

# 2019 - 2020 ALL STAR PREP SCORING SYSTEM - TUMBLING

## LEVEL 1

### STANDING TUMBLING SKILLS

FORWARD ROLL • STRADDLE ROLL • HANDSTAND • HANDSTAND FORWARD ROLL • FRONT LIMBER  
 FRONT WALK OVER • CARTWHEEL • BACKWARD ROLL  
 BACK EXTENSION ROLL • PUSH UP TO BACKBEND • STANDING BACKBEND  
 BACKBEND KICK OVER • BACK WALKOVER

### RUNNING TUMBLING SKILLS

CARTWHEEL • FRONT WALKOVER • ROUND OFF • CARTWHEEL BACK WALKOVER  
 FRONT WALKOVER TO CARTWHEEL/ROUND OFF  
 CARTWHEEL 1/2 TURN FRONT WALKOVER • CONNECTED SKILLS -CARTWHEEL/BACK WALKOVER

## LEVEL 2

### STANDING TUMBLING SKILLS

STANDING BACK HANDSPRING • BACK HANDSPRING STEP OUT  
 BACK EXTENSION ROLL BACK HANDSPRING • BACK WALKOVER BACK HANDSPRING

### RUNNING TUMBLING SKILLS

CARTWHEEL BHS • ROUND OFF BHS • ROUND OFF BHS STEP OUT  
 ROUND OFF BHS SERIES • FRONT WALKOVER TO ROUND OFF BHS SERIES