

LEVEL BREAKDOWN FOR TRYOUTS & EVALUATIONS

Your child must demonstrate all the skills **IN RED** in order to secure a spot within a specific level (In addition to being able to stunt that level). Athletes will be able to show 2 standing and 2 running passes for tryouts. Coaches may ask athletes to throw an additional skill if needed based on potential choreography goals.

The execution of the skills being performed must be clean and precise to count.

Tumbling will be judged based on the Varsity scoring system and the “drivers” used for technique scores.

DRIVERS: Speed/Body Control/Approach/Landings/Timing

If you have questions, ask any of our instructors for help! Stunt positions and tumble positions are offered on each team, so certain exceptions apply. If you're new to our program and have no tumble experience, attend the Level 1 tryout and we will take care of you!

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6/7
LEVEL APPROPRIATE						
STANDING	<ul style="list-style-type: none"> FORWARD ROLL HANDSTAND FORWARD ROLL BACKWARD ROLL CARTWHEEL BRIDGE KICK OVER 	<ul style="list-style-type: none"> BACK HANDSPRING (BHS) 	<ul style="list-style-type: none"> STANDING 3 BHS JUMP CONNECTED TO 2 OR 3 BHS(s) 	<ul style="list-style-type: none"> STANDING BHS TUCK STANDING TUCK 	<ul style="list-style-type: none"> JUMP TUCK COMBINATION BHS(s) TO LAYOUT 	<ul style="list-style-type: none"> JUMPS TO TUCK COMBINATION JUMPS TO BHS FULL 1 or 2 BHS TO FULL BHS TO WHIP POP-FULL
RUNNING	<ul style="list-style-type: none"> ROUND-OFF 	<ul style="list-style-type: none"> ROUND OFF BHS(s) CARTWHEEL BHS 	<ul style="list-style-type: none"> ROUND OFF BACK TUCK ROUND OFF BHS TUCK 	<ul style="list-style-type: none"> ROUND OFF LAYOUT ROUND OFF BHS LAYOUT 	<ul style="list-style-type: none"> ROUND OFF BHS FULL FRONT WALKOVER ROUND OFF BHS FULL 	<ul style="list-style-type: none"> COMBO TO FULL PUNCH FRONT ROUND OFF BHS FULL ROUND OFF BHS WHIP TO FULL ROUND OFF BHS WHIP POP-FULL
ADVANCE/ELITE						
STANDING	<ul style="list-style-type: none"> BACK EXTENSION ROLL BACK WALKOVER FRONT WALKOVER BACKWALKER SWITCH LEG 	<ul style="list-style-type: none"> BACK WALKOVER BHS BACK HANDSPRING BACK EXTENSION ROLL BACK HANDSPRING 	<ul style="list-style-type: none"> BHS STEPOUT ROUND OFF BHS TUCK BHS JUMP 2 BHS 	<ul style="list-style-type: none"> JUMPS TO BHS(s) TUCK 	<ul style="list-style-type: none"> JUMPS BHS(s) TO LAYOUT BHS TO WHIP TO LAYOUT 	<ul style="list-style-type: none"> MULTIPLE BHS TO DOUBLE FULL JUMP TO BHS(s) TO DOUBLE FULL STANDING FULL JUMP TO STANDING FULL BHS(s) TO WHIP POP DOUBLE FULL
RUNNING	<ul style="list-style-type: none"> CARTWHEEL BACK WALKOVER FRONT WALKOVER CARTWHEEL BACK WALKOVER 	<ul style="list-style-type: none"> COMBINATION TO RO BHS FRONT WALKOVER ROUND OFF BHS(s) ROUND OFF BHS HALF TURN ROUND OFF BHS(s) 	<ul style="list-style-type: none"> FRONT WALKOVER TO ROUND OFF BHS TUC AERIAL AERIAL ROUND OFF BHS TUCK PUNCH FRONT PUNCH FRONT ROUND OFF BHS TUCK 	<ul style="list-style-type: none"> PUCH FRONT STEP OUT ROUND OFF BHS LAYUOT WHIP TO LAYOUT ROUND OFF BHS WHIP POP LAYOUT FRONT HANDSPRING PUNCH FRONT TO ROUND OFF BHS LAYOUT 	<ul style="list-style-type: none"> FRONT WALKOVER ROUND OFF BHS FULL PUNCH FRONT ROUND OFF BHS FULL WHIP TO FULL ROUND OFF ARABIAN PAUSE ROUND OFF BHS FULL 	<ul style="list-style-type: none"> 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.