

# TEAM TUMBLING SKILLS OUTLINE

During tumbling evaluations, athletes will need to demonstrate, to a high degree of expertise, the skills show in **Bolded Red** to be considered proficient at that tumbling level.

Level 1		
Beginner	Intermediate	Advanced
Forward Roll Backward Roll Cartwheel Round Off Bridge Kick Over	Jumps to Forward Roll Jumps to Backward Roll Handstand Forward Roll Front Limber Back Walkover	Back Extension Roll Front Walkover Back Walkover Series Back Limber Specialty Series

Level 2		
Beginner	Intermediate	Advanced
<b>Standing BHS</b> <b>3 Jumps pause BHS</b> Round Off BHS Front Handspring	Straight Jump BHS <b>BWO BHS</b> BHS step out RO BHS Front Handspring Rebound <b>RO BHS Series</b>	BWO BHS step out into speciality <b>FWO RO BHS Series</b> Specialty Series FHS Front Bouncer

Level 3		
Beginner	Intermediate	Advanced
Standing 2 BHS Jumps to BHS RO Tuck <b>RO BHS Tuck</b>	Standing 3 BHS 3 Jumps to 2 BHS <b>FWO RO BH Tuck</b> RO BHS step out RO BHS Tuck Punch Front Aerial	<b>4 Jumps to 3 BHS</b> <b>Jump BHS Jump BHS</b> Jump BHS Step Out RO BHS Tuck FWO RO BHS Step Out RO BHS Tuck Punc Front RO BHS Tuck Aerial step RO BHS Tuck

Level 4		
Beginner	Intermediate	Advanced
<b>Standing Tuck</b> Standing BHS Tuck Jump to BHS Tuck <b>RO BHS Layout</b>	<b>3 Jumps to BHS Tuck/Layout</b> 3 Jumps pause Tuck <b>Standing BHS Layout</b> BWO RO BHS Layout	BHS Whip BHS Layout Punch Front RO BHS Layout RO Whip BHS Layout

Level 5		
Beginner	Intermediate	Advanced
<b>2 BHS Full</b> 3 BHS Full <b>RO BHS Full</b> FWO RO BHS Full	Standing BHS Full Jump 2 BHS Full Standing Full BHS Whip 2 BHS Full Specialty to Full RO BHS Double Full <b>4 Jumps to Tuck</b>	Jump to Standing Full BHS Series to Double Full 2 BHS To Whip Punch Double Full Standing Specialty to Double Full Running Specialty to Double Full