



## TUMBLING SKILLS • L1 - L6

After studying the United Score Sheet for tumbling, our staff has carefully selected tumbling skills a team at that specific level should master. The **Required Skills** listed in this tryout packet are skills that we feel give our teams the best opportunity to max out our score—performing them with proper technique and using the max number of athletes needed to meet the max participation quantities. The score sheet also allows for additional skills to be used in that level. Our staff has selected some of these skills to be used if we can execute them with the appropriate number of athletes. We have labeled these skills as **Substitution skills**.

We will base our team selection on athletes who can best execute the **Required Skills** and/or **Substitution Skills**, as well as athletes who can contribute to the team's leveled stunting requirements. Each team can have a specific number of athletes who are added to help with areas outside of tumbling. This is where we get the term—Role Players. Teams are selected based on their ability to meet required tumbling thresholds with the highest level of execution. Team size is determined by the number of athletes who demonstrate exceptional tumbling skills against the number of stunt groups that can realistically be formed.

Keep in mind that these numbers and skills might change when the United Score Sheet is updated for the 2026-2027 season.

Novice / Prep SKILLS	
SUGGESTED SKILLS	SUGGESTED SKILLS
<input type="checkbox"/> <b>Back-walkover</b> (BWO)	<input type="checkbox"/> <b>Back-bend Kick-over</b> (BKKO)
<input type="checkbox"/> <b>Handstand - Forward-roll</b> (H - FR)	<input type="checkbox"/> <b>Handstand</b> (H)
<input type="checkbox"/> <b>Front-walkover</b> (FWO)	<input type="checkbox"/> <b>Forward-roll</b> (FR)
<input type="checkbox"/> <b>Round-off</b> (RO)	<input type="checkbox"/> <b>Cartwheel</b> (CW)

LEVEL 1 SKILLS	
REQUIRED SKILLS	SUBSTITUTION SKILLS
<input type="checkbox"/> <b>2-BWO</b>	<input type="checkbox"/> <b>Handstand - Forward-roll</b> (H - FR)
<input type="checkbox"/> <b>BWO - Switch-leg</b> (SL)	<input type="checkbox"/> <b>FWO - CW</b>
<input type="checkbox"/> <b>FWO - CW - BWO</b>	<input type="checkbox"/> <b>Valdez</b> (V)
<input type="checkbox"/> <b>Power-hurdle - Round-off</b> (RO)	<input type="checkbox"/> <b>CW - BWO Series</b>

LEVEL 2 SKILLS	
REQUIRED SKILLS	SUBSTITUTION SKILLS
<input type="checkbox"/> <b>BWO-SL - Back-handspring</b>	<input type="checkbox"/> <b>BWO - BHS</b>
<input type="checkbox"/> <b>BHS-Step-out</b> (SO) - BWO - BHS	<input type="checkbox"/> <b>BHS-SO - BWO</b>
<input type="checkbox"/> <b>Power-hurdle - RO - 2-BHS</b>	<input type="checkbox"/> <b>Power-hurdle - FWO - RO - BHS</b>
<input type="checkbox"/> <b>2-Step - Flyspring</b> (FS)	

LEVEL 3 SKILLS	
REQUIRED SKILLS	SUBSTITUTION SKILLS
<input type="checkbox"/> <b>3-BHS</b>	<input type="checkbox"/> <b>FWO - Side-aerial</b> (SA)
<input type="checkbox"/> <b>BHS-SO - 2-BHS</b>	<input type="checkbox"/> <b>FHS - PF</b>
<input type="checkbox"/> <b>BWO - 2-BHS</b>	<input type="checkbox"/> <b>FWO - RO - BHS - BT</b>
<input type="checkbox"/> <b>RO - BHS - Back-tuck</b> (BT)	

LEVEL 4 SKILLS	
REQUIRED SKILLS	SUBSTITUTION SKILLS
<input type="checkbox"/> <b>Standing BT</b>	<input type="checkbox"/> <b>BWO - BT</b>
<input type="checkbox"/> <b>BHS - BT</b>	<input type="checkbox"/> <b>PF-SO - RO - BHS - LO</b>
<input type="checkbox"/> <b>RO - BHS - Layout</b> (LO) / <b>X-out</b> (XO) / <b>SL</b>	
<input type="checkbox"/> <b>2-BHS - BT</b>	

LEVEL 5 SKILLS	
REQUIRED SKILLS	SUBSTITUTION SKILLS
<input type="checkbox"/> <b>RO - BHS - Full</b> (F)	<input type="checkbox"/> <b>PF-SO - RO - BHS - F</b>
<input type="checkbox"/> <b>FWO - RO - BHS - F</b>	<input type="checkbox"/> <b>TT - 2-BHS - LO</b>
<input type="checkbox"/> <b>TT - BT</b>	<input type="checkbox"/> <b>2-BHS - LO</b>
<input type="checkbox"/> <b>BHS - LO</b>	

LEVEL 6 SKILLS	
REQUIRED SKILLS	SUBSTITUTION SKILLS
<input type="checkbox"/> <b>2-Step - BHS - F</b>	<input type="checkbox"/> <b>Standing Full</b> (SF)
<input type="checkbox"/> <b>2-Step - 2-BHS - F</b>	<input type="checkbox"/> <b>2 or 3-BHS - Double-full</b> (DF)
<input type="checkbox"/> <b>RO - Arabian-SO - RO - BHS - F</b>	<input type="checkbox"/> <b>PF-SO - RO - BHS - F or DF</b>
<input type="checkbox"/> <b>RO - BHS - DF</b>	<input type="checkbox"/> <b>FHS - PF-SO - RO - BHS - F or DF</b>