



Tumbling Guidelines



Level 1

Handstand Forward Roll, Front Walkover, Back Walkover, Back Walkover Series, Switch Leg Back Walkover, Cartwheel Back Walkover, Cartwheel Back Walkover Series, Front Walkover Cartwheel Back Walkover

Level 2

Standing Back Handspring, Back Walkover Back Handspring, Standing Back Handspring Step Out, Back Walkover Back Handspring, Cartwheel Back Handspring, Round Off Back Handspring, Round Off Back Handspring Series, Front Walkover Round Off Back Handspring, Front Walkover Round Off Back Handspring Series, Flyspring Round Off Back Handspring

Level 3

Back Handspring Series, Jump Back Handspring Series, Back Handspring Step Out Back Handspring Series, Back Handspring Jump Back Handspring Series, Aerial, Punch Front Stick, Round Off Tuck, Round Off Back Handspring Tuck, Front Walkover Round Off Back Handspring Tuck, Aerial Round Off Back Handspring Tuck, Punch Front Stick Round Off Back Handspring Tuck

Level 4

Standing Back Tuck, T-Jump Back Tuck, Back Handspring Back Tuck, Jump Back Handspring Tuck, Jump Back Handspring Series to Tuck, Round Off Back Handspring Layout, Front Walkover Round Off Back Handspring Layout, Round Off Whip Back Handspring Series to Layout, Punch Front Step Out Round Off Back Handspring Layout

Level 5

Jump Back Tuck, Back Handspring Layout, Back Handspring Whip Back Handspring Series to Layout, Jump Back Handspring Series to Layout, Round Off Full, Round Off Back Handspring Full, Round Off Whip Back Handspring Series to Full, Punch Front Step Out Round Off Back Handspring Full

Level 6

Jump Back Tuck, Back Handspring Series to Full, Back Handspring Full, Standing Full, Back Handspring Series to Double Full, Back Handspring Series to Whip Punch Double Full, Round Off Whip Back Handspring Series to Full, Punch Front Step Out Round Off Back Handspring Full, Round Off Back Handspring Double Full, Punch Front Step Out Round Off Back Handspring Double Full, Round Off Whip Punch Double Full, Round Off Arabian to Double Full, Round Off One and a Half to Double Full