



## Allstar Tumbling Level Assessments

### Level

### Advanced

### Elite

Level 1 Standing	Forward Roll Straddle Roll Pushup To Backbend Backward Roll (BWR)	Handstand Backbend Kick Over Standing Backbend Front Limber/Back Limer	Backwalkover (BWO) BWO - BWR - BWO Back Extension Roll	Back Walkover Series Back Walkover Switch Leg Back Extension Roll - BWO/BWO Series Valdez		
Level 1 Running	Cartwheel (CW) Cartwheel - Backward Roll Handstand Forward Roll		Cartwheel - BWO/BWO Switch Leg Round Off (RO) Front Walkover (FWO)/FWO Series Handstand Forward Roll Cartwheel	Cartwheel - BWO Series FWO - Cartwheel/Round Off FWO - CW - BWO/BWO Series FWO - CW - BWO Switch Leg Handstand Forward Roll Cartwheel BWO/BWO Series		
Level 2 Standing	Back Handspring (BHS) Back Handspring Step Out		Back Walkover - BHS Back Walkover - BHS Step Out BHS Step-Out - Back Walkover Valdez - BWO - BHS	BWO - BHS Step Out - BWO BWO Switch Leg - BHS BHS Step Out - BWO - BHS Valdez - BHS/BHS Step Out Back Extension Roll - BHS/BHS Step Out		
Level 2 Running	Cartwheel - BHS Round Off (RO) - BHS		Round Off (RO) - BHS Step Out CW - BHS Step Out Front Handspring (FHS) FWO - FHS	Series Front Handsprings Bouncer/Flyspring CW - BHS Series RO - BHS Series FWO - RO - BHS/BHS Series CW - BHS Step Out - BWO - BHS/BHS Series		
Level 3 Standing	BHS/BHS Step Out - BHS/BHS Step Out Advanced Jump - BHS/BHS Step Out BHS/BHS Series - Advanced Jump		BWO - BHS Series BHS - BHS - BHS Or More Advanced Jump - BHS Series	BHS/BHS Series - Advanced Jump - BHS/BHS Series Advanced Jump - BHS - Advanced Jump - BHS BHS Step Out - BHS Series BHS Step Out - BWO - BHS Series BWO - BHS - Advanced Jump - BHS/BHS Series		
Level 3 Running	Round Off - Tuck Aerial		Punch Front (PF) Round Off - BHS Series - Tuck	FWO - Aerial Bouncer/Flyspring - Aerial Round Off - BHS - Tuck RO - BHS Step Out - 1/2 Turn - RO - To - Tuck FWO - RO - To - Tuck Bouncer/Flyspring - RO - To - Tuck Front Handspring (FHS) - Punch Front		
Level 4 Standing	Onodi Backward Roll - Tuck		BHS Series - Tuck Back Tuck BWO - Tuck	BHS/BHS Step Out - Tuck Advanced Jump - BHS Series - Tuck Advanced Jump - BHS - Tuck		
Level 4 Running	Cartwheel - Tuck FWO - CW - Tuck Round Off - Layout Round Off - Onodi Front Aerial Front Aerial - RO - To -Tuck Front Handspring - PF		PF - PF PF Step Out - Aerial Round Off - BHS Series - Layout Round Off - Onodi- To Tuck PF Step Out - RO - To - Tuck Aerial - Back Tuck/Layout/Layout Step Out FWO - Aerial - Tuck RO - To -Whip/Tuck - To - Tuck	Front Aerial - RO - To - Whip - To - Tuck FWO - RO - To - Whip/Tuck - To - Tuck PF Step Out - RO - To - Whip/Tuck - To - Tuck FHS - PF Step Out - RO - To - Tuck	FHS - PF step out - RO - To - Whip/Tuck-Tuck RO - BHS - Layout/Layout Step Out/X-Out/Switch Leg RO - Onodi - To - Layout FHS - RO - To - Layout Front Aerial - RO - To - Whip - Layout PF Step Out - RO - To - Layout	RO - To - Whip/Tuck - To - Layout FWO - RO - To - Whip/Tuck - To - Layout PF Step Out - RO - To - Whip/Tuck - To - Layout FHS - PF Step Out - RO - To - Layout FHS - PF step out - RO-To-Whip/Tuck- To-Layout
Level 5 Standing	Tuck - BHS - Tuck Tuck - BHS Series - Tuck BHS/BHS Series - Tuck - Tuck		Advanced Jump - Front/Back Tuck BHS Series - Whip/Tuck - BHS - Tuck BHS - Whip/Tuck - BHS - Tuck	Advanced Jump - BHS Series - Whip - BHS - Tuck Advanced Jump - BHS Series - Whip - Tuck BHS Series - Layout BHS Series - Whip - Tuck	BHS - Whip - Tuck BHS - Layout Advanced Jump - BHS/BHS Series - Layout Advanced Jump - BHS - Whip - Tuck BHS - Whip/Tuck - To - Layout	BHS/BHS Series - Whip - To - Layout/Layout Step Out Advanced Jump - BHS/BHS Series - Whip - To - Layout
Level 5 Running	Barani RO - Half RO - Full		FHS - Barani RO - BHS series - Full Round Off - Arabian Side Aerial/Front Aerial - To - Full Barani - To - Layout	Front Full RO - BHS - Full FWO - RO - To -Full Barani - To - Full PF Step Out - RO - To - Full FHS - PF Step Out - RO - To - Full RO - To - Whip - To - Full	FHS - Front Full PF Step Out - RO - To - Whip - To - Full FHS - PF Step Out - RO - To - Whip - To - Full RO - Arabian/Half Step Out - To - Layout/Full	



### Level 6 Allstar Tumbling Level Assessments

	Level	Advanced	Elite
Level 6 Standing	Advanced Jump Back Tuck	BHS Series - Full Advanced Jump - BHS Series - Full BHS - Whip - BHS Series - Full BHS Series - Whip - Full BHS - Whip - To - Full	BHS - Full Advanced Jump - BHS - Full Standing Full Advanced Jump - Full BHS - Whip - Full Advanced Jump - BHS - Whip - Full BHS Series - Double Full Advanced Jump - BHS Series - Double Full BHS - Whip - BHS Series - Double Full BHS Series - Whip - Double Full BHS - Whip - Double Full Advanced Jump - BHS/BHS Series - Whip - Double Full BHS Series - Full/Double Full - Whip - Full/Double Full
Level 6 Running	Cartwheel - Full RO - Full RO - BHS/BHS Series - Full FWO - To - Full Side Aerial/Front Aerial - Full RO - To - Onodi - To - Full Front Full	RO - BHS - Kick Full/Full Step Out PF Step Out - To - Full RO - Whip - Full RO - To - Whip - To - Full 1.5 Twisting Front Layout	RO - Arabian/Half Step Out - RO - To - Full FHS - Front Full FHS - PF - RO - To - Full RO - BHS - Full - To - Full RO - To - Full - Full RO - To - 1.5 Step Out - To - Full 1.5 Twisting Front Layout - To - Full/Double Full RO - Double Full RO - To - Double Full FWO - To - Double Full PF Step Out - To - Double Full RO - To - Whip - To - Double Full RO - Whip - Double Full RO - Arabian - To - Double Full RO - To - Full - To - Double Full RO - To - 1.5 Step Out - To - Double Full RO - To - Double - BHS Series - To - Double Full RO - To - Full - To - Whip - Double Full PF Step Out - RO - To - Whip - To - Double Full RO - To - Double Full - Whip - Double Full PF Step Out - RO - Arabian - RO - To - Whip - Double Full