
TUMBLE REQUIREMENTS

This document outline skills that we look for when placing athletes. These skills are not extensive, but are the basic skills for each level of team.

PREP LEVEL 1

- Back Extension Roll
- BWO
- FWO
- Cartwheel - BWO
- Handstand Forward Roll - Cartwheel
- Roundoff

ELITE LEVEL 2

- BWO Switch - BHS
- BHS Step Out - BWO - BHS
- Valdez - BHS
- Flyspring
- Cartwheel - BHS Series
- Roundoff - BHS Series
- FWO - Roundoff - BHS
- Cartwheel - BHS Step Out - BWO - BHS

ELITE LEVEL 4

- BHS - Tuck
- Toe Touch - BHS - Tuck
- RO - BHS - Layout
- FWO - RO - BHS - Layout
- Punch Front Step Out - RO - BHS - Layout
- RO - BHS - Whip - BHS - Layout

ELITE LEVEL 1

- BWO Series
- BWO Switch
- Back Extension Roll - BWO
- Valdez
- Cartwheel - BWO Series
- FWO - Cartwheel

ELITE LEVEL 3

- BHS Step Out - BHS Series
- BHS Step Out - BWO - BHS Series
- FWO - Aerial
- RO - BHS - Tuck
- FWO - RO - BHS - Tuck

ELITE LEVEL 5

- BHS - Whip - Tuck
- BHS - Layout
- Toe Touch - BHS - Layout
- RO - BHS - Full
- Punch Front Step Out - RO - BHS - Full
- RO - Arabian - BHS - Layout