

ALL STAR SCORING SYSTEM - TUMBLING

LEVEL 1

STANDING TUMBLING SKILLS

FORWARD ROLL
 STRADDLE ROLL
 HAND STAND
 HAND STAND FORWARD ROLL
 FRONT LIMBER
 FRONT WALK OVER
 CARTWHEEL
 BACKWARD ROLL
 BACK EXTENSION ROLL
 PUSH UP TO BACKBEND
 STANDING BACKBEND
 BACKBEND KICK OVER
 BACK WALKOVER
 CONNECTED SKILLS - CARTWHEEL/BACK WALKOVER

RUNNING TUMBLING SKILLS

ROUND OFF
 CARTWHEEL BACK WALKOVER
 FRONT WALKOVER TO CARTWHEEL/ROUND OFF
 CARTWHEEL 1/2 TURN FRONT 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
 ROUND OFF BHS SERIES STEP OUT
 ROUND OFF BHS STEP OUT TO RO BHS
 FRONT WALKOVER TO RO/FWO TO BHS SERIES

LEVEL 3

STANDING TUMBLING SKILLS

SERIES BHS
 JUMP TO BHS
 JUMP TO BHS SERIES
 BHS SERIES JUMP BHS SERIES
 BHS STEP OUT BHS COMBO

RUNNING TUMBLING SKILLS

ARIELS
 PUNCH FRONT FORWARD ROLL
 PUNCH FRONT
 ROUND OFF TUCK
 ROUND OFF BHS BACK TUCK
 ROUND OFF BHS SERIES TO BACK TUCK
 FRONT WALKOVER TO ROUND OFF BHS BACK TUCK
 FRONT WALKOVER TO ROUND OFF BHS SERIES BACK TUCK

ALL STAR SCORING SYSTEM - TUMBLING

LEVEL 4

STANDING TUMBLING SKILLS

STANDING BACK TUCK
 BHS BACK TUCK
 SERIES TO BACK TUCK
 JUMP BHS BACK TUCK
 BACK WALKOVER BHS BACK TUCK
 BHS SERIES TO LAYOUT
 BHS BACK TUCK BHS BACK TUCK
 BHS BACK TUCK BHS LAYOUT
 JUMP TO BHS SERIES TO BACK TUCK/LAYOUT
 BHS WHIP TO BHS SERIES TO BACK TUCK/LAYOUT

RUNNING TUMBLING SKILLS

CARTWHEEL BACK TUCK
 ROUND OFF LAYOUT
 ROUND OFF BHS LAYOUT / LAYOUT STEPOUT / X-OUT
 ROUND OFF SERIES TO LAYOUT
 FRONT WALKOVER THROUGH TO LAYOUT
 PUNCH FRONT STEPOUT TO LAYOUT
 ROUND OFF BHS SERIES TO LAYOUT
 ROUND OFF BHS WHIP BHS TO LAYOUT
 PUNCH FRONT STEPOUT BHS WHIP BHS TO BACK TUCK
 PUNCH FRONT STEPOUT BHS WHIP BHS TO LAYOUT
 FRONT HANDSPRING PUNCH FRONT
 FRONT HANDSPRING PUNCH FRONT THROUGH TO ROUND OFF BHS BACK TUCK/LAYOUT

LEVEL 5

STANDING TUMBLING SKILLS

JUMP BACK TUCK
 STANDING FULL
 BHS FULL
 SERIES TO FULL
 JUMP BHS FULL
 BHS SERIES TO FULL
 JUMP BHS SERIES TO FULL
 BHS WHIP TO BHS SERIES TO FULL
 SERIES TO DOUBLE FULL
 JUMP BHS SERIES TO DOUBLE FULL
 BHS WHIP TO BHS SERIES TO DOUBLE FULL

RUNNING TUMBLING SKILLS

CARTWHEEL FULL
 ROUND OFF FULL
 ROUND OFF BHS FULL
 FRONT WALKOVER THROUGH TO FULL
 PUNCH FRONT STEPOUT TO FULL
 ROUND OFF BHS WHIP TO FULL
 ROUND OFF ARABIAN ROUND OFF BHS FULL
 ROUND OFF BHS FULL BHS SERIES TO FULL
 ROUND OFF DOUBLE FULL
 ROUND OFF BHS DOUBLE FULL
 FRONT WALKOVER THROUGH TO DOUBLE FULL
 PUNCH FRONT STEPOUT TO DOUBLE FULL
 ROUND OFF BHS WHIP TO DOUBLE FULL
 ROUND OFF ARABIAN ROUND OFF BHS DOUBLE FULL
 ROUND OFF BHS FULL BHS SERIES TO DOUBLE FULL
 ROUND OFF BHS DOUBLE FULL BHS SERIES TO DOUBLE FULL