



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

FUNDAMENTAL ATHLETE

ENTRY LEVEL 1 SKILLS	
STANDING TUMBLING	RUNNING TUMBLING
• Forward-roll • Straddle-roll • Push-up – to – Back-bend • Backward-roll • Handstand • Back-bend – Kick-over • Standing Back-bend • (Front-limber / Back-limber)	• Cartwheel • Cartwheel – BWR • Handstand – FWR

LEVEL 1 ATHLETE

STANDING TUMBLING • LEVEL 1

ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
• Back-walkover • BWO – BWR – BWO • Back-EXR	• BWO-series • BWO-SL • Back-EXR – (BWO / BWO-series) • Valdez

RUNNING TUMBLING • LEVEL 1

ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
• CW – (BWO / BWO-SL) • Round-off • (Front-walkover / FWO-series) • Handstand – FWR – CW	• CW – BWO-series • FWO – (CW / RO) • FWO – CW – (BWO / BWO-series) • FWO – CW – BWO-SL • Handstand – FWR – CW – (BWO / BWO-series)

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

STANDING TUMBLING	RUNNING TUMBLING
• Back-handspring • BHS-SO	• CW – BHS • RO – BHS

LEVEL 2 ATHLETE

STANDING TUMBLING • LEVEL 2

ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
• BWO – BHS • BWO – BHS-SO • BHS-SO – BWO • Valdez – BWO – BHS	• BWO – BHS-SO – BWO • BWO-SL – BHS • BHS-SO – BWO – BHS • Valdez – (BHS / BHS-SO) • Back-EXR – (BHS / BHS-SO)

RUNNING TUMBLING • LEVEL 2

ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
• RO – BHS-SO • CW – BHS-SO • Front-handspring • FWO – FHS	• FHS-series • (Bouncer / Fly-spring) • CW – BHS-series • RO – BHS-series • FWO – RO – (BHS / BHS-series) • CW – BHS-SO – BWO – (BHS / BHS-series)

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

STANDING TUMBLING	RUNNING TUMBLING
• (BHS / BHS-SO) – (BHS / BHS-SO) • Advanced Jump – (BHS / BHS-SO) • (BHS / BHS-series) – Advanced Jump	• RO – Tuck • Aerial

LEVEL 3 ATHLETE

STANDING TUMBLING • LEVEL 3	
ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
• BWO – BHS-series • BHS – BHS – BHS or more • BHS – BHS-SO – BHS • Advanced Jump – BHS-series	• (BHS / BHS-series) – Advanced Jump – (BHS / BHS-series) • Advanced Jump – BHS – Advanced Jump – BHS • BHS-SO – BHS-series • BHS-SO – BWO – BHS-series • BWO – BHS – Advanced Jump – (BHS / BHS-series)

RUNNING TUMBLING • LEVEL 3	
ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
• Punch-front • RO – BHS-series – Tuck	• FWO – Aerial • (Boulder / Fly-spring) – Aerial • RO – BHS – Tuck • RO – BHS-SO – 1/2-turn – RO – to – Tuck • FWO – RO – to – Tuck • (Boulder / Fly-spring) – RO – to – Tuck • FHS – Punch-front

ENTRY LEVEL 4 SKILLS • (Considered to be an ELITE Level 3 Athlete)	
STANDING TUMBLING	RUNNING TUMBLING
• Onodi • BWR – Tuck	• CW – Tuck • FWO – CW – Tuck • RO – Layout • RO – Onodi • Front-aerial • FA – RO – to – Tuck • FHS – PF

LEVEL 4 ATHLETE

STANDING TUMBLING • LEVEL 4

ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
• BHS-series – Tuck • Back Tuck • BWO – Tuck • Back-EXR – Tuck • Valdez – Tuck	• (BHS / BHS-SO) – Tuck • Advanced Jump – BHS-series – Tuck • Advanced Jump – BHS – Tuck

RUNNING TUMBLING • LEVEL 4

ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
• PF – PF • PF-SO – AERIAL • RO – BHS-series – Layout • RO – Onodi – to – Tuck • PF-SO – RO – to – Tuck • Aerial – (Back-tuck / LO / LO-SO) • FWO – Aerial– Tuck • RO – to – (W / T) – to – T • FA – RO – to – W – to – T • FWO – RO – to – (W / T) – to – T • PF-SO – RO – to – (W / T) – to – T • FHS – PF-SO – RO – to – T	• FHS – PF-SO – RO – to – (W / T) – T • RO – BHS – (LO / LO-SO / X-out / SL) • RO – Onodi – to – LO • FWO – RO – to – LO • FA – RO – to – W – LO • PF-SO – RO – to – LO • RO – to – (W / T) – to – LO • FWO – RO – to – (W / T) – to – LO • PF-SO – RO – to – (W / T) – to – LO • FHS – PF-SO – RO – to – LO • FHS – PF-SO – RO – to – (W / T) – to – LO

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

STANDING TUMBLING	RUNNING TUMBLING
• T – BHS – T • T – BHS-series – T • (BHS / BHS-series) – T – T	• Barani • RO – Half • RO – Full

LEVEL 5 ATHLETE

STANDING TUMBLING • LEVEL 5	
ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
- Advanced Jump – (Front-tuck / Back-tuck) - BHS-series – (W / T) – BHS – T - BHS – (W / T) – BHS – T - Advanced Jump – BHS-series – W – BHS – T - Advanced Jump – BHS-series – W – T - BHS-series – LO - BHS-series – W – T	- BHS – W – T - BHS – LO - Advanced Jump – (BHS / BHS-series) – LO - Advanced Jump – BHS – W – T - BHS – (W / T) – LO - BHS-series – W – (LO / LO-SO) - Advanced Jump – (BHS / BHS-series) – W – to – LO

RUNNING TUMBLING • LEVEL 5	
ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
- FHS – Barani - RO – BHS-series – F - RO – Arabian - Side-aerial – to – F - Barani – to – LO	- Front-full - RO – BHS – F - FWO – RO – to – F - Barani – to – F - Front-aerial – to – F - PF-SO – RO – to – F - FHS – PF-SO – RO – to – F - RO – to – W – to – F - FHS – Front-full - PF-SO – RO – to – W – to – F - FHS – PF-SO – RO – to – W – to – F - RO – (Arabian-SO / Half-SO) – to – (LO / F)

ENTRY LEVEL 6 SKILLS • (Considered to be an ELITE Level 5 Athlete)	
STANDING TUMBLING	RUNNING TUMBLING
Advanced Jump – Back Tuck	- CW – F - RO – F - RO – (BHS / BHS-series) – F - FWO – to – F (Side-aerial / Front-aerial) – F - RO – to – Onodi – to – F - Front-full

LEVEL 6 ATHLETE

STANDING TUMBLING • LEVEL 6	
ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
• BHS-series - F • Advanced Jump - BHS-series - F • BHS - W - BHS-series - F • BHS-series - W - F • BHS - W - to - F	• BHS - F • Advanced Jump - BHS - F • Standing F • Advanced Jump - F • BHS - W - F • Advanced Jump - BHS - W - F • BHS-series - DF • Advanced Jump - BHS-series - DF • BHS - W - BHS-series - DF • BHS-series - W - DF • BHS - W - DF • Advanced Jump - (BHS / BHS-series) - W - DF • BHS-series - (F / DF) - W - (F / DF)

RUNNING TUMBLING • LEVEL 6	
ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
• RO - BHS - (Kick-full / F-SO) • PF-SO - to - F • RO - W - F • RO - to - W - to - F • 1.5 Twisting Front-LO	• RO - (Arab / Half-SO) - RO - to - F • FHS - Front-full • FHS - PF-SO - RO - to - F • RO - BHS - F - to - F • RO - to - F - F • RO - to - 1.5-SO - to - F • 1.5 Twisting Front-LO - to - (F / DF) • RO - DF • RO - to - DF • FWO - to - DF • PF-SO - to - DF • RO - to - W - to - DF • RO - W - DF • RO - Arabian - to - DF • RO - to - F - to - DF • RO - to - 1.5-SO - to - DF • RO - to - DF - BHS-series - to - DF • RO - to - F - to - W - DF • PF-SO - RO - to - W - to - DF • RO - to - DF - W - DF • PF-SO - RO - Arabian - to - W - DF