



COACH EVALUATION

TUMBLING SKILLS LIST

1

- Forward Roll
- Backward Roll
- Handstand
- Bridge
- Back Bend
- Front Limber
- Cartwheel
- Roundoff
- Back Walkover
- Front Walkover

2

- Dive Roll
- Back Handspring
- Front Handspring
- Roundoff Back Handspring
- Flyspring

3

- Front Tuck
- Series Back Handspring
- Roundoff Back Handspring Back Tuck
- Jump to Back Handspring
- Side Aerial

4

- Front Handspring Front Tuck
- Front Tuck Step Out
- Roundoff Back Handspring Back Pike
- Roundoff Back Handspring Back Layout
- Standing Tuck
- Series Back Handspring to Tuck
- Roundoff Whip
- Roundoff Back Handspring Whip



5

- Roundoff Arabian
- Roundoff Back Handspring Layout Full
- Jump to Back Tuck
- Series Back Handspring to Layout
- Barani (Tuck, Pike, Layout)



6

- Standing Full
- Series Back Handspring Full
- Roundoff Back Handspring Layout Double Full
- Running Tumbling to connected Full
- Front Full

Questions about this list or credentialing?
Email coach@bcsportcheer.ca