



## **Jacobs Gymnastics Tumbling Meet Routines** **Saturday August 15, 2026**

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

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: Forward roll, Cartwheel step together, jump ½ turn, short run round-off rebound.

### **Level C**

1st pass-: Short run jump roll, Chasse' chasse', cartwheel, cartwheel.

2nd- Handstand step down, short run round-off rebound, back roll, stretch jump.

### **Level D**

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, jump ½ turn.

### **Level E**

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 pike roll, tuck jump.

### **Optional/Advanced Level**

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

2<sup>nd</sup> 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.*