

Skill level requirements

Athletes must perform at least 2 of the standing tumbling passes and 2 of the running tumbling passes with above average technique for level 2.2. Coaches reserve the right to place an athlete on a team above their tumbling level if deemed necessary.

| Level 1.1 | Level 2.2 |
|--|---|
| no requirements | <ul style="list-style-type: none">● back handspring● back walkover-back handspring/step out● Roundoff back handspring● roundoff back handspring series● front walkover-roundoff-back handspring |
| no requirements | <ul style="list-style-type: none">● knowledge of stunting● 2 leg extension● prep level 1 leg stunts● above average body positions for flyers |
| basic knowledge of jumps (toe touch, pike) | <ul style="list-style-type: none">● ability to perform jumps (toe touch, pike, hurdlers) with above average technique |

Age grid (birth year)

| | |
|--------|---------------|
| Tiny | 2018-2020 |
| Mini | 2016-2020 |
| Youth | 2013-2019 |
| Junior | 2009-2018 |
| Senior | 6/1/2006-2014 |

Practices

- Practices are mandatory. The success of the team depends on full participation!
- Practice will be held once per week for 2 hours throughout the entire season.
- Additional practices may be held throughout the season if necessary.
- Each athlete will receive 2 unexcused absences until August and 3 unexcused absences from August until the end of the season. Additional unexcused absences could lead to removal from the team.
- If an athlete has an unexcused absence in the 2 weeks before competition, the athlete could be removed from the team.