



To: All Provinces, Districts, Clubs, Coaches & Members

20 March 2018

## **RE: UPDATED TUMBLING PASSES WEF 3<sup>RD</sup> MARCH FROM 01/01/2018 – 31/12/2020**

The following routines are applicable for tumbling till the end of the current cycle.

The new levels and age groups that will apply to all routines are aligned with other SAGF disciplines.

*AGE GROUPS that apply to level 1 - 7. Ages at 31 December.*

**6-7; 8-9; 10-12; 13-15; 16&o**

### **Level 1**

Pass 1: Forward roll, ½ turn, Backward roll

Pass 2: Same as above

### **Level 2**

Pass 1: Forward roll, Hurdle, Cartwheel

Pass 2: Same as above

### **Level 3**

Pass 1: Standing Hurdle, Round-off, **Rebound**, Backward roll, Pirouette (Stretch jump with 360° turn)

Pass 2: Same as above

### **Level 4**

Pass 1: Hurdle, Round Off, FF, **Rebound**

Pass 2: Same as above

### **Level 5**

Pass 1: Voluntary routine of 3 skills (Difficulty of 1.0 max per routine)

Pass 2: Voluntary routine of 3 skills (Difficulty of 1.0 max per routine)

### **Level 6**

Pass 1: Voluntary routine of 3 skills (Difficulty of 1.5)

Pass 2: Voluntary routine of 5 skills (Difficulty of 1.6)

### **Level 7**

Pass 1: Voluntary routine of 5 skills (Difficulty of 2.7)

Pass 2: Voluntary routine of 8 skills (Difficulty of 3.2)



### **Level 8**

Pass 1: Voluntary routine of 8 skills

Pass 2: Voluntary routine of 8 skills

Maximum difficulty allowed for both routines combined.

<b>Age Group</b>	<b>Female</b>	<b>Male</b>
<b>12&amp;u</b>	<b>5.0</b>	<b>5.4</b>
<b>13-14</b>	<b>7.0</b>	<b>7.5</b>
<b>15-16</b>	<b>8.0</b>	<b>8.0</b>
<b>17&amp;o</b>	<b>8.0</b>	<b>10.0</b>

### **Level 9 : Age groups for WAGC**

Pass 1: Voluntary routine of 8 skills

Pass 2: Voluntary routine of 8 skills

Minimum difficulty allowed for both routines combined.

<b>Age Group</b>	<b>Female</b>	<b>Male</b>
<b>12&amp;u</b>	<b>5.0</b>	<b>5.4</b>
<b>13-14</b>	<b>7.0</b>	<b>7.5</b>
<b>15-16</b>	<b>8.0</b>	<b>8.0</b>
<b>17&amp;o</b>	<b>8.0</b>	<b>10.0</b>

### **Level 10 : Seniors (for Worlds)**

Pass 1: Voluntary routine of 8 skills (No twist greater than 180°; 3 salto's)

Pass 2: Voluntary routine of 8 skills (2 skills with at least 360° twist, one must be last skill, 3 salto's)

**FIG rules apply**

<b>Age Group</b>	<b>Female</b>	<b>Male</b>
<b>17&amp;o</b>	<b>9.0</b>	<b>11.5</b>

**All Salto's to land on landing area in all levels, except punch front salto's/barani's**

**SAGF**



South African Gymnastics Federation  
Programme Management  
**TRAMPOLINE**



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