

Jacobs Gymnastics Tumbling Meet Routines

Saturday August 15, 2009

Level A

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

2nd pass: Chasse' chasse' - cartwheel, 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 dive roll, cartwheel, cartwheel, back pike roll.

2nd pass: Handstand roll out, short run round-off rebound, back pike roll, jump full turn.

Level D

1st pass: Short run dive roll, cartwheel, 1 arm cartwheel, *back pike roll*.

2nd pass: Handstand roll out with straight arms, short run round-off rebound, back pike roll, back walkover.

Level E

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

2nd pass: Front limber, handstand roll, cartwheel, step back, back walkover, back extension roll.

Level F

1st pass: Front Handspring – dive roll step out – front walkover – handstand pirouette (1/2 turn) – back walkover.

2nd pass: Short run, round off back handspring, back extension roll, back walkover turn out front walkover.

Optional/Advanced Level

Gymnast performs 2 passes. Passes must include at least one aerial skill (punch front, back flip any position, aerial cartwheel or walkover). Bonus points will be given for each additional aerial skill performed. 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 today. 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.