



# 2016 - 2017 ALL STAR SCORING SYSTEM - TUMBLING

## LEVEL 1

### STANDING TUMBLING SKILLS

FORWARD ROLL • STRADDLE ROLL • HAND STAND • HAND STAND FORWARD  
 ROLL FRONT LIMBER • FRONT WALK OVER • CARTWHEEL • BACKWARD ROLL  
 BACK EXTENSION ROLL • PUSH UP TO BACKBEND • STANDING BACKBEND  
 BACKBEND KICK OVER • BACK WALKOVER  
 CONNECTED SKILLS -CARTWHEEL/BACK WALKOVER

### RUNNING TUMBLING SKILLS

ROUND OFF • CARTWHEEL BACK WALKOVER  
 FRONT WALKOVER TO CARTWHEEL/ROUND OFF  
 CARTWHEEL 1/2 TURN FRONT WALKOVER

## LEVEL 2

### STANDING TUMBLING SKILLS

STANDING BACK HANDSPRING • BACK HANDSPRING STEP OUT  
 BACK EXTENSION ROLL BACK HANDSPRING  
 BACK WALKOVER BACK HANDSPRING

### RUNNING TUMBLING SKILLS

CARTWHEEL BHS • ROUND OFF BHS • ROUND OFF BHS STEP OUT  
 ROUND OFF BHS SERIES • ROUND OFF BHS SERIES STEP OUT  
 ROUND OFF BHS STEP OUT TO RO BHS  
 FRONT WALKOVER TO RO/FWO TO BHS SERIES

## LEVEL 3

### STANDING TUMBLING SKILLS

SERIES BHS • JUMP TO BHS • JUMP TO BHS SERIES  
 BHS SERIES JUMP BHS SERIES • BHS STEP OUT BHS COMBO

### RUNNING TUMBLING SKILLS

ARIELS • PUNCH FRONT FORWARD ROLL • PUNCH FRONT • ROUND OFF TUCK  
 ROUND OFF BHS BACK TUCK • ROUND OFF BHS SERIES TO BACK TUCK  
 FRONT WALKOVER TO ROUND OFF BHS BACK TUCK  
 FRONT WALKOVER TO ROUND OFF BHS SERIES BACK TUCK

## LEVEL 4

### STANDING TUMBLING SKILLS

STANDING BACK TUCK • BHS BACK TUCK • SERIES TO BACK TUCK  
 JUMP BHS BACK TUCK • BACK WALKOVER BHS BACK TUCK  
 BHS SERIES TO LAYOUT • BHS BACK TUCK BHS BACK TUCK  
 BHS BACK TUCK BHS LAYOUT • JUMP TO BHS SERIES TO BACK TUCK/LAYOUT  
 BHS WHIP TO BHS SERIES TO BACK TUCK/LAYOUT

### RUNNING TUMBLING SKILLS

CARTWHEEL BACK TUCK  
 ROUND OFF LAYOUT • ROUND OFF BHS LAYOUT/LAYOUT STEPOUT / X-OUT  
 ROUND OFF SERIES TO LAYOUT • FRONT WALKOVER THROUGH TO LAYOUT  
 PUNCH FRONT STEPOUT TO LAYOUT • ROUND OFF BHS SERIES TO LAYOUT  
 ROUND OFF BHS WHIP BHS TO LAYOUT  
 PUNCH FRONT STEPOUT BHS WHIP BHS TO BACK TUCK  
 PUNCH FRONT STEPOUT BHS WHIP BHS TO LAYOUT  
 FRONT HANDSPRING PUNCH FRONT  
 FRONT HANDSPRING PUNCH FRONT THROUGH TO ROUND OFF BHS BACK  
 TUCK/LAYOUT

## LEVEL 5 YOUTH, JUNIOR RESTRICTED & SENIOR RESTRICTED

### STANDING TUMBLING SKILLS

JUMP BACK TUCK • BHS SERIES TO FULL • JUMP BHS SERIES TO FULL  
 BHS WHIP TO BHS SERIES TO FULL

### RUNNING TUMBLING SKILLS

ROUND OFF FULL • ROUND OFF BHS FULL • FRONT WALKOVER THROUGH TO FULL  
 PUNCH FRONT STEPOUT TO FULL • ROUND OFF WHIP BHS TO FULL

## LEVEL 5 & 6

### STANDING TUMBLING SKILLS

JUMP BACK TUCK • STANDING FULL • BHS FULL • SERIES TO FULL  
 JUMP BHS FULL • BHS SERIES TO FULL • JUMP BHS SERIES TO FULL  
 BHS WHIP TO BHS SERIES TO FULL • SERIES TO DOUBLE FULL  
 JUMP BHS SERIES TO DOUBLE FULL • BHS WHIP TO BHS SERIES TO DOUBLE FULL

### RUNNING TUMBLING SKILLS

CARTWHEEL FULL • ROUND OFF FULL • ROUND OFF BHS FULL  
 FRONT WALKOVER THROUGH TO FULL • PUNCH FRONT STEPOUT TO FULL  
 ROUND OFF BHS WHIP TO FULL  
 ROUND OFF ARABIAN ROUND OFF BHS FULL • ROUND OFF BHS FULL BHS SERIES TO FULL  
 ROUND OFF DOUBLE FULL • ROUND OFF BHS DOUBLE FULL • FRONT WALKOVER -  
 THROUGH TO DOUBLE FULL • PUNCH FRONT STEPOUT TO DOUBLE FULL  
 ROUND OFF BHS WHIP TO DOUBLE FULL  
 ROUND OFF ARABIAN ROUND OFF BHS DOUBLE FULL  
 ROUND OFF BHS FULL BHS SERIES TO DOUBLE FULL  
 ROUND OFF BHS DOUBLE FULL BHS SERIES TO DOUBLE FULL

*This document includes examples of level appropriate skills. Coaches are still responsible for ensuring that any skills performed in their routine are compliant with the USASF Safety Rules. Please check back as this document may be updated throughout the season.*