



REVIVAL ATHLETICS LEVELED TUMBLING SKILLS

Below you will find a list of the leveled tumbling skills we are looking for at our 2026-2027 tryouts.

Athletes are expected to perform a minimum of 2 standing tumbling passes & 2 running tumbling passes. The skills shown should be safe, confident, and technical. Athletes are allowed to show skills one level below or one level higher if needed.

Athletes are encouraged to show their best skills, that can be performed on their own on the spring floor. No spotting or drills will be allowed during tryouts.

Keep in mind, the level of tumbling skills shown during tryouts does not guarantee a team placement at that level. We take technique highly into consideration when placing all athletes.

If an athlete does not have tumbling, that is ok! All athletes will be evaluated on tumbling, jumps, stunting, motion technique, correction making, learning ability, and overall attitude during the 3 rounds.

NOVICE & PREP (tumbling not required)

- **FORWARD ROLL**
- **BACKWARD ROLL**
- **CARTWHEEL**
- **BRIDGE UP OR BACKBEND**
- **HANDSTAND**
- **BRIDGE UP OR BACKBEND KICK OVER**
- **BACK WALKOVER**
- **FRONT WALKOVER**

LEVEL 1

- **DOUBLE BACK WALKOVER**

- **BACK WALKOVER SWITCH**
- **FRONT WALKOVER CARTWHEEL**
- **CARTWHEEL DOUBLE BACK WALKOVER**
- **ROUND OFF**
- **VALDEZ**

LEVEL 2

- **BACK WALKOVER BACK HANDSPRING**
- **BACK WALKOVER SWITCH BACK HANDSPRING**
- **VALDEZ BACK HANDSPRING**
- **ROUND OFF 2 BACK HANDSPRINGS**
- **ROUND OFF BACK HANDSPRING STEP OUT**
- **VALDEZ**

LEVEL 3

- **STANDING 3 BACK HANDSPRINGS**
- **BACK HANDSPRING STEP OUT 2 BACK HANDSPRINGS**
- **BACK WALKOVER 2 BACK HANDSPRINGS**
- **ROUND OFF BACK HANDSPRING TUCK**
- **FRONT WALKOVER AERIAL**
- **FRONT HANDSPRING PUNCH FRONT**

LEVEL 4

- **STANDING TUCK**
- **STANDING BACK HANDSPRING TUCK**
- **STANDING 2 BACK HANDSPRINGS TUCK**
- **BACK WALKOVER TUCK**
- **ROUND OFF BACK HANDSPRING LAYOUT**
- **COMBO PASS TO LAYOUT (Punch Front, Whip or Front Handspring Punch Front)**

- WHIP TO TUCK

LEVEL 5

- STANDING BACK HANDSPRING LAYOUT
- STANDING 2 BACK HANDSPRINGS LAYOUT
- JUMP TO STANDING TUCK (Connected)
- ROUND OFF BACK HANDSPRING FULL
- COMBO PASS TO FULL (Punch Front, Whip, Front Handspring Punch Front, Arabian)

LEVEL 6

- STANDING BACK HANDSPRING FULL
- STANDING 2 BACK HANDSPRINGS TO FULL OR DOUBLE
- STANDING FULL
- ROUND OFF BACK HANDSPRING DOUBLE
- COMBO PASS TO FULL OR DOUBLE (Punch Front, Whip, Front Handspring Punch Front, or Arabian)