

Degree of Difficulty Guideline for Tumbling

Revised August 2003

Point System:	6	5	4	3	2	* 1
Difficulty Level →	Full Team Tumbling (Backhand or better) with at least one Back Tuck or elite skill (I.e. Layout, Twist etc. demonstrated)	3 / 4 Team	1 / 2 Team	1 / 4 Team	Less Than 1 / 4 Team	Full Team Roll, Cartwheel, or Round Off, or one member does a Backhand spring
	6 Points	5 Points	4 Points	3 Points	2 Points	1 Point
20	20	15-19	10-14	5-9	2-4	*
19	19	15-18	10-14	5-9	2-4	*
18	18	14-17	9-13	5-8	2-4	*
17	17	13-16	9-12	5-8	2-4	*
16	16	12-15	8-11	4-7	2-3	*
15	15	11-14	7-10	3-6	2	*
14	14	10-13	7-9	3-6	2	*
13	13	9-12	6-8	3-5	2	*
12	12	9-11	6-8	3-5	2	*
11	11	8-10	5-7	3-4	2	*
10	10	7-9	5-6	3-4	2	*
9	9	6-8	4-5	3	2	*
8	8	6-7	4-5	3	2	*
7	7	5-6	3-4	2	1	*
6	6	4-5	3	2	1	*

NEW * WHOLE TEAM ROLLS, CARTWHEELS, or ROUND OFFS 'or' ONE TEAM MEMBER DOES A BACKHANDSPRING