



## **TUMBLING REQUIREMENTS**

**The purpose of this document is to manage expectations and to educate our athletes and families on how tumbling will be evaluated at Divine Athletics Cheer.**

**At 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.**

# TUMBLING REQUIREMENTS

Below are the tumbling requirements for LEVEL 1.

**Athletes will need to perform the highlighted 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"><li>• Forward Roll</li><li>• Straddle Roll</li><li>• Bridge</li><li>• Backward Roll (BWR)</li><li>• Handstand</li><li>• Backbend Kick Over</li><li>• Backbend (from standing)</li><li>• Front/Back Limber</li></ul>	<ul style="list-style-type: none"><li>• Handstand Forward Roll</li><li>• <b><u>Back Walkover (BWO)</u></b></li><li>• BWO - BWR - BWO</li></ul>	<ul style="list-style-type: none"><li>• <b><u>Back Walkover-Back Walkover</u></b></li><li>• <b><u>Back Walkover Switch Leg</u></b></li><li>• Back Extension Roll</li><li>• Back Extension Roll - BWO/BWO Series</li><li>• Valdez</li></ul>

## RUNNING TUMBLING

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



# TUMBLING REQUIREMENTS

Below are the tumbling requirements for LEVEL 2.

Athletes will need to perform the highlighted 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 2 STANDING TUMBLING

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

## RUNNING TUMBLING

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



# TUMBLING REQUIREMENTS

Below are the tumbling requirements for LEVEL 3.

Athletes will need to perform the highlighted 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 3 STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"><li>• BHS - BHS</li><li>• BHS Step out - BHS Step Out</li><li>• Jump - BHS</li><li>• Jump - BHS Step Out</li><li>• BHS - Jump</li><li>• BHS Step Out - Jump</li></ul>	<ul style="list-style-type: none"><li>• BWO - BHS Series</li><li>• <b>BHS - BHS - BHS</b></li><li>• Jump - BHS Series</li></ul>	<ul style="list-style-type: none"><li>• BHS - Jump - BHS</li><li>• BHS Series - Jump - BHS Series</li><li>• Jump - BHS - Jump - BHS</li><li>• <b>BHS Step Out - BHS - BHS</b></li><li>• <b>BHS Step Out - BWO - BHS - BHS</b></li><li>• BWO - BHS - Jump - BHS</li><li>• BWO - BHS - Jump - BHS Series</li></ul>

## RUNNING TUMBLING

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



# TUMBLING REQUIREMENTS

Below are the tumbling requirements for LEVEL 4.

**Athletes will need to perform the highlighted 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 4 STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"><li>• <b>Standing Tuck</b></li><li>• Backward Roll - Tuck</li></ul>	<ul style="list-style-type: none"><li>• <b>BHS - BHS - Tuck</b></li><li>• Onodi</li><li>• <b>BWO - Tuck</b></li><li>• Back Extension Roll - Tuck</li><li>• Valdez - Tuck</li></ul>	<ul style="list-style-type: none"><li>• <b>BHS - Tuck</b></li><li>• BHS Step Out - Tuck</li><li>• Jump - BHS Series - Tuck</li><li>• <b>Jump - BHS - Tuck</b></li></ul>

## RUNNING TUMBLING

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



# TUMBLING REQUIREMENTS

Below are the tumbling requirements for LEVEL 5.

**Athletes will need to perform the highlighted 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 5 STANDING TUMBLING

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

## RUNNING TUMBLING

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



# TUMBLING REQUIREMENTS

Below are the tumbling requirements for LEVEL 6.

Athletes will need to perform the highlighted 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 6 STANDING TUMBLING

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

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# TUMBLING REQUIREMENTS

Below are the tumbling requirements for LEVEL 6.

**Athletes will need to perform the highlighted 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 6 RUNNING TUMBLING

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

