

2021-2022

Tumbling Meet Routines

Level 1 (2 ½ 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 ½ 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 be at least three passes, using back and front tumbling

Must have an **aerial** or **salto** in routine (up to 3 total)

Must have a scale or splits

Must have at least 10 skills; Must have a leap pass (**two skills, directly or indirectly connected**)