



# Turkey Tumbling Meet 2021 Routines

November 6<sup>th</sup> @ our Pythian Location - \$45 – Sign up Deadline is Saturday, October 16<sup>th</sup>

## Pre-Beginner Routine

### ***Floor***

1. **Tuck Forward Roll**, stay seated,
  2. **V-sit** (Hold 2 sec),
  3. **Table Top**, stand up,
  4. **Straddle Jump**, step a part,
  5. **Straddle Forward Roll**, to feet.
- FINISH!

### ***Trampoline***

1. **Jump Full Turn** (3 bounces or less),
  2. **Straddle Seat to Feet**, bounce,
  3. **Forward Roll**, to feet, bounce,
  4. **Straddle Jump**, bounce,
  5. **Doggie Feet**.
- FINISH!

## Pre-Intermediate Routine

### ***Floor***

1. **Lever or Lever hop**,
  2. **Scale** (Hold 2 sec), sit down,
  3. **Table Top or Bridge**, stand up,
  4. **Jump Full Turn**, 2-3 jumps,
  5. Step a part, **Straddle Forward Roll**, stand up.
- FINISH!

### ***Trampoline***

1. **Jump Full Turn**, bounce,
  2. **Straddle Seat to Feet**, bounce,
  3. **Tuck Jump**, bounce,
  4. **Straddle Jump**, bounce,
  5. **Seat \* Doggie \* Feet**.
- FINISH!

## 5/6 yr old Beginner Routine

### ***Floor***

1. **Cartwheel**, sit down,
  2. **Bridge** (Hold 2 sec), rock n roll to feet,
  3. **Jump ½ Turn**,
  4. **Lever Hop or Handstand**, step together,
  5. **Pike Forward Roll**, stand up.
- FINISH!

### ***Trampoline***

1. **Seat to Feet \* Jump Full Turn**, bounce,
  2. **Straddle Jump**, bounce,
  3. **Seat \* Doggie \***
  4. **Belly \* Doggie \* Feet**, bounce,
  5. **Tuck Jump**.
- FINISH!

## 5/6 yr old Advanced Beginner Routine

### ***Floor***

1. **1 Arm Cartwheel**, step together,
  2. **Backward Roll**, stand up,
  3. **Round off \* Straight Jump**,
  4. **Backbend or Bridge Lift a Leg**, stand up,
  5. **Scale** (Hold 2 sec).
- FINISH!

### ***Trampoline***

1. **Seat \* ½ Turn to Feet**, bounce,
2. **Split Jump**, bounce,
3. **Seat \* Belly \* Feet**, bounce
4. **Pike Jump**, bounce,
5. **Seat \* Doggie \* Seat to Feet**.



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FINISH!

## 7&Up Beginner Routine

### *Floor*

1. **Lever Hop or Handstand**, step together,
2. **Tuck Forward Roll**,
3. **Tuck Jump**, step a part,
4. **Straddle Forward Roll**,
5. **Straddle Jump**,
6. **Skip 3 times in a row**, stop,
7. **Cartwheel**, step together,
8. **Backward Roll**, end in squat, lay back,
9. **Candlestick** (Hold 2 sec), lay down,
10. **Bridge** (Hold 2 sec), stand up.

FINISH!

### *Trampoline*

1. **Seat to Feet \***
2. **Jump Full Turn**, bounce,
3. **Straddle Seat to Feet**, bounce,
4. **Tuck Jump \***
5. **Straddle Jump**, bounce,
6. **Seat \* Doggie \***
7. **Belly \* Doggie \* Feet**, bounce,
8. **Pike Jump**, bounce,
9. **Seat \* Doggie \***
10. **Forward Roll**.

FINISH!

## Advanced Beginner Routine

### *Floor*

1. **Handstand**, step together
2. **Pike Forward Roll**,
3. **Pike Jump**, step a part,
4. **Straddle Forward Roll 2 times in a row**,
5. **Straddle Jump**,
6. **Run Hurdle Cartwheel**, step together,
7. **Jump ½ Turn**,
8. **Scale** (Hold 2 sec),
9. **Backward Roll**,
10. **Backbend Lift a Leg or Kickover**.

FINISH!

### *Trampoline*

1. **Seat ½ Turn to Feet \***
2. **Forward Roll**, bounce,
3. **Straddle Jump \***
4. **Straddle Seat to Feet**, bounce,
5. **Split Jump**, bounce,
6. **Seat \* Doggie \***
7. **Belly \* Doggie \* Feet**, bounce,
8. **Pike Jump**, bounce,
9. **Jump Full Turn**, bounce,
10. **Seat \* Doggie \* Seat to Feet**.

FINISH!



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## Low Intermediate Routine

### ***Floor***

1. Handstand Roll Down,
  2. Tuck Jump, step a part,
  3. Straddle Up to Handstand step down,
  4. Straddle Jump,
  5. Front Limber,
  6. Jump Full Turn,
  7. Round off,
  8. Back Bend Kickover or Back Walkover,
  9. 1 Arm Cartwheel, step together
  10. Backward Roll to Push Up.
- FINISH!

### ***Trampoline***

1. Seat \* Belly \* Feet, bounce,
  2. Split Jump, bounce,
  3. Seat \* Doggie \*
  4. Seat \* Back Drop to Feet, bounce,
  5. Tuck Jump \*
  6. Straddle Jump \*
  7. Pike Jump, bounce back,
  8. Bounder, bounce,
  9. Jump Full Turn,
  10. Back Handspring or Back Drop to Feet.
- FINISH!

## High Intermediate Routine

### ***Floor***

*\*\*Performed in a straight line on floor NOT Diagonally*

1. Front Walkover,
  2. Tuck Jump \*
  3. Straddle Jump,
  4. Run, Round Off, Back Handspring  
(connected, standing, or Back Walkover),
  5. Straddle Up to Handstand Roll Down,
  6. Pivot Turn \* Pivot Turn,
  7. Scale (Hold 2 sec),
  8. Run Front Handspring,
  9. Back Walkover,
  10. Back Extension Roll.
- FINISH!

### ***Trampoline***

1. Seat \* Belly \* Feet,
  2. Wolf Jump, bounce,
  3. Back Drop ½ Turn to Feet, bounce,
  4. Bounder, bounce,
  5. Jump ½ Turn \*
  6. Split Jump Right \*
  7. Split Jump Left, bounce,
  8. Front Tuck, bounce,
  9. Straddle Jump, bounce,
  10. Back Handspring or Back Tuck.
- FINISH!



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## Advanced Routine

### **Floor**

**\*\*Performed Diagonally Across Floor**

1. **Front Handspring Step Out,**
2. **1 Arm Cartwheel,**
3. **Valdez or Elevated Leg Backwalkover,**
4. **Split Jump\***
5. **Straight Jump,**
6. **Round Off 2 Back Handsprings,**
7. **Round Off \* Jump of Choice** (excluding straight jump).
8. **Back Extension Roll \***
9. **Back Walkover \***
10. **Back Handspring Step Out.**

FINISH!

### **Trampoline**

1. **Pike Jump \***
2. **Wolf Jump,** bounce,
3. **Front Salto,** bounce,
4. **Switch Split Jump,** bounce,
5. **Jump Full Turn,** bounce,
6. **Back Salto,** bounce,
7. **Seat \* Full Turn to Feet,** bounce,
8. **Seat \* Belly \* Feet,** bounce back,
9. **Bounder,**
10. **Back Handspring Step Out.**

FINISH!

## Boys/Girls Elite Routine

\*Routine is performed diagonally across floor

Gymnasts will work in class to make up a routine to show off their most impressive skills. Routines must be finalized and given to their coach by April 25<sup>th</sup>.

### **Tumbling**

- Routine must include 10 elements
- no repeating elements
  - different element if step out or change body position
- Back salto **AND** front salto
- Front handspring pass
  - 2 skill minimum
- Split leap pass
  - 150° leap and at least one jump connected
- Turn on toe
  - at least 360°

### **Trampoline**

- Routine must include 10 elements
- no repeating elements
  - different element if step out or change body position
- Routines must include, but are not limited to the following:
  - 2- salto combinations
  - 1-jump series
    - 3 jump minimum
  - 1-handspring
    - either direction
  - 1-twisting salto
  - At least 1 salto in a layout position



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- Routine must be continuous.

## Beginner Boys Routine

### *Floor*

1. **Cartwheel**, step together
2. **Jump ½ Turn**,
3. **Pike Forward Roll**, lay down,
4. **Bridge** (Hold 2 sec),
5. **V-Sit** (Hold 2 sec),
6. **Candlestick**, roll to feet,
7. **Tuck Jump**,
8. **Scale** (Hold 2 sec),
9. **Lever Hop or Handstand**,
10. **Straddle Jump**.

FINISH!

### *Trampoline*

1. **Seat\***
2. **Doggie\* Feet**, bounce,
3. **Tuck Jump\***
4. **Straddle Jump**, bounce,
5. **Seat to Feet\***
6. **Jump ½ Turn**, bounce,
7. **Pike Jump**, bounce,
8. **Straddle Jump**, bounce,
9. **Doggie, Handstand\***,
10. **Doggie Roll**, to feet.

FINISH!

## Advanced Beginner Boys Routine

### *Floor*

1. **1 Arm Cartwheel**, step together,
2. **Backward Roll to Push Up**, squat to stand,
3. **Straddle Jump**,
4. **Jump ½ Turn**,
5. **Candlestick lay down Bridge Lift a Leg** (Hold 2 sec), stay seated, feet apart,
6. **Press Straddle Roll**,
7. **Jump Full Turn**,
8. **Scale** (Hold 2 sec),
9. **Handstand Roll Down**,
10. 1 - 3 running steps, hurdle, **Round off**.

FINISH!

### *Trampoline*

1. **Seat\* Doggie\* Belly\***
2. **Doggie\* Feet**, bounce,
3. **Tuck Jump**, bounce,
4. **Doggie\* Handstand Roll Down**, bounce,
5. **Jump ½ Turn\***
6. **Straddle Jump**, bounce,
7. **Seat 1/2 Turn to Feet**, bounce,
8. **Pike Jump**, bounce,
9. **Seat \* Belly \* Feet**, bounce,
10. **Back Drop to Feet**.

FINISH!



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## Intermediate Boys Routine

### *Floor*

1. **Power Hurdle Cartwheel \***
  2. **Cartwheel**, step together,
  3. **Backward Roll to Push Up**, jump feet apart  
straddle stand,
  4. **Straddle Press Headstand Roll Down**,
  5. **Handstand (Hold 2 sec) Roll Down**,
  6. **Tuck Jump**,
  7. **Jump Full Turn**,
  8. **1 Arm Cartwheel**,
  9. **Backbend Lift a Leg or Kickover**,
  10. **Run 1-3 steps Round off Back Handspring**  
(connected or standing).
- FINISH!

### *Trampoline*

1. **Back Drop to Feet or Back Handspring**,  
bounce,
  2. **Seat \* Belly \* Feet**, bounce,
  3. **Tuck Jump \***
  4. **Pike Jump \***
  5. **Jump 1/2 Turn**, bounce,
  6. **Doggie \* Handstand Roll Down**, bounce,
  7. **Straddle Jump**, bounce,
  8. **Seat 1/2 Turn to Feet**, bounce,
  9. **Jump Full Turn**, bounce,
  10. **Bouncer or Bounce Round off to Feet**.
- FINISH!