



## USASF Athlete Tumbling Level Guidelines

### Tumbling Requirements

| Level 1   | Level 2  | Level 3  | Level 4  | Level 5   |
|---|--|--|--|---|
| <p>No Experience Required to be placed on team</p> <p>Skills that Level 1 Teams learn during the season:</p> <ul style="list-style-type: none"> <li>• Cartwheel</li> <li>• Round-off</li> <li>• Back Bend Kickover</li> <li>• Back Walkover</li> <li>• Front Walkover</li> <li>• Forward Roll</li> <li>• Backward Roll</li> </ul> | <ul style="list-style-type: none"> <li>• Standing Back Handspring</li> <li>• Back Walkover Back Handspring</li> <li>• Round-off Back Handspring</li> <li>• Round-off Multiple Back Handsprings</li> <li>• Front Walkover Round-off Back Handspring</li> <li>• Round-off Back Handspring Step Out Round-off Back Handspring</li> </ul> <p><i>Specialty Passes: Various combinations of above skills</i></p> | <ul style="list-style-type: none"> <li>• Standing Series Back Handspring (2 or more)</li> <li>• Multiple Jumps Connected to Back Handspring Series (2)</li> <li>• Punch Front Forward Roll</li> <li>• Aerial Cartwheel</li> <li>• Round-off Back Handspring Back Tuck</li> <li>• Round-off Back Tuck</li> <li>• Front Walkover Round-off Back Handspring Back Tuck</li> <li>• Round-off Back Handspring Step Out Round-off Back Handspring Back Tuck</li> </ul> <p><i>Specialty Passes: Various combinations of above skills</i></p> | <ul style="list-style-type: none"> <li>• Standing Back Tuck</li> <li>• Standing Back Handspring Back Tuck or Lay-Out</li> <li>• Standing Back Handspring Back Tuck - Back Handspring Back Tuck</li> <li>• Cartwheel Back Tuck</li> <li>• Jump Connected to Back Handspring Back Tuck or Lay-Out</li> <li>• Round-Off Back Handspring Lay-Out</li> <li>• Round-Off Back Handspring Lay-Out Step Out</li> <li>• Round-Off Back Handspring X-Out</li> <li>• Front Handspring Punch Front</li> <li>• Punch Front Round-Off Back Handspring Lay-Out</li> <li>• Round-Off Back Handspring Whip - Back Handspring Lay-Out</li> </ul> <p><i>Specialty Passes: Various combinations of above skills</i></p> | <ul style="list-style-type: none"> <li>• Standing Back Handsprings (1 to 3) To Full Twist</li> <li>• Standing Back Handsprings (2 or 3) to Double Full</li> <li>• Standing Full</li> <li>• Toe Touch Standing Full</li> <li>• Standing Back Handsprings To Whip Full or Double Full</li> <li>• Cartwheel Full</li> <li>• Multiple Jumps Connected to Standing Back Tuck</li> <li>• Round-Off Back Handspring Full</li> <li>• Round-Off Back Handspring Double Full</li> <li>• Front Handspring Front Full or Front Full</li> <li>• Punch Front Round-Off Back Handspring Full or Double Full</li> <li>• Round-Off Arabian Round-Off Back Handspring Full or Double Full</li> <li>• Round-Off Back Handspring Whip Full or Double Full</li> </ul> <p><i>Specialty Passes: Various combinations of above skills</i></p> |

# Usaf Credential Test Answers Tumbling L4

**Yi-Tong Ma**



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