

All-Star Elite Club Teams

DIVISION LEVEL	AGES	RECOMMENDED TUMBLING SKILLS	TOP GIRL FLEX
Tiny 1	5 to 6	None	None
AGE/LEVEL	AGES	RECOMMENDED TUMBLING SKILLS	TOP GIRL FLEX
Mini Level 1	5 to 8	None OR BWO & FWO, Round off, Cartwheel	None OR Scale, Stretch Left
Youth Level 1	5 to 11		
Junior Level 1	5 to 14		
Senior Level 1	11 to 18		
AGE/LEVEL	AGES	RECOMMENDED TUMBLING SKILLS	TOP GIRL FLEX
Mini Level 2	5 to 8	Stand BHS, Round off BHS BHS, Standing BHS Step out BWO BHS	Scale, Stretch Left, Stretch Right, Scorpion
Youth Level 2	5 to 11		
Junior Level 2	5 to 14		
Senior Level 2	11 to 18		
AGE/LEVEL	AGES	RECOMMENDED TUMBLING SKILLS	TOP GIRL FLEX
Youth Level 3	5 to 11	Round off BHS Tuck, Toe Touch 3 BHS, BHS Toe Touch BHS BHS, Front Punch	Scale, Stretch Left, Stretch Right, Scorpion
Junior Level 3	5 to 14		
Senior Level 3	11 to 18		
AGE/LEVEL	AGES	RECOMMENDED TUMBLING SKILLS	TOP GIRL FLEX
Youth level 4	8 to 11	Standing Tuck, Standing BHS Tuck, Round off BHS Layout, Front Punch BHS Layout or Round off Trick Skill BHS Layout	Scale, Stretch Left, Stretch Right, Scorpion
Junior Level 4	8 to 14		
Senior Level 4	11 to 18		
Open Level 4	14 +		
AGE/LEVEL	AGES	RECOMMENDED TUMBLING SKILLS	TOP GIRL FLEX
Youth Level 5R	9 to 11	Jump to Tuck, 2 BHS to Layout, Round off BHS Full	Scale, Stretch Left, Stretch Right, Scorpion
Junior Level 5R	9 To 14		
Senior Level 5R	11 to 18		
AGE/LEVEL	AGES	RECOMMENDED TUMBLING SKILLS	TOP GIRL FLEX
Junior Level 5	9 to 14	Jump to Tuck, 2 BHS to Full, Double or Round off BHS Trick Skill to Full	Scale, Stretch Left, Stretch Right, Scorpion
Senior Level 5	13 to 18		
Open Level 5	14 +		
All-Star International Teams			
AGE/LEVEL	AGES	RECOMMENDED TUMBLING SKILLS	TOP GIRL FLEX
Junior Level 1	10 to 16	None OR BWO & FWO, Round off, Cartwheel	None OR Scale, Stretch Left
Senior Level 1	14 to 18		

AGE/LEVEL	AGES	RECOMMENDED TUMBLING SKILLS	TOP GIRL FLEX
Junior Level 2	5 to 14	Stand BHS, Round off BHS, Standing BHS BWO BHS, FWO Round off BHS	Scale, Stretch Left, Stretch Right, Scorpion
Senior Level 2	11 to 18		
AGE/LEVEL	AGES	RECOMMENDED TUMBLING SKILLS	TOP GIRL FLEX
Junior Level 3	5 to 14	Round off BHS Tuck, Toe Touch 3 BHS, Front Punch	Scale, Stretch Left, Stretch Right, Scorpion
Senior Level 3	11 to 18		
AGE/LEVEL	AGES	RECOMMENDED TUMBLING SKILLS	TOP GIRL FLEX
Junior Level 4	8 to 14	Standing Tuck, Standing BHS Tuck, Round off BHS Layout, Front Punch BHS Layout or Round off Trick Skill BHS Layout	Scale, Stretch Left, Stretch Right, Scorpion
Senior Level 4	11 to 18		
Open Level 4	14 +		
AGE/LEVEL	AGES	RECOMMENDED TUMBLING SKILLS	TOP GIRL FLEX
Open Level 5	14 +	Jump to Tuck, 2 BHS to Full, Double or Round off BHS Trick Skill to Full	Scale, Stretch Left, Stretch Right, Scorpion
All-Star Prep Teams			
DIVISION LEVEL	AGES	RECOMMENDED TUMBLING SKILLS	TOP GIRL FLEX
Tiny 1.1	5 to 6	None OR BWO & FWO, Round off, Cartwheel	None OR Stretch Left, Scale
AGE/LEVEL	AGES	RECOMMENDED TUMBLING SKILLS	TOP GIRL FLEX
Mini Level 1.1	5 to 8	None OR BWO & FWO, Round off, Cartwheel	None OR Stretch Left, Scale
Youth Level 1.1	5 to 11		
Junior Level 1.1	5 to 14		
Senior Level 1.1	11 to 18		
AGE/LEVEL	AGES	RECOMMENDED TUMBLING SKILLS	TOP GIRL FLEX
Mini Level 2.1	5 to 8	None OR BWO & FWO, Round off, Cartwheel	None OR Stretch Left, Scale
Youth Level 2.1	5 to 11		
Junior Level 2.1	5 to 14		
Senior Level 2.1	11 to 18		
AGE/LEVEL	AGES	RECOMMENDED TUMBLING SKILLS	TOP GIRL FLEX
Youth Level 3.1	5 to 11	None OR BWO & FWO, Round off, Cartwheel	None OR Stretch Left, Scale
Junior Level 3.1	5 to 14		
Senior Level 3.1	11 to 18		

AGE/LEVEL	AGES	RECOMMENDED TUMBLING SKILLS	TOP GIRL FLEX
Youth Level 3.2	5 to 11	Standing BHS, Round off BHS, Standing BHS BWO BHS, FWO Round of BHS	None OR Stretch Left, Scale
Junior Level 3.2	5 to 14		
Senior Level 3.2	11 to 18		
All-Star Novice Teams			
DIVISION LEVEL	AGES	RECOMMENDED TUMBLING SKILLS	TOP GIRL FLEX
Tiny 1	3 to 6	Tumbling not scored but can perform cartwheel & Forward Roll only	None OR Stretch Left, Scale
AGE/LEVEL	AGES	RECOMMENDED TUMBLING SKILLS	TOP GIRL FLEX
Mini Level 1	5 to 8	Tumbling not scored but can perform any skill legal in levels 1 skill	None OR Stretch Left, Scale
Youth Level 1	5 to 11		
Junior Level 1	5 to 14		
Senior Level 1	10 to 18		
AGE/LEVEL	AGES	RECOMMENDED TUMBLING SKILLS	TOP GIRL FLEX
Mini Level 2	5 to 8	Tumbling not scored but can perform any skill legal in levels 2 skill	None OR Stretch Left, Scale
Youth Level 2	5 to 11		
Junior Level 2	5 to 14		
Senior Level 2	10 to 17		
AGE/LEVEL	AGES	RECOMMENDED TUMBLING SKILLS	TOP GIRL FLEX
Youth Level 3	5 to 11	Tumbling not scored but can perform any skill legal in levels 3 skill	None OR Stretch Left, Scale
Junior Level 3	5 to 14		
Senior Level 3	10 to 17		