



Tumbling Evaluation Sheet

Name _____

Contact Number () _____ Email: _____ @ _____

Age as of May 31st, 2008 _____ Final Class/Level Placement _____

Level 1

√ =Yes X=No

Handstand Hold 3 seconds	
Handstand to Bridge	
Forward Roll	
Backward Roll	
Cartwheel	
Power Hurdle Roundoff Rebound	
Step Step Hurdle Roundoff Rebound	
Running Round Off Rebound	
Front Walkover/Front Limber	
Back Walkover/Bridge Kick Over	

Level 2

√ =Yes X=No

Dive Roll	
Front Handspring Rebound	
Standing 2Back Handsprings	
Power Hurdle RO 2BHS	
Step Step Hurdle RO 2BHS	
Running RO 2BHS	
Front Handspring Step out	

Level 3

√ =Yes X=No

Standing Tuck	
Running Front Punch Tuck	
Running Front Punch Step Out	
RO BHS Back Tuck	
RO 2BHS Back Tuck	
Standing BHS Back Tuck	
Standing 2BHS Back Tuck	

NOTES

Each athlete may miss only one skill to proceed to the next level. Once the athlete has missed two skills, placement will be set to that specific level. For EX: Sally missed a skill in level 1 and then missed a skill in level 2. Sally would be placed in a level 2 tumbling class. If Sally would have achieved every skill in level 2 and missed a level 3 skill she would be in a level 3 tumbling Class. All Skills must be performed on the spring floor for credit to be given for achievement.

Athlete evaluated by Coach _____

Date of Evaluation _____