

2009-2010 TUMBLING GRID

STANDING TUMBLING		RUNNING TUMBLING	
	DIFFICULTY		DIFFICULTY
5.0-6.0	Forward or Backward Roll ----- Front or Back Walkover	5.0-6.0	Cartwheels/Round offs ----- Combination skills into cartwheel/roundoff
6.0-7.0	Single Back handsprings ----- Back walkover/back roll connected to a single back handspring	6.0-7.0	Round off back handsprings ----- Combination skills into roundoff back handsprings
7.0-8.0	Series back handsprings ----- Any skill(s) connected to series back handsprings	7.0-8.0	Round off/round off back handspring back tuck and/or punch fronts ----- Combination skills into round off back handspring back tuck
8.0-9.0	Back handspring tuck ----- Standing back tuck	8.0-9.0	Round off/round off back handspring layout ----- Combination skills into a layout
9.0-10.0	Back handspring layout ----- Back handspring full twist	9.0-10.0	Round off/round off back handspring single full twist ----- Combination skills into a single full twist

- The more level appropriate skills you perform the higher you will score within your range (as long as the majority of your team executes the skills in the range below).
- Poorly executed skills can lower your score within each range



1.866.JAMFEST
gamedayspirit.net