



Midwest Cheer Elite

Tumbling Skills for L1—L6

- ❖ It is expected that all tumbling will be performed with strong execution.
- ❖ All skills must be performed on the spring floor with no spotting.
- ❖ It is recommended that athletes are able to demonstrate ELITE Tumbling Skills for their Level to truly be considered a strong athlete at that Level. Athletes who do not possess ELITE Tumbling Skills, may or may not be considered for a lower level. However, some athletes may be needed on a level without having ELITE Tumbling Skills to fulfill other needs for that Level. Our teams are not based 100% on tumbling.

ABBREVIATIONS GLOSSARY			
/ - or	CW - Cartwheel	BHS - Back-handspring	SO - Step-out
BWR - Backward-roll	RO - Round-off	FHS - Front-handspring	XO - X-out
FWR - Forward-roll	BB - Back-bend	FS - Fly-spring	W - Whip
SDR - Straddle-roll	KO - Kick-over	FA - Front-aerial	T - Tuck
EXR - Extension-roll	BWO - Back-walkover	SA - Side-aerial	LO - Layout
H - Handstand	FWO - Front-walkover	PF - Punch-front	F - Full
	SL - Switch-leg	Arab - Arabian	DF - Double Full

FUNDAMENTAL ATHLETE

ENTRY LEVEL 1 SKILLS	
STANDING TUMBLING	RUNNING TUMBLING
• Forward-roll • Straddle-roll • Push-up - to - Back-bend • Backward-roll • Handstand • Back-bend - Kick-over • Standing Back-bend • (Front-limber / Back-limber)	• Cartwheel • Cartwheel - BWR • Handstand - FWR



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LEVEL 1 ATHLETE

STANDING TUMBLING • LEVEL 1	
ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
• Back-walkover • BWO - BWR - BWO • Back-EXR	• BWO-series • BWO-SL • Back-EXR - (BWO / BWO-series) • Valdez

RUNNING TUMBLING • LEVEL 1	
ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
• CW - (BWO / BWO-SL) • Round-off • (Front-walkover / FWO-series) • Handstand - FWR - CW	• CW - BWO-series • FWO - (CW / RO) • FWO - CW - (BWO / BWO-series) • FWO - CW - BWO-SL • Handstand - FWR - CW - (BWO / BWO-series)

ENTRY LEVEL 2 SKILLS • (Considered to be an ELITE Level 1 Athlete)	
STANDING TUMBLING	RUNNING TUMBLING
• Back-handspring • BHS-SO	• CW - BHS • RO - BHS



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LEVEL 2 ATHLETE

STANDING TUMBLING • LEVEL 2

ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
• BWO – BHS • BWO – BHS-SO • BHS-SO – BWO • Valdez – BWO – BHS	• BWO – BHS-SO – BWO • BWO-SL – BHS • BHS-SO – BWO – BHS • Valdez – (BHS / BHS-SO) • Back-EXR – (BHS / BHS-SO)

RUNNING TUMBLING • LEVEL 2

ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
• RO – BHS-SO • CW – BHS-SO • Front-handspring • FWO – FHS	• FHS-series • (Boulder / Fly-spring) • CW – BHS-series • RO – BHS-series • FWO – RO – (BHS / BHS-series) • CW – BHS-SO – BWO – (BHS / BHS-series)

ENTRY LEVEL 3 SKILLS • (Considered to be an ELITE Level 2 Athlete)

STANDING TUMBLING	RUNNING TUMBLING
• (BHS / BHS-SO) – (BHS / BHS-SO) • Advanced Jump – (BHS / BHS-SO) • (BHS / BHS-series) – Advanced Jump	• RO – Tuck • Aerial



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LEVEL 3 ATHLETE

STANDING TUMBLING • LEVEL 3

ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
• 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-SO – BHS-series • BHS-SO – BWO – BHS-series • BWO – BHS – Advanced Jump – (BHS / BHS-series)

RUNNING TUMBLING • LEVEL 3

ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
• Punch-front • RO – BHS-series – Tuck	• FWO – Aerial • (Boulder / Fly-spring) – Aerial • RO – BHS – Tuck • RO – BHS-SO – Half-turn – RO – to – Tuck • FWO – RO – to – Tuck • (Boulder / Fly-spring) – RO – to – Tuck • FHS – Punch-front

ENTRY LEVEL 4 SKILLS • (Considered to be an ELITE Level 3 Athlete)

STANDING TUMBLING	RUNNING TUMBLING
• Onodi • BWR – Tuck	• CW – Tuck • FWO – CW – Tuck • RO – Layout • RO – Onodi • Front-aerial • FA – RO – to – Tuck • FHS – PF



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LEVEL 4 ATHLETE

STANDING TUMBLING • LEVEL 4

ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
• BHS-series – Tuck • Back Tuck • BWO – Tuck • Back-EXR – Tuck • Valdez – Tuck	• (BHS / BHS-SO) – Tuck • Advanced Jump – BHS-series – Tuck • Advanced Jump – BHS – Tuck

RUNNING TUMBLING • LEVEL 4

ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
• PF – PF • PF-SO – AERIAL • RO – BHS-series – Layout • RO – Onodi – to – Tuck • PF-SO – RO – to – Tuck • Aerial – (Back-tuck / LO / LO-SO) • FWO – Aerial – Tuck • RO – to – (W / T) – to – T • FA – RO – to – W – to – T • FWO – RO – to – (W / T) – to – T • PF-SO – RO – to – (W / T) – to – T • FHS – PF-SO – RO – to – T	• FHS – PF-SO – RO – to – (W / T) – T • RO – BHS – (LO / LO-SO / X-out / SL) • RO – Onodi – to – LO • FWO – RO – to – LO • FA – RO – to – W – LO • PF-SO – RO – to – LO • RO – to – (W / T) – to – LO • FWO – RO – to – (W / T) – to – LO • PF-SO – RO – to – (W / T) – to – LO • FHS – PF-SO – RO – to – LO • FHS – PF-SO – RO – to – (W / T) – to – LO

ENTRY LEVEL 5 SKILLS • (Considered to be an ELITE Level 4 Athlete)

STANDING TUMBLING	RUNNING TUMBLING
• T – BHS – T • T – BHS-series – T • (BHS / BHS-series) – T – T	• Barani • RO – Half • RO – Full



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LEVEL 5 ATHLETE

STANDING TUMBLING • LEVEL 5	
ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
• Advanced Jump – (Front-tuck / Back-tuck) • BHS-series – (W / T) – BHS – T • BHS – (W / T) – BHS – T • Advanced Jump – BHS-series – W – BHS – T • Advanced Jump – BHS-series – W – T • BHS-series – LO • BHS-series – W – T	• BHS – W – T • BHS – LO • Advanced Jump – (BHS / BHS-series) – LO • Advanced Jump – BHS – W – T • BHS – (W / T) – to – LO • (BHS / BHS-series) – W – to – (LO / LO-SO) • Advanced Jump – (BHS / BHS-series) – W – to – LO

RUNNING TUMBLING • LEVEL 5	
ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
• FHS – Barani • RO – BHS-series – F • RO – Arabian • (Side-aerial / Front-aerial) – to – F • Barani – to – LO	• Front-full • RO – BHS – F • FWO – RO – to – F • Barani – to – F • PF-SO – RO – to – F • FHS – PF-SO – RO – to – F • RO – to – W – to – F • FHS – Front-full • PF-SO – RO – to – W – to – F • FHS – PF-SO – RO – to – W – to – F • RO – (Arabian-SO / Half-SO) – to – (LO / F)

ENTRY LEVEL 6 SKILLS • (Considered to be an ELITE Level 5 Athlete)	
STANDING TUMBLING	RUNNING TUMBLING
• Advanced Jump – Back Tuck	• CW – F • RO – F • RO – (BHS / BHS-series) – F • FWO – to – F • (Side-aerial / Front-aerial) – F • RO – to – Onodi – to – F • Front-full



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LEVEL 6 ATHLETE

STANDING TUMBLING • LEVEL 6	
ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE
• BHS-series - F • Advanced Jump - BHS-series - F • BHS - W - BHS-series - F • BHS-series - W - F • BHS - W - to - F	• BHS - F • Advanced Jump - BHS - F • Standing F • Advanced Jump - F • BHS - W - F • Advanced Jump - BHS - W - F • BHS-series - DF • Advanced Jump - BHS-series - DF • BHS - W - BHS-series - DF • BHS-series - W - DF • BHS - W - DF • Advanced Jump - (BHS / BHS-series) - W - DF • BHS-series - (F / DF) - W - (F / DF)

RUNNING TUMBLING • LEVEL 6		
ADVANCE • LEVEL APPROPRIATE	ELITE • LEVEL APPROPRIATE	
• RO - BHS - (Kick-full / F-SO) • PF-SO - to - F • RO - W - F • RO - to - W - to - F • 1.5 Twisting Front-LO	• RO - (Arab / Half-SO) - RO - to - F • FHS - Front-full • FHS - PF-SO - RO - to - F • RO - BHS - F - to - F • RO - to - F - F • RO - to - 1.5-SO - to - F • 1.5 Twisting Front-LO - to - (F / DF) • RO - DF • RO - to - DF • FWO - to - DF	• PF-SO - to - DF • RO - to - W - to - DF • RO - W - DF • RO - Arabian - to - DF • RO - to - F - to - DF • RO - to - 1.5-SO - to - DF • RO - to - DF - BHS-series - to - DF • RO - to - F - to - W - DF • PF-SO - RO - to - W - to - DF • RO - to - DF - W - DF • PF-SO - RO - Arabian - to - W - DF