



# Top Dog • Tumbling skills for L1–L6



- ❖ It is expected that all tumbling will be performed with strong execution.
- ❖ In order to attend the leveled tryout, all skills must be performed on the spring floor with no spotting.
- ❖ It is recommended that athletes are able to demonstrate ELITE Tumbling Skills for their Level to truly be considered a strong athlete at that Level. Athletes who do not possess ELITE Tumbling Skills, may or may not be considered for a lower level. However, some athletes may be needed on a level without having ELITE Tumbling Skills to fulfill other needs for that Level.
- ❖ The tryout level that you attend may or may not ultimately match the level team you are placed on. Our teams are not based 100% on tumbling. You may be asked to attend more than one level throughout the course of the weeks.

## ABBREVIATIONS GLOSSARY

/ – or	<b>CW</b> – Cartwheel	<b>BHS</b> – Back-handspring	<b>SO</b> – Step-out
<b>BWR</b> – Backward-roll	<b>RO</b> – Round-off	<b>FHS</b> – Front-handspring	<b>XO</b> – X-out
<b>FWR</b> – Forward-roll	<b>BB</b> – Back-bend	<b>FS</b> – Fly-spring	<b>W</b> – Whip
<b>SDR</b> – Straddle-roll	<b>KO</b> – Kick-over	<b>FA</b> – Front-aerial	<b>T</b> – Tuck
<b>EXR</b> – Extension-roll	<b>BWO</b> – Back-walkover	<b>SA</b> – Side-aerial	<b>LO</b> – Layout
<b>H</b> – Handstand	<b>FWO</b> – Front-walkover	<b>PF</b> – Punch-front	<b>F</b> – Full
	<b>SL</b> – Switch-leg	<b>Arab</b> – Arabian	<b>DF</b> – Double Full

## FUNDAMENTAL ATHLETE

### ENTRY LEVEL 1 SKILLS

STANDING TUMBLING	RUNNING TUMBLING
<ul style="list-style-type: none"> <li>• Forward-roll</li> <li>• Straddle-roll</li> <li>• Push-up – to – Back-bend</li> <li>• Backward-roll</li> <li>• Handstand</li> <li>• Back-bend – Kick-over</li> <li>• Standing Back-bend</li> <li>• (Front-limber / Back-limber)</li> </ul>	<ul style="list-style-type: none"> <li>• Cartwheel</li> <li>• Cartwheel – BWR</li> <li>• Handstand – FWR</li> </ul>



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## LEVEL 1 ATHLETE

### STANDING TUMBLING • LEVEL 1

ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>• Back-walkover</li> <li>• BWO - BWR - BWO</li> <li>• Back-EXR</li> </ul>	<ul style="list-style-type: none"> <li>• BWO-series</li> <li>• BWO-SL</li> <li>• Back-EXR - (BWO / BWO-series)</li> <li>• Valdez</li> </ul>

### RUNNING TUMBLING • LEVEL 1

ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>• CW - (BWO / BWO-SL)</li> <li>• Round-off</li> <li>• (Front-walkover / FWO-series)</li> <li>• Handstand - FWR - CW</li> </ul>	<ul style="list-style-type: none"> <li>• CW - BWO-series</li> <li>• FWO - (CW / RO)</li> <li>• FWO - CW - (BWO / BWO-series)</li> <li>• FWO - CW - BWO-SL</li> <li>• Handstand - FWR - CW - (BWO / BWO-series)</li> </ul>

### ENTRY LEVEL 2 SKILLS • (Considered to be an ELITE Level 1 Athlete)

STANDING TUMBLING	RUNNING TUMBLING
<ul style="list-style-type: none"> <li>• Back-handspring</li> <li>• BHS-SO</li> </ul>	<ul style="list-style-type: none"> <li>• CW - BHS</li> <li>• RO - BHS</li> </ul>



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## LEVEL 2 ATHLETE

### STANDING TUMBLING • LEVEL 2

ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>• BWO - BHS</li> <li>• BWO - BHS-SO</li> <li>• BHS-SO - BWO</li> <li>• Valdez - BWO - BHS</li> </ul>	<ul style="list-style-type: none"> <li>• BWO - BHS-SO - BWO</li> <li>• BWO-SL - BHS</li> <li>• BHS-SO - BWO - BHS</li> <li>• Valdez - (BHS / BHS-SO)</li> <li>• Back-EXR - (BHS / BHS-SO)</li> </ul>

### RUNNING TUMBLING • LEVEL 2

ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>• RO - BHS-SO</li> <li>• CW - BHS-SO</li> <li>• Front-handspring</li> <li>• FWO - FHS</li> </ul>	<ul style="list-style-type: none"> <li>• FHS-series</li> <li>• (Bouncer / Fly-spring)</li> <li>• CW - BHS-series</li> <li>• RO - BHS-series</li> <li>• FWO - RO - (BHS / BHS-series)</li> <li>• CW - BHS-SO - BWO - (BHS / BHS-series)</li> </ul>

### ENTRY LEVEL 3 SKILLS • (Considered to be an ELITE Level 2 Athlete)

STANDING TUMBLING	RUNNING TUMBLING
<ul style="list-style-type: none"> <li>• (BHS / BHS-SO) - (BHS / BHS-SO)</li> <li>• Advanced Jump - (BHS / BHS-SO)</li> <li>• (BHS / BHS-series) - Advanced Jump</li> </ul>	<ul style="list-style-type: none"> <li>• RO - Tuck</li> <li>• Aerial</li> </ul>



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## LEVEL 3 ATHLETE

### STANDING TUMBLING • LEVEL 3

ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>• BWO - BHS-series</li> <li>• BHS - BHS - BHS or more</li> <li>• Advanced Jump - BHS-series</li> </ul>	<ul style="list-style-type: none"> <li>• (BHS / BHS-series) - Advanced Jump - (BHS / BHS-series)</li> <li>• Advanced Jump - BHS - Advanced Jump - BHS</li> <li>• BHS-SO - BHS-series</li> <li>• BHS-SO - BWO - BHS-series</li> <li>• BWO - BHS - Advanced Jump - (BHS / BHS-series)</li> </ul>

### RUNNING TUMBLING • LEVEL 3

ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>• Punch-front</li> <li>• RO - BHS-series - Tuck</li> </ul>	<ul style="list-style-type: none"> <li>• FWO - Aerial</li> <li>• (Boulder / Fly-spring) - Aerial</li> <li>• RO - BHS - Tuck</li> <li>• RO - BHS-SO - Half-turn - RO - to - Tuck</li> <li>• FWO - RO - to - Tuck</li> <li>• (Boulder / Fly-spring) - RO - to - Tuck</li> <li>• FHS - Punch-front</li> </ul>

### ENTRY LEVEL 4 SKILLS • (Considered to be an ELITE Level 3 Athlete)

STANDING TUMBLING	RUNNING TUMBLING
<ul style="list-style-type: none"> <li>• Onodi</li> <li>• BWR - Tuck</li> </ul>	<ul style="list-style-type: none"> <li>• CW - Tuck</li> <li>• FWO - CW - Tuck</li> <li>• RO - Layout</li> <li>• RO - Onodi</li> <li>• Front-aerial</li> <li>• FA - RO - to - Tuck</li> <li>• FHS - PF</li> </ul>



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## LEVEL 4 ATHLETE

### STANDING TUMBLING • LEVEL 4

ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>• BHS-series - Tuck</li> <li>• Back Tuck</li> <li>• BWO - Tuck</li> <li>• Back-EXR - Tuck</li> <li>• Valdez - Tuck</li> </ul>	<ul style="list-style-type: none"> <li>• (BHS / BHS-SO) - Tuck</li> <li>• Advanced Jump - BHS-series - Tuck</li> <li>• Advanced Jump - BHS - Tuck</li> </ul>

### RUNNING TUMBLING • LEVEL 4

ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>• PF - PF</li> <li>• PF-SO - AERIAL</li> <li>• RO - BHS-series - Layout</li> <li>• RO - Onodi - to - Tuck</li> <li>• PF-SO - RO - to - Tuck</li> <li>• Aerial - (Back-tuck / LO / LO-SO)</li> <li>• FWO - Aerial - Tuck</li> <li>• RO - to - (W / T) - to - T</li> <li>• FA - RO - to - W - to - T</li> <li>• FWO - RO - to - (W / T) - to - T</li> <li>• PF-SO - RO - to - (W / T) - to - T</li> <li>• FHS - PF-SO - RO - to - T</li> </ul>	<ul style="list-style-type: none"> <li>• FHS - PF-SO - RO - to - (W / T) - T</li> <li>• RO - BHS - (LO / LO-SO / X-out / SL)</li> <li>• RO - Onodi - to - LO</li> <li>• FWO - RO - to - LO</li> <li>• FA - RO - to - W - LO</li> <li>• PF-SO - RO - to - LO</li> <li>• RO - to - (W / T) - to - LO</li> <li>• FWO - RO - to - (W / T) - to - LO</li> <li>• PF-SO - RO - to - (W / T) - to - LO</li> <li>• FHS - PF-SO - RO - to - LO</li> <li>• FHS - PF-SO - RO - to - (W / T) - to - LO</li> </ul>

### ENTRY LEVEL 5 SKILLS • (Considered to be an ELITE Level 4 Athlete)

STANDING TUMBLING	RUNNING TUMBLING
<ul style="list-style-type: none"> <li>• T - BHS - T</li> <li>• T - BHS-series - T</li> <li>• (BHS / BHS-series) - T - T</li> </ul>	<ul style="list-style-type: none"> <li>• Barani</li> <li>• RO - Half</li> <li>• RO - Full</li> </ul>



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## LEVEL 5 ATHLETE

### STANDING TUMBLING • LEVEL 5

ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>• Advanced Jump - (Front-tuck / Back-tuck)</li> <li>• BHS-series - (W / T) - BHS - T</li> <li>• BHS - (W / T) - BHS - T</li> <li>• Advanced Jump - BHS-series - W - BHS - T</li> <li>• Advanced Jump - BHS-series - W - T</li> <li>• BHS-series - LO</li> <li>• BHS-series - W - T</li> </ul>	<ul style="list-style-type: none"> <li>• BHS - W - T</li> <li>• BHS - LO</li> <li>• Advanced Jump - (BHS / BHS-series) - LO</li> <li>• Advanced Jump - BHS - W - T</li> <li>• BHS - (W / T) - to - LO</li> <li>• (BHS / BHS-series) - W - to - (LO / LO-SO)</li> <li>• Advanced Jump - (BHS / BHS-series) - W - to - LO</li> </ul>

### RUNNING TUMBLING • LEVEL 5

ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>• FHS - Barani</li> <li>• RO - BHS-series - F</li> <li>• RO - Arabian</li> <li>• (Side-aerial / Front-aerial) - to - F</li> <li>• Barani - to - LO</li> </ul>	<ul style="list-style-type: none"> <li>• Front-full</li> <li>• RO - BHS - F</li> <li>• FWO - RO - to - F</li> <li>• Barani - to - F</li> <li>• PF-SO - RO - to - F</li> <li>• FHS - PF-SO - RO - to - F</li> <li>• RO - to - W - to - F</li> <li>• FHS - Front-full</li> <li>• PF-SO - RO - to - W - to - F</li> <li>• FHS - PF-SO - RO - to - W - to - F</li> <li>• RO - (Arabian-SO / Half-SO) - to - (LO / F)</li> </ul>

### ENTRY LEVEL 6 SKILLS • (Considered to be an ELITE Level 5 Athlete)

STANDING TUMBLING	RUNNING TUMBLING
<ul style="list-style-type: none"> <li>• Advanced Jump - Back Tuck</li> </ul>	<ul style="list-style-type: none"> <li>• CW - F</li> <li>• RO - F</li> <li>• RO - (BHS / BHS-series) - F</li> <li>• FWO - to - F</li> <li>• (Side-aerial / Front-aerial) - F</li> <li>• RO - to - Onodi - to - F</li> <li>• Front-full</li> </ul>



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## LEVEL 6 ATHLETE

### STANDING TUMBLING • LEVEL 6

ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>• BHS-series - F</li> <li>• Advanced Jump - BHS-series - F</li> <li>• BHS - W - BHS-series - F</li> <li>• BHS-series - W - F</li> <li>• BHS - W - to - F</li> </ul>	<ul style="list-style-type: none"> <li>• BHS - F</li> <li>• Advanced Jump - BHS - F</li> <li>• Standing F</li> <li>• Advanced Jump - F</li> <li>• BHS - W - F</li> <li>• Advanced Jump - BHS - W - F</li> <li>• BHS-series - DF</li> <li>• Advanced Jump - BHS-series - DF</li> <li>• BHS - W - BHS-series - DF</li> <li>• BHS-series - W - DF</li> <li>• BHS - W - DF</li> <li>• Advanced Jump - (BHS / BHS-series) - W - DF</li> <li>• BHS-series - (F / DF) - W - (F / DF)</li> </ul>

### RUNNING TUMBLING • LEVEL 6

ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE	
<ul style="list-style-type: none"> <li>• RO - BHS - (Kick-full / F-SO)</li> <li>• PF-SO - to - F</li> <li>• RO - W - F</li> <li>• RO - to - W - to - F</li> <li>• 1.5 Twisting Front-LO</li> </ul>	<ul style="list-style-type: none"> <li>• RO - (Arab / Half-SO) - RO - to - F</li> <li>• FHS - Front-full</li> <li>• FHS - PF-SO - RO - to - F</li> <li>• RO - BHS - F - to - F</li> <li>• RO - to - F - F</li> <li>• RO - to - 1.5-SO - to - F</li> <li>• 1.5 Twisting Front-LO - to - (F / DF)</li> <li>• RO - DF</li> <li>• RO - to - DF</li> <li>• FWO - to - DF</li> </ul>	<ul style="list-style-type: none"> <li>• PF-SO - to - DF</li> <li>• RO - to - W - to - DF</li> <li>• RO - W - DF</li> <li>• RO - Arabian - to - DF</li> <li>• RO - to - F - to - DF</li> <li>• RO - to - 1.5-SO - to - DF</li> <li>• RO - to - DF - BHS-series - to - DF</li> <li>• RO - to - F - to - W - DF</li> <li>• PF-SO - RO - to - W - to - DF</li> <li>• RO - to - DF - W - DF</li> <li>• PF-SO - RO - Arabian - to - W - DF</li> </ul>