

Level Appropriate & Elite Tumbling

Below you can find level appropriate and elite tumbling skills for each level. Athletes should strive to achieve tumbling skills with correct technique. Competitive teams will require at least the majority of listed tumbling skills for each level. (Tumbling skills are only one requirement considered for competitive teams, jumps, ability to learn and perform 8 count choreography, and stunting ability are also important for team placements)

Level 1 Standing Tumbling:

<i>Basic</i>	Forward roll, Backward roll, Handstand, Handstand forward roll, Bridge, Backbend
<i>Level Appropriate</i>	Back extension roll Back Walkover Scissor Back Walkover
<i>Elite</i>	Back Walkover- Scissor Back Walkover Valdez- Back Walkover Back extension roll- Back Walkover

Level 1 Running Tumbling:

<i>Basic</i>	Cartwheel Roundoff
<i>Level Appropriate</i>	Front Walkover
<i>Elite</i>	Front Walkover - Cartwheel - Back Walkover

Level 2 Standing Tumbling:

<i>Basic</i>	Back Handspring Back Handspring Step Out Back Handspring Step In
<i>Level Appropriate</i>	Back Walkover - Back Handspring Whip T- Back Hand Spring Scissor Back Walkover - Back Handspring
<i>Elite</i>	Back Handspring Step Out - Back Walkover - Back Handspring Valdez- Back Walkover - Back Handspring Back extension roll - Back Handspring

Level 2 Running Tumbling:

<i>Basic</i>	Cartwheel - Back Handspring Roundoff - Back Handspring
<i>Level Appropriate</i>	Front Handspring - Roundoff - Back Handspring
<i>Elite</i>	Fly Spring - Roundoff - Back Handspring Front Handspring - Roundoff - Back Handspring - Back Handspring Roundoff - Back Handspring - ½ turn rebound - Round off - BHS

Level 3 Standing Tumbling:

<i>Level Appropriate</i>	Back Handspring series
	Back Walkover - Back Handspring series
	Jump Back Handspring
<i>Elite</i>	Back Handspring Step in- BHS- BHS
	BHS - BHS - Back Handspring Step out
	Back Handspring Step out - BWO - BHS - BHS

Level 3 Running Tumbling:

<i>Level Appropriate</i>	Punch Front
	Aerial
	Roundoff - Tuck
	Roundoff - BHS - Tuck
<i>Elite</i>	Aerial - Roundoff - BHS - Tuck
	Punch Front - Roundoff - BHS - Tuck
	Roundoff - BHS - BHS - Tuck
	Front Handspring - Punch Front
	FWO - RO - BHS - Tuck
	FWO- Aerial
	RO - BHS Step Out - Pivot - RO - BHS - Tuck

Level 4 Standing Tumbling:

<i>Level Appropriate</i>	Backwalkover - Tuck
	Standing Tuck
<i>Elite</i>	BHS - BHS - Tuck
	Back Extension roll - Tuck
	Jump - BHS - Tuck
	Valdez - Tuck
	Onodi

Level 4 Running Tumbling:

<i>Level Appropriate</i>	Cartwheel - Tuck
	Roundoff - BHS - Layout
	Punch Front - Punch Front
<i>Elite</i>	Roundoff - BHS - Layout Step out
	Roundoff - BHS - X Out
	Roundoff - BHS - Whip - BHS - Layout/Tuck
	Punch front step out - RO - BHS - Tuck/Layout
	FWO - RO - BHS - Layout
	Front Handspring - PF step out - RO - BHS - Layout
	RO - Onodi - through to Tuck/ Layout