

## **VIZION ALL STARS**

### LEVEL APPROPRIATE TUMBLING SKILLS

Athletes must display a MASTERY of the **\*REQUIRED\*** skills to be considered for a team. Having the **\*REQUIRED\*** level appropriate tumbling skills does **not guarantee** any athlete a position on that level team.

**\*ELITE\*** level appropriate skills are not required, but are highly recommended.

#### **LEVEL 1**

##### REQUIRED L1 SKILLS

- Forward Roll
- Handstand
- Cartwheel
- Round Off

##### ELITE L1 SKILLS

- Front Walkover
- Back Walkover
- Double Back Walkover
- Front Walkover, Round Off, Back Walkover
- Back Extension Roll

#### **LEVEL 2**

##### REQUIRED L2 SKILLS

- Back Handspring
- Round Off, Back Handspring
- Back Walkover, Back Handspring

##### ELITE L2 SKILLS

- Front Walk over, Round Off, Back Walkover
- Front Walkover, Round Off, Back Handspring Step Out, Round Off, Back Handspring
- Front Walkover, Back Handspring
- Back walkover, Back handspring

#### **LEVEL 3**

##### REQUIRED L3 SKILLS

- Quad Jumps connected to Double Back Handspring
- Round Off, Back Handspring, Back Tuck
- Round Off, Tuck

### ELITE L3 SKILLS

- Front Walkover, Round Off, Back Handspring
- Front Walkover, Round Off, Back Handspring Step Out, Round Back Handspring Tuck
- Punch Front
- Back Handspring Step Out, Round Off, Back Handspring

### **LEVEL 4**

#### REQUIRED L4 SKILLS

- Standing Back Tuck
- Quad Jump to Handspring Back Tuck
- Standing Double Back Handspring, Back Tuck
- Round Off, Back Handspring, Layout

#### ELITE L4 SKILLS

- Round Off, Back Handspring, Whip, Layout
- Standing Double Back Handspring, Whip, Handspring, Layout
- Tuck, Back Handspring, Tuck
- Punch Front, Round Off, Back Handspring Layout
- Front Handspring, Punch Front through to Layout / (add Whip)

### **LEVEL 5**

#### REQUIRED L5 SKILLS

- Standing, Hand, Hand, Full
- Toe Touch, Hand, Hand, Full
- Quad Jump Back Tuck
- Round Off, Back Handspring, Full

#### ELITE L5 SKILLS

- Round Off, Back Handspring, Double Full
- Full through Full
- Round Off, Back Handspring, Whip Full
- Punch Front through to Full
- Arabian through to Full
- 1 and ½ through to Full
- Standing Full
- Toe Touch Full

Any Standing/ Running combo pass to Full/ Double Full