

**Debbie Love**

**Steve Butcher on the proposed tumbling rule changes**

*Steve Butcher is the author of the "Tumbling Progressions" section of the 2016 AACCA Cheerleading Safety Manual, available soon. He is the top men's gymnastics judge for the world, oversaw the competition at the 2016 Olympic Games in Rio de Janeiro, his 4th Olympic Games. Steve was the coach of a former Olympian and a 15-year USA Junior National Team Coach. He worked for 20 years in California, Tennessee, Florida, and Michigan as a tumbling coach for top all-star teams (qualifying to finals at Worlds), as well as school squads.*

**Round off ( a skill used to produce backward momentum and power) into a back walkover (a static skill).**

Risk of too much power going backwards into the back walkover presenting risk of injury to arms, neck, head and shoulders from the forces coming down on them.

***Steve Butcher** - Agreed 100%. There will be increased forces moving into the back walkover placing greater risk chance of a head/neck and/or wrist/elbow acute injury. This is not a progressive sequence for learning anything more advanced.*

**Back handspring 1/2 turn with feet landing like a quarter turn then rotating to move into a round off skill.**

Want to see with back handspring rebound 1/2 turn or chasse' 1/2 turn in the air and alleviates risk of injury to knees when they twist on floor

***Steve Butcher** - This type of skill with the potential of a side landing or early turn would place increased stress on all knee joints. This is not a progressive sequence for learning anything more advanced. A concentration on learning two back handsprings in a row would be far more progressive.*

**Front tuck forward roll.**

Teaches kids to do front tuck wrong. Requires physics wise feet in front to punch up. Kids are just tucking over and landing with knees way in front of their toes putting knees at risk of injury

***Steve Butcher** - Everything about this sequence increases risk without proper execution. A low over-rotated front tuck could result in a neck injury if the head hits the ground while performing the forward roll. Added risk of concussion could be the least of our problems. The International Gymnastics Federation, under my guidance, has now banned all somersaults with rollouts to prevent concussions and catastrophic injuries. This is not a progressive sequence for learning anything more advanced. A concentration on learning a front handspring after a front tuck is far more progressive.*