

RSD

Cheer Team Tumble Guide 2023/24



At RSD our cheer teams include both teams where tumbling is required as part of the routine, and those where no tumble skills are required to be demonstrated within the routine.

For our non tumble team no tumble skills are required at all. These teams are offered from 16 yrs plus and from level 2 stunting and above.

For our Regional teams there is no pre required tumble skills, however the tumble skills outlined on page 3 will be worked on and included within the routine.

Allstar & Elite teams are offered from Ages 5 to adult at the following levels -

Level 1 Stunt and Tumble

Level 2 stunts with level 1 tumble (2.1)

Level 2 Stunt and Tumble.

Level 3 Stunt and Tumble

Level 4 Stunt and Tumble.

Level 5 Stunt and Tumble

While all members of a team may not be required to tumble, the number of non tumble slots available on tumble teams is defined by the number of tumblers and is therefore limited. Priority is then given to the positions required to create suitable stunt groups. An individual would need to meet both the standing and running tumble criteria with strong technique to take up a tumble position on the team.



Regional Level 1 Tumble

There is no pre requirement for any tumble skills at this level. Team members will work on the following skills

Forward roll

Backward roll

Handstand

Backbend

Backward kick over

Cartwheel

Allstar Level 1 Standing Tumble

1 passes from the following required -

Handstand forward roll

Back extension roll

Front walkover

Back walker

BWO BWR BWO

See video example here <https://www.instagram.com/reel/CrB2LQmAaGg/?igshid=NTc4MTIwNjQ2YQ==>

Allstar Level 1 Running Tumble

1 passes from the following required -

Round off

Front walkover

Cartwheel BWO

See video example here <https://www.instagram.com/reel/CrB2LQmAaGg/?igshid=NTc4MTIwNjQ2YQ==>

Elite Level 1 Standing Tumble

2 passes from the following required -

Backwalkover series

Back walkover switch leg

Back extension roll BWO

Valdez

Front Walkover or Back walkover

See video example here <https://www.instagram.com/reel/CrB2LQmAaGg/?igshid=NTc4MTIwNjQ2YQ==>

Elite Level 1 Running Tumble

2 passes from the following required -

Round off or cartwheel BWO

Cartwheel BWO BWO

FWO cartwheel/round off

FWO Cartwheel BWO

See video example here <https://www.instagram.com/reel/CrB2LQmAaGg/?igshid=NTc4MTIwNjQ2YQ==>

Level 2 Standing Tumble passes

2 passes from the following required -

Back walkover BHS or Back Extension Roll BHS

BWO BHS step out BWO

BWO Switch leg BHS

BHS step out BWO BHS

Valdez BHS

See video example here <https://www.instagram.com/reel/CrJZiwog8Qo/?igshid=NTc4MTIwNjQ2YQ==>

Level 2 Running Tumble passes

2 passes from the following required -

Front handspring or RO BHS series

Bounder/Flyspring

FWO RO BHS

RO BHS step out BWO BHS

Cartwheel BHS step out BWO BHS

See video example here <https://www.instagram.com/reel/CrJZiwog8Qo/?igshid=NTc4MTIwNjQ2YQ==>

Level 3 Standing Tumble passes

2 passes from the following required -

Backward walkover BHS BHS or Jump BHS BHS

BHS jump BHS

Jump BHS Jump BHS

BHS step out BHS series

BWO BHS Jump BHS

See video examples here https://www.instagram.com/reel/CrI_7DnMgEd/?igshid=NTc4MTIwNjQ2YQ==

Level 3 Running Tumble passes

2 passes from the following required -

Round off BHS Tuck

FWO Ariel

FWO RO to tuck

RO BHS step out 1/2 turn RO to tuck

Bounder/ fly spring to tuck

See video examples here https://www.instagram.com/reel/CrI_7DnMgEd/?igshid=NTc4MTIwNjQ2YQ==

Level 4 Standing Tumble passes

2 passes from the following required -

BHS series Tuck or Backward walkover to tuck

BHS / BHS step out to tuck / layout

Jump BHS series to Tuck / layout

Jump BHS Tuck / layout

See video examples here <https://www.instagram.com/reel/CryaNTzvWBU/?igshid=NTc4MTIwNjQ2YQ==>

Level 4 Running Tumble passes

2 passes from the following required -

PF step out Ariel

RO BHS layout / layout step out / X out

PH step out RO to tuck

Front walkover RO to whip/ layout

Ariel back tuck / layout

Fwo Ariel tuck

Front Ariel RO to whip tuck / layout

PF step out RO to layout

RO to whip / tuck to tuck/ whip/ layout

FWO/ PF step out - RO to whip / tuck to tuck/ whip / layout

Front handspring - PF step out -RO to tuck / whip/ layout

Level 5 Standing Tumble passes

2 passes from the following required -

BHS - Whip - Tuck

BHS - Layout

Jump - BHS/ BHS series - Layout

Jump - BHS- Whip - Tuck

BHS- Whip/ Tuck - to - Layout

BHS/ BHS Series - whip - to - Layout

Jump - BHS/ BHS Series- Whip - to - Layout

Level 5 Running Tumble passes

1-2 passes from the following required -

RO - BHS - Full

Front Walkover/ side aerial / front Aerial - RO to Full

Front Full

PF step out - RO to full

RO to whip to full

PF step out RO to whip to full

See video examples here <https://www.instagram.com/reel/CryaNTzvWBU/?igshid=NTc4MTIwNjQ2YQ==>