

LEVEL SKILLS - TUMBLING

| Level | Standing Tumbling | Running Tumbling | Stunting |
|-------|---|--|--|
| 1 | Forward/backward rolls, front/back walkovers, | Cartwheels, Roundoffs | Two Leg: elevator One Leg: Below shoulder level |
| 2 | Single Backhandspring | Series backhandsprings | Two Leg: Extension One Leg: Prep Level |
| 3 | Series Backhandsprings | Back/Front tucks (no tumbling is allowed after the flip) | Two leg: Single Twist from Extension One Leg: Straight Cradle from extended |
| 4 | Standing tuck, Standing backhandspring (s) to tuck/layout | Layout, front tuck connected to tumbling | Two leg: Double twist from extension One Leg: Single twist from extended |
| 5 | Jumps to tuck, handsprings to twisting skills | Full and double twists, specialty passes | Double twist from extended one leg stunts, elite transitions |