



SKILLS GRID

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5R	LEVEL 5 WORLDS
LEVEL APPROPRIATE						
STANDING	FORWARD ROLL HANDSTAND FORWARD ROLL BACKWARD ROLL CARTWHEEL STANDING BRIDGE BRIDGE KICK OVER	STANDING BACK HANDSPRING (BHS)	STANDING 3BHS JUMP CONNECTED TO 2BHS(s)	STANDING BHS TUCK	JUMP TUCK COMBINATION STANDING BHS(s) TO LAYOUT	JUMPS TO TUCK COMBINATION JUMPS TO BHS FULL STANDING BHS TO WHIP POP-FULL
RUNNING	ROUND-OFF	ROUND OFF BHS CARTWHEEL BHS	ROUND OFF BACK TUCK ROUND OFF BHS TUCK	ROUND OFF LAYOUT ROUND OFF BHS LAYOUT ONODI	ROUND OFF BHS FULL FRONT WALKOVER ROUND OFF BHS FULL	PUNCH FRONT ROUND OFF BHS FULL ROUND OFF BHS WHIP TO FULL ROUND OFF BHS WHIP POP- FULL
ADVANCE/ELITE						
STANDING	BACK WALKOVER FRONT WALKOVER BACKWALKER SWITCH LEG	BACK WALKOVER BHS BACK HANDSPRING STEP OUT BACK EXTENSION ROLL BACK HANDSPRING	STANDING BHS STEPOUT ROUND OFF BHS TUCK JUMPS TO MULTIPLE BHS BHS JUMP 2 BHS	STANDING TUCK JUMPS TO BHS(s) TUCK	JUMPS BHS(s) TO LAYOUT STANDING BHS TO WHIP TO LAYOUT	STANDING BHS(s) TO DOUBLE FULL JUMP STANDING BHS(s) TO DOUBLE FULL STANDING FULL JUMP TO STANDING FULL STANDING BHS(s) TO WHIP POP DOUBLE FULL
RUNNING	CARTWHEEL BACK WALKOVER FRONT WALKOVER CARTWHEEL BACK WALKOVER	ROUND OFF MULTIPLE BHS FRONT WALKOVER ROUND OFF BHS(s) ROUND OFF BHS HALF TURN ROUND OFF BHS(s)	FRONT WALKOVER TO ROUND OFF BHS TUCK AERIAL AERIAL ROUND OFF BHS TUCK PUNCH FRONT PUNCH FRONT ROUND OFF BHS TUCK	PUNCH FRONT STEP OUT ROUND OFF BHS LAYOUT WHIP TO LAYOUT ROUND OFF BHS WHIP POP LAYOUT FRONT HANDSPRING PUNCH FRONT TO ROUND OFF BHS LAYOUT	FRONT WALKOVER ROUND OFF BHS FULL PUNCH FRONT ROUND OFF BHS FULL WHIP TO FULL ROUND OFF ARABIAN PAUSE ROUND OFF BHS FULL	ROUND OFF BHS DOUBLE FULL PUNCH FRONT ROUND OFF BHS TO DOUBLE FULL WHIP TO DOUBLE FULL ARABIAN TO DOUBLE FULL WHIP POP DOUBLE FULL

We look at athletes tumbling skills as well as their overall abilities (stunting, jumps, etc.). Majority of the athletes will have all of the appropriate skills for their level and most will have advanced/elite skills. Athletes should be able to perform each skill with consistency and good technique.