

Jacobs Gymnastics Tumbling Meet Routines

Saturday August 17, 2024

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, one-arm cartwheel, step together, back roll (any position)

2nd pass: Handstand roll, short run round-off rebound, back roll, straddle jump.

Level D

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

2nd pass: Front limber or front walkover, handstand roll, power hurdle round-off, back roll (any position).

Optional/Advanced Level

1st pass- compulsory – Handstand roll step out, cartwheel swing through to back walkover, step together, back extension roll.

2nd pass – optional – must have at least one aerial skill. 4-5 skills total – all one direction.

Standard deductions apply regarding form and technique.

***Gymnasts practice routines during the tumbling portion of summer classes. There are also clinics set up in August for extra practice.*

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.