

Tryout Checklist (Level 3, 4, AND 5) ****THESE LEVELS ARE NATIONALS ONLY****

Level 3

REQUIRED SKILLS:

if these skills cannot be executed with perfection, please refer to the **Level 2 checklist.**

- RO BHS TUCK BHS Toe Touch
BHS BHS BHS BHS BWO Power Hurdle
FWO

BONUS SKILLS

Standing Tumbling:

- BHS STEP OUT - BHS - BHS BWO - BHS - BHS Toe Touch - BHS - BHS

Running Tumbling:

- FWO - AERIAL PUNCH FRONT AERIAL
 RO - BHS STEP OUT - 1/2 TURN - RO - BHS - TUCK ROUND OFF - BHS SERIES - TUCK
 FWO - RO - BHS - TUCK
 FRONT HANDSPRING (FHS) - FRONT TUCK

Level 4

REQUIRED SKILLS:

if these skills cannot be executed with perfection, please refer to the **Level 3 checklist.**

- RO BHS LAYOUT BHS Tuck BHS BHS Tuck BWO Power Hurdle
FWO

BONUS SKILLS

Standing Tumbling:

- TOE TOUCH - BHS - TUCK BWO - TUCK BACK EXTENSION ROLL - TUCK
 ONODI

Running Tumbling:

- FRONTWALKOVER - RO - to - LAYOUT AERIAL - BACK TUCK ROUND OFF - to - WHIP - to - TUCK
 PF STEP OUT - RO - to - LAYOUT FWO - AERIAL - TUCK PUNCH FRONT - PUNCH FRONT
 ROUND OFF - to - WHIP - to - LAYOUT FRONT HANDSPRING - PF STEP OUT - RO - to - LAYOUT

Level 5

REQUIRED SKILLS:

if these skills cannot be executed with perfection, please refer to the **Level 4 checklist.**

- RO BHS FULL BHS - LAYOUT BHS - BHS - LAYOUT Power Hurdle FWO

BONUS SKILLS

Standing Tumbling:

- BHS - WHIP - TUCK TOE TOUCH - BACK TUCK
 TOE TOUCH - BHS SERIES - LAYOUT BHS - TUCK - BHS - TUCK
 BHS - TUCK - BHS - BHS - LAYOUT

Running Tumbling:

- FRONT WALKOVER - RO - to - FULL ROUND OFF - ARABIAN RO - to - WHIP - to - FULL
 PF STEP OUT - RO - to - FULL BARANI - to - LAYOUT RO - ARABIAN STEP OUT - to - LAYOUT/
 FRONT HANDSPRING - PF STEP OUT - RO - to - FULL FULL

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