

U.S.T.A. GOLD LEVEL COACHES CERTIFICATE FOR TUMBLING

Sub-Advanced, Advanced, Elite

Important Safety Features and Hints for Success

Safety features that are used in the Bronze Level follow through the Silver and Gold levels.

What is the Proper Equipment for these levels?

The U.S.T.A. uses tumbling platform made from either springs, slats, rods, skis, or ethafoam blocks.

SUB-ADVANCED

A lot of what you have learned at the Silver level will follow through in the Gold level.

A Sub-Advanced athlete can actually compete in the Advanced level. They are scored the same. The aesthetic scores are added together, the pass difficulty is added to that total for the pass total. The pass totals are added together for the final score.

At these levels, an athlete does not rebound at the end of a pass because all completed passes must end in a somi. The last somi should be shoulder height or above. Round-offs and flip-flops can still be repeated without receiving a repetition deduction.

Pass Requirement

Pass requirements at the Sub-Advanced level are:

- First pass - five skill pass
- Second pass - eight skill pass
- Each pass
 - must have at least one somi and no more than four somis
 - one pass must have two somis
 - can only have one 360° twisting skill per pass
 - cannot have a twisting skill over 360°
 - can have one 180° twisting skill and one 360° twisting skill per pass
 - can have one repeated difficulty skill per pass (excluding round-offs & flip-flops)
- Both passes
 - must end in a somi (no rebound)
 - total difficulty (added together) cannot exceed 5.0 pts.

Failure to have one somi in a pass will result in a 2.0 pt. deduction. Having more than the maximum of four somis per pass and/or exceeding the twisting requirements will result in a 2.0 pt. aesthetic deduction and be mandated to the Advanced level for the next competition. If more than one difficulty skill is repeated in a pass, the athlete will lose the difficulty of that skill. If a completed pass does not end in a somi, the competitor will receive a 0.5 pt. deduction. If the two

passes combined difficulty exceeds 5.0, the competitor will receive a 2.0 pt. aesthetic deduction on their second pass and be mandated to the Advanced level for the next competition.

ADVANCED

Pass Requirements

Pass requirements at the Advanced level are:

- First pass - five skill pass
- Second pass - eight skill pass
- Each pass - must have at least two somis in one pass and 3 somis in one pass with no maximum number of somis
 - *cannot have any repeated difficulty skill per pass
- One pass - must have at least three somis
- Both passes - must end in a somi (no rebound)
- Finals** - one eight skill pass

Failure to have two somis in a pass will result in a 2.0 pt. deduction. If a difficulty skill is repeated in a pass, the athlete will lose the difficulty of that skill. If a completed pass does not end in a somi, the competitor will receive a 0.5 pt. deduction. Round-offs and flip-flops can still be repeated without receiving a repetition deduction. *The repeat rule does not mean a competitor cannot repeat a difficulty skill. Think of what skill the competitor is coming from

For example, if a competitor does a Round-off, flip-flop, full, flip-flop, full - the second full is a repeated difficulty skill and would not receive difficulty.

Now, if the competitor would do a Round-off, whip, full, flip-flop, full - it would not be considered a repeat because the first full is coming from a whip and the second full is coming from a flip-flop.

REMEMBER: The last backward moving single somi at the end of a completed pass must be a Back Pike, Tuck, or Layout performed at shoulder height. A 0.3 pt aesthetic deduction will be for all single somis at the end of a pass that is not performed at shoulder height.

ELITE

To qualify for the Elite level at Nationals, a competitor must have achieved a 8.0 pt. difficulty (combined 5 & 8 skill passes) at a sanctioned USTA/AAU competition during that competition season. To qualify for finals at the Elite level, in addition to placing in the top 10, an athlete must have a minimum combined (two 8 skill passes) difficulty of 9.0 in prelims.

Pass requirements at the Elite level are the same as Advanced with the following exceptions:

Whips can be repeated at the Elite level as long as the pass end in a multiple somi.

- First pass - eight skill compulsory pass - **BARANI, WHIP, WHIP, FULL, WHIP, FLIP-FLOP, FLIP-FLOP, FULL** (will receive no difficulty)
- Second pass - eight skill optional pass
- Third pass - eight skill optional pass; however, can only end either the second pass or the third pass with a reversal skill
- Finals** - one eight skill pass (can be the same as the Prelims)

Failure to complete the compulsory pass or deviation from the compulsory skills will terminate the pass at that point. Ending both the Second and Third passes with a reversal skill will result in the loss of difficulty of the reversal skill on the Third pass and a 2.0 pt deduction. If a difficulty skill is repeated in a pass, the athlete will lose the difficulty of that skill except for whips which can be repeated without penalty. If a completed pass does not end in a somi, the competitor will receive a 0.5 pt. deduction. Round-offs and flip-flops can still be repeated without receiving a repetition deduction. *The repeat rule does not mean a competitor cannot repeat a difficulty skill. Think of what skill the competitor is coming from.

TUMBLING DIFFICULTY

| Skill | .4 for each somi | .1 for Front | .1 for each 1/4 turn up to double then .2 for each 1/4 turn | bonus position .1 for pike or layout for each somi/layout another .1 double and above per somi | double somi bonus (diff of each somi + diff of each twist + diff of position) times 2. Then take those points and divided them by 4 and then add the two totals together | Total Difficulty |
|-------------------------------------|------------------|--------------|---|--|--|------------------|
| Tuck Back | 0.4 | | | | | 0.4 |
| Pike or Layout Back | 0.4 | | | 0.1 | | 0.5 |
| Tuck Front | 0.4 | 0.1 | | | | 0.5 |
| Pike or Layout Front | 0.4 | 0.1 | | 0.1 | | 0.6 |
| Barani any Position | 0.4 | 0.1 | 0.2 | | | 0.7 |
| Front 1 1/2 - Rudi | 0.4 | 0.1 | 0.6 | | | 1.1 |
| Back with 1/2 | 0.4 | | 0.2 | | | 0.6 |
| Full | 0.4 | | 0.4 | | | 0.8 |
| Double Full | 0.4 | | 0.8 | | | 1.2 |
| Triple Full | 0.4 | | 1.6 | | | 2.0 |
| Double Back Tuck | 0.8 | | | | $1.6 + (1.6/4) = 1.6 + .4$ | 2.0 |
| Double Back Pike | 0.8 | | | 0.2 | $2.0 + (2.0/4) = 2.0 + .5$ | 2.5 |
| Double Back Layout | 0.8 | | | 0.4 | $2.4 + (2.4/4) = 2.4 + .6$ | 3.0 |
| Full In or Out Double Back Tuck | 0.8 | | 0.4 | | $2.4 + (2.4/4) = 2.4 + .6$ | 3.0 |
| Full In or Out Double Back Pike | 0.8 | | 0.4 | 0.2 | $2.8 + (2.8/4) = 2.4 + .7$ | 3.5 |
| Full In or Out Double Back Layout | 0.8 | | 0.4 | 0.4 | $3.2 + (3.2/4) = 3.2 + .8$ | 4.0 |
| Full In Full Out Double Back Tuck | 0.8 | | 0.8 | | $3.2 + (3.2/4) = 3.2 + .8$ | 4.0 |
| Full In Full Out Double Back Pike | 0.8 | | 0.8 | 0.2 | $3.6 + (3.6/4) = 3.6 + .9$ | 4.5 |
| Full In Full Out Double Back Layout | 0.8 | | 0.8 | 0.4 | $4 + (4/4) = 4 + 1$ | 5.0 |
| Triple Back Tuck | 1.2 | | | | $3.6 + (3.6/4) = 3.6 + .9$ | 4.5 |
| Double Front 1/2 | 0.8 | 0.2 | 0.2 | | $2.4 + (2.4/4) = 2.4 + .6$ | 3.0 |
| Punch Fronts | .4 for each somi | .1 for Front | .1 for each 1/4 twist | bonus position | .1 for Bounding & .1 for Reversal | Total Difficulty |
| Tuck | 0.4 | 0.1 | | | 0.2 | 0.7 |
| Pike | 0.4 | 0.1 | | 0.1 | 0.2 | 0.8 |
| Barani | 0.4 | 0.1 | 0.2 | | 0.2 | 0.9 |
| Rudi | 0.4 | 0.1 | 0.6 | | 0.2 | 1.3 |