

Jacobs Gymnastics Tumbling Meet Routines

Saturday August 13, 2022

Level A (same pass 1st and 2nd)

1st pass: Short run, jump forward roll, stretch forward roll, cartwheel, cartwheel.

2nd pass: Short run, jump forward roll, stretch forward roll, cartwheel, cartwheel.

Level B

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

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

Level C

1st pass: Short run jump dive roll, cartwheel, turn, cartwheel, step together, back **pike roll**.

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

Level D

1st pass: Short run dive roll, cartwheel, cartwheel, back walkover.

2nd pass: **Front limber or walkover**, handstand roll, power hurdle round-off rebound stick, step back, **back walkover**.

Level E

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

2nd 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)**. Coaches will assist in choosing skills for Optional routines.

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.*