

TUMBLING

LEVEL 1 - COMPULSORY		LEVEL 2 - COMPULSORY	
Pass 1	Pass 2	Pass 1	Pass 2
1. Forward Roll Tuck	1. Back Roll Tuck	1. Handstand Forward Roll	1. Power Hurdle, Round-off
2. Forward Roll Tuck Step-out	2. Back Roll Tuck	Step-out	Rebound
3. Cartwheel Step-in	3. Back Roll Pike	2. Cartwheel	2. Back Roll Tuck
		3. Cartwheel Step-in	3. Back Roll Tuck
		4. Back Roll Tuck	4. Back Roll Pike
LEVEL 3 - COMPULSORY		LEVEL 4 - COMPULSORY	
Pass 1	Pass 2	Pass 1	Pass 2
1. Power Hurdle, Cartwheel	1. Run, Round-off	1. Power Hurdle, Round-off	1. Run, Round-off
2. Round-off, Rebound	2. Back Handspring	2. Back Handspring	2. Back Handspring
3. Back Extension Roll	3. Rebound	3. Back Handspring, Rebound	3. Back Handspring, Rebound
Pike Down			
LEVEL 5 - COMPULSORY		LEVEL 6 - COMPULSORY	
Pass 1	Pass 2	Pass 1	Pass 2
1. Run, Round-off	1. Run, Round-off	1. Run, Round-off	1. Run, Round-off
2. Back Handspring	2. Back Handspring	2. Back Handspring	2. Back Handspring
3. Back Handspring	3. Back Handspring	3. Back Handspring	3. Back Handspring
4. Back Handspring	4. Back Handspring	4. Back Handspring	4. Back Handspring
5. Back Handspring, Rebound	5. Back Somersault Tuck	5. Back Handspring	5. Back Handspring
		6. Back Handspring	6. Back Handspring
		7. Back Handspring	7. Back Handspring
		8. Back Somersault Tuck	8. Back Somersault Pike
LEVEL 7 - COMPULSORY		LEVEL 8 - VOLUNTARY ROUTINES	
Pass 1	Pass 2	Pass 1 8-Elements	Pass 2 8-Elements
1. Run, Round-off	1. Run, Round-off	• Last 8th element must be back somersault straight	• Last 8th element must be back somersault with minimum of 360° twist
2. Whipback	2. Whipback	• Minimum 4 somersaults	• Minimum Pass DD: 1.8
3. Back Handspring	3. Whipback	• Minimum Pass DD: 1.6	• Maximum Pass DD: 3.3
4. Back Handspring	4. Back Handspring	• Maximum Pass DD: 1.9	• Maximum Element DD: 1.3
5. Back Handspring	5. Back Handspring	• Maximum Element DD: 0.6	
6. Back Handspring	6. Back Handspring		
7. Back Handspring	7. Back Handspring		
8. Back Somersault Straight	8. Back Somersault Pike	No finals	
LEVEL 9 - VOLUNTARY ROUTINES		LEVEL 10 - VOLUNTARY ROUTINES	
Pass 1 8-Elements	Pass 2 8-Elements	Pass 1 8-Elements	Pass 2 8-Elements
• Minimum 5 somersaults	• Minimum Pass DD: 2.5	• Last 8th element must be a double somersault	• Must perform one double somersault <i>anywhere in pass</i>
• Must perform bounding somersaults, one must be back somersault 1/1 twist	• Maximum Pass DD: 3.4		
• Minimum Pass DD: 2.4	• Maximum Element DD: 2.2	• Minimum Pass DD: 3.0	• Minimum Pass DD: 3.0
• Maximum Pass DD: 2.9		• Maximum Pass DD: 6.3	• Maximum Pass DD: 6.3
• Maximum Element DD: 0.9		• Maximum Element DD: 3.2	• Maximum Element DD: 3.2
LEVEL 9 - FINALS		LEVEL 10 - FINALS	
One FREE 8-Element Pass		Two FREE 8-Element Passes	
• Maximum Pass DD: 3.4		• Maximum Pass DD: 6.3	
• Maximum Element DD: 2.2		• Maximum Element DD: 3.2	