

# ELITE LEVEL 1

## **Standing Tumbling**

- Backwalkover (BWO)
- Back somersault, BWO
  - 3 BWO

## **Running Tumbling**

- Carthwheel (CW), 3 BWO
  - FWO, CW, 2 BWO

## **Jumps**

- Toe Touch
- Right & Left Hurdler
  - Pike

# **ELITE LEVEL 2**

## **Standing Tumbling**

- Backhandspring (BHS), Pause, BHS
  - BHS, BWO, BHS

## **Running Tumbling**

- FWO, RBHS Series
- RBHS, 1/2 Turn, RBHS Series

## **Jumps**

- Toe Touch
- Right & Left Hurdler
  - Pike

# ELITE LEVEL 3

## **Standing Tumbling**

- Aerial or Punch Front
- 3 BHS

## **Running Tumbling**

- RBHS, 1/2 Turn, RBHS Tuck
- Aerial, chassè, RO or RBHS Tuck
- Punch Front, Hurdle, RO or RBHS Tuck

## **Jumps**

- Toe Touch
- Right & Left Hurdler
- Pike

# ELITE LEVEL 4

## **Standing Tumbling**

- CW Tuck or Standing Tuck
  - 1 BHS to Tuck
  - 1 Jump to 2 BHS to Tuck

## **Running Tumbling**

- Whip, BHS to Layout
- Punch Front S/O through to Layout
- Flyspring through to Layout

## **Jumps**

- Toe Touch
- Right & Left Hurdler
  - Pike

# **ELITE LEVEL 5**

## **Standing Tumbling**

- Tuck, 2 BHS to Layout
- 2 BHS to Whip, Tuck
  - 2 BHS to Layout

## **Running Tumbling**

- RBHS Full
- Punch Front S/O through to RBHS Full
  - Whip to RBHS Full

## **Jumps**

- Toe Touch
- Right & Left Hurdler
  - Pike

# **ELITE LEVEL 6**

## **Standing Tumbling**

- CW, Full
- Standing Full
- 1 BHS Full
- 2 BHS Full
- 2 BHS to Double

## **Running Tumbling**

- Specialty to Full
- Specialty to Double

## **Jumps**

- Toe Touch
- Right & Left Hurdler
- Pike