



What Level am I?

Key:

CW= Cartwheel

HS= Handstand

BWO= Back Walkover

FWO= Front Walkover

BWR= Backward Roll

FWR= Forward Roll

RO= Round Off

BHS= Back Handspring

FHS= Front Handspring

Full= Full Twist

Cheerleading is split into levels. To enter prestigious competitions like The Cheerleading Worlds in Florida, you must be levels 5/6/7. For smaller renowned competitions in the United States, such as The Summit and All-Star Worlds, you can compete at any level but usually require being awarded a BID by scoring highly at a UK competition.

There is the option to be on a high-level non-tumbling team; however, we encourage all athletes to train in tumbling while they are young to build a comprehensive skill set. The descriptions below will help you determine which Development Programme (Stunts Checklist) or Tumbling Class (Cheerleading Bingo) is right for you. Athletes will be asked to move up to the next level when coaches can check off all skills as Hit/Perfect, or if an athlete is needed at a higher level and wouldn't be hindered by a move.

Our Development Programmes and Tumbling classes will work together in tandem, focusing on stunt and tumbling skill technique.

LEVEL 1



CHEER/TUMBLE BINGO

BWO Series

BWO Switch Leg

Valdez

BWR to HS

BWO BWR

FWO CW BWO

FWO Round Off

CW BWO Series

CW Switch leg BWO

Power Hurdle RO

Levelled Toe Touch Jump

Mastered Jump Approach



Levelled Pike Jump

Mastered Jump Landing

FWO Series

Arm motions known & sharply executed

Prep Level Stunts

Level 1 Stunting Ability

Hurdler Jump Ability

Flyers: Both Heel Stretches

Flyers: Levelled Arabesque

Flyers: Both Front Stretches


Flyers: Both leg Splits

HS FWR

LEVEL 2



CHEER/TUMBLE BINGO

BHS step-out- BWO- BHS	BWO Switch Leg- BHS	Valdez- Bhs	BWR -to HS BHS Step-Out	FHS FWR RO BHS
FHS	FWO RO BHS Series	CW BHS Series	BWO BHS	BHS T-Jump BHS
Toe Touch Jump showing flexibility	Front Hurdler Jumps showing flexibility		Levelled Pike Jump	Mastered Jump Approach, Landing & Arm placement
RO BHS Rebound 1/2 turn RO BHS	Arm motions known & sharply executed	Level 2 Stunts Ability	Level 1 Stunts Ability	RO BHS Rebound 1/2 turn RO BHS Series
Flyers: Both Leg Heel Stretches- good flexibility	Flyers: Levelled Arabesque	Flyers: Both Front Stretches -good flexibility	Flyers: Scale & Scorpion	Bonus: RO BHS Tuck on Tumble Track

LEVEL 3



CHEER/TUMBLE BINGO

Standing
3x BHS

RO
Tuck

BWO
BHS-BHS

BHS-
Jump-
BHS-BHS

FWO
Aerial

FWO
RO BHS
Tuck

RO BHS
Rebound
1/2 turn
RO BHS
Tuck

Punch
Front

Aerial-
RO- BHS-
Tuck

RO
Series
BHS
Tuck

Toe Touch
Jump with
high level
of flexibility

Front
Hurdler
Jumps with
high level of
flexibility



Pike Jump
with good
level of
flexibility

Mastered
leg/arm
control &
placement in
Jumps

Power
Hurdle RO
BHS Tuck

Double
Jump-3x
BHS

Level 3
& below
Stunts
Ability

FWO RO
Tuck

Toe
Touch
BHS

Flyers:
Both Leg
Heel
Stretches-
over
stretched

Flyers:
Bow and
Arrow,
Scale,
Needle

Flyers:
Both Front
Stretches-
over
stretched

Aerial

Bonus:
Standing
Tuck on
Tumble
Track

LEVEL 4



CHEER/TUMBLE BINGO

Standing
BHS Tuck

Jump
BHS Tuck

Standing
BHS
Layout

Standing
Tuck

BWO
BHS
Tuck

Punch
Front RO
BHS
Layout

RO
Layout

CW
Tuck

RO
Whip to
Layout

FWO RO
BHS
Layout

Toe Touch &
Front
Hurdler
Jumps - high
level of
flexibility

Ability to
fill
multiple
stunt
positions



Pike Jump
with high
level of
flexibility

Above
Average
Performing
Quality

RO BHS
Tuck BHS
Tuck

Standing
BHS Tuck
BHS BHS
Tuck

Level 4 &
below
Stunting
ability

RO BHS
Layout

RO
Layout
Stepout

Flyers:
Both Leg
Heel
Stretches-
over
stretched

Flyers:
Bow and
Arrow,
Scale &
Needle

Flyers:
Both Front
Stretches-
over
stretched

Bonus: RO
BHS Layout
1/2 Twist
on Tumble
Track

Bonus: RO
BHS Full
Twist on
Tumble
Track

LEVEL 5



CHEER/TUMBLE BINGO

Jump Back Tuck	2x BHS Layout	BHS Tuck to Layout	RO Full	RO BHS Full
FWO RO BHS Full	RO Whip through to Full	Punch Front to Full	FHS Punch Front to Full	RO Arabian stop Full
Toe Touch Jump- with high level of flexibility	Front Hurdler Jumps-with high level of flexibility		Pike Jump with high level of flexibility	Level 5 & below Stunts Ability
Flyers: All Body Positions- over stretched	Ability to fill multiple stunt positions	Bonus: Double Full on Tumble Track	Bonus: Standing Full on Tumble Track	Bonus: 2x Full on Tumble Track



Level 1 Stunts ★ Checklist



Attempted Hit Perfected

Thigh stand

Gut Stand

Knee Stand

Prep

Prep Level Lib

Show and Go Extension

Teddy Bear Prep

Extended Teddy Bear

Flat Back

Attempted Hit Perfected

Extended Flat Back

Quarter Up to Prep

Quarter Up to Prep Level Lib

Prep Cradle

Prep Lib Cradle

Tic Toc (Prep Lib-Lib)

1/4 Tic Toc (Prep Lib-Lib)

Pyramid-held Extension





Level 2 Stunts ★ Checklist



Attempted Hit Perfected

Extension

Prep Level Lib

1/2 Up to Prep

1/2 Up to Extension

1/2 Up to Prep Lib

Barrel Roll

1/2 to Cradle (assisted)

1/4 Cradle from Prep

Attempted Hit Perfected

Straight Ride Basket

Prep to prep tick-toc (lib to body position)

Prep to prep tick-toc (body position to body position)

Ground inversion to Prep Lib

Ground inversion to Extension

Prep 1/2 tick-toc

Bonus- Ext Lib





Level 3 Stunts

★ Checklist



Attempted Hit Perfected

Extended Lib

Full Down from Prep

Full Down from Extension

Full Up to Prep (traditional)

Full Up to Prep (cross foot)

Full Up to Prep Lib (traditional)

Full Up to Prep Lib (ruby slipper)

Ground to Extended Lib (inversion)

Attempted Hit Perfected

Switch Up to Prep Lib

Tick Toc Prep Lib to extended Lib

1/2 Up to Extension

1/2 Up to Extended Lib

Prep Full around to Prep Lib

Prep Lib full around tic tock to Prep Lib

Full Twist Basket





Level 4 Stunts

★ Checklist



Attempted Hit Perfected

Switch Up to Extended Lib

**Hi to Low Extended Lib
to Prep Lib**

**Low to high prep Lib
to extended Lib**

Full Up to Lib

**1 1/2 up to Prep Lib
(traditional)**

**1 1/2 up to Prep Lib
(ruby slipper)**

Attempted Hit Perfected

Prep Double-Down

**Prep Level inversion to
Extended Lib**

Extension Double Down

Kick Full Basket

Kick Full Cradle from Prep Lib

Ball Up to Extension





Level 5 Stunts

★ Checklist



Attempted Hit Perfected

Full Up to Extended Lib
High to High Lib to Lib
(Tick Toc)

1 1/2 Up to Extended Lib
1/2 Up Switch Up
(non-moving)

Full Up switch up (1/2 1/2)
Full Up switch up
(non-moving)
Full around Tic Tock
(low to high) Lib to Lib

Attempted Hit Perfected

1 1/2 Twist to Prone

Double Up to Extension
(sponge, prep, extended)

Hand-in-Hand Prep
invert to Extension

Double Down from
Arabesque

Hitch Kick Full Basket

Switch Kick Full Basket

