

NOVICE LEVEL 3 RULES

TUMBLING



The rules listed below are those for Novice level 3 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.

Page 15

Level 2 Tumbling Rule Book Section:

A. GENERAL TUMBLING

- 1 Dive rolls are allowed. Swan/arched position or twisting dive rolls are not allowed.

B. STANDING TUMBLING

- 1 Series front and back handsprings are allowed.
- 2 Flips and connected jump-flips are not allowed.
- 3 No twisting while airborne.

C. RUNNING TUMBLING

- 1 Flips
 - a. Back flips may ONLY be performed:
 - (1) In a tuck position (no additional skills)
 - (2) From a round off or round off back handspring(s).
- 2 Aerial cartwheels, $\frac{3}{4}$ front flips and running front tucks (no tumbling prior to front tuck) are allowed.
- 3 No tumbling is allowed after a flip or an aerial cartwheel.
- 4 No twisting while airborne except aerial cartwheels.

Page 21

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.

Page 40



Skill: Back Handspring Series

Novice Level 3 Tumbling

USASF CHEER GLOSSARY DEFINITION: Series front or back handsprings: Two or more front or back handsprings performed consecutively by an athlete. Page 6

PREREQUISITES: Back handspring, back walkover back handspring

DESCRIPTION:

Entry:



Athletic stance

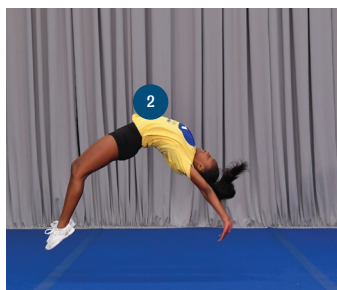


Sit with hips slightly behind ankles and shoulders over knees



Swing arms behind your ears until you feel them pulling you back and jump by pushing through your toes

Entry:



Stretch through upper back passing through handstand

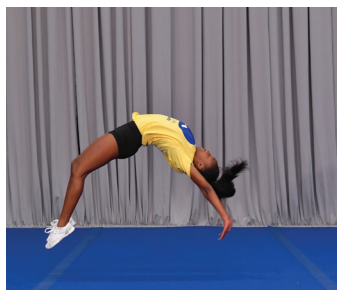


Blocking arms off surface



Snap legs down feet slightly in front of hips and arrive at a standing position with arms reaching behind ears punching into the next handspring

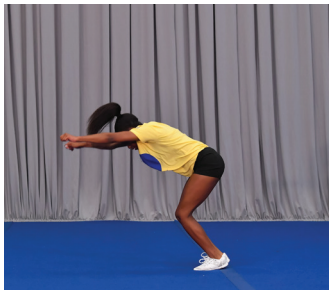
End:



Stretch through upper back passing through Handstand



Blocking arms off surface



Snap legs down to arrive at a standing position with arms by ears

Supplies / Aids:

Video

Conditioning:

- Hamstrings
- Core
- Glutes
- Shoulders

Drills:

- Handstand step in back handspring
- Handstand snap down from memory handstand to back handspring

Notes:

Safety:

- 1 Keep head in a neutral position (entry, middle, exit)
- 2 Engage core to protect the lower back (entry, middle, exit)





Skill: Round Off Back Handspring Tuck

Novice Level 3 Tumbling

USASF CHEER GLOSSARY DEFINITION:

Running Tumbling: Tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill. [Page 9](#)

Round Off: 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](#)

Handspring: An airborne tumbling skill in which an athlete starts from the feet and jumps forwards or backwards rotating through a handstand position. The athlete then blocks off the hands by putting the weight on the arms and using a push from the shoulders to land back on the feet, completing the rotation. [Page 9](#)

Tuck Position: A position in which the body is bent at the waist/hips with the knees drawn into the torso. [Page 12](#)

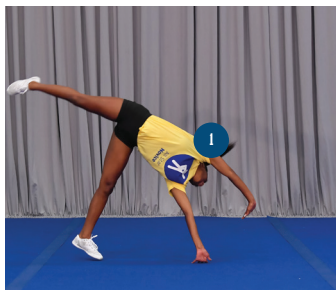
PREREQUISITES: Round off back handspring series with at least three back handsprings (maintaining or increasing speed)

DESCRIPTION:

Entry - Round Off Back Handspring:



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)



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

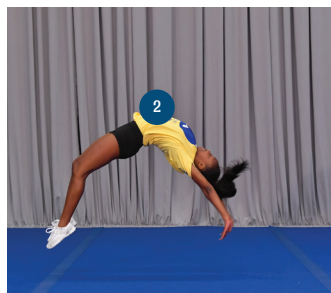
Entry - Round Off Back Handspring:



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, which are slightly in front of the hips encouraging momentum into back handspring



Reaching arms behind ears and jump by pushing through your toes



Stretch through upper back passing through handstand

Continued on next page.

Supplies / Aids:

Video

Conditioning:

- Hamstrings
- Core
- Glutes
- Shoulders

Drills:

- Jump to a candlestick on stacked mats, sit, swing, jumps up to mats, lie in candlestick on stacked mats with only ponytail hanging off, then tuck slightly and roll off to a stand into a lower soft mat

Notes:



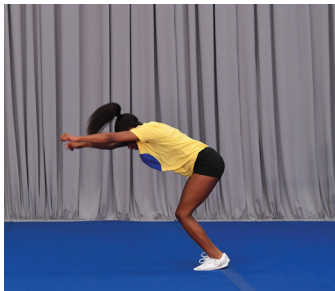
Skill: Round Off Back Handspring Tuck Continued

Novice Level 3 Tumbling

Middle: End of Back Handspring/tuck



Blocking arms off surface



Snap legs down to arrive at a standing position with arms by ears



Punch into the set with a straight body

Exit:



Pull shins and toes over head in a candlestick tuck position - letting body rise and meet arms when you are inverted (grabbing knees or under thighs is acceptable as well)



Watch your shins and toes until they land in an athletic stance



Athletic stance

Notes:

Lined area for taking notes.

Safety:

- 1 Keep head in a neutral position (entry, middle, exit)
- 2 Engage core to protect the lower back (entry, middle, exit)





Skill: Front Tuck (aka Punch Front)

Novice Level 3 Tumbling

USASF CHEER GLOSSARY DEFINITION: A tumbling skill in which the athlete generates momentum upward to perform a forward flip. **Page 6**

PREREQUISITES: Front handspring, fly spring

DESCRIPTION:

Entry:



Power hurdle or take a few running steps



Straight leg hurdle arriving with feet punching in front of body and arms punching up. Eyes focused in front of you upward

Middle:



Punch up driving legs (initiate drive from the back of thighs) backwards over head in tucked candlestick position

Middle:



Exit:



Spot in front of you



Land in an athletic stance

Supplies / Aids:

Video

Conditioning:

- Hamstrings
- Glutes

Drills:

- Layout drill on floor, forward roll over cheese. Standing front layout to flat back onto a soft landing mat.

Notes:

Safety:

- 1 Keep head in a neutral position (entry, middle, exit)
- 2 Engage core to protect the lower back (entry, middle, exit)
- 3 Protect knees, do not lock them out on the landing/hyper-extend (exit)





Skill: Aerial Cartwheel

Novice Level 3 Tumbling

USASF CHEER GLOSSARY DEFINITION: Cartwheel or walkover executed without placing hands on the ground.

Page 4

PREREQUISITES: Cartwheel, one-arm cartwheel, dive cartwheel

DESCRIPTION:

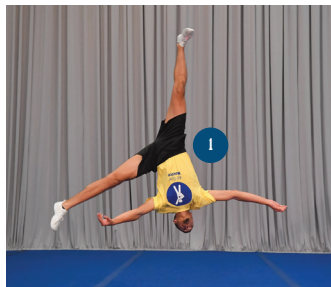
Entry:



Hurdle or step into a hurdle lunge



Drive back leg to needle keeping chest over front knee and high



Push off front leg

Middle:



Drive arms either up backwards or forwards to initiate rotation around the shoulders

End:



Drive lead leg/foot to land under the body



Second leg steps back to finish landing in a lunge

Supplies / Aids:

Video

Conditioning:

- Calves
- Hamstrings
- Glutes

Drills:

- Calf raises
- Heel drives
- Single arm cartwheels
- Far arm cartwheel
- Dive cartwheels over a panel mat

Notes:

Safety:



- 1 Engage core to protect the lower back (entry, middle, exit)
- 2 Protect knees, do not lock them out on the landing/hyper-extend (exit)