

FUTURE FLYER FACEOFF TUMBLING GUIDELINES

- A.** All Tumbling routines must include the following skills appropriate to your division
1. 2 running tumbling passes
 2. 1 standing tumbling pass
 3. 1 jump(s) to a connecting standing pass
 4. 2 or more connected jumps (Jumps must use a whip approach to be considered connected)
- B.** All routines must be executed in under 1 minute.
- C.** Routines must demonstrate a good use of the floor, as well as a performance throughout the routine.
- D.** Routines must fall within the rules and regulations placed for each division.

FUTURE FLYER FACEOFF TUMBLING RULES AND REGULATIONS

BEGINNER

The following list is non-permitted tumbling skills for the beginner division.

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. 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.

INTERMEDIATE

The following list is non-permitted tumbling skills for the intermediate division.

A. General Tumbling

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

B. Standing Tumbling

1. Up to 1 **flipping** allowed and:

a. 0 twists.

b. Must be performed in a tuck position (no additional skills).

Exception: Aerial cartwheels and Onodis are allowed.

c. Standing flips and flips from a back handspring are allowed.

d. May not be connected to a jump.

2. No tumbling is allowed after a flip, aerial cartwheel or Onodi.

C. Running Tumbling

1. Up to 1 flipping and 0 twists allowed.

Exception: Aerial cartwheels and Onodis are allowed.

FUTURE FLYER FACEOFF TUMBLING RULES AND REGULATIONS

CONTINUED

ADVANCED

The following list is non-permitted tumbling skills for the advanced division.

A. General Tumbling

1. **Dive rolls** are allowed. No twisting dive rolls.
2. **Single twisting** skills may **not** have:
 - a. Flipping and twisting immediately **into the twist**.
 - b. Twisting **out of the single twist**.

B. Standing Tumbling

1. Up to **2 flipping** and **1 twist** allowed.

C. Running Tumbling

1. Up to **2 flipping** and **1 twist** allowed.

ELITE

The following list is non-permitted tumbling skills for the elite division.

A. No double twisting are allowed

FUTURE FLYER FACEOFF TUMBLING

GLOSSARY

Aerial (noun): Cartwheel or walkover executed without placing hands on the ground.

Airborne/Aerial (adjective): To be free of contact with a person or the performing surface.

Airborne Tumbling Skill: An aerial maneuver involving hip-over-head rotation in which a person uses their body and the performing surface to propel himself/herself away from the performing surface.

Backbend: The athlete's body forms an arch by stretching through the upper back, typically supported by the hands and feet with the abdomen facing upward.

Backward Roll: 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.

Cartwheel: 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.

Dive Roll: An airborne tumbling skill with a forward roll where the athlete's feet leave the ground before the athlete's hands reach the ground.

Flip: In tumbling, a skill that involves passing through an inverted position with hip-over-head rotation without contact with the performing surface.

Forward Roll: 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.

Front Tuck: A tumbling skill in which the athlete generates momentum upward to perform a forward flip.

Full: A 360-degree twisting rotation.

Ground Level: To be on the performing surface.

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.

Handstand: A straight body inverted position where the arms of the athlete are extended straight by the head and ears.

Inversion/Inverted: Athlete has at least one foot above the head and shoulders are below the waist.

Jump: An airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to push off the performance surface.

FUTURE FLYER FACEOFF TUMBLING

GLOSSARY

Layout: An airborne tumbling skill which involves a hip over head rotation in a stretched, hollow body position.

Onodi: Starting from a back hand-spring position after pushing off, the athlete performs a ½ twist to the hands, ending the skill as a front handspring step out.

Rebound: An airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to propel off the performance surface -- typically performed from or into a tumbling skill.

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. **Running Tumbling:** Tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill

Series Front or Back Handsprings: Two or more front or back handsprings performed consecutively by an athlete.

Standing Tumbling: A tumbling skill (series of skills) performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is still defined as "standing tumbling."

Step Out: A tumbling skill that lands on one foot at a time as opposed to landing on both feet simultaneously

Three Quarter (3/4) Front Flip (tumble): A forward hip-over-head rotation from an upright position to a seated position on the ground, with the hands and/or feet landing first.

Tuck Position: A position in which the body is bent at the waist/hips with the knees drawn into the torso.

Tumbling: Any hip-over-head skill that is not supported by a base that begins and ends on the performing surface.

When no tumbling is allowed after a particular tumbling skill, at least one step into the next tumbling skill must be included to separate the two passes.

Stepping out of a skill is considered a continuation of the same tumbling pass and an additional step is needed to separate the passes. If the athlete finishes the skill with both feet together, only one step is needed to create a new tumbling pass.

Twist/Twisting: An athlete performing a rotation around their body's vertical axis. (vertical axis=head to toe axis).

Twisting tumbling skills involve hip-over-head rotation around athlete's vertical axis.

FUTURE FLYER FACEOFF TUMBLING

GLOSSARY

Walkover: 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.

Whip Approach – Continuous arm movement through swing, connecting 2 or more jumps.

Whip: A non-twisting, backward-traveling, aerial tumbling skill in which the athlete's feet rotate over their head and body, while the body remains in a stretched upper back position. A "Whip" has the look of a back handspring without the hands contacting the ground.

X-Out: A tumbling skill in which an athlete performs a flip while spreading the arms and legs into an "x" fashion during the rotation of the flip.

FUTURE FLYER FACEOFF TUMBLING SCORING SYSTEM

SCORE SHEET

ATHLETES NAME _____

DIVISION _____

TECHNIQUE / EXECUTION		MAXIMUM VALUE	TOTAL
DIFFICULTY	7 - 10 EXCELLENT 5 - 7 AVERAGE 3 - 5 NEEDS WORK	10	
TECHNIQUE	7 - 10 EXCELLENT 5 - 7 AVERAGE 3 - 5 NEEDS WORK	10	
EXECUTION	7 - 10 EXCELLENT 5 - 7 AVERAGE 3 - 5 NEEDS WORK	10	
OVERALL		MAXIMUM VALUE	TOTAL
USE OF FLOOR & ROUTINE FLOW	7 - 10 EXCELLENT 5 - 7 AVERAGE 3 - 5 NEEDS WORK	10	
SHOWMANSHIP	7 - 10 EXCELLENT 5 - 7 AVERAGE 3 - 5 NEEDS WORK	10	
		Deductions:	—
		TOTAL:	50

COMMENTS: