# **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

- All tumbling must originate and land on the performing surface.
- 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.

Page 15

# **Level 2 Tumbling Rule Book Section:**

#### A. GENERAL TUMBLING

- 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.
- No twisting while airborne.

#### **B. STANDING TUMBLING 1**

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

# **C. RUNNING TUMBLING**

Series front and back handsprings are allowed.

Page 19

# 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

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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

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

#### Middle:



# Middle:



Block arms off floor

# End:



Land in stretched position with shoulder blades squeezed together

# Safety:



Keep shoulders active (entry, middle, exit)



Protect knees, do not lock them out on the landing/hyper-extend (exit)

# Supplies / Aids:

# **Conditioning:**

- Hamstrings
- Core
- Glutes
- Shoulders

# **Drills:**

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

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Novice Tumbling Level 2



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: Back walkover, handstand block

#### **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

# Middle:







Stretch through upper back passing through handstand

# End:



Blocking arms off surface



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

# Safety:

- Keep head in a neutral position (entry, middle, exit)
- Engage core to protect the lower back (entry, middle, exit)
- By leading with the pinky fingers in the swing, your hands will be turned in slightly for the block which protects the elbows/wrists allowing them to give if needed

# Supplies / Aids:

# **Conditioning:**

- Hamstrings
- Core
- Glutes
- Shoulders

# **Drills:**

- Sit swing jumps
- Jump backs onto mat
- · Snap downs from memory handstand on a panel mat against wall

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#### **USASF CHEER GLOSSARY DEFINITION:**

 $\textbf{Running Tumbling:} \ \text{Tumbling:} \ \text{Tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.} \ \ \underline{\text{Page 9}}$ 

**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

#### **DESCRIPTION:**

# Entry - Round Off:



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

# Middle - connection of round off into 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

Continued on next page.

# Supplies / Aids:

Video

# **Conditioning:**

- Hamstrings
- Core
- Glutes
- Shoulders

# Drills:

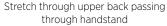
• Three panel drill into jump over barrel or jump back, over two panel mats laid widthwise about 18 inches to 2 feet apart

Notes	:		

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# End:







Blocking arms off surface



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

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**Notes:** 

# Safety:

- Keep head in a neutral position (entry, middle, exit)
- 2 Engage core to protect the lower back (entry, middle, exit)
- By leading with the pinky fingers in the swing of the backhandspring, your hands will be turned in slightly for the block which protects the elbows / arms allowing them to give if needed (middle)
- 4 Keep shoulders active (entry, middle, exit)

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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



Jump forward and upward into a candlestick position

#### Middle:



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:

- 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:

# **Conditioning:**

- Hamstrings
- Core
- Glutes
- Shoulders

# Drills:

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