

All Star 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 such as Toe Touch, Hurdler and Pike with correct arm placement and pointed toes.

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 and feet together at the bottom

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 Forward Roll Round Off Tuck/Back Handspring to a Tuck
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 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