

Difficulty Tumbling - Individual Skills

Element	Position	Shorthand	Difficulty
Round-off		(0.2
Handspring		f	0.2
Flic-Flac		f	0.2
Whipback		^	0.3
Back somersault (ss)	0	4o	0.5
Back somersault	<	4<	0.6
Back somersault	\	4\	0.6
Front somersault	0	0	0.5
Front somersault	<	<	0.6
Side somersault	0	0	0.5
Side somersault	<	<	0.6
Back ss with 1/2 twist	0	0	0.6
Barani	0	41o	0.6
Back ss with 1/1 twist		42	0.7
Back ss with 1 1/2 twist		43	0.9
Back ss with 2/1 twist		44	1.1
Back ss with 2 1/2 twist		45	1.4
Back ss with 3/1 twist		46	1.7
Back ss with 3 1/2 twist		47	2.1
Back ss with 4/1 twist		48	2.5
Double back somersault	0	8--o	2.0
Double back somersault	<	8--<	2.2
Double back somersault	\	8--\	2.4
Double front somersault	0	.8--o	2.0
Double front somersault	<	.8--<	2.2
Double side somersault	0	8--o	2.0
Double side somersault	<	8--<	2.2

Element	Position	Shorthand	Difficulty
Half in ("arabian")	0	81-o	2.2
Half in ("arabian")	<	81-<	2.4
Half out (backwards)	0	8-1o	2.2
Half out (backwards)	<	8-1<	2.4
Half out (backwards)	\	8-1\	2.6
Half out (forward)	0	.8-1o	2.2
Half out (forward)	<	.8-1<	3.4
Full in back out	0	82-o	2.4
Full in back out	<	82-<	2.6
Full in back out	\	82-\	2.8
Full and a half in back out	\	821\	3.2
Full in Full out	0	822o	3.2
Full in Full out	\	822\	3.6
Full in Double-full out	0	824o	4.4
Full in Double-full out	\	824\	4.8
Double-full in Double-full out	\	844\	6.4
Triple Back	0	12---o	4.5
Triple Back	<	12---<	5.1
Triple Back	\	12---\	5.7
Half in Triple ("arabian")	0	121--o	5.4
Half in Triple ("arabian")	<	121--<	5.9
Full in Triple	0	122--o	6.3
Full in Triple	<	122--<	6.9
Quadruple back	0	16----o	8.0

Position Bonuses

Body Position	Single	Double	Triple
Tuck	0.0	0.0	0.0
Pike	0.1	0.1	0.2
Straight	0.1	0.2	0.4

Twist Value

Body Position	Single	Double	Triple
Half Twist	0.1	0.1	0.3
First Twist	0.2	0.2	0.6
Second Twist	0.4	0.4	0.8
Third Twist	0.6	0.6	1.0
Fourth Twist	0.8	0.8	1.2

