			JUMPS			
DOD	**1**	**2**	**3**	**4**	**5**	**6**
	NO TUMBLING	2 TO BACK	2 TO TUCK	3 TO	3 TO TUCK	3 TO SERIES
		HANDSPRINGS		HANDSPRINGS		
	** ALL JUMPS MUST BE DIFFERENT JUMPS AND COMPLETED IN A SERIES					
EXE		**1 TO 2**	**3 TO 4**	**5 TO 6**	**7 TO 8**	
		poor form, dropping chest	average technique	above average technique	excellent technique	
		bent legs, poor timing	flexed toes and dropped	good timing	perfect timing	
			chest			
			STANDING TUMBLING			
DOD	**1**	**2**	**3**	**4**	**5**	**6**
		ST BHS	ST BHS X2	BHS TUCK	TUCK	TUCK TO LAYOUT
						HS TO LAYOUT
EXE		**1 TO 2**	**3 TO 4**	**5 TO 6**	**7 TO 8**	
		poor form and or technique	aveage technique	above average technique	excellent technique	
		slow, poor timing	good timing	good timing	perfect timing	
			hands dwon	sticks landing	sticks landing	
			RUNNING TUMBLING			
DOD	**1**	**2**	**3**	**4**	**5**	**6**
	R.O. BHS	R.O. MULT. BHS	R.O. BHS TUCK	R.O. BHS TUCK LAYOUT	SPECIALTY NO FULL	FULL
EXE		**1 TO 2**	**3 TO 4**	**5 TO 6**	**7 TO 8**	
		poor form/technique	average technique	above average technique	excellent technique	
		slow, poor timing	good timing	good timing	perfect timing	
			hands down/bust	sticks landing	sticks landing	