

PALM BEACH LIGHTNING 2011-2012 TUMBLING SKILL REQUIREMENTS

MINI LEVEL 1

NO TUMBLING REQUIRED

LARGE YOUTH LEVEL 2

STANDING:

BACKHANDSPRING (**REQUIRED**) OR SPECIALTY TUMBLING PASS

RUNNING:

ROUNDOFF BACKHANDSPRING, ROUNDOFF 2 OR 3 BACKHANDSPRINGS, SPECIALTY RUNNING TUMBLING PASS

LARGE OR SMALL JUNIOR LEVEL 2

STANDING:

BACKHANDSPRING OR SPECIALTY TUMBLING PASS

RUNNING:

ROUNDOFF BACKHANDSPRING, ROUNDOFF 2 OR 3 BACKHANDSPRINGS, SPECIALTY RUNNING TUMBLING PASS

LARGE OR SMALL SENIOR LEVEL 3

STANDING:

DOUBLE TOE TOUCH 2 BACKHANDSPRINGS (**REQUIRED**)

2 OR 3 BACKHANDSPRINGS (**REQUIRED**)

STANDING SPECIALTY PASS (**NOT REQUIRED**)

RUNNING:

ROUNDOFF TUCK (**REQUIRED**)

ROUNDOFF BACKHANDSPRING TUCK

SPECIALTY PASS TO TUCK

LARGE SENIOR LEVEL 4

STANDING:

TUCK (**REQUIRED**)

1 OR 2 JUMPS-STOP- STANDING TUCK - (**THIS WILL BE A REQUIRED SKILL FOR TEAM RE-EVALUATIONS**)

2 BACKHANDSPRINGS TO LAYOUT OR TUCK (**REQUIRED**)

SPECIALTY STANDING TUMBLING PASS

RUNNING:

ROUNDOFF BACKHANDSPRING LAYOUT

SPECIALTY PASS TO LAYOUT

SMALL SENIOR OPEN COED LEVEL 5/SMALL SENIOR LIMITED COED 5 (WORLDS)

STANDING:

3 JUMPS TO STANDING BACK (**REQUIRED**)

2 OR 3 BACKHANDSPRINGS TO LAYOUT, FULL OR DBL FULL (**REQUIRED**)

SPECIALTY STANDING TUMBLING PASS

RUNNING:

ROUNDOFF BACKHANDSPRING FULL OR DBL (**REQUIRED**)

SPECIALTY RUNNING TUMBLING TO FULL OR DBL

THERE WILL BE A MANDATORY RE-EVALUATION PRIOR TO CHOREOGRAPHY.

ANY QUESTIONS REGARDING TEAM PLACEMENTS SHOULD BE DIRECTED TO MIKE COLLIER, HEAD COACH.