



TUMBLING PROGRESSIONS

	0 - 0.5 points	0.5 – 1 points	1 - 1.5 points	1.5 – 2 points	2 - 2.5 points
STANDING	<ul style="list-style-type: none"> • Forward Roll • Cartwheel • Front Walkover • Back Walkover 	<ul style="list-style-type: none"> • Back Handspring • Back Handspring Series 	<ul style="list-style-type: none"> • Cartwheel Tuck • Back Handspring Tuck • Series ending with a tuck 	<ul style="list-style-type: none"> • Tuck • Series ending with a Layout 	<ul style="list-style-type: none"> • Series ending with a Full • Cartwheel Full • Standing Full
RUNNING	<ul style="list-style-type: none"> • Round-off 	<ul style="list-style-type: none"> • Back Handspring 	<ul style="list-style-type: none"> • Tuck 	<ul style="list-style-type: none"> • Layout 	<ul style="list-style-type: none"> • Full

Skill must be performed by ***MOST*** of the athletes on the floor in order to receive the full difficulty points for the skill.

See quantity chart for numbers.

QUANTITY CHART

# on Floor	<i>MOST</i>
5-7	3
8-9	5
10-11	6
12-14	7
15-16	9
17-19	10
20-22	12
23-25	13
26-27	15
28-30	16