills:

- Butterfly backward roll
- · Rolling down wedge
- Candlestick rockers



**USASF CHEER GLOSSARY DEFINITION:** A straight body inverted position where the arms of the athlete are extended straight by the head and ears. Page 6

**PREREQUISITES:** Active/passive shoulders, straight candlestick, understanding of layout position, forward and backward roll

## **DESCRIPTION:**

## Entry



Lunge with front leg bent (knee over ankle), back leg straight and shoulders over front knee with arms straight up by ears



Lever to the floor by lifting the back leg. The lift of the leg will "tip" the arms forward and down to the floor

#### Middle:



As hands touch the floor, push off front leg to come to an inverted position where shoulders are active, head remains neutral between arms, core engaged and legs straight with pointed toes

#### Middle:



Hold for three seconds

## LAII.



Lever back down to lunge

# Safety:









# Supplies / Aids:

Video

## **Conditioning:**

- Core plank and variations
- Legs calf raises, hop on one leg

## **Drills:**

- Handstand against wall
- · Lever drills
- · Donkey kicks
- Box handstand
- Press handstand
- Pike handstand with bottom half of body on a folded wedge

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**USASF CHEER GLOSSARY DEFINITION:** A non-airborne, tumbling skill where the athlete leans forward to a handstand and brings the legs over and back down to the floor one at a time (front walkover) or by stretching through the upper back, going backwards, similar to a handstand and lands on the feet one at a time (back walkover) with the support of one or both hands. Page 12

PREREQUISITES: Handstand, front and back lever, front limber

## **DESCRIPTION:**

#### Entry



Lunge with front leg bent, back leg straight and shoulders over front knee and front foot toes with arms straight up by ears



Lever to the floor by lifting the back leg. The lift of the leg will "tip" the arms forward and down to the floor

#### Middle:



As hands lever to floor and touch, push off front leg to come to an inverted L handstand where shoulders are active, head between arms, core engaged, and legs straight with pointed toe

#### Exit



Push shoulder blades (upper back) together until front (lead) foot touches the floor



Then engage core to perform a back lever to a standing position into a lunge. Arms stay engaged and by the ears the entire time

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## Safety:

- Keep head neutral
- Keep shoulders active
- 3 Engage core to protect the lower back (entry, middle, exit)

## Supplies / Aids:

Video

## **Conditioning:**

- Core
- Shoulders
- Glutes
- Hamstrings
- Upper back

## **Drills:**

- Handstand step out
- Back levers
- Front levers
- L stand memory handstand against wall

Notes:		



USASF CHEER GLOSSARY DEFINITION: A non-airborne, tumbling skill where the athlete leans forward to a handstand and brings the legs over and back down to the floor one at a time (front walkover) or by stretching through the upper back, going backwards, similar to a handstand and lands on the feet one at a time (back walkover) with support of one or both hands. Page 12

PREREQUISITES: Handstand, front and back lever

## **DESCRIPTION:**



Stand in a tall straight position with favorite leg out in front extended with toes pointed touching floor with no weight on the front foot



Lift front leg, keeping it in line with top of body with arms by ears and levers backwards to a T



Stretch through upper back and arrive in a handstand with legs split



Step front (lead) foot down into a front lever



Stretch back foot out lifting arms and arrive in a lunge

# Safety:

- Keep head neutral
- Keep shoulders active
- Engage core to protect the lower back (entry, middle, exit)



# Supplies / Aids:

## **Conditioning:**

- Core
- Shoulders
- Glutes
- Hamstrings
- Upper back

## **Drills:**

- Handstand step out
- Back levers

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	Shoulders
	Glutes
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	Handstand step out
	Back levers
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**USASF CHEER GLOSSARY DEFINITION:** A non-aerial, tumbling skill where the athlete supports the weight of their body with their arm(s) while rotating sideways through an inverted position landing on one foot at a time. Page 4

PREREQUISITES: Handstand, forward and backward rolls

#### **DESCRIPTION:**

#### Entry:



Body starts in a lunge with front leg bent and back leg straight facing forward with shoulders over front knee and toes on front foot



The athlete levers to the ground with front leg still bent position

#### Middle:



As athlete hands touch the ground, turn whole body 1/4 turn to the side, smelling armpit while pushing off the front leg into a side straddle handstand

#### Middle:



As athlete passes through vertical to the ground do a 1/4 turn again with whole body looking under that armpit, spot the ground where they want to place first foot

#### EXIT

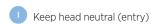


Lever back to lunge, pushing mat away from you by squeezing shoulder blades together



Arriving with arms by ears

## Safety:







# Supplies / Aids:

Video

## **Conditioning:**

- Lunge to airplane against wall
- Core, shoulders, hamstrings

## **Drills:**

- Mickey Mouse ears
- · Over the corner of a panel mat

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**USASF CHEER GLOSSARY DEFINITION:** Similar to a cartwheel except the athlete lands with two feet placed together on the ground instead of one foot at a time, facing the direction from which they arrived. Page 9

PREREQUISITES: Cartwheel, handstand, all rolls, understanding of blocking, one leg lunge, hurdle

#### **DESCRIPTION:**

## Entry:



Fall / step into a lunge with front leg bent and back leg straight facing forward with shoulders over front knee and toes on front foot



The athlete levers to the ground with front leg still bent (below 45 degrees, four toe to heel steps should be the correct distance to reach)

#### Middle:



As hands touch floor, 1/4 turn with whole body, turning second hand backwards with fingers facing other hand ("T" hands) enabling body to pass through a side handstand and a 1/4 turn of body, pushing off of front leg, with legs coming together shortly after vertical

#### Exit



At the same time the legs come together, block or push through shoulders squeezing shoulder blades together so that arms and body arrive slightly behind feet, encouraging momentum into back handspring



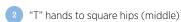
Land with soft knees with elbows behind the ears



Rebound traveling up and back

# Safety:









# **Supplies / Aids:** Video

# **Conditioning:**

• Full body

## **Drills:**

- Three panel mats
- Teepee drill

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