



**MONTANA
PERFORMANCE
GYM**

Regional & National Tumbling

REQUIREMENTS

2023-2024

MONTANAPERFORMANCEGYM.COM

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OVERVIEW

The following pages reflect a list of standing and running tumbling skills required for Elite teams. To be eligible for the specified Elite level, athlete's **must** be able to perform, at a minimum two(2) of the standing skills and a minimum of two(2) of the running skills listed. Each skill performed needs to demonstrate *excellent technique*.

Performing two(2) of each skill does not guarantee a spot on the desired Elite level team. There are many factors that go in to determine an athlete's level, outside of their tumbling. As outlined in the 2022-2023 All Star Cheer Information handbook.

Prep teams do not require any tumbling experience.



LEVEL 1

Standing Tumbling

Back Extension Roll

Back Walkover (BWO)

Handstand Forward Roll

Front Walkover (FWO)

Back Walkover Series

Back Walkover Switch

Back Extension Roll to BWO/ BWO Series

Running Tumbling

Front Walkover Series

Cartwheel - Back Walk Over/ BWO series

FWO - Cartwheel/Round Off

FWO - CW - BWO/BWO Series

FWO - CW - BWO Switch Leg

*A series is three or more of the same skill performed consecutively by an athlete.

LEVEL 2

Standing Tumbling

Back Extension Roll - Back Hand Spring (BHS)

Back Walkover - BHS

Back Walkover - BHS Step Out

BWO - BHS Step Out - BWO

BWO Switch Leg - BHS

BHS Step Out - BWO - BHS

Running Tumbling

Round Off (RO) - BHS Step Out

CW - BHS Series

RO - BHS Series

Front Handspring

Series Front Handsprings

Bounder/Flyspring

FWO - RO - BHS/BHS Series

CW - BHS Step Out - BWO - BHS/BHS Series

RO - BHS Step Out - BWO - BHS/BHS Series

*A series is three or more of the same skill performed consecutively by an athlete.

LEVEL 3

Standing Tumbling

BWO - BHS Series

BHS - BHS - BHS or more

Jump - BHS Series

BHS Series - Jump - BHS/BHS Series

Jump - BHS - Jump - BHS

BHS Step out - BHS/BHS Series

BHS Step out - BWO - BHS Series

BWO - BHS - Jump - BHS/BHS Series

Running Tumbling

Punch Front

Round Off - BHS - Tuck

Round Off - BHS Series - Tuck

FWO - Aerial

FWO - RO - to - Tuck

Bounder/Flyspring - RO - to - Tuck

*A series is three or more of the same skill performed consecutively by an athlete.

LEVEL 4

Standing Tumbling

BHS Series - Back Tuck

Onodi

BWO - Tuck

BHS/BHS step out - Back Tuck

Jump - BHS Series - Back Tuck

Jump - BHS - Back Tuck

Running Tumbling

Round off - BHS -
Layout/Layout step out/X-
Out/Switch Leg

Round off - Whip - to -
Tuck

Round off - Onodi - to -
Whip/Layout

Round off - to - Whip - to
- Tuck/Whip/Layout

PF step out - RO - to - Tuck

FWO - Round off - to -
Whip - to -
Tuck/Whip/Layout

Front Walkover - RO - to -
Whip/Layout

PF step out - RO - to -
Whip - to -
Tuck/Whip/Layout

Aerial - Back Tuck

Front Handspring - PF
step out - RO - to -
Tuck/Whip/Layout

FWO - Aerial - Back Tuck

PF step out - RO - to -
Layout

Front Aerial - RO - to - Whip -
Tuck/Layout

Front Handspring - PF
step out - RO - to - Whip
- to - Tuck/Whip/Layout

Front Handspring - Punch
Front

*A series is three or more of the same skill performed consecutively by an athlete.

Tumbling

GLOSSARY

Skill	Acronym
Back Walk Over	BWO
Front Walk Over	FWO
Round Off	RO
Cartwheel	CW
Back Hand Spring	BHS
Front Hand Spring	FHS
Punch Front	PF
Series	is three or more of the same skill performed consecutively by an athlete.