

2026-2027 TRYOUTS

TUMBLING SKILLS



NOVICE

- Forward Roll
- Cartwheel
- Backwards Roll
- Bridge Kickover
- Back Walkover*
- Front Walkover*

* Indicates Advanced Novice *

PREP 1

STANDING

- Back Walkover
- Front Walkover

RUNNING

- Cartwheel
- Back Walkover

PREP 2

STANDING

- BHS: Back Handspring
- BWO to BHS

RUNNING

- Roundoff BHS
- Flyspring or Bounder

LEVEL 1

STANDING

- Switch Kick
- Back Walkover
- Back Walkover Series (2 or 3)
- Valdez

RUNNING

- Front Walkover to Cartwheel
- Cartwheel to BWO Series
- HS Twister

LEVEL 2

STANDING

- BWO BHS
- Switch Kick
- BWO to BHS
- BHS Step-Out to BWO BHS

RUNNING

- Roundoff
- Double BHS
- Flyspring
- Cartwheel
- Double BHS

LEVEL 3

STANDING

- BWO thru to Double BHS
- BHS Step-Out to Double BHS
- BHS Series

RUNNING

- Roundoff BHS to Tuck
- Front Walkover to Aerial
- FHS Front Tuck

LEVEL 4

STANDING

- Back Tuck
- BHS Step-Out to Tuck
- BHS to Tuck (1 or 2 BHS)

RUNNING

- Roundoff BHS to Layout
- RO Whip Tuck
- Front Tuck to Layout

MUST SHOW: 2 STANDING AND 2 RUNNING PASSES