

NAC Power Tumbling and Mini Tramp Passes

Power Tumbling

Only students competing in or having competed in this season compulsory routine III and higher may compete in any power tumbling categories.

Compulsory Power Tumbling

9.0 Round-Off, Back Handspring, Rebound

9.1 Round-Off, Back Handspring, Back Handspring, Rebound

9.2 Round-Off, 3 Back Handsprings, Rebound

9.3 Round-Off, Back Flip (Back tuck .3 bonus), No Rebound

9.4 Round-Off, Back Handspring, Back Flip (Back tuck .3, layout .5), No Rebound

9.5 Round-Off, 3 Back Handsprings, Back Flip (Bonus, Tuck add .3, Pike .4, Layout .5), No Rebound

9.6 Optional Six Skill Pass. Round-Off is considered a skill. Must contain Back Tuck or Layout as final skill. Bonuses: Whip .3, Tuck .3, Layout .5, Pike .4, Connecting Whips .2, Full Twisting Layout .4.

Mini Trampoline

Level 1. First Pass – Straight jump; Second Pass – Tuck Jump

Level 2. First Pass – Straddle Jump; Second pass – Pike Jump

Level 3. First Pass – Dive Roll; Second Pass – Front Fly Spring

Level 4. First Pass – Front Tuck; Second Pass – Front Fly Spring

Level 5. *OPTIONALS* – Choose 2 passes. All passes start at 8.0

Level 6. *Optionals* – Choose 2 passes. All passes start at 8.00 Must have at least 360 rotation in one pass.

Bonus: Front Tuck – 0.2; Front Pike- 0.3; Tuck Brauni- .5; Pike Brauni .7, Straight Brauni 1.0, Front Full- 1.3; Front Rudi 1.5; Round off Back Tuck- 1.2; Round off Back Pike 1.3; Round off Back Layout- 1.5; Round Off Back Full- 1.8.