

MARYLAND ALLSTARS

TUMBLING CODE OF POINTS

All athletes should show (2) Standing Tumbling Passes and (1) Running Tumbling Pass. Skills are listed in order of difficulty. Please note that some skill requirements have changed due to the 2017-2018 USASF Cheer Rules.

Level 1

- Standing- Front/Back Roll, Handstand, Cart-wheel, Round-off, Fall To Bridge, Front Limbers Bridge Kick-overs, Back Walk-over, Front Walk-over, Back Extension Roll, Valdez
- Running- Any pass that starts with a hurdle- (should ideally end with most difficult skills from standing list)

Level 2

- Standing- Standing Back Handspring, Standing Back Handspring Step-out, Back Handspring Pause Back Handspring, T-jump Back Handspring, Back Walk-over Back Handspring Combo
- Running- Round-off Back Handspring, Round-off Back Handspring Series, Round-off Back Handspring Step-out Round-off Back Handsprings, Front Walk-over Round-off Back Handsprings, Front Handspring Step-out Round-off Back Handspring(s)

Level 3

- Standing- Series Back Handsprings, Jump Back Handspring, Jump Back Handspring Series, Back Handspring Jump Back Handspring Series, Back Walk-over Back Handspring Series
- Running- Round-off Tuck, Round-off Back Handspring Tuck, Front Walk-over To Tuck, Ariel To Tuck, Punch Front Land To Tuck

Level 4

- Standing- Standing Back Handspring Tuck, Jump Back Handspring Tuck, Back Walk-over Back Handspring Tuck, Standing Tuck
- Running- Cart-wheel Tuck, Round-off Layout, Round-off Back Handspring Layout, Front Walk-over To Layout, Punch Front To Layout /Whip To Layout

Restricted Level 5

- Standing- Jump Tuck, Back Handspring Tuck Back Handspring(s) Tuck, Back Handspring Series To Layout, Back Handspring Tuck Back Handspring(s) Layout, Jump Back Handspring Series To Layout, Back Handspring(s) Whip To Back Handspring (s) Layout
- Running- Round-off Full, Round-off Back Handspring Full, Front Walk-over To Full, Punch Front To Full/Whip To Full, Arabian Land To Full

Level 5

- Standing- Back Handspring(s) Full, Jump Back Handspring(s) Full, Whip to Full, Back Handspring Series to Double Full, Jump Back Handspring Series to Double Full, Whip to Double Full
- Running- Arabian To Full, Double Full, Front Walk-over To Double Full, Punch Front To Double Full/Whip To Double Full, Arabian to Double Full, Double Series Back Handsprings to Double Full