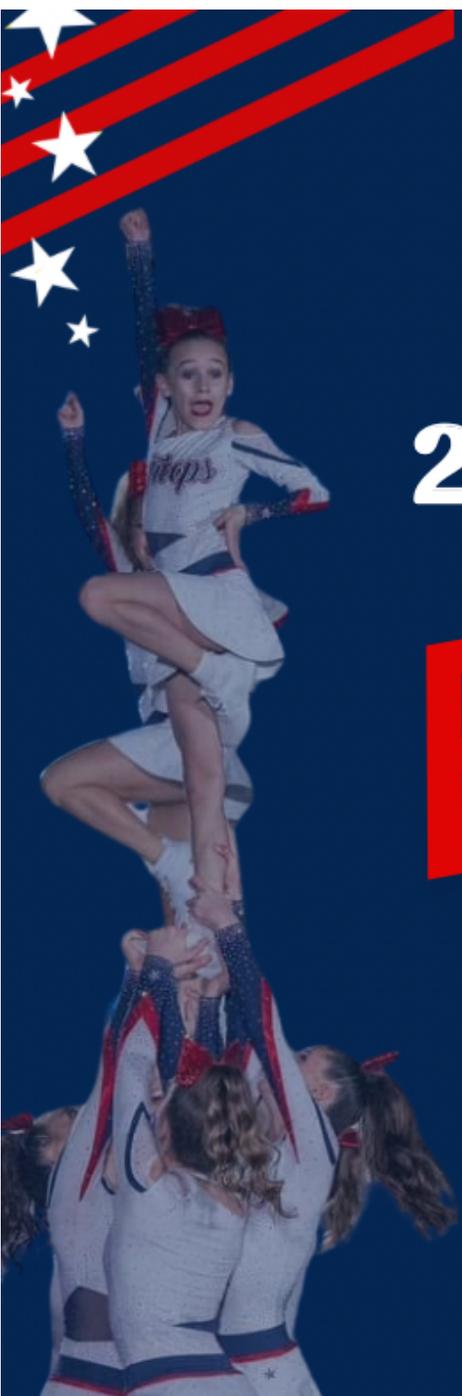


★ ARKANSAS CHEER ★
ACADEMY

EST. 2012

2026-2027

**Elite Team
TUMBLING
SKILLS**





ARKANSAS CHEER ACADEMY

Level 1 Standing Tumbling

Level Appropriate

- Forward roll
- Straddle roll
- Backward roll
- Handstand
- Handstand forward roll
- Backbend kickover
- Front limber/back limber
- Back walkover
- 1 arm back walkover
- Back extension roll

*Skills listed in RED are priority skills commonly utilized in routine setting

ELITE Level Appropriate

Standing Elite includes two or more connected level appropriate skills. Some examples include:

- 2 back walkovers
- Back walkover - Switch leg back walkover
- Valdez - Back walkover
- 2 forward rolls
- 2 backward rolls
- Back extension roll - Back walkover

The following single skill elements are also elite skills:

- Switch leg back walkover
- Valdez



ARKANSAS CHEER ACADEMY

Level 1 Running Tumbling

Level Appropriate

- Cartwheel
- Round off
- Front walkover
- Cartwheel - Back walkover
- Front walkover - cartwheel
- Front walkover - round off

ELITE Level Appropriate

Running Elite includes three or more connected level appropriate skills. Some examples include:

- Cartwheel - 2 Back walkovers
- Front walkover - Cartwheel - Back walkover
- Front walkover - Cartwheel - Switch leg back walkover
- 3 Cartwheels
- 2 Cartwheels - Round off
- 2 Cartwheels - Back walkover

***Skills listed in RED are priority skills commonly utilized in routine setting**



ARKANSAS CHEER ACADEMY

Level 2 Standing Tumbling

Level Appropriate

- Back handspring
- Back handspring step out

ELITE Level Appropriate

Standing Elite includes two or more connected skills, including at least one level appropriate skill. Some examples include:

- Back walkover - Back handspring step out - Back walkover
- Back handspring step out - Back walkover - Back handspring
- Back walkover - Back handspring step out
- Switch leg back walkover - Back handspring/step out
- Valdez - Back handspring/step out
- Back extension roll - Back handspring/step out

**Skills listed in RED are priority skills commonly utilized in routine setting*



ARKANSAS CHEER ACADEMY

Level 2 Running Tumbling

Level Appropriate

- Round off - Back handspring
- Round off - Back handspring step out
- Cartwheel - Back handspring
- Front handspring

*Skills listed in RED are priority skills commonly utilized in routine setting

ELITE Level Appropriate

Running Elite includes three or more connected skills, including at least one level appropriate skill. Some examples include:

- Round off - 2 Back handsprings/step out
- Front walkover - Round off - Back handspring/2 back handsprings
- Front walkover - Cartwheel - Back handspring/step out
- Round off - Back handspring - Rebound - Round off - Back handspring

The following elements are also elite skills:

- Flyspring/Bounder



ARKANSAS CHEER ACADEMY

Level 3 Standing Tumbling

Level Appropriate

- 2 Back handsprings
- Jump - Back handspring
- Back walkover - 2 Back handsprings
- Back handspring step out - Back walkover - 2 Back handsprings

ELITE Level Appropriate

Standing Elite includes three or more connected skills, including at least two level appropriate skill connections. Some examples include:

- 3 Back handsprings (also could end with a step out)
- Back handspring step out - 2 Back handsprings
- Jump - 2 Back handsprings
- Jump - Back handspring - Jump - Back handspring
- Back handspring - Jump - Back handspring

***Skills listed in RED are priority skills commonly utilized in routine setting**



ARKANSAS CHEER ACADEMY

Level 3 Running Tumbling

Level Appropriate

- Punch front
- Round off - Back tuck
- Aerial

*Skills listed in RED are priority skills commonly utilized in routine setting

ELITE Level Appropriate

Running Elite includes any two connected level appropriate skills OR any level appropriate skill connected by a lower level running tumbling skill. Some examples include:

- Round off - Back handspring - Back tuck
- Round off - 2 Back handsprings - Back tuck
- Front walkover - Round off - 1 or 2 Back handspring(s) - Back tuck
- Front walkover - Aerial
- Aerial - through to Back Tuck
- Punch front - through to Back Tuck
- Round off - Back handspring step out - 1/2 turn - Round off - Back handspring - Back tuck
- Flyspring - Round off - Back handspring - Back tuck
- Front handspring - Punch front



ARKANSAS CHEER ACADEMY

Level 4 Standing Tumbling

Level Appropriate

- 2 Back handsprings -
Back tuck

ELITE Level Appropriate

- Back tuck
- Back handspring - Back tuck
- Jump - 1 or 2 Back handspring(s) - Back tuck
- Back walkover - Back tuck
- Valdez - Back tuck
- Back handspring step out - Back tuck
- Jump - Back handspring step out - Back tuck
- Back extension roll - Back tuck

*Skills listed in RED are priority skills
commonly utilized in routine setting



ARKANSAS CHEER ACADEMY

Level 4 Running Tumbling

Level Appropriate

- Cartwheel - Back tuck
- Round off - Layout
- Punch front step out - Round off - Back handspring - Back tuck
- Aerial - Back tuck
- Front handspring - Punch front
- Round off - Onodi - through to Back tuck

ELITE Level Appropriate

Running Elite includes two level appropriate skills executed within one pass. Some examples include:

- Round off - Back handspring - Layout
- Front walkover - Round off - Back handspring - Layout
- Round off - Back handspring - Whip - Back handspring - Layout
- Punch front step out - Round off - Back handspring - Layout
- Round off - Whip - Tuck
- Round off - Whip - Back handspring - Layout
- Round off - Whip - Layout

***Skills listed in RED are priority skills commonly utilized in routine setting**



ARKANSAS CHEER ACADEMY

REC TEAM SKILLS

- NO REQUIREMENT OR EXPERIENCE NECESSARY