

LEVEL 1

LEVEL APPROPRIATE

Standing Tumbling

Forward Roll
Backward Roll
Handstand Fwd Roll
Backbend Kickover
Back Walkover
Back Extension Roll

Running Tumbling

Cartwheel
Roundoff
Front Walkover
Cartwheel - BWO
FWO - Cartwheel
FWO - Round off

ELITE LEVEL APPROPRIATE

Standing Tumbling

- Elite level skills include 2 or more connected level appropriate skills
- A pause, clean, or step between skills will not count as connected skills

Back Walkover Switch Leg
Valdez BWO

Running Tumbling

- Elite level skills include 3 or more connected level appropriate skills
- A pause, clean, or step between skills will not count as connected skills

Example: Front Walkover-
Cartwheel-Back Walkover

LEVEL 2

LEVEL APPROPRIATE

Standing Tumbling

BHS Variation
BHS Step Out

Running Tumbling

Cartwheel BHS
Roundoff BHS
RO BHS Step Out
Cartwheel - BWO
Front Handspring
FWO RO BHS BHS+
Flyspring/Bounder

ELITE LEVEL APPROPRIATE

Standing Tumbling

- Elite level skills include 2 or more connected level appropriate skills

BWO Switch Leg BHS
BHS Step Out BWO BHS
Valdez BHS
BHS Step Out
Back Extension Roll BHS
BWO BHS
BWO BHS Step Out

Running Tumbling

- Elite level skills include 3 or more connected level appropriate skills

Cartwheel RO BHS
RO BHS Series
FWO RO BHS+
RO BHS Series
RO BHS Rebound RO BHS+
Flyspring/Bounder

LEVEL 3

LEVEL APPROPRIATE

Standing Tumbling

Standing BHS BHS
Jump BHS
BWO BHS Series

Running Tumbling

Punch Front
Aerial

ELITE LEVEL APPROPRIATE

Standing Tumbling

- Elite level skills include 3 or more connected skills

BHS Series (3+)
Jump BHS Series
BWO BHS BHS Step Out
BWO BHS Jump BHS BHS
BHS Jump BHS
BHS Step Out BWO BHS

Running Tumbling

- Elite level skills include 2 or more connected level appropriate skills

Front Handspring Punch Front
FWO Aerial
RO BHS Step Out RO BHS Tuck
Flyspring RO BHS Tuck
Aerial/PF connected to another
level appropriate skill within 4
counts
RO BHS/Series Tuck
FWO RO BHS Tuck

LEVEL 4

LEVEL APPROPRIATE

*Note: There is no differentiation on the scoresheet between “Level Appropriate” and “ELITE Level Appropriate” tumbling Skills in Levels 4-7

*All ELITE Level 1-2-3 skills must be performed with strong & proper technique

ELITE LEVEL APPROPRIATE

Standing Tumbling

BHS Series - Tuck
Jump BHS Series Tuck
BWO Back Tuck
Jump BHS / BHS Step out
Tuck
Back Extension Roll Back
Tuck
BHS Back Tuck
Valdez Back Tuck
Onodi

Running Tumbling

Cartwheel Tuck
RO BHS Layout
RO BHS Layout Step Out/X
Out/Switch Leg
FWO RO BHS Layout
Aerial Back Tuck
Punch Front Punch Front
Whip Variations
PF Step Out RO BHS
through variations
FHS PF Step Out variations

LEVEL 5

LEVEL APPROPRIATE

*Note: There is no differentiation on the scoresheet between “Level Appropriate” and “ELITE Level Appropriate” tumbling Skills in Levels 4-7

*All ELITE Level 1-2-3 skills must be performed with strong & proper technique

ELITE LEVEL APPROPRIATE

Standing Tumbling

BHS Tuck BHS Tuck
BHS Whip BHS Tuck
BHS Series Whip BHS Tuck/LO/Full
BHS Series Layout
Jump BHS Whip Tuck
BHS Whip BHS Series LO/LO Step
Out/X-Out
BHS Whip BHS LO OR BHS Series-
Whip LO
BHS Whip LO
Jump connected to BHS+whip/LO &
variations
Jump Tuck
BHS Layout
Jump BHS Series Layout
BHS Series Whip Tuck

Running Tumbling

Cartwheel Tuck
RO BHS Layout
RO BHS Layout Step Out/X
Out/Switch Leg
FWO RO BHS Layout
Aerial Back Tuck
Punch Front Punch Front
Whip Variations
PF Step Out RO BHS
through variations
FHS PF Step Out variations
Full