

Tumbling 1- No requirements

Must have these skills to advance to Tumbling 2

- Forward Roll
- Handstand
- Cartwheel
- Bridge
- Backward Roll
- Bridge Kickover

Tumbling 2 – Must have Tumbling 1 Skills

Must have these skills to advance to Tumbling 3

- Roundoff
- Handstand, bridge, stand-up OR front walkover
- Backbend or Back Walkover
- Back Handspring over barrel
- Back Handspring (On Tumbl Trak or Wedge)

Tumbling 3 – Must have Level 2 Skills

Must have these skills to advance to Tumbling ADVANCED

- Roundoff back handspring on Tumbl Trak & Floor
- 2 Back Handsprings on Tumbl Trak
- Standing back handspring on floor
- Back tuck with spot or over the Barrel
- Front tuck on Tumbl Trak

Advanced Tumbling

- Roundoff back handspring series on floor
- Back tuck on Tumbl Trak
- Front handspring on floor
- Back layout
- Twisting