**Level Requirements**

*LEVEL 1 SKILLS*

Basic Level 1 Tumbling Skills

* Back Walkover
* Front Walkover
* Cartwheel
* Round Off
* Forward Roll

Advanced Level 1 Tumbling Skills

* Connect Multiple Skills
* Round Off Back Walkover
* Cartwheel Back Walkover
* Front Walkover Round Off Back Walkover

Required Level 1 Tumbling Technique

* All of these skills must be performed with straight legs and pointed toes
* Feet must be together on landings

Level 1 Jumps

* Jumps such as Toe Touch, Hurdler, and Pike with correct arm placement and pointed toes

*LEVEL 2 SKILLS*

Basic Level 2 Tumbling Skills

* Standing Back Handspring
* Straight Jump Back Handspring
* Back Walkover Back Handspring
* Round Off Back Handspring
* Front Walkover Round Off Back Handspring
* Skills must be performed consistently during moderate endurance training and counts

Advanced Level 2 Tumbling Skills

* Round Off Three Back Handspring Series
* Back Handspring Step Out to a Front or Back Walkover
* Connecting Basic Skills in Multiple Variations
* Front Walkover Round Off Series of Back Handsprings
* Skills must be performed consistently during moderate endurance training and counts

Required Level 2 Tumbling Technique

* Skills should be performed with legs together and straight
* Landings from skill should be with feet together
* Toes must be pointed during the entire skill

Level 2 Jumps

* Three whipped jumps with correct arm placement, pointed toes, and feet together at the bottom

*LEVEL 3 SKILLS*

Basic Level 3 Tumbling Skills

* Standing Three Back Handsprings
* Round Off Back Handspring Back Tuck
* Toe Touch Back Handspring
* Skills must be performed consistently during moderate endurance training and counts

Advanced Level 3 Tumbling Skills

* Sequence of Three Jumps to Multiple Back Handsprings
* Front Walkover Round Off Back Handspring Back Tuck
* Punch Front Forward Roll Round Off Back Tuck/Back Handspring Back Tuck
* Back Handspring Toe Touch Back Handspring
* Skills must be performed consistently during moderate endurance training and counts

Required Level 3 Technique

* Skills must be performed with straight legs and pointed toes
* Feet must land together
* Tucks must be performed with good body positions including a set with arms up and shoulders and head riding to the top, tight rotation, and stuck landing

Level 3 Jumps

* Three whipped jumps with correct arm placement, pointed toes, good extensions, and feet together on landings

*LEVEL 4 SKILLS*

Basic Level 4 Tumbling Skills

* Standing Back Tuck (Must be able to stick multiple tucks in repetition)
* Toe Touch Back Handspring Back Tuck
* Round Off Back Handspring Layout
* Standing 2-3 Back Handspring to a Layout
* Skills must be performed consistently during moderate to high-intensity endurance training and counts

Advanced Level 4 Tumbling Skills

* Multiple Jumps to a Back Handspring Tuck
* Punch Front Step Out Round Off Back Handspring to a Layout
* Running Whip to Layout
* Standing Back Handspring Whip Layout Pass
* Standing Back Tuck Two Back Handsprings to a Layout
* Skills must be performed during moderate to high-intensity endurance training and counts

Required Level 4 Tumbling Technique

* Tucks must be performed with good body positions including a set with arms up and shoulders and head riding to the top, tight rotation, and stuck landing
* Layouts must be performed in a hollow body position with legs straight and toes pointed

Level 4 Jumps

* Three whipped jumps with correct arm placement, pointed toes, good extensions, and feet together on landings