



HUGS Tumbling

M/F _____

Age-Group _____

Name:

Team:

Level 1

Routine	
5 Element Routine	
<i>Elements may be repeated</i>	
	Elements
	Bonus
1	
2	
3	
4	
5	
<i>Total Consecutive Elements:</i>	
Execution Judge 1 (10.0):	
Execution Judge 2 (10.0):	
DD (4.0 Max):	
CJP (-): ()	
Routine 1 Score: (out of 24.0)	

Allowable Elements
<i>Athletes may perform elements from the list below</i>
Bear Walk
Candlestick
Cartwheel
Front roll tuck or pike
Inch worm
Jump 1/2 turn
Jump to squat
Lunge hold 3 seconds
Rebound stick
Scale (T hold or lever)

Special Requirements / Restrictions
Elements may be repeated up to 3 times without penalty
Use of panel mat is allowed without penalty
Consecutive element bonus will be awarded for the greatest number of consecutive elements performed
Routines may not be interrupted for any reason

PENALTIES	
Repeats an element more than three times within a routine	0.5
A spot that facilitates the performance of an element	0.5
Performs elements not allowed at that level, per occurrence	1.0



HUGS Tumbling

M/F _____

Age-Group _____

Name:

Team:

Level 2

Routine	
5 Element Routine	
<i>Elements may be repeated</i>	
	Elements
	Bonus
1	
2	
3	
4	
5	
<i>Total Consecutive Elements:</i>	
Execution Judge 1 (10.0):	
Execution Judge 2 (10.0):	
DD (4.0 Max):	
CJP (-): ()	
Routine 1 Score: (out of 24.0)	

Allowable Elements
<i>Athletes may perform elements from the list below</i>
Backward roll straddle
Back roll tuck
Bridge hold 3 seconds
Candlestick
Cartwheel
Front roll straddle
Front roll tuck or pike
Handstand feet together step down
Jump ½ turn
Jump full turn

Special Requirements / Restrictions
Elements may be repeated up to 3 times without penalty
Use of a panel mat will incur a penalty
Consecutive element bonus will be awarded for the greatest number of consecutive elements performed
Routines may not be interrupted for any reason

PENALTIES	
Repeats an element more than three times within a routine	0.5
A spot that facilitates the performance of an element	0.5
Performs elements not allowed at that level, per occurrence	1.0
Use of a panel mat	1.0



HUGS Tumbling

M/F _____

Age-Group _____

Name:

Team:

Level 3

Routine 1

5 Element Routine

Elements may be repeated

	Elements	Bonus
1		
2		
3		
4		
5		
<i>Total Consecutive Elements:</i>		
Execution Judge 1 (10.0):		
Execution Judge 2 (10.0):		
DD (4.0 Max):		
CJP (-):		()
Routine 1 Score: (out of 24.0)		

Routine 2

5 Element Routine

Elements may be repeated

	Elements	Bonus
1		
2		
3		
4		
5		
<i>Total Consecutive Elements:</i>		
Execution Judge 1 (10.0):		
Execution Judge 2 (10.0):		
DD (4.0 Max):		
CJP (-):		()
Routine 2 Score: (out of 24.0)		

Allowable Elements

Athletes may only perform elements from the list below

Backbend	Front walkover
Back walkover	Handstand forward roll
Back Roll free	Handstand to bridge, stand up**
Cartwheel	Kickover
Cartwheel step-in	One arm cartwheel
Front straddle roll	Round off
** (two elements)	

Total Score:

Routine 1:	
Routine 2:	
Total Score (Out of 48.0):	

Special Requirements / Restrictions

Elements may be repeated up to 3 times without penalty
Use of a panel mat will incur a penalty
Consecutive element bonus will be awarded for the greatest number of consecutive elements performed
Routines may not be interrupted for any reason

PENALTIES

Repeats an element more than three times within a routine	0.5
A spot that facilitates the performance of an element	0.5
Performs elements not allowed at that level, per occurrence	1.0
Use of a panel mat	1.0



HUGS Tumbling

M/F _____

Age-Group _____

Name:

Team:

Level 4

Routine 1

3-5 Element Routine		
<i>Elements may be repeated</i>		
	Elements	Bonus
1		
2		
3		
4		
5		
<i>Total Consecutive Elements:</i>		
Execution Judge 1 (10.0):		
Execution Judge 2 (10.0):		
DD (4.0 Max):		
CJP (-):		()
Routine 1 Score: (out of 24.0)		

Routine 2

3-5 Element Routine		
<i>Elements may be repeated</i>		
	Elements	Bonus
1		
2		
3		
4		
5		
<i>Total Consecutive Elements:</i>		
Execution Judge 1 (10.0):		
Execution Judge 2 (10.0):		
DD (4.0 Max):		
CJP (-):		()
Routine 2 Score: (out of 24.0)		

Special Requirements / Restrictions

Elements may be repeated up to 3 times without penalty
Use of a panel mat will incur a penalty
Consecutive element bonus will be awarded for the greatest number of consecutive elements performed
May repeat the same routine for both routine 1 and routine 2
Maximum of 3 back handsprings per routine
Routines may not be interrupted for any reason

Total Score:

Routine 1:	
Routine 2:	
Total Score (Out of 48.0):	

Allowable Elements

<i>Athletes may perform elements from the list below</i>	
Back handspring (max 3 per routine)	
Power hurdle	
Rebound	
Round off	

PENALTIES

Repeats an element more than three times within a routine	0.5
A spot that facilitates the performance of an element	0.5
Performs elements not allowed at that level, per occurrence	1.0
Use of a panel mat	1.0