



**CHEER COMPANY™**  
**TUMBLING OUTLOOK**

PLEASE USE THIS TO HELP YOU PLAN YOUR  
TUMBLING AT TEAM SELECTIONS

2024-2025 SEASON



# All-Star Tumbling

## *Potential Team Offerings & what to expect*

This season at ACE Cheer Company any athlete wishing to be on an Elite or Prep team will need to showcase tumbling using a provided music selection. Each athlete may choose what 2 standing tumbling passes and which one running pass to perform within the music selection. Outside of the music routine each athlete may then show at their pace any other skills the athlete possess. We are looking for mastery of skills. Athletes should only perform skills they are confident and safe in performing

### Elite

Designed for highly motivated and intensely committed families to provide their athletes with the highest level of training, success and ability with other like minded families.

- Athletes will need to exhibit a mastery in multiple Elite level Tumbling requirements
- Athletes should perform the routine tumbling to music showcasing Elite Running and at least one elite standing with one advanced standing from level of their choice.
- Elite Level Standing and Running Preferred
- May show Advanced Level Standing or Running for level of choice.

### Prep

Designed for the athlete and family that is ready to make a full year commitment to a team but may need more skill development to be fully prepared for an elite level team.

- Athletes will need to exhibit a mastery in multiple Advanced level Tumbling requirements.
- Athletes should perform their routine tumbling to music showcasing Advanced Running with one advanced standing and one basic level appropriate standing from level of their choice.
- Advanced Level Standing and Running Preferred.
- May show Basic Level Standing and Running for level of choice.

### Novice

These teams are designed for the family of athletes who: want to be on a team but do not want the practice or travel commitment. Also designed for athletes who are new or learning the sport of competitive cheer.

- Should show skills from Basic Level Appropriate Skills Listed

# Level 1 Tumbling Skills

## Basic Level Appropriate

- Forward Roll
- Backward Roll
- Backbend Kick Over
- Cartwheel
- Cartwheel Backroll

## Advanced Standing

- Handstand Forward Roll
- Back Walk Over (BWO)
- Back Walk Over - Back Roll - Back Walk Over

## Elite Standing

- Back Walkover Series
- Back Walk Over Switch Legs
- Back Extension Roll
- Back Extension Roll - Back Walkover Series
- Valdez

## Advanced Running

- Round Off (RO)
- Front Walkover (FWO) / Front Walkover Series
- Cartwheel - Back Walk Over

## Elite Running

- Cartwheel - Back Walk Over Series
- Front Walkover - Cartwheel / Roundoff
- Front Walkover - Cartwheel - BWO Series
- Front Walkover - Cartwheel - BWO Switch Leg

## *Level 2 Tumbling Skills*

### Basic Level Appropriate

- Back Hand Spring (BHS)
- Back Hand Spring Step Out
- Round Off - Back Hand Spring

### Advanced Standing

- Back Walk Over (BWO) - Back Hand Spring
- BWO - Back Hand Spring Step Out
- Back Handspring Step out - BWO

### Elite Standing

- Back Walkover - Back Handspring Step Out - BWO
- BWO - Switch Leg Back Hand Spring
- Back Hand Spring Step Out - BWO - Back Hand Spring
- Valdez Back Hand Spring / Back Hand Spring Step Out

### Advanced Running

- Round Off - Back Hand Spring Step Out
- Front Hand Spring
- Front Walk Over - Front Hand Spring

### Elite Running

- Front Hand Spring Series
- Boulder/FlySpring
- RO - Back Hand Spring Series
- Front Walk Over - RO - Back Hand Spring Series
- RO - BHS Step Out - BWO - BHS / BHS Series

# *Level 3 Tumbling Skills*

## Basic Level Appropriate

- Back Hand Spring - Back Hand Spring
- Round Off -Tuck
- Aerial
- Jump - Back Hand Spring

## Advanced Standing

- Back Walk Over - Back Hand Spring Series
- 3 Standing Back Hand Spring Series or More
- Jump - Back Hand Spring Series

## Elite Standing

- Back Hand Spring - Step Out BHS Series
- BHS Step Out - Back Walk Over BHS Series
- 2 BHS - Jump - 2 BHS
- Jump - Back Hand Spring - Jump - BHS

## Advanced Running

- Round Off - Back Hand Spring Series - Tuck
- Punch Front

## Elite Running

- Round Off - BHS - Tuck
- Front Walk Over - RO Back Hand Spring - Tuck
- Front Walk Over - Aerial
- Bounder/Fly Spring Round Off BHS Tuck
- Front Hand Spring - Front Punch
- RO - BHS Step Out - 1/2 Turn - Round Off to Tuck

## ***Level 4 & 4.2 Tumbling Skills***

### **Basic Level Appropriate**

- Standing Back Tuck
- Back Roll - Back Tuck
- Cartwheel - Tuck
- Round off - Layout
- Front Aerial

### **Advanced Standing**

- Back Hand Spring (series) - Tuck
- Back Walk Over - Tuck
- Back Extension Roll - Tuck

### **Elite Standing**

- Jump - Back Hand Spring - Tuck
- Back Hand Spring / BHS Step Out - Tuck
- Jump - BHS Series - Tuck

### **Advanced Running**

- RO - BHS Series - Layout (or X out or Layout Variation)
- Punch Front Step Out - Round Off - To - Tuck
- Punch Front Step Out - Aerial
- FWO Round Off - To - Whip / Tuck - To - Tuck
- Aerial - Back Tuck / Layout Variation

### **Elite Running**

- RO - BHS - Layout / X out / Layout Variation
- FWO - RO - BHS - Layout / X out / Layout Variation
- RO - To - Whip / Tuck - To - Layout
- FWO - To - Whip / Tuck - To - Layout
- Punch Front Step Out - To - Layout
- Front Hand Spring - Punch Front Step Out - RO - To - Layout

# *Level 5 Tumbling Skills*

## Basic Level Appropriate

- Tuck - BHS / BHS Series - Tuck
- Round off - Half
- Round off - Full

## Advanced Standing

- Jump - To - Tuck
- Standing BHS Series - To - Layout
- Standing BHS / BHS Series - To - Whip - BHS Tuck

## Elite Standing

- Standing BHS - Whip - To - Tuck
- BHS Series - Whip - To - Layout
- Standing BHS - Layout
- Jump - BHS Series - To - Layout

## Advanced Running

- Round Off - Back Hand Spring Series - Full
- Round Off - Arabian

## Elite Running

- RO - BHS - Full
- Front Walk Over - RO - BHS - Full
- RO - Arabian Step Out - RO - BHS - To Layout / Full
- Punch Front Step Out - RO - To - Full
- Front Full
- Round Off - Whip - To - Full

# Level 6 Tumbling Skills

## Basic Level Appropriate

- Cartwheel Full

## Advanced Standing

- Standing Back Hand Spring Series - To - Full
- Jump - BHS Series - To - Full
- BHS / BHS Series - To - Whip - To - Full

## Elite Standing

- Standing Back Hand Spring - Full
- Jump - BHS - Full
- Standing Full
- BHS Series - To - Double Full
- Any Standing - To - Double Full

## Advanced Running

- Front Full
- FWO - To - Full
- Arabian Through to Full
- Round Off - Whip - Full
- Round off - To - Whip - To - Full

## Elite Running

- Punch Front Step Out - To - Full
- RO - Arabian - To - Full
- Round Off - BHS - Full - To - Full
- RO- BHS - Double Full
- Any Running / Running Variation - To - Double Full



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