

2024-25

Tumbling Meet Routines

Level 1 (3 years & older – Great for Sparklers/Firecrackers)

Forward Roll, Forward Roll, Straddle Roll,
Straddle Roll, Cartwheel, Cartwheel, Sugar
Bowl, Ta Da!

(May use panel mat for cartwheel, without deduction.)

Level 2

1st Pass:

Forward Roll, Forward Roll,
Straddle Roll, Straddle Roll,

2nd Pass:

Lay Flat, Push Up Back Bend (Hold 3 Sec.)

OR Push Up to a Table Top, Lay Flat,
Candle Stick Roll To Stretch Jump, Tuck
Jump, Cartwheel, Cartwheel,
Handstand Step Down.

Level 3

1st Pass:

Handstand into Back Bend (Hold 3 sec),
Candle Stick Roll To stretch jump, Dive Roll,
Straddle Roll, Straddle Roll, Tuck Jump,
Stretch Jump 1/2 turn

2nd Pass:

Cartwheel, 1-Arm Cartwheel, Backward roll,
Standing Back Bend (Hold 3 Sec.), Lay Flat,
Candle Stick Roll To Stretch Jump,

Level 4

1st Pass:

Handstand into Back Bend (Hold 3 Sec.), Lay
Flat, Candle Stick Roll To stretch jump,
Cartwheel, 1-Arm Cartwheel, Backward Pike
Roll, Standing Back Bend, Kick Over

2nd Pass:

Handstand Forward Roll, Dive Roll, Running
Round-Off Rebound, Split Jump

Level 5

1st Pass:

Front Limber, Dive Roll, Cartwheel, 1-Arm Cartwheel, Back-Walkover, Back-Walkover

2nd Pass:

Handstand Forward Roll, Running Round Off Rebound, Backward Pike Roll, Split Jump, Slide into split (any side)

Prep Optional

1st Pass:

Running Round Off Back Handspring Rebound

2nd Pass:

Front Walkover, Cartwheel, 1-Arm Cartwheel, Back Walkover, Back Walkover

3rd Pass:

Running Front Walkover, Round Off, Backward Pike Roll, Split leap, step punch tuck jump.

Optional

- Must have a minimum of 10 skills.
- Must include at least 1 salto/aerial.
- Must include one pass with 2 connected flight skills (ex. round off, back handspring or front handspring step-out, round off).
- Must include a leap pass (leap + jump).
Must include splits or a scale held for 2 sec.

