

TUMBLING DIFFICULTY

Front Elements		FIG Symbols		DD	Back Elements		FIG Symbols		DD	
Roundoff		(0.1	Back handspring		f		0.1	
Front handspring		h		0.1	Whipback (whip)		^		0.2	
		<i>or</i>					<i>or</i>			
Front somersault tuck		.4	o	. - o	0.6	Back somersault tuck		4 o	- o	0.5
Front somersault pike		.4	<	. - <	0.7	Back somersault pike		4 <	- <	0.6
Front somersault straight		.4	/	. - /	0.7	Back somersault straight		4 /	- /	0.6
Barani straight		.41	/	.1 /	0.8	Back straight ½ twist		41 /	1 /	0.7
Front full		.42		.2	1.0	Back full		42	2	0.9
Rudy		.43		.3	1.2	Back 1½ twist		43	3	1.1
						Double full		44	4	1.3
						Triple full		46	6	1.9
Double front tuck		. - - o		2.4	Double back tuck		- - o		2.0	
Double front pike		. - - <		2.6	Double back pike		- - <		2.2	
					Double back straight		- - /		2.4	
Front half-out tuck		. - 1 o		2.6	Back half-out tuck		- 1 o		2.2	
Front half-out pike		. - 1 <		2.8	Back half-out straight		- 1 /		2.6	
Calculation of an Element										
Position Bonus:		Tuck	Pike	Straight	Full-out tuck		- 2 o		2.4	
Single somersaults		0.0	0.1	0.1	Full-out straight		- 2 /		2.8	
Double somersaults		0.0	0.1	0.2						
Triple somersaults		0.0	0.2	0.4	Full-in tuck		2 - o		2.4	
Front somersaults		0.1 <i>forward bonus</i>			Full-in pike		2 - <		2.6	
Double somersaults: the value of the element, which includes somersault, twist, position & forward bonuses will be doubled. <i>(Somersaults + Twists + Position + Fwd) x 2</i>					Full-in straight		2 - /		2.8	
Triple somersaults: the value of the element, which includes somersault, twist, position & forward bonuses will be tripled. <i>(Somersaults + Twists + Position + Fwd) x 3</i>					Full-in, half-out straight		21 /		3.2	
Somersault Twist Value										
Singles	Each 1/2 twist (180°) up to 2 full twists		0.2		Full, double full tuck		33 o		4.4	
	Each 1/2 twist more than 2 full twists (>720°)		0.3		Full, double full straight		33 /		4.8	
	Each 1/2 twist more than 3 full twists (>1080°)		0.4		Double full, double full straight		44 /		6.4	
Doubles	Each 1/2 twist (180°) up to a full twist		0.1		Triple back tuck		- - - o		4.5	
	Each 1/2 twist more than 1 full twist (>360°)		0.2		Triple back pike		- - - <		5.1	
	Each 1/2 twist more than 2 full twists (>720°)		0.3		Triple back straight		- - - /		5.7	
	Each 1/2 twist more than 3 full twists (>1080°)		0.4		Full-in, triple back tuck		2 - - o		6.3	
Triples	Each 1/2 twist (180°) up to a full twist		0.3		Full-in, triple back pike		2 - - <		6.9	
	Each 1/2 twist more than 1 full twist (>360°)		0.4		Quadruple back tuck		- - - - o		8.0	