**All Ages**

You will need to incorporate into each routine two elements of tumbling

* Include one tumbling skill where 50% or more of your team performs the skill simultaneously (it does NOT have to be the same tumbling skill).

You may include additional tumbling (less than 50% of your team). This can be done sporadically throughout your music section of your routine.

The point value awarded will be dependent upon:

|  |  |
| --- | --- |
|  Skill Level |  Skills |
| Beginner  | * Forward Rolls
* Cartwheels
* Round offs
* Mix of Beginner Skills
 |
| Intermediate  | * Back Walk Over
* Front Walk Overs
* Back extension Rolls
* Mix of Intermediate Skills
* Creative/combo of beginner and intermediate skills
 |
| Intermediate + | * Front Hand Spring
* Standing BHS
* Back walk over BHS
* Mix of Intermediate and Intermediate + skills
* Running RO Back Hand Spring
 |
| Advanced | * Running RO BHS multiple BHS
* Creative use of Advanced and Intermediate+ skills
* Round off tuck
 |
| Elite  | * Round off BHS tuck
* Standing Back Tuck
* Standing BHS back tuck
* Punch Front
* Standing BHS multiple to back Tuck
* Round -Off BHS Back Pike/Layout
* Round Off Full
* Creative mix of Advance and Elite Skills
 |

* Number of skills performed at each point value and percent of team member