



TUM Technical Requirements

Club Cup Series & Championships

2022

Range & Conditioning – (Encouraged at Club Levels)	
1	Kick to handstand (1sec) forwards roll to stand →
2	Straight leg forwards roll through pike to L-Sit →
3	Lower to pike fold (3secs) lift back to L-Sit →
4	Lower backwards to long arm dish (3secs) lower to flat →
5	Arched hip lift with arms flat (3secs) lower to flat →
6	Push up to bridge (3secs) lower and sit up to tuck →
7	Backwards roll to front support (3secs) →
8	Straight leg snap up to standing dish →
9	Straight arm drive to head height and return →
10	Jump half turn with arms lifted straight up by ears to land.
TARGET MARK 70%	

TUM Regional Club Level Requirements

NB: Club Levels 1 - 6 compete at Regional events only and may be used for club competitions

Club Cup Level 1						
Age Groups	Exercise 1		Exercise 2		Exercise 3	
7-8yrs 9-10yrs 11yrs,	1	Forward Roll	1	Cartwheel (From standing start, facing sideways)	1	Straight Jump (walk out) (From a standing start on floor)
	2	Straight Jump	2	Cartwheel	2	Cartwheel 1/4 turn in
	3	Forward Roll	3	Cartwheel(Finish facing sideways)	3	Fall to Dish onto mat
	4	Tuck Jump	4		4	Hold Dish (3 secs)
	5	Forward Roll	5		5	
	6	Jump 180 (arms to chest)	6		6	

Club Cup Level 2						
Age Groups	Exercise 1		Exercise 2		Exercise 3	
7-8yrs 9-10yrs 11yrs	1	Straight Jump (walk out) (From a standing start on floor)	1	Straight Jump (walk out) (From a standing start on floor)	1	Straight Jump (walk out) (From a standing start on floor)
	2	Cartwheel	2	Cartwheel	2	Round Off
	3	Chasse	3	Round Off	3	Jump to Dish onto mat
	4	Cartwheel	4	Straight Jump	4	Hold Dish (3 secs)
	5	Chasse	5	Backward Roll	5	
	6	Cartwheel	6		6	

Club Cup Level 3						
Age	Exercise 1		Exercise 2		Exercise 3	

Groups 8yrs 9-10yrs 11-12yrs 13yrs	1	Straight Jump (walk out) (From a standing start on floor)	1	Straight Jump (walk out) (From a standing start on floor)	1	Straight Jump (walk out) (From a standing start on floor)
	2	Cartwheel	2	Round Off	2	Round Off
	3	Chasse	3	Jump 180 (walk out)	3	Flic
	4	Round Off	4	Round Off	4	Jump to Dish onto mat
	5	Jump 180 (arms to chest)	5	Straight Jump	5	Hold Dish (3 secs)

Club Cup Level 4						
Age Groups	Exercise 1		Exercise 2		Exercise 3	
8yrs 9-10yrs 11-12yrs 13-14yrs 15+yrs	1	Round Off	1	Handspring	1	Straight Jump (walk out) (From a standing start on floor)
	2	Flic	2	Straight Jump (walk out)	2	Round Off
	3	Jump 180 (arms to chest)	3	Round Off	3	Flic
	4		4	Straight Jump	4	Flic
	5	Performed from a small exercise	5	Performed from a small exercise	5	Jump to Dish onto mat (hold for 3 seconds)

Club Cup Level 5						
Age Groups	Exercise 1		Exercise 2		Exercise 3	
9-10yrs 11-12yrs 13+yrs	1	Round Off	1	Round Off	1	Round Off
	2	Flic	2	Flic	2	Flic
	3	Flic	3	Flic	3	Tuck Back Somersault
	4	Jump 180, hold for approx. 3 sec	4	Flic	15 metres of Track only	
	5	Stretch Jump (walk out)	5	Flic		
	6	Round Off	6	Straight jump		
	7	Flic				
	8	Flic				
	9	Straight Jump				

Club Cup Level 6						
Age Groups	Exercise 1		Exercise 2		Exercise 3	
9-10yrs 11-12yrs 13-14yrs 15+yrs	1	Round Off	1	Round Off	1	Round Off
	2	Flic	2	Flic	2	Flic
	3	Flic	3	Whip	3	Pike Back Somersault
	4	Flic	4	Flic	15 metres of Track only	
	5	Flic	5	Flic		
	6	Tuck Back Somersault	6	Straight Jump		

Qualification to the Club Cup Championships should be based on one or more objective, predetermined criteria. It is for the regions to determine their qualifying criteria and the TC would suggest an average execution score of 7.7 for three exercises at one of the qualifying events.

There are no nationally prescribed qualification criteria and this is to allow regions appropriate flexibility to meet their needs. These technical requirements may also be used for Club competitions.

Competition Format

Levels 1-6 for Clubs / Regions to host

Club Cup Series

- Qualification – 3 exercises, cumulative score

Club Cup Championships

- Qualification – 3 exercises, cumulative score