

# Jacobs Gymnastics Tumbling Meet Routines

Saturday August 17, 2019

## Level A (same pass 1<sup>st</sup> and 2<sup>nd</sup>)

1<sup>st</sup> pass: Short run, jump forward roll, stretch forward roll, cartwheel, cartwheel.

2<sup>nd</sup> pass: Short run, jump forward roll, stretch forward roll, cartwheel, cartwheel.

## Level B

1<sup>st</sup> pass: Forward roll, straddle roll (stand up) Chasse' chasse' - cartwheel, cartwheel.

2<sup>nd</sup> pass: Handstand (tap feet together, step down) short run **round-off rebound, back roll**, stretch jump.

## Level C

1<sup>st</sup> pass: Short run jump dive roll, cartwheel, one arm cartwheel, **back pike roll**.

2<sup>nd</sup> pass: **Handstand roll, dive cartwheel**, turn, short run round-off rebound, straddle jump, .

## Level D

1<sup>st</sup> pass: Short run dive roll, cartwheel, 1 arm cartwheel, back walkover.

2<sup>nd</sup> pass: **Front limber**, handstand roll, power hurdle round off rebound stick, step back, **back walkover**.

## Level E

1<sup>st</sup> pass: Short run **front handspring** (2 foot landing) dive roll, front limber (or front walkover), 1 arm cartwheel.

2<sup>nd</sup> pass: Short run round-off, **back handspring**, back walkover, back pike roll.

## Optional/Advanced Level

Gymnast performs 2 passes, 4-5 skills connecting without pause each pass. One pass must include at least one **aerial skill (punch front, back tuck/pike/layout, aerial cartwheel or aerial walkover)**.

Standard deductions apply regarding form and technique.

*\*\*Although this tumbling meet is informal compared to other gymnastic meets, each gymnast is expected to present their routine to the best of their ability. A wide variety of tumbling, beginner through advanced, will be seen. This meet provides an excellent chance for gymnasts to work toward a specific goal and show what they have achieved. The goal is for each gymnast to gain confidence and take pride in their efforts and experience gymnastics in a meet setting.*