

Tiny Novice & Prep Teams - NO SKILLS REQUIRED

National Prep and National Level 1	
Jumps	Right Hurdler, Left Hurdler, Pike, Toe Touch, Double Toe Touch
Standing Tumbling	Cartwheel, Roundoff, Back Bend Kick Over, Back walkover, Front walkover preferred
Running Tumbling	Cartwheel Back walkover
National Prep and National Level 2	
Jumps	Right Hurdler, Left Hurdler, Pike, Toe Touch, Double Toe Touch
Standing Tumbling	Back Handspring, Back walkover Back handspring, Back handspring BWO Back handspring
Running Tumbling	Round off 3 Back handsprings, Front walkover/Round off 2 Back handspring
Optional Tumbling Pass	Trick pass with multiple back handsprings OR other Level 2 Tumbling
National Level 3	
Jumps	Right Hurdler, Left Hurdler, Pike, Toe Touch, Double Toe Touch
Standing Tumbling	Toe Touch Standing 2 Back handsprings, Standing 3 Back handsprings, BHS Toe Touch 2 BHS
Running Tumbling	Round off Back handspring Tuck, Round off Tuck, Aerial or Punch Front
Optional Tumbling Pass	Punch Front pause Round of BHS Tuck or Standing BHS step out Round of Tuck
National Level 4	
Jumps	Right Hurdler, Left Hurdler, Pike, Toe Touch, Double Toe Touch
Standing Tumbling	Standing Tuck, Standing 2 BHS to Tuck, Cartwheel Tuck
Running Tumbling	Round off Back handspring Layout, Front walkover Round off BHS Layout
Optional Tumbling Pass	Trick pass to layout - Punch Front Through to Layout
National Level 5	
Jumps	Right Hurdler, Left Hurdler, Pike, Toe Touch, Double Toe Touch
Standing Tumbling	Toe Touch Tuck, Standing Two BHS Layout, BHS Whip 2 BHS Layout
Running Tumbling	Round off Back handspring Full
Optional Tumbling Pass	Trick pass to Full OR other Level 5 Tumbling
Worlds Level 6	
Jumps	Right Hurdler, Left Hurdler, Pike, Toe Touch, Double Toe Touch Tuck
Standing Tumbling	Standing 2 or 3 BHS Full, Standing Full, or Standing to Double
Running Tumbling	Trick pass to Full or Round off BHS Double