

# All Star Tumbling Skills By Level

## LEVEL 1 SKILLS

### Basic Level 1 Tumbling Skills

Back Walkover  
Front Walkover  
Cartwheel  
Round Off

### Advanced Level 1 Tumbling Skills

Connect Multiple Skills  
Round Off Back Walkover  
Cartwheel Back Walkover  
Front Walkover Round Off Back Walkover  
Three pumped or whipped jumps landing with feet together followed by a Back Walkover

### Required Level 1 Tumbling Technique

All of these skills must be performed with straight legs and pointed toes  
Feet must be together on landings

### Level 1 Jumps

Jumps with correct arm placement, pointed toes, good extension, and feet together on landing

## LEVEL 2 SKILLS

### Basic Level 2 Tumbling Skills

Standing Back Handspring  
Straight Jump Back Handspring  
Back Walkover Back Handspring  
Round Off Back Handspring  
Front Walkover Round Off Back Handspring  
Skills must be performed consistently during moderate endurance training and to counts

### Advanced Level 2 Tumbling Skills

Round Off Three Back Handspring Series  
Back Handspring Step Out to a Front or Back Walkover  
Connecting Basic Skills in Multiple Variations  
Front Walkover Round Off Series of Back Handsprings  
Skills must be performed consistently during moderate endurance training and to counts

### Required Level 2 Tumbling Technique

Skills should be performed with legs together and straight  
Landings from skills should be with feet together  
Toes must be pointed during the entire skill

### Level 2 Jumps

Three whipped jumps with correct arm placement, pointed toes, good extension, and feet together on landings

## LEVEL 3 SKILLS

### Basic Level 3 Tumbling Skills

Standing Three Back Handsprings  
Round Off Back Handspring Back Tuck  
Toe Touch Back Handspring  
Skills must be performed consistently during moderate to high endurance training and to counts

### Advanced Level 3 Tumbling Skills

Sequence of Three Jumps to Multiple Back Handsprings  
Front Walkover Round Off Back Handspring to a Tuck  
Punch Front  
Back Handspring Toe Touch Back Handspring  
Skills must be performed consistently during moderate to high endurance training and to counts

### Required Level 3 Tumbling Technique

Skills must be performed with straight legs and pointed toes  
Feet must land together  
Tucks must be performed with good body positions including a set with arms up and shoulders and head riding to the top, tight rotation and stuck landing

### Level 3 Jumps

Three whipped jumps with correct arm placement, pointed toes, good extension and feet together on landings

# All Star Tumbling Skills By Level

## LEVEL 4 SKILLS

### Basic Level 4 Tumbling Skills

Standing Back Tuck

Must be able to stick multiple tucks in repetition

Toe Touch Back Handspring Back Tuck

Round Off Back Handspring Layout

Standing 2-3 Back Handsprings to a Layout

Skills must be performed consistently during moderate to high endurance training and to counts

### Advanced Level 4 Tumbling Skills

Multiple Jumps to a Back Handspring Tuck

Jumps must be average or above average to correctly perform this skill

Punch Front Step Out Round Off Back Handspring to a Layout

Front Walkover Round Off Back Handspring to a Layout

Running Whip to Layout

Standing Back Handspring Whip to Layout Pass

Standing Back Tuck Two Back Handsprings to a Layout

Skills must be performed consistently during moderate to high endurance training and to counts

### Required Level 4 Tumbling Technique

Tucks must be performed with good body positions including a set with arms up and shoulders and head riding to the top, tight rotation and stuck landing

Layouts must be performed in a hollow body position with legs straight and toes pointed

Skills must be performed consistently during moderate to high endurance training

### Level 4 Jumps

Three whipped jumps with correct arm placement, pointed toes, superior jump height, level extension, and feet together on landings

## LEVEL 5 RESTRICTED SKILLS

### Basic Level 5 Restricted Tumbling Skills

Toe Touch Back Tuck with a Solid Landing

Standing Multiple Back Handsprings to a Full

Round Off Back Handspring Full

Skills must be performed consistently during moderate to high endurance training and to counts

### Advanced Level 5 Restricted Tumbling Skills

Three Whipped Jumps to a Back Tuck with a Solid Landing

Punch Front Round Off Back Handspring to a Full

Front Walkover to a Full

Whip Pass through to a Full

Skills must be performed consistently during moderate to high endurance training

### Required Level 5 Restricted Tumbling Technique

Fulls must be performed with a hollow body position, clean rotation, straight legs and solid, clean landing

### Level 5 Restricted Jumps

Three whipped jumps with correct arm placement, pointed toes, superior jump height, above level extension, and feet together on landings

## LEVEL 5 SKILLS:

### Basic Level 5 Tumbling Skills:

Three Whipped Jumps to a Back Tuck with a Solid Landing

Standing Back Handspring(s) to a Full

Running Variations through to Full

Skills must be performed consistently during moderate to high endurance training and to counts

### Advanced Level 5 Tumbling Skills:

Round Off Back Handspring Double Full

Running Variations through to a Double Full

Standing Back Handspring(s) through to Double Full

Standing Variation Passes through to a Full or Double Full

Cartwheel Full

Standing Full

Skills must be performed consistently during moderate to high endurance training and to counts

### Required Level 5 Tumbling Technique

Fulls and doubles must be performed with a hollow body position, clean rotation, straight legs and solid, clean landing

### Level 5 Jumps

Three whipped jumps with correct arm placement, pointed toes, superior jump height, above level extension, and feet together on landings