



## Boys Tumbling Meet Routines

### Level 1

Airplane scale, donkey kick 1/2 HS

Forward Roll, Forward Roll, Cartwheel, Cartwheel

Candlestick, Table top, Salute!

### Level 2

Airplane scale, Handstand Step Down

Forward Roll, Forward Roll, Cartwheel, Cartwheel

Candlestick, Table top or Push-up Backbend, Candlestick to stand & Salute!

### Level 3

Handstand-Forward Roll, Dive Roll, Dive Roll, Straddle Roll to Sit, Pike or

Straddle Press Hold for 2 seconds, Lay Flat Push-Up Backbend, Lay flat,

candlestick, Jump 1/2 Turn, Side Cartwheel, Side Cartwheel, Round Off

Rebound, Backward Roll, Salute!

### Level 4

**1st Pass:** Handstand-Forward Roll, Skip, Side Cartwheel, Side Cartwheel, Backward Roll to Push-Up Hold, Seal Stretch, Straddle Through to Sit &

Pike or Straddle Press Hold for 2 seconds & Press to Straddle Stand

**2nd Pass:** Tripod-Straddle Press Headstand-Forward Roll, Handstand to Backbend, Kickover, Dive Roll, Running Round Off Rebound, Salute!