

# USASF LEVEL GUIDELINES FOR TUMBLING\*

## LEVEL 1

Basic tumbling skills including, cart wheel, forward roll, round offs, front and back walkovers. NO BACKHANDSPRINGS ARE REQUIRED FOR THIS LEVEL.

## LEVEL 2

All the basic skills listed for Level 1 and standing back handspring, round off back handspring and round off back hand spring series.

## LEVEL 3

All skills listed in Levels 1 and 2 and standing back handspring series, round off back handspring, tuck, round off tuck, toe touch back hand spring.

## LEVEL 4

All skills listed in Levels 1, 2 and 3 and standing tuck, back handspring tuck, triple toe touch pause tuck, round off back handspring layout. Punch front through to round off back handspring lay out and specialty passes.

## LEVEL 5

All skills listed in Levels 1, 2, 3 and 4 and standing tuck, standing full, 2 back handsprings to a full, round off back handspring full or double, punch front through to full or double, redirecting passes and specialty passes, triple toe touch tuck.

***\*The guidelines listed above are the requirements set by USASF that determine the levels for the cheerleading world. The stated guidelines are for your information, to determine what skills you may need to work on before placements.***

***At Odyssey we would love to have everyone on a designated level meet all the requirements; however that is not always possible. At placements, we will form teams that best fit these levels.***

***Please direct all questions concerning basing to Erin.***