

3 Cs Level 1

Age Groups		Exercise 1	D		Exercise 2	D		Exercise 3	D
7-8yrs 9-10yrs 11+yrs	1	Forward Roll	0.1	1	Cartwheel (From standing start, facing sideways}	0.1	1	Straight Jump (Walk out, from a standing start on floor}	0.1
	2	Straight Jump	0.1	2	Cartwheel	0.1	2	Cartwheel ¼ turn in	0.1
	3	Forward Roll	0.1	3	Cartwheel (Finish facing sideways)	0.1	3	Jump to dish on mat	0.1
	4	Tuck Jump	0.1				4	Hold Dish (3 Secs)	0.1
	5	Forward Roll	0.1						
	6	Jump 180	0.1						
			0.6			0.3			0.4

3 Cs Level 2

Age Groups		Exercise 1	D		Exercise 2	D		Exercise 3	D
7-8yrs 9-10yrs 11+yrs	1	Straight Jump (Walk out, from a standing start on floor}	0.1	1	Straight Jump (Walk out, from a standing start on floor}	0.1	1	Straight Jump (Walk out, from a standing start on floor}	0.1
	2	Cartwheel	0.1	2	Cartwheel	0.1	2	Round Off	0.1
	3	Chasse	0.1	3	Round Off	0.1	3	Jump to dish on mat	0.1
	4	Cartwheel	0.1	4	Straight Jump	0.1	4	Hold Dish (3 Secs)	0.1
	5	Chasse	0.1	5	Backward Roll	0.1			
	6	Cartwheel	0.1						
			0.6			0.5			0.4

3 Cs Level 3

Age Groups		Exercise 1	D		Exercise 2	D		Exercise 3	D
7-8yrs 9-10yrs 11-12yrs 13+yrs	1	Straight Jump (Walk out, from a standing start on floor}	0.1	1	Straight Jump (Walk out, from a standing start on floor}	0.1	1	Straight Jump (Walk out, from a standing start on floor}	0.1
	2	Cartwheel	0.1	2	Round Off	0.1	2	Round Off	0.1
	3	Chasse	0.1	3	Jump 180 (Walk Out)	0.1	3	Flick	0.1
	4	Round Off	0.1	4	Round Off	0.1	4	Jump to Dish onto a mat (Hold for 3 secs)	0.1
	5	Jump 180	0.1	5	Straight Jump or Jump 180	0.1			
			0.5			0.5			0.5

3 Cs Level 4

Age Groups		Exercise 1	D		Exercise 2	D		Exercise 3	D
7-8yrs 9-10yrs 11-12yrs 13-14yrs 15+yrs	1	Round Off	0.1	1	Handspring to 2 feet	0.1	1	Straight Jump (Walk out, from a standing start on floor}	0.1
	2	Flick	0.1	2	Straight Jump (walk out)	0.1	2	Round Off	0.1
	3	Jump 180	0.1	3	Round Off	0.1	3	Flick	0.1
				4	Straight Jump or Jump 180	0.1	4	Flick	0.1
							5	Jump to Dish onto a mat (Hold for 3 secs)	0.1
			0.3			0.4			0.5

Failure to complete a prescribed exercise as published above will result in an interruption to the exercise (e.g. for performing an incorrect element). The maximum mark will be determined according to the number of correct, complete elements performed (ten (10) less any elements not correctly/completely performed). Landing on one foot at the end of an exercise will be deemed as an interruption, therefore that move will not be counted and the gymnasts will lose 1 mark from execution and the difficulty of the element. *These tumble runs are copyright of Tumble Events LTD*