

TUMBLING/JUMP PROGRESSIONS



STANDING/RUNNING TUMBLING	JUMPS
• Cartwheels • Round-offs • Forward/Backward Rolls • Aerials • Round-off BHS • Standing BHS	• Single Tuck Jump • Single Herkie Jump • Single Straddle Jump
• Round-off BHS Back Tucks • Round-off Tucks • Standing BHS Series • Jump/BHS Combinations	• Single Advanced Jump
• Standing Back Tucks • Round-off BHS Layout • Standing Full • Round-off BHS Full • Specialty Passes that end in Layout or Full	• Two connected Advanced Jumps • Two connected + 1 single Advanced jump • Three connected Advanced Jumps

NOTES:

- **Advanced Jumps** include Toe Touch, Left/Right Front Hurdler, Left/Right Side Hurdler, Pike.
- Tumbling after a Jump will be scored in the Tumbling section. Jump score only includes the Execution/Difficulty of the Jump(s) performed.