

TUMBLING, JUMP and TOSS PROGRESSIONS

	Basic	Intermediate	Advanced	Elite
	0.0 - 2.0 points	2.1 - 3.0 points	3.1 - 4.0 points	4.1 to 5.0 points
Tumbling	Forward roll (0-1.0) Backward roll (0-1.0) Cartwheel/Round-off (RO) (1.1-2.0)	Front walkover Back walkover	Standing Back handspring RO BHS RO BHS series	RO Tuck, Layout or full RO BHS Tuck, layout or full Standing back, one to back or full
Jumps	Single jump (0.00 to 1.0)	Double whip jumps without variety (2.1-2.5) with variety (2.6-3.0)	Triple whip jumps without variety	Triple whip jumps with variety
	Double Combination Jumps (jump combinations with a pause, or prep jump in between) without variety (1.1 to 1.5) or with variety (1.5 to 2.0)			
Tosses	0.0 - 1.0 points	1.1 - 2.0 points		
	Variety of body positions with no twist	Variety of body positions with twist		

