



2024-2025 TUMBLING REQUIREMENTS

The purpose of this document is to manage expectations and to educate our athletes and families on how tumbling will be evaluated for the 2024-2025 Cheer Season.

For Season 8 tryouts, we will be evaluating tumbling skills with the following requirements...

- **Athletes must perform ALL highlighted skills listed IN ADDITION to 2 different ELITE level skills to be considered for that level.**
- **All skills must be perfected and performed with correct technique.**
- **Skills with incorrect technique will not receive credit during evaluations.**
- **Skills with a spot or on a tumble track will not receive credit.**
- **Only skills performed at the day and time of evaluations will receive credit (no tumbling classes, private lessons etc.)**

The ONLY exception to these tumbling requirements will be for teams that need certain stunting positions. This is decided based off of TEAM NEEDS, not individual athlete expectations or desires.

Previous team/season placements are not an exception to tumbling requirements.

EVERY SEASON IS A CLEAN SLATE.

Tumbling skills will continue to be evaluated through the summer months and could affect final team placements. Athletes can be moved up AND/OR down if skills are gained, or lost.

Just because an athlete is performing level appropriate tumbling, does not mean they will be placed at that level. Stunting is the majority of the score sheet and will be a crucial part of final team placement.

2024-2025 TUMBLING REQUIREMENTS

Below are the tumbling requirements for LEVEL 1.

For the 2024-2025 cheer season, athletes will need to perform the highlighted skills, along with 2 other **ELITE** skills in order to be placed at that level.

THE ONLY EXCEPTIONS TO THESE REQUIREMENTS WILL BE FOR TEAM SPECIFIC STUNTING NEEDS. PREVIOUS SEASON PLACEMENTS, LOST SKILLS, SKILLS ON TUMBLE TRACK OR WITH A SPOT WILL NOT COUNT. ONLY PERFECTED SKILLS PERFORMED AT TRYOUTS WILL BE USED TO DECIDE SUMMER PRACTICE GROUPS AND TEAM PLACEMENT

LEVEL 1 STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • Forward Roll • Straddle Roll • Bridge • Backward Roll (BWR) • Handstand • Backbend Kick Over • Backbend (from standing) • Front/Back Limber 	<ul style="list-style-type: none"> • Handstand Forward Roll • Back Walkover (BWO) • BWO - BWR - BWO 	<ul style="list-style-type: none"> • Back Walkover Series • Back Walkover Switch Leg • Back Extension Roll • Back Extension Roll - BWO/BWO Series • Valdez

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • Cartwheel (CW) • Cartwheel - Backward Roll 	<ul style="list-style-type: none"> • Round Off (RO) • Front Walkover (FWO) • Front Walkover Series • Cartwheel - BWO 	<ul style="list-style-type: none"> • Cartwheel - BWO Series • FWO - Cartwheel/RO • FWO - CW - BWO • FWO - CW - BWO Series • FWO - CW - BWO Switch Leg



2024-2025 TUMBLING REQUIREMENTS

Below are the tumbling requirements for LEVEL 2.

For the 2024-2025 cheer season, athletes will need to perform the highlighted skills, along with 2 other **ELITE** skills in order to be placed at that level.

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PLACEMENT

LEVEL 2

STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> Back Handspring (BHS) Back Handspring Step Out 	<ul style="list-style-type: none"> Back Walkover - BHS Back Walkover - BHS Step Out BHS Step Out - Back Walkover 	<ul style="list-style-type: none"> BWO - BHS Step Out - BWO BWO Switch Leg - BHS BHS Step Out - BWO - BHS Valdez - BHS Valdez - BHS Step Out Back Extension Roll - BHS Back Extension Roll - BHS Step Out

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> Cartwheel - BHS Round Off (RO) - BHS 	<ul style="list-style-type: none"> Round Off (RO) - BHS Step Out CW - BHS Step Out Front Handspring (FHS) FWO - FHS 	<ul style="list-style-type: none"> Series Front Handsprings Bounder/Flyspring CW - BHS Series RO - BHS Series FWO - RO - BHS FWO - RO - BHS Series CW - BHS Step Out - BWO - BHS RO - BHS Step Out - BWO - BHS



2024-2025 TUMBLING REQUIREMENTS

Below are the tumbling requirements for LEVEL 3.

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PLACEMENT

LEVEL 3

STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> BHS - BHS BHS Step out - BHS Step Out Jump - BHS Jump - BHS Step Out BHS - Jump BHS Step Out - Jump 	<ul style="list-style-type: none"> BWO - BHS Series BHS - BHS - BHS or More Jump - BHS Series 	<ul style="list-style-type: none"> BHS - Jump - BHS BHS Series - Jump - BHS Series Jump - BHS - Jump - BHS BHS Step Out - BHS - BHS Series BHS Step Out - BWO - BHS Series BWO - BHS - Jump - BHS BWO - BHS - Jump - BHS Series

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> Round Off - Tuck Aerial 	<ul style="list-style-type: none"> Punch Front Round Off - BHS Series - Tuck 	<ul style="list-style-type: none"> FWO - Aerial Flyspring - Aerial Round Off - BHS - Tuck RO - BHS Step Out - 1/2 Turn - RO - Tuck FWO - RO - to Tuck Bounder - RO- to Tuck Flyspring - RO - to Tuck Front Handspring - Front Tuck



2024-2025 TUMBLING REQUIREMENTS

Below are the tumbling requirements for LEVEL 4.

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PLACEMENT

LEVEL 4

STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> Standing Tuck Backwardf Roll - Tuck 	<ul style="list-style-type: none"> BHS Series - Tuck Onodi Bwo - Tuck Back Extension Roll - Tuck Valdez - Tuck 	<ul style="list-style-type: none"> BHS - Tuck BHS Step Out - Tuck Jump - BHS Series - Tuck Jump - BHS - Tuck

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> Cartwheel - Tuck FWO - CW - Tuck Round Off - Layout Round Off - Onodi Front Aerial Front Aerial - RO - to Tuck 	<ul style="list-style-type: none"> PF Step Out - Aerial Round Off - BHS Series - Layout PF Step Out - RO - to Tuck Aerial - Tuck FWO - Aerial - Tuck Round Off - Whip - to Tuck FWO - RO - Whip - to Tuck PF Step Out - RO - Whip - to Tuck Front Handspring - PF Step Out - RO - to Tuck 	<ul style="list-style-type: none"> RO - BHS - Layout RO - BHS - Layout Step Out FWO - RO - to Layout Front Aerial - RO - BHS - Layout PF Step Out - RO - BHS - Layout RO - Whip - BHS - Layout FWO - RO - Whip - BHS - Layout PF Step Out - RO - Whip - BHS - Layout



2024-2025 TUMBLING REQUIREMENTS

Below are the tumbling requirements for LEVEL 5.

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PLACEMENT

LEVEL 5

STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> Tuck - BHS - Tuck Tuck - BHS Series - Tuck BHS - Tuck - Tuck BHS Series - Tuck - Tuck 	<ul style="list-style-type: none"> Jump - Tuck BHS Series - Whip - BHS - Tuck BHS - Whip - BHS - Tuck Jump - BHS Series - Whip - BHS - Tuck Jump - BHS Series - Whip - Tuck BHS Series - Layout BHS Series - Whip - Tuck 	<ul style="list-style-type: none"> BHS - Whip - Tuck BHS - Layout Jump - BHS - Layout Jump - BHS Series - Layout Jump - BHS - Whip - Tuck BHS - Whip - BHS - Layout BHS - Whip - to Layout Step Out Jump - BHS - Whip - BHS - Layout

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> Barani RO - Half RO - Full 	<ul style="list-style-type: none"> FHS - Barani RO - BHS Series - Full RO - Arabian Aerial - to Full Barani - to Layout 	<ul style="list-style-type: none"> Front Full RO - BHS - Full FWO - RO - to Full Barani - to Full PF Step Out - RO - to Full RO - Whip - to Full PF Step Out - RO - Whip - to Full Front Handspring - PF Step Out - RO - Whip - to Full



2024-2025 TUMBLING REQUIREMENTS

Below are the tumbling requirements for LEVEL 6.

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PLACEMENT

LEVEL 6

STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • ADV Jump - Tuck 	<ul style="list-style-type: none"> • BHS Series Full • ADV Jump - BHS Series - Full • BHS - Whip - BHS Series - Full • BHS Series - Whip - Full • BHS - Whip - to Full 	<ul style="list-style-type: none"> • BHS - Full • ADV Jump - BHS - Full • Standing Full • ADV Jump - Full • BHS - Whip - Full • ADV Jump - BHS - Whip - Full • BHS Series - Double Full • ADV Jump - BHS Series - Double Full • BHS - Whip - BHS Series - Double Full • BHS - Whip - Double Full • ADV Jump - BHS - Whip - Double Full • ADV Jump - BHS Series - Whip - Double Full • BHS Series - Full - Whip - Full • BHS Series - Full - Whip - Double Full • BHS Series - Double Full - Whip - Double Full

RUNNING TUMBLING

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PLACEMENT

LEVEL 6

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • Cartwheel - Full • RO - Full • RO - BHS - Full • RO - BHS Series - Full • FWO - to Full • Aerial - Full • RO - Onodi - to Full • Front Full 	<ul style="list-style-type: none"> • RO - BHS - Kick Full • RO - BHS - Full Step Out • PF Step Out - to Full • RO - Whip - Full • RO - Whip - BHS - Full • 1.5 Twisting Front Layout 	<ul style="list-style-type: none"> • RO - Arabian - RO - to Full • Front Handspring - Front Full • Front Handspring - PF - RO - to Full • RO - BHS - Full - to Full • RO - to Full - Full • RO - to 1.5 Step Out - to Full • 1.5 Twisting Front Layout - to Full • 1.5 Twisting Front Layout - to Double Full • RO - Double Full • RO - to Double Full • FWO - to Double Full • PF Step Out - to Double Full • RO - Whip - BHS - Double Full • RO - Whip - Double Full • RO - Arabian - to Double Full • RO - to Full - to Double Full • RO - to 1.5 Step Out - to Double Full • RO - to Double - BHS Series - to Double Full • RO - to Full - Whip - to Double Full • PF Step Out - RO - to Whip - to Double Full • RO - to Double Full - Whip - Double Full • PF Step Out - RO - Arabian - RO - Whip - Double Full

