

With the every changing rules in tumbling... Here are things that parents need and should be aware of. Below are skills that we are looking at when forming teams and finding a level that is appropriate for your athlete. A child should be 100% comfortable with the skills in that level and should have “mastered” the skills... meaning while being asked to dance, jump and stunt in 2 ½ minutes.. they are comfortable enough to also through the skill with technique that is impeccable.

Parents should not be as concerned about the level but rather can their athlete contribute at this level and be a “shining star” Placing athletes in levels that have not mastered not only creates stress on the athlete but can also lead to unnecessary injury.

If you are unsure where your child’s skills place them for next season, please schedule a one on one all-star evaluation with a coach, director or owner, who will bring you and your athlete out to the floor to review skills and discuss a game plan for next season!

Level 1 Tumbling - Skills that should be mastered at this level

- Bridge Kickover
- Back Walkover
- Front Walkover
- Power and Step Step Round Off
- Forward Roll
- Back Ward Roll
- Straddle Backward Roll
- Handstand Hold
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Level 2 Tumbling – Skills that should be mastered at this level

***** Mastered meaning the Technique is impeccable**

- Standing Backhandspring
- Round Off Series Backhandsprings
- Fly Spring
- Backwalkover Backhandspring
- Back Extension Roll
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Level 3 Tumbling – Skills that should be mastered at this level

***** Mastered meaning the Technique is impeccable**

- Punch Front
- Aerial
- Standing Series Backhandspring
- Round Off BHS Back Tuck
- Punch Front Stick Step Step Round Off BHS Back Tuck
- T Jump Standing BHS

Level 4 Tumbling – Skills that should be mastered at this level

***** Mastered meaning the technique is impeccable**

- Standing Tuck
- Layout
- Whip or Punch front thru to Layout

Restricted Level 5 Tumbling – Skills that should be mastered at this level

***** Mastered meaning the technique is impeccable**

- Triple Jump Standing Tuck
- Standing 2 BHS to a Full Twist
- Punch Front or Whip thru to a Full Twist

Level 5 Tumbling – Skills that should be mastered at this level

***** Mastered meaning the technique is impeccable**

- Quad Jump Standing Tuck
- Jump 2 BHS to Full Twist
- Punch Front or Whip thru to Full Twist
- Double Full ** Preferred