The Maryland Twisters Tumbling Expectations

Listed below are the skills needed for each level per the USASF, however the asterisks (elite skills) are what teams need to perform in order to be in the high range on the score sheet. The terms in **bold letters** are required for each level.

Level 1 (no experience necessary)

- cartwheel
- forward roll
- back bend
- * back bend kick over
- back walkover/front walkover
- * multiple front/back walkovers
- handstand

Level 2

- standing back handspring
- * standing back handspring step out round off back handspring
- * standing back handspring PAUSE back handspring
- back walkover back handspring
- round off back handspring
- * round off multiple back handsprings
- * front walkover round off multiple back handsprings
- * round off back handspring step out round off back handspring

Level 3

- standing 2 back handsprings
- * standing 3 back handsprings
- * standing back handspring toe touch 2 back handsprings
- toe touch back handspring
- * toe touch multiple back handsprings
- * toe touch back handspring step out round off tuck
- round off tuck
- * front walkover round off tuck
- round off back handspring tuck
- * front walk over round off back handspring tuck
- * round off back handspring step out round off back handspring tuck
- * punch front...round off back handspring tuck

Level 4

- standing tuck
- * T-jump tuck
- * toe touch T-jump tuck
- * standing tuck PAUSE standing tuck
- * standing tuck 2 to layout
- toe touch back handspring tuck
- * toe touch back handspring tuck 2 back handsprings to tuck
- * multiple jumps to back handspring tuck
- 2 back handsprings layout
- * 1 back handspring layout
- * multiple jumps back handspring layout
- * back handspring tuck, 2 back handsprings layout
- round off back handspring layout
- * punch front round off back handspring layout
- * round off whip 2 back handsprings layout
- * front walkover round off back handspring layout

<u>Level 5</u> YOUTH/RESTRICTED

- toe touch back tuck
- *multiple jumps to back
- high set round off handspring layout
- round off back handspring full
- * front walk over round off back handspring
- * punch front round off back handspring full
- 2 back handspring layout
- 2 back handspring full

JUNIOR/SENIOR

- multiple jumps to back tuck
- 2 back handsprings full
- * 1 back handspring full
- * toe touch 2 back handspring full
- * standing tuck 2 back handsprings full
- standing full
- * toe touch standing full
- cartwheel full
- 2 or 3 back handsprings double
- * standing tuck handspring double
- * 1 or 2 back handsprings whip double
- round off back handspring full
- * front walk over round off back handspring full

- * punch front round off back handspring full
- *round off Arabian round off back handspring full
- round off back handspring double full
- * punch front round off back handspring double full
- * round off whip punch double full
- * round off 1.5 round off back handspring double full

For Junior/Senior teams, the athlete is expected to throw jumps to back, a running full, AND standing to full. However, that does not guarantee a level 5 position. It is highly recommended to have a specialty pass.

As you can see, the sport has changed immensely when it comes to tumbling. In order to score in the high range of tumbling and to remain competitive, your athlete needs to not only have every skill, but an elite skill within that level as well, i.e. Punch front through to layout as opposed to just a straight layout. Last year depending on the level, we allowed athletes to have 3/4 tumbling requirements. This upcoming season, we will be forced to make our team requirements stricter in order to remain competitive both locally and nationally. Of course there will always be exceptions in order to make sure the team is well-rounded and successful on all parts of the score sheet. The coaching staff has full discretion when it comes to building the team rosters.

Lastly, we want to remind you that cheer is not like school. Sometimes there is an assumption that your child is to move up every year and that is simply not the case. We want to offer the chance for a child to master his or her level prior to moving up so they are better prepared to transition to that next level.

We offer a variety of classes that will help your athlete prepare for tryouts. If you have any questions regarding your athlete's expectations, please contact one of your coaches. For a full list of our classes, please

visit: http://www.marylandtwisters.com/cheerleading-classes/