**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