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
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