

# ACE ALL STAR TUMBLING REQUIREMENTS

LEVEL	TINY NOVICE	PREP TEAM	NATIONAL PREP TEAM	NATIONAL TEAM
1	NONE	CARTWHEEL	BACK WALKOVER	BACK & FRONT WALKOVER
				ROUND OFF & CARTWHEEL
				STANDING BACK HANDSPRING
LEVEL		PREP TEAM	NATIONAL PREP TEAM	NATIONAL TEAM
2		BACK HANDSPRING	STANDING BACK HANDSPRING	TOE TOUCH 2 BACK HANDSPRINGS
			ROUND OFF BACK HANDSPRING	FRONT WALKOVER ROUND OFF 2 BACK HANDSPRINGS
				BACK HANDSPRING STEP OUT BWO 2 BACK HANDSPRINGS
LEVEL		PREP TEAM	NATIONAL PREP TEAM	NATIONAL TEAM
3		STANDING BACK HANDSPRING	STANDING BACK HANDSPRING	TOE TOUCH BACK HANDSPRING REBOUND TOE TOUCH 2 BACK HANDSPRINGS
		ROUND OFF BACK HANDSPRING	ROUND OFF BACK HANDSPRING	TOE TOUCH 3 STANDING BACK HANDSPRING
				FRONT WALKOVER/PUNCH FRONT ROUND OFF BACK HANDSPRING TUCK
LEVEL				NATIONAL TEAM
4				STANDING TUCK
				TOE TOUCH 2 BACK HANDSPRINGS TO TUCK
				FRONT WALKOVER/PUNCH FRONT ROUND OFF BACK HANDSPRING LAYOUT
LEVEL				NATIONAL TEAM
5				TOE TOUCH TUCK
				TOE TOUCH 2 BACK HANDSPRING TO LAYOUT
				ROUND OFF BACK HANDSPRING FULL
LEVEL				WORLDS TEAM
6				CARTWHEEL FULL
				TOE TOUCH 2 BACK HANDSPRING TO FULL or DOUBLE
				FRONT WALKOVER/PUNCH FRONT/WHIP ROUND OFF BACK HANDSPRING FULL or DOUBLE