

Frosty Fiesta Tumble Competition

19th January 2025 • Surrey Sports Park

Level 1 Snow Angel's



Artistic Competition

Routine must be competed in the order of moves from 1-8, with dance and artistry linking the routine together. Gymnasts can choose a variety of Option A or B throughout

Move	Option A	Option B
1	Needle Kick	Step Kick to the front
2	Forwards roll to stand	Forwards roll to straddle
3	Cartwheel	1 Handed Cartwheel
4	Backwards roll to feet	Backwards roll to knees
5	Bridge (entrance and exit optional)	
6	Back Support	Front Support
7	Chasse catleap	Chasse assemble Jump
8	Half handstand to finish in lunge	Handstand

Backwards Tumble Competition

Gymnasts compete 2 of the below tumblers. All are the same Start Value with no Bonus.

Option	Backwards Tumbles
1	Cartwheel, linked into cartwheel snap down, backwards roll
2	Bend back to bridge, show a leg lift (3 seconds), lower down to lay flat, show a back support (3 seconds), push back up to bridge, kick over or stand up
3	Backwards walkover snap down backwards roll star jump
4	Backwards roll to straddle, show flat back, hands on the floor and jump into squat, roll back and hold shoulder stand with arms by their side (palms on the floor)
5	Cartwheel, backwards roll, star jump, shoulder stand

Forwards Tumble Competition

Gymnasts compete 2 of the below tumblers. All are the same Start Value with no Bonus.

Option	Forward Tumbles
1	Cartwheel, chasse Cartwheel chasse cartwheel (optional swap any for a 1 handed cartwheel) Total 3 x cartwheels.
2	Straight jump step out roundoff straight jump tuck jump to show landing position
3	Handstand forwards roll into star jump forwards roll star jump
4	Forwards roll linked into forwards roll with step out into Forwards walkover
5	Running roundoff star jump to land. Half turn jump and repeat - Running Roundoff star jump to land.

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Level 2

Icicle's

Artistic Competition

Routine must be competed in the order of moves from 1-8 with dance and artistry linking the routine together. Gymnasts can choose a variety of Option A or B throughout

Move	Option A	Option B
1	Splits (any way)	Pike fold
2	Handstand Forwards roll to stand	Backwards roll to straddle
3	Chasse linked into Cartwheel	Roundoff
4	Forwards Walkover	Backward Walkover
5	Full Spin	Full Turn Jump
6	Shoulder Stand (hands flat on the floor)	Chest Stand
7	Split Leap / Split Jump	Scissor Kick
8	Backflip (to 1 or 2 feet)	Front Handspring

Backwards Tumble Competition

Gymnasts compete 2 of the below tumblers. All are the same Start Value with no Bonus.

Option	Backwards Tumblers
1	Straight jump step out roundoff flick x 3 to rebound jump and land
2	Running roundoff flick into rebound jump to land
3	Backwards walkover, backwards walkover snap down into flick to one (lunge to land)
4	Standing flick to one connected to a flick to 2
5	Straight jump step out roundoff flick tuck back

Forwards Tumble Competition

Gymnasts compete 2 of the below tumblers. All are the same Start Value with no Bonus.

Option	Forward Tumblers
1	Handspring to 1 step out round off straight jump
2	Handspring to 2, straight jump, dive roll
3	Run front somersault
4	Straight jump step out roundoff 1/2 turn jump into handspring to 1 or to 2
5	Chasse Catleap into free cartwheel or free walkover

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Level 3



Eskimo's

Artistic Competition

Routine must be competed in the order of moves from 1-8 with dance and artistry linking the routine together. Gymnasts can choose a variety of Option A or B throughout

Move	Option A	Option B
1	Splits (any way)	Straddle Lever (3 second hold)
2	Handstand Hold showing splits	Backwards roll to handstand
3	Cartwheel flick to one	Roundoff Flick
4	Free Cartwheel / Walkover	Handstand 1/2 or full pirouette
5	Double Spin	Full turn Tuck Jump
6	Chasse full turn catleap into chasse Split Change	Chasse scissor kick into 1 and 1/2 turn catleap
7	Standing Backflip (to 1 or 2 feet)	Front Handspring
8	Final Move choose one from the following: Roundoff Tuck, Roundoff Straight, Standing Tuck back, Front somersault, Straight front, Handspring Front, Cartwheel Layout, Flick to one Layout,	

Backwards Tumble Competition

Gymnasts compete 2 of the below tumbles. All are the same Start Value with no Bonus.

Option	Backwards Tumblers
1	Straight jump step out roundoff flick whip flick straight
2	Roundoff whip flick flick tuck
3	Roundoff flick Straight
4	Roundoff flick 1/2 twist
5	Roundoff flick Full twist
6	From standing, 3 x backflips into Straight back

Forwards Tumble Competition

Gymnasts compete 2 of the below tumblers. All are the same Start Value with no Bonus.

Option	Forward Tumblers
1	Handspring to 1 step out roundoff tuck back
2	Handspring Tuck somersault
3	Handspring Straight somersault
4	Straight Front from a run
5	Front Somi Step out, roundoff Straight
6	Front Somi Step out, roundoff flick tuck