

Tumbling Progressions		
Basic (0.0 – 1.7)	Intermediate (1.6 – 3.0)	Advanced (2.9 – 5.0)
Forward/Backward Roll	Front Handspring	Standing BHS Back Tuck
Cartwheel	Round-off Back Handspring (BHS)	Round-off Back Tuck
Back Extension	Aerial	Round-off BHS Back Tuck
Front Walkover	Standing Back Handspring	Cartwheel Back Tuck
Back Walkover	Round-off Series BHS	Standing BHS Series Back Tuck
	Series Standing BHS	Standing Back Tuck
		Round-off BHS Layout
		Round-off Full
		Standing Full
DIFFICULTY DRIVERS <ul style="list-style-type: none"> ● TYPE OF SKILL ● SYNCHRONIZATION (BY HOW MANY OF THE TEAM) % Should matter when comparing/determining difficulty. ● COMBINATIONS OF SKILLS- Examples: Front walkover Round off tuck versus round off tuck. Aerial round off tuck versus round off tuck. Arabian through, whips to skills, BWO BHS (combining skills from 2 suggested ranges) ● VARIETY of skills performed 		
SCORING GUIDANCE <ul style="list-style-type: none"> ● Look for the largest group skill and find this skills “SUGGESTED RANGE” ● Look for any additional synchronized passes and find these skills “SUGGESTED RANGE” ● Depending on how many are performed synchronized and the difficulty of these small groups should determine how much you boost the score while comparing to the other tumbling sections already performed/scored ● REFERENCE OTHER TEAMS NOTES/SCORES ● Look at any single passes and their “SUGGESTED RANGE” (For single passes, really difficult skills may increase scores minimally. Any additional skills may increase scores minimally if comparative to another team and these additional single passes happen to be the difference to rank teams according to skills performed) 		