



# Allstar Tumbling Level Assessments

## ENTRY LEVEL

## ADVANCED

## ELITE

Level 1 Standing	Forward Roll Straddle Roll Pushup to Backbend Backward Roll	Handstand Cartwheel Handstand Forward Roll Backbend Kick Over Standing Backbend Front Limber/Back Limber	Front Walkover Back Walkover 1 Arm Back/Front Walkover Back Extension Roll Back Walkover Switch Leg Valdez
Level 1 Running	Cartwheel (CW)	Front Walkover (FWO) Round Off (RO)	Cartwheel - BWO FWO - Cartwheel/Round Off FWO - CW - BWO FWO - CW - BWO Switch Leg
Level 2 Standing	Back Handspring (BHS) Back Handspring Step Out	Back Extension Roll - BHS Back Walkover - BHS BWO - BHS Step Out	BWO - BHS Step Out - BWO BWO Switch Leg - BHS BHS Step Out - BWO - BHS Valdez - BHS/BHS Step Out
Level 2 Running	Cartwheel - BHS Round Off (RO) - BHS RO - BHS Step Out	RO - BHS Series	Series Front Handsprings Boulder/Flyspring FWO - RO - BHS/BHS Series RO - BHS Step Out - BWO - BHS Series
Level 3 Standing	BHS Series Jump - BHS	BWO - BHS Series Jump - BHS Series BHS - JUMP - BHS	BHS Series - Jump - BHS Series Jump - BHS - Jump - BHS BHS Step out - BHS/BHS Series BHS Step out - BWO - BHS/BHS Series BWO - BHS - Jump - BHS/BHS Series
Level 3 Running	Aerials Punch Fronts Round Off - Tuck	Round Off - BHS - Tuck Round Off - BHS Series - Tuck	FWO - Aerial RO - BHS Step Out - RO - BHS - Tuck FWO - RO - BHS - Tuck FWO - RO - BHS Series - Tuck Boulder/Flyspring - RO - BHS - Tuck
Level 4 Standing	Back Tuck	BHS Series - Back Tuck BHS - Back Tuck	Jump - BHS Series - Back Tuck Jump - BHS - Back Tuck BWO - Tuck Onodi
Level 4 Running	Cartwheel - Back Tuck Round off - Layout Round off - BHS - Layout/Layout step out	Round off - Onodi - through to Tuck Front Walkover - RO - BHS - Layout Aerial - Back Tuck Front Handspring - Punch Front	Punch Front step out - RO - BHS - Layout Round off - Whip - BHS - Back Tuck Front Handspring Front - RO - BHS - Tuck Round off - BHS - Whip - BHS - to Layout PF step out - RO - BHS - Whip - BHS - Layout Front Handspring - Front - RO - BHS - Layout
Level 5 Standing	Jump - Back Tuck BHS Series - Whip BHS - Whip	BHS - Whip - BHS - Tuck BHS Series - Whip - BHS - Tuck Jump - BHS Series - Whip - BHS - Tuck BHS Series - Layout BHS - Layout Jump - BHS Series - Layout	Jump - BHS - Whip - BHS - Tuck BHS - Whip - BHS Series - Layout BHS - Whip - BHS - Layout BHS Series - Whip - Layout BHS - Whip - Layout Jump - BHS Series - Whip - BHS - Layout Jump - BHS - Whip - BHS - Layout
Level 5 Running	RO - Full RO - BHS Series - Full RO - BHS - Full	Front Walkover - RO - BHS Series - Full Front Walkover - RO - BHS - Full Round off - Arabian	PF step out - RO - BHS - Full Front Handspring - PF - RO - BHS - Full RO - Whip - BHS - Full Front Handspring - Front Full PF step out - RO - Whip - BHS - Full Front Handspring - Front - RO - BHS - Full
Level 6 Standing	Jump Back Tuck BHS Series - Full	BHS - Full Jump - BHS Series - Full Jump - BHS - Full BHS - Whip - BHS Series - Full Standing Full Jump - Full	BHS Series - Double Full Jump - BHS Series - Double Full BHS Series - Whip - Double Full BHS - Whip - Double Full Jump - BHS - Whip - Double Full BHS Series - Full - Whip - Full/Double Full
Level 6 Running	Cartwheel - Full RO - BHS - Full FWO - through to Full Aerial/Front Aerial/Onodi - through to Full Front Handspring - Full	Punch Front Step out - through to Full Round off - Whip - Full Round off - BHS - Whip - through to Full Front Handspring - Front - RO - BHS - Full Round off - Arabian - Round Off - BHS - Full Round off - Half Full - through to Full	Round off - BHS - Double Full Punch Front Step out - through to Double Full Round off - BHS - 1.5 Full - through to Full Round off - BHS - Whip - BHS - Double Full Round off - Arabian - through to Double Full Round off - BHS - 1.5 - through to Double PF - RO - BHS - Whip - BHS - Double Full RO - BHS - Double Full - Whip - Double Full