

NOVICE LEVEL 2 RULES

TUMBLING



The rules listed below are those for Novice level 2 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 2 Tumbling Rule Book Section:

A. GENERAL TUMBLING

- 1 Dive rolls are allowed. Swan/arched position or twisting dive rolls are not allowed.
- 2 There is no twisting or turning allowed after a back handspring step out. The feet must come together after the skill is completed prior to twisting or turning. *Example: Back handspring step out > ½ turn = Illegal.*
- 3 Flips and aerials are not allowed.
- 4 No twisting while airborne.

B. STANDING TUMBLING 1

- 1 Series front/back handsprings are not allowed.
- 2 Jump skills in immediate combination with handspring(s) are not allowed.

C. RUNNING TUMBLING

- 1 Series front and back handsprings are 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: Front Handspring to 2 feet or Step Out

Novice Level 2 Tumbling

USASF CHEER GLOSSARY DEFINITION: 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 6**

PREREQUISITES: Running front walkover, handstand block

DESCRIPTION:

Entry:



After taking a few steps, hurdle (reaching forward and stretching out), lunge levering to surface

Middle:



As hands touch, push off front foot to drive legs together

Middle:



Block arms off floor

End:



Land in stretched position with shoulder blades squeezed together

Safety:

- 1 Keep shoulders active (entry, middle, exit)
- 2 Protect knees, do not lock them out on the landing/hyper-extend (exit)



Supplies / Aids:

Video

Conditioning:

- Hamstrings
- Core
- Glutes
- Shoulders

Drills:

- Round-off drills, off panel mat
- Handstand punch handstand

Notes:





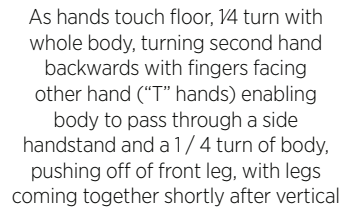
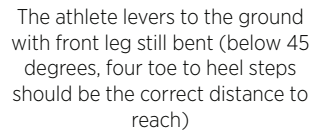
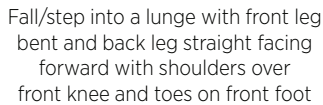
Running Tumbling: Tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill. [Page 9](#)

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](#)

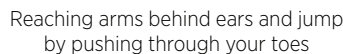
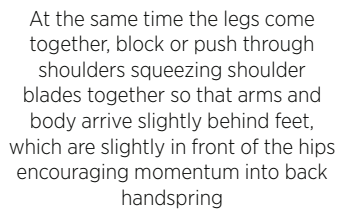
Handspring: An airborne tumbling skill in which an athlete starts from the feet and jumps forwards or backwards rotating through a handstand position. The athlete then blocks off the hands by putting the weight on the arms and using a push from the shoulders to land back on the feet, completing the rotation.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

PREREQUISITES: Round off, back handspring

Entry - Round Off:



Middle - connection of round off into back handspring:



Continued on next page.

Supplies / Aids:

Video

Conditioning:

- Hamstrings
- Core
- Glutes
- Shoulders

Drills:

- Three panel drill into jump over barrel or jump back, over two panel mats laid widthwise about 18 inches to 2 feet apart

Notes:





Skill: Dive Roll

Novice Level 2 Tumbling

USASF CHEER GLOSSARY DEFINITION: An airborne, tumbling skill with a forward roll where the athlete's feet leave the ground before the athlete's hands reach the ground. [Page 5](#)

PREREQUISITES: Idea of passive/active shoulders, forward roll

DESCRIPTION:

Entry:



Start in athletic stance or run with long quick hurdle with arms by ears

Middle:



Jump forward and upward into a candlestick position



Tuck chin to chest

Middle:



Roll from upper back to lower back

End:



Finish the roll to lower back, then as you hit the tuck position



Reach your arms forward and up to stand up

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)



Supplies / Aids:

Video

Conditioning:

- Hamstrings
- Core
- Glutes
- Shoulders

Drills:

- Over a small barrel, onto a landing mat

Notes: