

TUMBLING STUDY GUIDE

(revised 07/07)

I. Tumbling Rules

- A. Be Cautious: any activity involving motion, rotation, or height may cause serious accidental injury.
- B. Wear proper clothing for safe participation.
- C. Use conditioning and warm-up exercises (stretching) before attempting any tumbling skills.
- D. Only attempt skills that are within your ability level.
- E. Make certain to always follow proper progression of skills.
- F. When attempting a new or difficult skill, a qualified spotter should be used.
When in doubt, always use a spotter.
- G. Be attentive to the person you are spotting and the skill being performed.
- H. Do not distract others while they are performing a skill or are getting ready to perform (focus and concentration are extremely important to avoid injury).
- I. Any skill involving an upside down position of the body could be dangerous and cause serious injury.
- F. **"NO HORSE PLAY"** AT ANY TIME WHILE ON OR AROUND GYMNASTICS EQUIPMENT, INCLUDING THE TUMBLING MAT.

II. Tumbling Definitions

1. Basic Body Positions: **tuck** (knees close to the chest and the chin in down on the chest), **straddle** (legs in a V), **pike** (legs are straight, body in an L), and **layout** (the entire body is straight).
2. Routine: A combination of skills, usually consisting of a mount, a series of skills and a dismount. Routines should show creativeness and physical endurance.
3. Spotting: The technique of observing and assisting a gymnast in order to help him/her in the learning of new or difficult skills and to minimize the dangers of injury from mistakes.
4. "Stuck" Landing: When a gymnast completes a routine and finishes without taking any extra steps.

III. Tumbling Skills and Definitions

A. ROLLS

1. **Forward Roll:** A tuck roll somersault starting on the feet and ending on the feet. Forward rolls can begin and end in four different body positions: tuck, straddle, pike and step out for a combination of 16 different rolls.
2. **Dive Roll:** An airborne forward roll
3. **Backward Roll:** A roll over the head in a tuck position and ending on the feet. Backward rolls can begin in three different body positions (tuck, straddle and pike) and end in four different body positions (tuck, straddle, pike and knee scale) for a combination of 12 different rolls.

B. INVERTED STUNTS

1. **Tri-pod:** A balance stunt using the hands and head forming a triangle on the mat placing the knees on the elbows.
2. **Tip-up:** A balance stunt using just the hands to hold the body up.
3. **Headstand:** Same as the tri-pod but extending the legs up.

C. MOVEMENT SKILLS

1. **Handstand:** Placing the hands on the mat and kicking up, balancing on the hands.
2. **Back extension:** A back roll and quick arm extension to a handstand.
3. **Cartwheel:** A handstand sideways in a straddle position, landing one foot at a time.
 - a. One hand: same as above but using either the near hand or the far hand
 - b. Aerial: from a one-leg takeoff, a cartwheel without using the hands and landing on the leg that leaves the ground first (No hands cartwheel).
4. **Roundoff:** A cartwheel with a 2-foot landing facing the way you began (a change of direction)
5. **Limber:**
 - a. Front: from a handstand, arch to a backbend, then stand to feet.
 - b. Back: from the feet, arching back to a backbend and kicking both legs over to a standing position while passing through a handstand position.
6. **Walkover:**
 - a. Front: From a split handstand, a forward one-leg support to the feet.
 - b. Back: With the weight on one leg, the gymnast arches back to a handstand split and bringing legs together, landing with feet together.
7. **Front Handspring:** A skip step into a handstand, push from the hands extending over to the feet
8. **Back Handspring:** From a stand, a back jump in an arch position to the hands, then a quick push from the hands to the feet (usually performed out of a roundoff)..
9. **Front Somersault (flip):** From a 2-foot takeoff the arms are over the head, elbows slightly bent. The arms reach out and up, creating a thrust. The arms grasp the knees half-way through the skill. The landing is in a semisquat or stepout position.
10. **Back Somersault (flip):** Begin standing, jump up and back to a tuck position, landing on the feet.

D. ADVANCED SKILLS

1. **Ariel:** A cartwheel or a walkover with no hands. The gymnast hurdles off one foot and lands on one foot.
2. **Barani:** A front flip with a half twist.
3. **Tinsica:** A combination cartwheel (at the beginning- hand position) and a front walkover (ending- legs and feet position).