

TAC Tumbling Skills Progression Chart

	Basic	Intermediate	Advanced
Level 1	Forward Roll Backward Roll Bridge Cartwheel Round off	Backbend Kickover Jump to Forward Roll Handstand Forward Roll Front Limber Cartwheel Back Walkover Forward Roll Connection Backward Roll Connection	Back Extension Roll Back Walkover Series Front Walkover Series FWO Cartwheel BWO Forward Roll FWO Switch Leg Back Walkover Switch Leg Front Walkover Specialty Pass*2
Level 2	Standing BHS BHS pause BHS 3 Jumps pause BHS Round off BHS	Straight Jump BHS BWO BHS RO Series BHS FWO Round Off BHS Front Handspring	Back Ext. Roll BWO BHS BHS BWO BHS FWO RO BHS Series FWO FHS Specialty Pass*
Level 3	Standing 2 BHS Jump to BHS RO BHS Tuck	Standing 3 BHS 2+ Jumps to BHS Series FWO RO BHS Tuck Punch Front	Jump BHS Step Out RO BHS Tuck FWO RO BHS Step Out RO BHS Tuck RO BHS Tuck-Jump BHS Specialty Pass*
Level 4	Standing Tuck Jump to BHS Tuck Standing BHS Tuck RO BHS Layout	3 Jumps to 3 BHS Tuck FWO RO BHS Layout Standing series to a Tuck RO whip to Tuck Punch Front thru Tuck	Punch Front thru RO BHS Layout RO BHS Layout Step Out RO-whip-layout FHS Front Tuck through Specialty Pass*
Level 5R	Toe Back Standing 3 to Lay RO Full RO BHS Full	2+ Jumps to Tuck Standing whip pass to lay Standing 2 to lay FWO through to a Full	Jump 2 BHS to Full Standing Whip-Whip Combo FHS Front tuck to Full Punch Front to Full Arabian

BWO = Back Walkover
BHS = Back Handspring

FWO = Front Walkover
RO = Round off

*A Specialty Pass is a combination of connected advanced level skills

- ★ All-star Prep athletes should have mastered most skills in the Basic column to be considered a level appropriate athlete. Prep level athletes only go up to level 3 in tumbling.
- ★ All-star Elite athletes should have mastered all skills in the Basic and Intermediate column to be considered a level appropriate athlete.
- ★ NOTE: Tumbling is only one of many aspects considered when selecting athletes for an Allstar team. (35% of the score comes from tumbling at competition. Stunting consist of 50% of the score sheet.)

TAC Stunting Skills Progression Chart

	Beginner	Intermediate	Advanced
Level 1	Single-leg stunt with two bases in any body position Prep Prep level teddy bear Cradle from prep Braced extension	Single-based waist level stunt in any body position $\frac{1}{4}$ up to waist level body position Waist level tic-toc lib to body position Extended teddy bear $\frac{1}{4}$ up to prep Braced prep level single-leg stunt	Single-based tic-toc body position to body position Braced prep level tic-toc lib to body position Cradle to prone position Cradle from braced prep level single-leg stunt $\frac{1}{4}$ to/from braced extension Level appropriate transition (i.e. split to stunt, flatback to stunt, etc.)
Level 2	Single-leg stunt in any body position at prep Extension show & go Extension Cradle from extension Braced extended single-leg stunt Straight basket toss Inversion to prep	Tic-toc lib to body prep level $\frac{1}{2}$ to single leg prep level $\frac{1}{2}$ up to extension $\frac{1}{4}$ turn cradle Barrel roll Braced extended body position Inversion to extension or prep level lib	Tic-toc body position to body position prep level $\frac{1}{2}$ up to single leg body position $\frac{1}{2}$ to braced extended body position Inversion to single-leg body position Level appropriate transition (i.e. split to stunt, flatback to stunt, etc.)
Level 3	Single-leg extended stunt in any body position Full up to prep Full down from prep Body position basket Cradle from extended single-leg stunt	Full twist basket Inversion below prep level Release moves to prep level body position Toss hands (coed) Assisted coed extended Full down from extension Inversion to single-leg stunt	$\frac{1}{2}$ to single leg extended body position Inversion to extended body position Tic-toc prep level to extended body position Full up to prep level body position Prep level full twist to body position $\frac{1}{2}$ twisting inversion to extend lib
Level 4	Prep Double Down Full down from one leg Switch Up to Lib Switch down to Lib Full up to extended stunt (2 legs) Released Inversion to prep	$1\frac{1}{2}$ twisting to prep level Switch up to body position Switch down to body position Full up to lib Kick full/double full basket Double down from extension Released Inversion to extended 2 legs from below prep	$1\frac{1}{2}$ twist to prep level body position Full twist from ext to extension Released inversion to ext or lib Full twist tic toc at prep level Coed: Toss to lib
Level 5R	Tic-toc to body position Full up to body position Released inversion to lib from prep level	$\frac{1}{2}$ twist ball up to lib Tic-toc body to body position $1\frac{1}{2}$ up to extension Released inversion to body position from prep level Double up to Prep	Switch Up Full Twist to lib $\frac{3}{4}$ twisting Tic-toc to lib Released Inversion from prep or above to lib $1\frac{1}{2}$ twist to prone

- ★ Allstar Prep athletes should have mastered most skills in the Basic column to be considered a level appropriate athlete. Prep level athletes only go up to Level 3 in stunting.
- ★ Allstar Elite athletes should have mastered all skills in the Basic and Intermediate column to be considered a level appropriate athlete.
- ★ NOTE: Stunting is only one of many aspects considered when selecting athletes for an Allstar team.
- ★ NOTE: Coed stunts are required on coed teams levels 3 and 4 only.
- ★ NOTE: Stunts listed above are subject to change as scoring grid and rules are not final, combinations of intermediate stunts can count towards advanced stunt.