

# 2024 - 2025 ALL-STAR SKILLS

## LEVEL 1 NATIONALS

### REQUIRED SKILLS

- BACK WALKOVER SERIES (3)
- FRONT WALKOVER, CARTWHEEL, BACK WALKOVER
- CARTWHEEL, BACK WALKOVER, BACK WALKOVER

### BONUS SKILLS

#### STANDING TUMBLING:

- BACK WALKOVER SWITCH LEG
- VALDEZ
- BACK EXTENSION ROLL - BWO/BWO SERIES
- HANDSTAND FORWARD ROLL
- BACKWARD ROLL

#### RUNNING TUMBLING:

- CARTWHEEL - BWO SERIES
- FWO - CARTWHEEL
- FWO - CW - BWO SWITCH LEG
- FWO SERIES

IF THESE SKILLS CAN NOT BE PERFORMED TO PERFECTION, PLEASE REFER TO THE REGIONALS TRYOUT CHECKLIST!

# 2024 - 2025 ALL-STAR SKILLS

## LEVEL 2 NATIONALS

### REQUIRED SKILLS

- ROUND OFF, BACK HANDSPRING, BACK HANDSPRING
- BACK HANDSPRING STEP OUT, BACK WALKOVER, BACK HANDSPRING
- BACK WALKOVER, BACK HANDSPRING
- BACK WALKOVER
- POWER HURDLE FRONT WALKOVER

### BONUS SKILLS

#### STANDING TUMBLING:

- BWO - BHS STEP OUT - BWO
- BWO SWITCH LEG - BHS
- VALDEZ - BHS
- BACK EXTENSION ROLL - BHS
- BHS STEP OUT

#### RUNNING TUMBLING:

- BOUNDER
- CW - BHS - BHS
- FWO - RO - BHS
- CW - BHS STEP OUT - BWO - BHS
- ROUND OFF - BHS STEP OUT

IF THESE SKILLS CAN NOT BE PERFORMED TO PERFECTION, PLEASE REFER TO THE REGIONALS TRYOUT CHECKLIST!

# 2024 - 2025 ALL-STAR SKILLS

## LEVEL 3 NATIONALS

### REQUIRED SKILLS

- ROUND OFF, BACK HANDSPRING, TUCK
- BACK HANDSPRING, TOE TOUCH, BACK HANDSPRING
- BHS BHS BHS (SERIES)
- BACK WALKOVER
- POWER HURDLE FRONT WALKOVER

### BONUS SKILLS

#### STANDING TUMBLING:

- BHS STEP OUT - BHS - BHS
- BWO - BHS - BHS
- TOE TOUCH - BHS - BHS

#### RUNNING TUMBLING:

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

# 2024 - 2025 ALL-STAR SKILLS

## LEVEL 4 NATIONALS

### REQUIRED SKILLS

- ROUND OFF, BACK HANDSPRING, LAYOUT
- TOE TOUCH, BACK HANDSPRING, TUCK
- BHS BHS TUCK
- BACK WALKOVER
- POWER HURDLE FRONT WALKOVER

### BONUS SKILLS

#### STANDING TUMBLING:

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

#### RUNNING TUMBLING:

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

# 2024 - 2025 ALL-STAR SKILLS

## LEVEL 5 NATIONALS

### REQUIRED SKILLS

- ROUND OFF, BACK HANDSPRING, FULL
- BHS - LAYOUT
- TOE TOUCH - BACK TUCK

### BONUS SKILLS

#### STANDING TUMBLING:

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

#### RUNNING TUMBLING:

- FWO - RO - TO - FULL
- PF STEP OUT - RO - TO - FULL
- FRONT HANDSPRING - PF STEP OUT - RO - TO - FULL
- ROUND OFF - ARABIAN
- BARANI - TO - LAYOUT
- RO - TO - WHIP - TO - FULL
- RO - ARABIAN STEP OUT - TO - LAYOUT/FULL