TUMBLING INTERMEDIATE EVALUATION

Gymnast Name: _____ Age: _____

Class Day: _____ Class Time: ____ Date: _____

| **Flexibility** | **Star Value** |
|---|---|
| Skin the Cat | 1. 2. 3. 4. |
| Toe Point | 1. 2. 3. 4. |
| Pike | 1. 2. 3. 4. |
| Right Split | 1. 2. 3. 4. |
| Left Split | 1. 2. 3. 4. |
| Middle Split | 1. 2. 3. 4. |
| Bridge | 1. 2. 3. 4. |

| **Trampoline** | **Star Value** |
|---|---|
| Straddle Jump | 1. 2. 3. 4. |
| Pike Jump | 1. 2. 3. 4. |
| Seat drop 1/2 turn | 1. 2. 3. 4. |
| Doggy Drop | 1. 2. 3. 4. |
| Back Drop | 1. 2. 3. 4. |
| Hallow drop | 1. 2. 3. 4. |
| Jump Full Twist | 1. 2. 3. 4. |
| Front Tuck | 1. 2. 3. 4. |

| **Intermediate Tumbling List** | **Star Value** |
|---|---|
| Handstand to Lunge | 1. 2. 3. 4. |
| Front Tuck | 1. 2. 3. 4. |
| Bwd Extension Roll | 1. 2. 3. 4. |
| Front Handspring | 1. 2. 3. 4. |
| Back Handspring- | 1. 2. 3. 4. |
| -Down incline | 1. 2. 3. 4. |
| -Standing | 1. 2. 3. 4. |
| Handstand ½ Turn | 1. 2. 3. 4. |
| Dive Rolls | 1. 2. 3. 4. |
| Fwd Walkover | 1. 2. 3. 4. |
| Bwd Walkover | 1. 2. 3. 4. |
| Front Handspring Step out | 1. 2. 3. 4. |
| Back Handspring Step out | 1. 2. 3. 4. |
| Cartwheel Bwd Roll (connected) | 1. 2. 3. 4. |
| Round off Bwd Roll (connected) | 1. 2. 3. 4. |
| Round off Back Handspring | 1. 2. 3. 4. |

**Notes:**