



New Flyers compete 2 passes down the rod floor:

1. The first pass consists of 5 consecutive skills
2. The second pass consist of 8 consecutive skills

Athletes must be moving towards the landing area at all times in the tumbling pass (i.e. front tumbling skills must start facing the landing zone and back tumbling skills must start facing away from the landing zone).

New Flyers are permitted to compete front tucks, front pikes, back tucks, and back pikes. New Flyers are not permitted to compete front whips, layouts, or any other skill valued higher than 0.6.

Examples of New Flyers 5-skill passes:

Example A	
Skill	DD
Handstand forward roll	0.1
Forward roll step-out	0.0
Cartwheel	0.1
Cartwheel step-in	0.1
Backward roll tuck	0.0
Total:	0.3

Example B	
Skill	DD
Front tuck step-out	0.6
Roundoff	0.3
Half turn step-out	0.1
Roundoff	0.3
Rebound	0.0
Total:	1.3

Example C	
Skill	DD
Roundoff	0.3
Half-turn step-out	0.1
Roundoff	0.3
Back handspring	0.4
Back tuck	0.5
Total:	1.6

Examples of New Flyers 8-skill passes:

Example A	
Skill	DD
Front walkover	0.3
Front walkover	0.3
Cartwheel	0.1
Cartwheel	0.1
Roundoff	0.3
Rebound	0.0
Backward roll tuck	0.0
Backward roll pike	0.0
Total:	1.1

Example B	
Skill	DD
Front handspring	0.4
Front tuck step-out	0.6
Cartwheel	0.1
Roundoff	0.3
Rebound	0.0
Backward roll tuck	0.0
Back walkover	0.3
Back walkover	0.3
Total:	2.0

Example C	
Skill	DD
Handstand forward roll tuck	0.1
Forward roll step-out	0.0
Cartwheel	0.1
Cartwheel	0.1
Roundoff	0.3
Back handspring	0.4
Back handspring	0.4
Back pike	0.6
Total:	2.0

High Flyers compete 2 passes down the rod floor- both passes consist of 8 consecutive skills.

Athletes must be moving towards the landing area at all times in the tumbling pass (i.e. front tumbling skills must start facing the end landing zone and back tumbling skills must start facing away from the landing zone)

*Whips, layouts, and any other skill valued higher than 0.6 must be videoed and sent to rules@naigc.org to receive approval to compete at NAIGC events. (note- difficulty is valued differently at each level).

Examples of High Flyers passes:

Example A	
Skill	DD
Roundoff	0.1
Back handspring	0.1
Back handspring	0.1
Back handspring	0.1
Back handspring	0.1
Back handspring	0.1
Back handspring	0.1
Back handspring	0.1
Back tuck	0.5
Total:	1.2

Example B	
Skill	DD
Front handspring	0.1
Front tuck step-out	0.6
Roundoff	0.1
Back handspring	0.1
Back handspring	0.1
Back handspring	0.1
Back handspring	0.1
Back handspring	0.1
Back handspring	0.1
Back pike	0.6
Total:	1.8

Example C	
Skill	DD
Front tuck step-out	0.6
Roundoff	0.1
Back handspring	0.1
Whip*	0.2
Whip*	0.2
Back handspring	0.1
Back handspring	0.1
Back layout*	0.6
Total:	2.0

Example C	
Skill	DD
Barani tuck	0.8
Whip*	0.2
Whip*	0.2
Back handspring	0.1
Back handspring	0.1
Whip*	0.2
Back handspring	0.1
Back full*	0.9
Total:	2.6

Example D	
Skill	DD
Front handspring	0.1
Front tuck step-out	0.6
Roundoff	0.1
Back handspring	0.1
Back half step-out*	0.7
Roundoff	0.1
Back handspring	0.1
Double full*	1.3
Total:	3.1

Example E	
Skill	DD
Roundoff	0.1
Full-twisting whip*	0.9
Whip*	0.2
Whip*	0.2
Whip*	0.2
Back handspring	0.1
Back handspring	0.1
Double tuck*	2.0
Total:	3.8

Remember- difficulty values can be found in the NAIGC Trampoline and Tumbling Code of Points at www.naigc.org/trampoline-and-tumbling/

Questions? Email rules@naigc.org

We encourage you to be creative!