

TUMBLING LEVELS & CLASSES

(revised 9/1/2026)

Puppies – Intro to Tumbling — (Tiny Tumblers – Ages 3-5)

CLASS CURRICULUM

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|---|--|--|
| ☐ Coordination | ☐ Following Directions | ☐ Fundamental Tumbling Skills |
| ☐ Spatial Awareness | ☐ Colors | ○ Forward-roll |
| ☐ Large Motor Skills | ☐ Memory | ○ Backward-roll |
| ☐ Listening | ☐ Fundamental Tumbling Shapes | ○ Cartwheel |
| ☐ Athletic Stance | ☐ Lunge | ○ Handstand |

Intro to Tumbling — (Pups – Ages 5-8) • (Athletes – Ages 9 & older)

CLASS CURRICULUM

3-Time Rule • MUST land skills on spring floor

- ☐ Body Control
- ☐ Lunge
- ☐ Lever (T-position)
- ☐ Athletic Stance

- ☐ Power-hurdle (Power) (Explosive-jump off of 2 feet)
- ☐ 1-Step-hurdle (1-Step)
- ☐ 2-Step-hurdle (2-Step)
- ☐ 3-Step-hurdle (3-Step)
- ☐ 4-Step-hurdle (4-Step)

STANDING TUMBLING

- ☐ Forward-roll – Stand-up w/ no hands
- ☐ Backward-roll – Stand-up
- ☐ Bridge-up
- ☐ (2 second) Handstand – Lunge
- ☐ Handstand – Bridge
- ☐ Bridge-up – Walk
- ☐ Bridge-up – Kick-over
- ☐ Back-bend – Stand-up
- ☐ Back-bend – Kick-over
- ☐ Front-limber
- ☐ Back-extension-roll – to – Push-up

RUNNING TUMBLING

- ☐ Cartwheel (CW)
- ☐ CW – Step-in
- ☐ Handstand – Forward-roll
- ☐ Round-off (RO)

Level-up 1 — (Athletes — Ages 9 & older)

CLASS CURRICULUM

3-Time Rule • Landings: Stick is the Goal • Small Hop Forward or Backward is acceptable • No Steps • MUST land skills on spring floor

STANDING TUMBLING

- ☐ Forward-roll (Stand-up w/ no hands)
- ☐ Backward-roll (Stand-up)
- ☐ Handstand
- ☐ Bridge-up — Walk
- ☐ Back-bend — Kick-over
- ☐ Front-limber

RUNNING TUMBLING

- ☐ CW — Step-in
- ☐ Handstand — Forward-roll
- ☐ Round-off (RO)

L1 Class — (Pups — Ages 5-8) • (Athletes — Ages 9 & older)

CLASS CURRICULUM

3-Time Rule • Landings: Stick is the Goal • Small Hop Forward or Backward is acceptable • No Steps • MUST land skills on spring floor

STANDING TUMBLING

- ☐ Back-extension-roll
- ☐ Back-limber
- ☐ **Back-walkover** (BWO)
- ☐ **BWO Series**
- ☐ **BWO Switch-leg** (SL)
- ☐ Valdez

RUNNING TUMBLING

- ☐ Handstand — Forward-roll
- ☐ **Power — RO — Rebound**
- ☐ **FWO — CW — Step-in**
- ☐ Power — FWO — RO — Rebound
- ☐ **CW — Back-walkover** (BWO) / BWO-SL
- ☐ **Front-walkover** (FWO)
- ☐ CW — BWO Series
- ☐ FWO — CW — BWO / BWO-SL

Level-up 2 — (Athletes — Ages 9 & older)

CLASS CURRICULUM

3-Time Rule • Landings: Stick is the Goal • Small Hop Forward or Backward is acceptable • No Steps • Clean Rebounds • No Major arm bends • Power Hurdle
MUST land skills on spring floor

STANDING TUMBLING

- ☐ Back-handspring (BHS) — over Barrel — to Push-up position
- ☐ BWO — Handstand — Snap-down
- ☐ Back-handspring (BHS) (on a soft surface)

RUNNING TUMBLING

- ☐ Power — RO — BHS (on a soft surface)

L2 Class — (Pups — Ages 5-8) • (Athletes — Ages 9 & older)

CLASS CURRICULUM

3-Time Rule • Landings: Stick is the Goal • Small Hop Forward or Backward is acceptable • No Steps • Clean Rebounds • No Major arm bends • Power Hurdle on RO entries
MUST land skills on spring floor

STANDING TUMBLING

- ☐ **Back-handspring** (BHS)
- ☐ 3-BHS
- ☐ 2-BHS
- ☐ BHS Step-out (SO)
- ☐ **BWO — BHS**
- ☐ BWO - BHS-SO — BWO
- ☐ **BWO-SL — BHS**
- ☐ BHS-SO — BWO — BHS

RUNNING TUMBLING

- ☐ CW - BHS
- ☐ CW — 2-BHS
- ☐ **FWO — CW — BHS**
- ☐ Power — RO — BHS / BHS-SO
- ☐ **Power — RO — 2-BHS**
- ☐ Power — FWO — RO — 2-BHS
- ☐ 2-Step — Front-handspring (FHS)
- ☐ 2-Step — Flyspring (FS)
- ☐ Tuck Shaping Drills

Level-up 3 — (Athletes — Ages 9 & older)

CLASS CURRICULUM

3-Time Rule • Landings: Stick is the goal • Small hop forward or backward is acceptable • No steps • Consistent hollow body • Neutral head • 2-Step Hurdle on RO entries
MUST land skills on spring floor

STANDING TUMBLING

- ☐ 3-BHS

RUNNING TUMBLING

- ☐ 2-Step — RO — BHS — High-rebound (on to elevated soft surface)
- ☐ 2-Step — RO — BHS — BT (on a soft surface)

L3 Class — (Pups — Ages 5-8) • (Athletes — Ages 9 & older)

CLASS CURRICULUM

3-Time Rule • Landings: Stick is the goal • Small hop forward or backward is acceptable • No steps • Consistent hollow body • Neutral head • 2-Step Hurdle on RO entries
MUST land skills on spring floor

STANDING TUMBLING

- ☐ **BWO Step-in** (SI) — **2-BHS**
- ☐ BHS — BHS-SO — BHS
- ☐ **BHS-SO — 2-BHS**
- ☐ Standing Tuck Drills

RUNNING TUMBLING

- ☐ 2-Step — RO — BHS — BT
- ☐ 2-Step — RO — 2-BHS — BT
- ☐ **Power — RO — BHS — BT** (with spotted straight-arm set)
- ☐ 2-Step — FWO — RO — BHS — BT
- ☐ Aerial
- ☐ 2-Step — Punch-front (PF)
- ☐ 2-Step — FWO — Aerial
- ☐ 2-Step — FS — Aerial
- ☐ 2-Step — FS — RO — BHS — BT
- ☐ 2-Step — FHS — PF

Level-up 4 — (Athletes — Ages 9 & older)

CLASS CURRICULUM

3-Time Rule • Landings: Stick is the goal • Small hop forward or backward is acceptable • No steps • Must have lift thru hips & maintain straight body line
Arms remain up & chin neutral

STANDING TUMBLING

- ☐ 2-BHS — High-rebound (on to an elevated soft surface)
- ☐ Back-tuck (BT) (on to a soft surface)

RUNNING TUMBLING

- ☐ 2-Step — RO — BHS — Free Tuck

L4 Class — (Athletes — Ages 9 & older)

CLASS CURRICULUM

3-Time Rule • Landings: Stick is the goal • Small hop forward or backward is acceptable • No steps • Layout must rise vertically

STANDING TUMBLING

- ☐ **2-BHS — BT**
- ☐ **Back-tuck** (BT)
- ☐ BWO — BT
- ☐ BHS — BT

RUNNING TUMBLING

- ☐ 2-Step — RO — Whip — Rebound
- ☐ 2-Step — RO — Whip — 2-BHS — LO
- ☐ 2-Step — RO — Whip — BT / LO
- ☐ CW — BT
- ☐ 2-Step — RO — LO (combination)
- ☐ **2-Step — RO — BHS — LO** (high set, hollow, neutral head)
- ☐ 2-Step — RO — 2-BHS — LO
- ☐ 2-Step — RO — BHS — LO-SO / X-out / LO-SL
- ☐ 2-Step — FWO — RO — BHS — LO
- ☐ 4-Step — PF-SO
- ☐ 4-Step — PF-SO — RO — BHS — BT / LO
- ☐ 4-Step — PF-SO — RO — BHS — Whip — BHS — BT / LO
- ☐ 4-Step — PF-SO — RO — BHS — Whip — BT / LO
- ☐ 2-Step — FHS — PF-SO — RO — BHS — BT / LO

Level-up 5 — (Athletes — Ages 9 & older)

CLASS CURRICULUM

3-Time Rule • Landings: Stick is the goal • Small hop forward or backward is acceptable • No steps • Must show controlled twisting • Consistent hollow

STANDING TUMBLING

- ☐ 1-Step Power-sit (1-Step)
- ☐ 2-BHS — LO

RUNNING TUMBLING

- ☐ RO — BHS — LO (on to an elevated soft surface)
- ☐ 2-Step — RO — BHS — F (on a soft surface)

L5 Class — (Athletes — Ages 9 & older)

CLASS CURRICULUM

3-Time Rule • Landings: Stick is the goal • Small hop forward or backward is acceptable • No steps • Must show controlled twisting • Consistent hollow

STANDING TUMBLING

- ☐ **Back-tuck** (High)
- ☐ **1-Step — 2-BHS — LO**
- ☐ 1-Step — BHS — LO
- ☐ 1-Step — 2-BHS — Whip — BHS — BT / LO
- ☐ 1-Step — BHS — Whip — BHS — BT / LO
- ☐ 1-Step — 2-BHS — Whip — BT / LO
- ☐ 1-Step — BHS — Whip — BT / LO

RUNNING TUMBLING

- ☐ **2-Step — RO — BHS — F** (Clean technique)
- ☐ 2-Step — RO — 2-BHS — F
- ☐ 2-Step — FWO — RO — BHS — F
- ☐ 2-Step — RO — Whip — 2-BHS — F
- ☐ 2-Step — RO — Whip — BHS — F
- ☐ 4-Step — PF-SO — RO — BHS — F
- ☐ 2-Step — RO — Arabian
- ☐ 2-Step — RO — Arabian-SO
- ☐ 2-Step — RO — Arabian-SO — RO — BHS — BT / LO / F
- ☐ 2-Step — FHS — PF-SO — RO — BHS — F

Level-up 6 — (Athletes — Ages 9 & older)

CLASS CURRICULUM

3-Time Rule • Landings: Stick is the goal • Small hop forward or backward is acceptable • No steps • No under-rotation • Consistent set height

STANDING TUMBLING

- ☐ 2-Step Power-sit (2-Step)
- ☐ Advanced Jump – BT
- ☐ 3-BHS – F

RUNNING TUMBLING

- ☐ RO – 2-BHS – F
- ☐ RO – BHS – DF (on a soft surface)

L6 Class — (Athletes — Ages 9 & older)

CLASS CURRICULUM

3-Time Rule • Landings: Stick is the goal • Small hop forward or backward is acceptable • No steps • No under-rotation • Consistent set height

STANDING TUMBLING

- ☐ **2-Step – 3-BHS – F / DF**
- ☐ **2-Step – 2-BHS – F / DF**
- ☐ 2-Step – BHS – F
- ☐ Standing-full
- ☐ Advanced Jump – BT / F
- ☐ 2-Step – 2-BHS – Whip – BHS – F / DF
- ☐ 2-Step – 2-BHS – F – BHS – F / DF
- ☐ 2-Step – 2-BHS – Whip – F / DF
- ☐ 2-Step – 2-BHS – F – Whip – F / DF
- ☐ 2-Step – BHS – Whip – 2-BHS – F / DF
- ☐ 2-Step – BHS – Whip – BHS – F / DF
- ☐ 2-Step – BHS – Whip – F / DF

RUNNING TUMBLING

- ☐ CW – F
- ☐ RO – F (combination)
- ☐ Front-full (FF)
- ☐ FHS – FF
- ☐ RO – BHS – Kick-full
- ☐ **2-Step – RO – BHS – DF**
- ☐ 2-Step – RO – 2-BHS – DF
- ☐ 2-Step – RO – BHS – F – 2-BHS – F / DF
- ☐ 2-Step – RO – Whip – 2-BHS – F / DF
- ☐ 2-Step – RO – Whip – F / DF
- ☐ 2-Step – RO – Whip – F – 2-BHS – F / DF
- ☐ 2-Step – PF-SO – RO – BHS – F / DF
- ☐ 2-Step – PF-SO – RO – BHS – Whip – F / DF
- ☐ 2-Step – PF-SO – RO – Whip – 2-BHS – F / DF
- ☐ 2-Step – RO – Arabian-SO – RO – BHS – F / DF
- ☐ 2-Step – RO – Whip – Arabian-SO – RO – BHS – F / DF
- ☐ 2-Step – FHS – PF-SO – RO – BHS – F / DF
- ☐ 2-Step – RO – 1.5-SO – RO – BHS – F / DF