

School/Traditional Rec



Max Tumbling



LEVEL 1

Standing Tumbling

Running Tumbling

Level Appropriate	Forward Roll • Staddle Roll • Backward Roll • Handstand • Cartwheel Handstand Forward Roll • Backbend Kickover • Standing Backbend • Front Limber/Back Limber • Front Walkover • Back Walkover • 1 Arm Back/Front Walkover • Back Extension Roll Back Walkover Switch Leg • Valdez Push up to backbend was removed from this list due to it being a shape and not a tumbling skill.	Cartwheel • RO • Front Walkover • Cartwheel Backwalkover • Front Walkover - Cartwheel/Roundoff
Elite Level Appropriate	Elite Level includes combination of two (2) or more level appropriate skills connected. A pause, clean, or step between skills will not count as connected skills. BWO - BWO • VZ - BWO • BER - BWO • BWO - BER	Elite level includes three (3) or more level appropriate skills connected A pause, clean, or step between skills will not count as connected skills. Front Walkover - Cartwheel - Back Walkover (Variations)

LEVEL 2

Standing Tumbling

Running Tumbling

Level Appropriate	Back Handspring Variation • Back Handspring Step Out	Cartwheel - BHS • RO - BHS • RO - BHS Step Out • Front Handspring • Bounder/Flyspring
Elite Level Appropriate	Elite Level skills include two (2) or more connecting skills including at least one (1) level appropriate skill BWO Switch Leg - BHS • BHS Step Out - BWO - BHS • Valdez - BHS • Valdez - BHS Step Out Back Extension Roll - Back Handspring • Back Walkover - Back Handspring Back Walkover - Back Handspring Step Out	Elite Level skills includes three (3) or more connecting skills including at least one (1) level appropriate skill RO - BHS Series • FWO - RO - BHS/BHS Series • RO - BHS - Rebound - RO - BHS