

TARIFFING SUMMARY

Competition Routines

Compulsory Routine - A routine competed by every performer in that category/age group

Voluntary Routine - A routine constructed by the performer (TEACHER/COACH!!!), up to a maximum tariff limit.

Final Routine (sometimes)

Repeat Moves - In a Compulsory Routine, this will denote the end of the routine. In a Voluntary Routine, the tariff of that move will not count.

Tariff = difficulty

Axes of Rotation

A) Somersault (Lateral) Axis:

- 0.1 per quarter rotation.
- Extra 0.1 tariff per complete rotation.

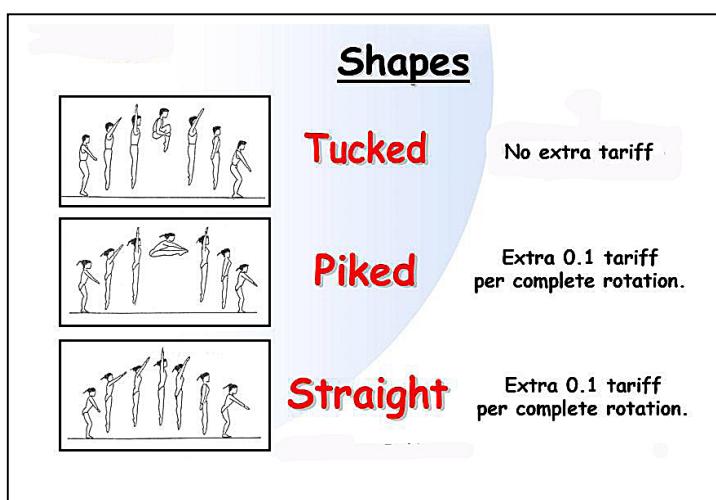
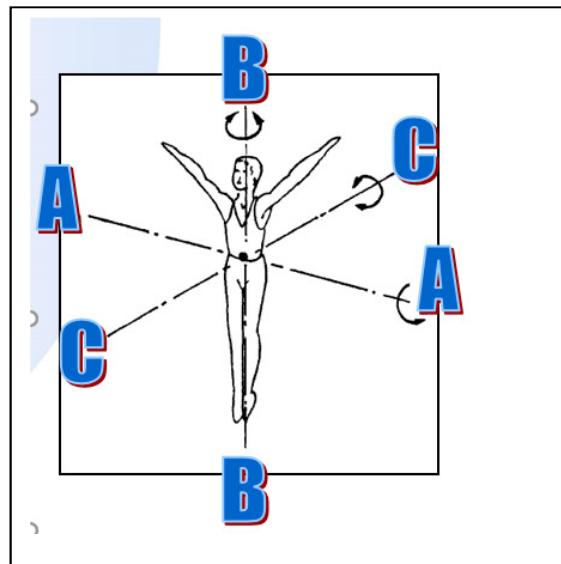
B) Twist (Longitudinal) Axis

- 0.1 per half twist.

C) Side Somersault (Dorso-Ventral) Axis

- No tariff applied to side Somersault rotation – never used in competition skills

Shapes (when somersaulting)



(Don't forget to tariff the "to feet" after body landing!)

e.g. Back Landing (0.1 for rotation)

½ twist to feet (0.1 for rotation AND 0.1 for twist)