

** SCHOOL **	**SCHOOL**	**SCHOOL**	LEVEL 1 - STUNTS		**SCHOOL**	**SCHOOL**	** SCHOOL **
	Inversion Style	Release Style / Transition	Twisting	Dismount Style	Other Stunts		
Level Appropriate	<ul style="list-style-type: none"> • INVERSION AT GROUND LEVEL 	<ul style="list-style-type: none"> • TRANSITION MAINTAINING CONTACT WITH AT LEAST 1 BASE (e.g: prep level to prone, L1 switch up or L1 tic toc below prep level, show & go, pendulum, straddle squish, etc) 	<ul style="list-style-type: none"> • UP TO ½ TWIST LIFT (floor to floor with waist support only) • REBOUND ½ TWIST TO PRONE • ½ WRAP AROUND • ¼ TWISTING TRANSITION (e.g: ¼ twist to prep level or below, ¼ down to ground level, ¼ twist transition from prep level, etc) 	<ul style="list-style-type: none"> • LOWER/STEP DOWN • POP DOWN • STRAIGHT CRADLE 	<ul style="list-style-type: none"> • 1 LEG STUNT BELOW PREP LEVEL • 2 LEG STUNT AT PREP LEVEL OR BELOW (e.g: high stand, floor stunt, back stand, prep, hitch, staddle lift/v-sit, extended straddle lift/v-sit, flat back, extended flatback, T-Lift, shoulder sit, shoulder stand, chair, etc) • PREP LEVEL 1 LEG STUNT with connection • COMBO OF 2 OR MORE SKILLS DONE SIMULTANEOUSLY 		
LEVEL 1 - PYRAMIDS							
	Inversion Style	Release Style / Transition	Twisting	Dismount Style	Other Style		
Level Appropriate		<ul style="list-style-type: none"> • BRACED TRANSITIONS TO/FROM PREP LEVEL 1 LEG • BRACED TRANSITIONS TO/FROM EXTENDED 2 LEG 	<ul style="list-style-type: none"> • BRACED ¼ TWIST TRANSITIONS • BRACED ¼ TWIST TO/FROM PREP LEVEL 1 LEG • BRACED ¼ TWIST TO/FROM EXTENDED 2 LEGS 	<ul style="list-style-type: none"> • BRACED L1 DISMOUNTS FROM PREP LEVEL SKILLS 	<ul style="list-style-type: none"> • BRACED STUNT SKILLS • CONNECTED 1 LEG STUNTS AT WAIST LEVEL (paperdolls) • BRACED PREP LEVEL 1 LEG • BRACED EXTENDED 2 LEG • BRACED COMBO OF 2 OR MORE LEVEL APPROPRIATE SKILLS DONE SIMULTANEOUSLY 		
PLUS TWO STRUCTURES performed by MOST of the team for Top 3 Ranges							
LEVEL 1 - TOSSES							
NO TOSSES ALLOWED INCLUDING WAIST LEVEL CRADLES AND SPONGE TOSSES							

Red means this is unique to Canada as elite level appropriate. If competing outside of Canada check with your competition producer.

*This document includes examples of level appropriate skills. Coaches are still responsible for ensuring that any skills performed in their routine are compliant with the Safety Rules. Please check back as this document may be updated throughout the season.

**Coed style skills that meet the requirements for listed level/elite level appropriate skills will receive credit.

** SCHOOL **	**SCHOOL**	**SCHOOL**	LEVEL 2 - STUNTS		**SCHOOL**	**SCHOOL**	** SCHOOL **
	Inversion Style	Release Style / Transition	Twisting	Dismount Style	Other Stunts		
Level Appropriate	<ul style="list-style-type: none"> • GROUND LEVEL INVERSION TO NON-INVERTED STUNT (with 0 - 1/2 Twist) 	<ul style="list-style-type: none"> • TRANSITIONS MAINTAINING CONTACT WITH AT LEAST 1 BASE TO/FROM PREP LEVEL 1 LEG OR EXTENDED 2 LEG (e.g: extension to prone, L2 switch up, L2 tic toc, 1 leg show & go, pendulum from extended, straddle squish, etc.) • LEAP FROG VARIATIONS 	<ul style="list-style-type: none"> • 1/4 TWIST TRANSITION TO/FROM PREP LEVEL 1 LEG OR EXTENDED 2 LEG • LOG ROLL • 1/2 TWIST TRANSITION (e.g: 1/2 twist to prone, 1/2 twist to/from waist level, 1/2 twist to/from prep level (1 leg or 2 leg), 1/2 twist to/from extended 2 leg, etc) 	<ul style="list-style-type: none"> • POP DOWN OR STRAIGHT CRADLE FROM PREP LEVEL 1 LEG OR EXTENDED 2 LEG • 1/4 TWIST CRADLE 	<ul style="list-style-type: none"> • PREP LEVEL 1 LEG STUNT • EXTENSION • WALK-IN STUNT (1/2 TWIST) (e.g: walk in chair, walk in to hands, walk in to prep level 1 leg, walk in to extension, etc) • COMBO OF 2 OR MORE L2 SKILLS DONE SIMULTANEOUSLY 		
LEVEL 2 - PYRAMIDS							
	Inversion Style	Release Style / Transition	Twisting	Dismount Style	Other Style		
Level Appropriate		<ul style="list-style-type: none"> • BRACED L2 TRANSITIONS • BRACED TRANSITIONS TO EXTENDED 1 LEG 	<ul style="list-style-type: none"> • BRACED 1/4 - 1/2 TWIST TRANSITIONS TO/FROM EXTENDED 1 LEG • BRACED 1/2 TWIST TRANSITIONS 	<ul style="list-style-type: none"> • BRACED POP DOWN OR STRAIGHT CRADLE FROM EXTENDED STUNTS • BRACED TOSS FROM WAIST LEVEL • BRACED 1/4 TWIST CRADLE 	<ul style="list-style-type: none"> • BRACED L2 STUNTS • CONNECTED PREP LEVEL 1 LEG STUNTS (paperdolls) • BRACED EXTENDED 1 LEG STUNT • BRACED COMBO OF 2 OR MORE L2 SKILLS DONE SIMULTANEOUSLY 		
PLUS TWO STRUCTURES performed by MOST of the team for Top 3 Ranges							
LEVEL 2 - TOSSES							
STRAIGHT RIDE *NO Tosses in Tiny/Mini Divisions							

** SCHOOL **		**SCHOOL**		**SCHOOL**		LEVEL 3 - STUNTS			**SCHOOL**		**SCHOOL**		** SCHOOL **	
Inversion Style		Release Style / Transition		Twisting		Dismount Style		Other Stunts						
Level Appropriate	<ul style="list-style-type: none"> • INVERTED AT WAIST OR PREP LEVEL • SUSPENDED ROLL (up to 1 twist) (forward/backward/side) • DOWNWARD INVERSION FROM BELOW PREP LEVEL (0 to 1 twist) • 3/4 - 1 TWIST INVERSION TO STUNT • INVERSION TO 1 LEG EXTENDED (0 to 1/2 Twist) 	<ul style="list-style-type: none"> • RELEASE FROM WAIST LEVEL OR BELOW TO PREP LEVEL OR BELOW (e.g: tic toc, ball up, straddle up, switch up, toss chair, toss hands, etc) • TRANSITION MAINTAINING CONTACT TO/FROM EXTENDED 1 LEG (e.g: pendulum from lib, to prone, L3 tic toc prep level to extended (low to high), L3 tic toc full twist to prep or extended 1 leg, etc) 	<ul style="list-style-type: none"> • 3/4 - 1 TWIST TRANSITION (not including log roll) (e.g: full up or full around at prep level, full to prone, full to prep level from extended, full up or full around at extension, full around extended 1 leg to extended 2 leg, etc) • 1/4 - 1/2 TWIST TRANSITION TO EXTENDED 1 LEG (e.g: 1/2 up to extended lib, 1/2 around from extension to extended 1 leg, etc) 	<ul style="list-style-type: none"> • STRAIGHT CRADLE OR 1/4 TWIST FROM EXTENDED 1 LEG • 1 SKILL DISMOUNT (1 TRICK OR 1/2 - 1 1/4 TWIST) FROM 2 LEG (prep level or extended) 	<ul style="list-style-type: none"> • EXTENDED 1 LEG STUNT • WALK-IN EXTENSION • DOUBLE CUPIE • COMBO OF 2+ L3 SKILLS DONE SIMULTANEOUSLY 									
LEVEL 3 - PYRAMIDS														
Inversion Style		Release Style / Transition		Twisting		Dismount Style		Other Style						
Level Appropriate	<ul style="list-style-type: none"> • BRACED L3 INVERSIONS • PASS THRU INVERSION WITH BRACE AND GROUND CONNECTION (must start and end at prep level or below) 	<ul style="list-style-type: none"> • BRACED L3 STUNT RELEASE SKILLS (WITH 1 BRACER) (e.g: from below prep to prep or below, etc) • BRACED RELEASE NOT PERMITTED AS L3 STUNT RELEASE (BRACED ON 2 SIDES) (e.g: kick kick to prep; release to extended, etc) • BRACED RELEASE WITH TWIST (UP TO 1 TWIST; BRACED ON 2 SIDES) (e.g: full twisting low to high or high to high tic toc, etc) 	<ul style="list-style-type: none"> • BRACED LOG ROLL (up to 1 twist) • BRACED 3/4 - 1 TWIST TRANSITIONS 	<ul style="list-style-type: none"> • BRACED L3 DISMOUNTS (WITH 1 BRACER) 	<ul style="list-style-type: none"> • BRACED L3 STUNTS • CONNECTED EXTENDED 2 LEG STUNTS • OTHER LEVEL APPROPRIATE SKILLS (e.g: 1 Leg Extended Stunt without Hand-Arm Brace, etc) • BRACED COMBO OF 2+ L3 SKILLS DONE SIMULTANEOUSLY 									
PLUS TWO STRUCTURES performed by MOST of the team for Top 3 Ranges														
LEVEL 3 – NON-TWISTING TOSSES						LEVEL 3 – TWISTING TOSSES								
1 TRICK (e.g: Trick Arch, Ball-X, Toe Touch, etc)						1/4 - 1 TWIST								

** SCHOOL **		**SCHOOL**		**SCHOOL**		LEVEL 4 - STUNTS		**SCHOOL**		**SCHOOL**		** SCHOOL **	
Inversion Style		Release Style / Transition		Twisting		Dismount Style		Other Stunts					
LA 19/20	<ul style="list-style-type: none"> FULL TWIST INVERSION TO EXTENDED 2 LEG 			<ul style="list-style-type: none"> FULL TWIST TO EXTENDED 2 LEG (Full Up, Full Around, etc) 									
Level Appropriate	<ul style="list-style-type: none"> DOWNWARD INVERSION FROM PREP LEVEL (0 - 1 ½ twists) RELEASED INVERSION TO NON-INVERTED POSITION (from prep level or below to any stunt level OR from extended level to prep level or below) EXTENDED INVERTED STUNT 1 TWIST INVERSION TO EXTENDED 1 LEG 	<ul style="list-style-type: none"> HELICOPTER RELEASE RELEASE FROM PREP LEVEL TO PREP LEVEL (0 to 2 tricks) TWISTING RELEASE TO PREP LEVEL OR BELOW (up to 1 ½) OR 2 TRICKS (may include twist as 1 trick) RELEASE TO/FROM EXTENDED STUNT (up to 2 non-twisting tricks; no extended to extended releases) (e.g: switch up to lib, toss to extended (1 or 2 leg), ball up/ball down, straddle up, high to low tic toc, etc) 	<ul style="list-style-type: none"> DOUBLE TWIST LOG ROLL TO CRADLE 1 ½ TWIST TRANSITION (to/from any stunt level; 1 leg or 2 leg; 1 ½ twist inversion to non-inverted stunt, etc) ¾ - 1 ½ TWIST TRANSITION TO EXTENDED 1 LEG 	<ul style="list-style-type: none"> DISMOUNT FROM INVERTED STUNT 1 TRICK FROM 1 LEG (0 twist) ½ - 1 ¼ TWIST FROM 1 LEG 1 ½ - 2 ¼ TWIST FROM 2 LEG 2 TRICKS (0 twists or trick + twist) (e.g: kick full, ½ twist X ½ twist, etc) 	<ul style="list-style-type: none"> TOSS EXTENDED STUNT COMBO OF 2+ L4 SKILLS SIMULTANEOUSLY 								
LEVEL 4 - PYRAMIDS													
Inversion Style		Release Style / Transition		Twisting		Dismount Style		Other Style					
Level Appropriate	<ul style="list-style-type: none"> BRACED L4 INVERSION /INVERTED STUNT BRACED DOWNWARD INVERSION FROM EXTENDED LEVEL RELEASED INVERSION/ FLIP WITH 2 BRACERS 	<ul style="list-style-type: none"> BRACED L4 STUNT RELEASE SKILLS (WITH 1 BRACER) (e.g: release to/from extended, etc) BRACED 1 ¼ - 1 ½ TWISTING RELEASE TO/FROM EXTENDED BRACED RELEASE (non-inverted) THAT CHANGES BASES (e.g: braced release from one group to another, second level leap frog, etc) 	<ul style="list-style-type: none"> BRACED 1 ¼ - 1 ½ TWIST 	<ul style="list-style-type: none"> BRACED L4 DISMOUNTS (WITH 1 BRACER) 	<ul style="list-style-type: none"> BRACED L4 STUNTS EXTENDED 1 LEG CONNECTED TO EXTENDED 2 LEG (e.g: paperdolls) BRACED COMBO OF 2+ L4 SKILLS DONE SIMULTANEOUSLY 								
PLUS TWO STRUCTURES performed by MOST of the team for Top 3 Ranges													
LEVEL 4 – NON-TWISTING TOSSES						LEVEL 4 – TWISTING TOSSES							
2 TRICKS (e.g: Pike-X, Hitch Kick, Switch Kick, Double Toe Touch, etc)						1 ½ - 2 ¼ TWISTS. MAX 2 TRICKS. SKILL + ANY TWIST BETWEEN ¼ - 1 ¼ WITH TRICK (e.g: Ball ½, Kick ¼, Kick Full, Toe Touch Full, Full Up Toe Touch, 1 ½ Twist, ½ Twist X ½ Twist, Double Full, etc)							

** SCHOOL **		**SCHOOL**		**SCHOOL**		LEVEL 5 - STUNTS		**SCHOOL**		**SCHOOL**		** SCHOOL **	
Inversion Style		Release Style / Transition		Twisting		Dismount Style		Other Stunts					
LA 19/ 20	<ul style="list-style-type: none"> RELEASED INVERSION FROM PREP LEVEL TO EXTENDED STUNT 	<ul style="list-style-type: none"> LIB TO LIB TIC TOCS (Low to High) 1 LEG TO BODY POSITION TIC TOCS (Low to High) 	<ul style="list-style-type: none"> FULL UP TO EXTENDED BODY POSITION 1 ½ TO EXTENDED STUNT 1 ¼ TO EXTENDED 1 LEG 		<ul style="list-style-type: none"> UNASSISTED TOSS 1 ARM & 1 LEG EXTENDED STUNT 								
Level Appropriate	<ul style="list-style-type: none"> DOWNWARD INVERSION FROM EXTENDED STUNT (0 - 2 ¼ twists) 2 TWIST INVERSION TO NON-INVERTED STUNT (to any stunt level; 1 or 2 legs) INVERSION FROM EXTENDED TO EXTENDED 	<ul style="list-style-type: none"> TWISTING HELICOPTER RELEASE RELEASE FROM EXTENDED TO EXTENDED STUNT (e.g: High to High, extension ball extension, etc) 1 ¾ - 2 ¼ TWIST RELEASE TO/FROM PREP LEVEL OR BELOW TWISTING RELEASE (¼ - 2 ¼) TO/FROM EXTENDED STUNT (e.g: ¼ turn switch up to extended lib, twisting ball/straddle up to extended, released double up extension, full around (extended), twisting release to prep level or below from extended (including prone), etc) 	<ul style="list-style-type: none"> 1 ¾ - 2 ¼ TWIST TRANSITION (to/ from any level; 1 leg or 2 leg) (e.g: double to prone, double log roll landing in prone or flatback, 2 ½ twist log roll, double up to prep level or extended, etc) 	<ul style="list-style-type: none"> 1 ½ - 2 ¼ TWIST FROM 1 LEG 3 TRICK DISMOUNT: TRICK TRICK TRICK TRICK TRICK SINGLE (e.g: kick kick full, toe touch full toe touch, full pike X, etc) TRICK + 1 ½ - 2 ¼ TWIST (i.e. Kick Double, toe touch double, full toe touch full, etc) 	<ul style="list-style-type: none"> COED STYLE TOSS WITH TWIST (¼ - 2 ¼) TO EXTENDED STUNT COMBO OF 2+ L5 SKILLS DONE SIMULTANEOUSLY 								
LEVEL 5 - PYRAMIDS													
Inversion Style		Release Style / Transition		Twisting		Dismount Style		Other Style					
Level	<ul style="list-style-type: none"> BRACED L5 INVERSIONS RELEASED INVERSION/ FLIP BRACED ON 1 SIDE 	<ul style="list-style-type: none"> BRACED L5 STUNT RELEASE SKILLS BRACED INVERTED RELEASES THAT INVOLVE CHANGING BASES 	<ul style="list-style-type: none"> BRACED L5 STUNT TWISTING SKILLS 	<ul style="list-style-type: none"> BRACED L5 DISMOUNTS 	<ul style="list-style-type: none"> BRACED L5 STUNTS CONNECTED EXTENDED 1 LEG STUNTS (i.e. paperdolls) BRACED COMBO OF 2+ L5 SKILLS DONE SIMULTANEOUSLY 								
PLUS TWO STRUCTURES performed by MOST of the team for Top 3 Ranges													
LEVEL 5 – NON-TWISTING TOSSES						LEVEL 5 – TWISTING TOSSES							
THREE TRICKS (e.g: Pike Hitch Kick, Pike Kick Pretty Girl, Hitch Kick Kick, etc)						2 ½ TWIST OR TWO TRICKS WITH TWIST (e.g: Kick 1 ½ Twist, Hitch Kick Full, Switch Kick Full, Kick Kick Full, Pike Kick Full, Kick Full Kick, etc)							

** SCHOOL **		**SCHOOL**		**SCHOOL**		LEVEL 6 - STUNTS		**SCHOOL**		**SCHOOL**		** SCHOOL **	
Inversion Style		Release Style / Transition		Twisting		Dismount Style		Other Stunts					
LA 19/20	<ul style="list-style-type: none"> RELEASED INVERSION FROM PREP LEVEL TO EXTENDED STUNT 	<ul style="list-style-type: none"> LIB TO LIB TIC TOCS (Low to High) 1 LEG TO BODY POSITION TIC TOCS (Low to High) 	<ul style="list-style-type: none"> FULL UP TO EXTENDED BODY POSITION 1 1/2 TO EXTENDED STUNT 1 1/4 TO EXTENDED 1 LEG 	<ul style="list-style-type: none"> 1 1/2 - 2 1/4 TWIST FROM 1 LEG 3 TRICK DISMOUNT: (trick trick trick / trick trick single / trick double) 	<ul style="list-style-type: none"> UNASSISTED TOSS 1 ARM & 1 LEG EXTENDED STUNT 								
Level Appropriate	<ul style="list-style-type: none"> DOWNWARD INVERSION FROM EXTENDED STUNT (0 - 2 1/4 twists) 2 TWIST INVERSION TO NON-INVERTED STUNT (to any stunt level; 1 or 2 legs) RELEASED INVERSION FROM EXTENDED TO EXTENDED RELEASED INVERTED TO NON-INVERTED WITH TWIST (UP TO 1/2) REWIND WITH 0 TWIST (excludes Junior 6) 	<ul style="list-style-type: none"> TWISTING HELICOPTER RELEASE RELEASE FROM EXTENDED TO EXTENDED STUNT (e.g: High to High, extension ball extension, etc) 1 3/4 - 2 1/4 TWIST RELEASE TO/FROM PREP LEVEL OR BELOW TWISTING RELEASE (1/4 - 2 1/4) TO/FROM EXTENDED STUNT (e.g: 1/4 turn switch up, twisting ball/straddle up, released double up extension, full around (extended), twisting release to prep level or below from extended (including prone), etc) 	<ul style="list-style-type: none"> 1 3/4 - 2 1/4 TWIST TRANSITION (to/ from any level; 1 leg or 2 leg) (e.g: double to prone, double log roll landing in prone or flatback, 2 1/2 twist log roll, double up to prep level or extended, etc) 	<ul style="list-style-type: none"> 4+ TRICK DISMOUNT (up to 2 1/4 twist) (e.g: kick kick kick kick, switch kick kick full, hitch kick kick full, hitch kick double, kick full kick full, etc) 1 1/2 - 2 1/4 TWIST FROM 1 LEG DISMOUNT FROM INVERTED STUNT WITH TWIST (up to 1/2) 	<ul style="list-style-type: none"> COED STYLE TOSS WITH TWIST (1/4 - 2 1/4) TO EXTENDED STUNT COMBO OF 2+ L6 SKILLS DONE SIMULTANEOUSLY 								
LEVEL 6 - PYRAMIDS													
Inversion Style		Release Style / Transition		Twisting		Dismount Style		Other Style					
Level	<ul style="list-style-type: none"> BRACED L6 INVERSIONS RELEASED INVERSION/ FLIP BRACED ON 1 SIDE RELEASED 1 1/4 FLIPPING INVERSIONS WITH 1/2 TWIST RELEASED 3/4 FLIPPING INVERSIONS WITH UP 1 TWIST 	<ul style="list-style-type: none"> BRACED L6 STUNT RELEASE SKILLS BRACED INVERTED RELEASES (with or without twist) THAT CHANGE BASES 	<ul style="list-style-type: none"> BRACED L6 STUNT TWISTING SKILLS 	<ul style="list-style-type: none"> BRACED L6 DISMOUNTS 	<ul style="list-style-type: none"> BRACED L6 STUNTS CONNECTED EXTENDED 1 LEG STUNTS (i.e. paperdolls) BRACED COMBO OF 2+ L6 SKILLS DONE SIMULTANEOUSLY 								
PLUS TWO STRUCTURES performed by MOST of the team for Top 3 Ranges													
LEVEL 6 – NON-TWISTING TOSSES							LEVEL 6 – TWISTING TOSSES						
3+ TRICKS (e.g: Pike Hitch Kick, Pike Kick Pretty Girl, Pike Switch Kick, Hitch Kick Hitch Kick, etc)							2 TWIST PLUS TRICK(S) OR 1 TWIST WITH 3 TRICKS (e.g: kick double full, Double up Toe Touch, Full Kick Full, Kick Full Kick Full, Switch Kick Double Full, etc)						

** SCHOOL **		**SCHOOL**		LEVEL 7 - STUNTS		**SCHOOL**		**SCHOOL**		** SCHOOL **			
Inversion Style		Release Style / Transition		Twisting		Dismount Style		Other Stunts					
Level Appropriate	<ul style="list-style-type: none"> ● RELEASED INVERSION FROM PREP LEVEL TO EXTENDED STUNT ● DOWNWARD INVERSION FROM EXTENDED STUNT (0 - 2 ¼ twists) ● 2 TWIST INVERSION TO NON-INVERTED STUNT (to any level; 1 or 2 legs) ● RELEASED INVERSION FROM EXTENDED TO EXTENDED ● RELEASED INVERTED TO NON-INVERTED WITH TWIST (UP TO ½) ● REWIND WITH 0 TWIST ● (L7) TOE OR LEG PITCH TYPE TOSS INTO FREE FLIPPING SKILL ● (L7) FREE FLIPPING TRANSITIONS ORIGINATING FROM PREP LEVEL ● (L7) DOWNWARD INVERSION FROM ABOVE PREP LEVEL TO GROUND ● (L7) SIDE-SOMI TO STUNT ● (L7) FRONT FREE FLIPPING FROM GROUND LEVEL TO STUNT ● (L7) BACK HANDSPRING REWIND TO EXTENDED STUNT 		<ul style="list-style-type: none"> ● 1 LEG TO 1 LEG TIC TOCS (Low to High) ● TWISTING HELICOPTER RELEASE ● RELEASE FROM EXTENDED TO EXTENDED STUNT (e.g: High to High, extension ball extension, etc) ● 1 ¾ - 2 ¼ TWIST RELEASE TO/FROM PREP LEVEL OR BELOW ● TWISTING RELEASE (¼ - 2 ¼) TO/FROM EXTENDED STUNT (e.g: ¼ turn switch up, twisting ball/straddle up, released double up extension, full around (extended), twisting release to prep level or below from extended (including prone), etc) ● (L7) COED STYLE TOSS TO NEW BASE(S) ● (L7) HELICOPTER RELEASE MOVES WITH 2 BASES ● (L7) RELEASE FROM PREP LEVEL OR BELOW TO INVERTED PREP LEVEL STUNT (e.g: Ground level handstand released to hand in hand, etc) 		<ul style="list-style-type: none"> ● FULL UP TO EXTENDED BODY POSITION ● 1 ½ TO EXTENDED STUNT ● 1 ¼ TO EXTENDED 1 LEG ● 1 ¾ - 2 ¼ TWIST TRANSITION (to/ from any level; 1 leg or 2 leg) (e.g: double to prone, double log roll landing in prone or flatback, 2 ½ twist log roll, double up to prep level or extended, etc) ● (L7) FLIPPING WITH TWISTING FROM GROUND LEVEL TO STUNT 		<ul style="list-style-type: none"> ● 1 ½ - 2 ¼ TWIST FROM 1 LEG ● 3 TRICK DISMOUNT: (trick trick trick / trick trick single / trick double) ● 4+ TRICK DISMOUNT (up to 2 ¼ twist) (e.g: kick kick kick kick, switch kick kick full, hitch kick kick full, hitch kick double, kick full kick full, etc) ● DISMOUNT FROM INVERTED STUNT WITH TWIST (up to ½) ● (L7) FRONT FREE FLIPPING TO GROUND LEVEL ● (L7) FREE FLIPPING FROM PREP LEVEL OR BELOW TO CRADLE ● (L7) FREE FLIPPING WITH TWISTING FROM PREP LEVEL OR BELOW TO CRADLE 		<ul style="list-style-type: none"> ● UNASSISTED TOSS 1 ARM & 1 LEG EXTENDED STUNT ● COED STYLE TOSS WITH TWIST (¼ - 2 ¼) TO EXTENDED STUNT ● COMBO OF 2+ L6 OR L7 SKILLS DONE SIMULTANEOUSLY ● (L7) UNASSISTED COED STYLE TOSS ¼ - 1 TWIST TO EXTENDED STUNT WITHOUT SPOTTER ● (L7) UNASSISTED COED STYLE TOSS EXTENDED SINGLE ARM STUNT WITHOUT A SPOTTER ● (L7) FRONT HANDSPRING 1 - 2 ¼ UP TO EXTENDED STUNT ● (L7) BACK HANDSPRING 1 - 2 ¼ UP TO EXTENDED STUNT 				
	LEVEL 7 - PYRAMIDS												
	Inversion Style		Release Style / Transition		Twisting		Dismount Style		Other Style				
	Level	<ul style="list-style-type: none"> ● BRACED FLIPPING MOUNTS TO 2 ½ HIGH ● FLIPPING FREE-FLYING MOUNTS TO 2 ½ HIGH ● 2 ½ HIGH INVERSION ● DOWNWARD INVERSION FROM 2 ½ HIGH 		<ul style="list-style-type: none"> ● NON-TWISTING RELEASE MOVES ABOVE 2 ½ HIGH (e.g: Tic Toc) ● TWISTING RELEASE MOVES ABOVE 2 ½ HIGH ● FREE FLYING MOUNTS (Non-Flipping) TO 2 ½ HIGH (with or without twist) 		<ul style="list-style-type: none"> ● TWISTING MOUNT OR TRANSITION TO/FROM 2 ½ HIGH (braced) 		<ul style="list-style-type: none"> ● CRADLES AND POP OFFS FROM 2 ½ HIGH (Twisting and Non-Twisting) ● ¾ FRONT FLIP FROM 2 ½ HIGH 		<ul style="list-style-type: none"> ● BRACED 1 ¼ FLIP WITH 1 TWIST ● 2 ½ HIGH PYRAMID ● CONNECTED DOWNWARD INVERSIONS ● COMBO OF 2+ L7 SKILLS DONE SIMULTANEOUSLY 			
		PLUS TWO STRUCTURES performed by MOST of the team for Top 3 Ranges											
		LEVEL 7 – NON-TWISTING TOSSES						LEVEL 7 –TWISTING TOSSES					
		UP TO 1 FLIP (e.g: Front ¾, Tuck, X-Out, Pike, Layout, etc) OR GROUP TO GROUP TOSS						3 TWIST TOSS (non-flipping) OR UP TO FULL FLIPPING with UP TO DOUBLE TWISTING (e.g: Triple Twist, Kick Triple, Twisting Group to Group, Flip with ½ Twist (Arabian/Barani), Layout Full, Layout Double Full, X-Out Full Split Full, Arabian 1 ½, Pike Open Double Full, etc					

TOSSES

LEVEL 2 - TOSSES	
NON-TWISTING TOSSES	TWISTING TOSSES
STRAIGHT RIDE NOTE: Tosses are illegal in Mini divisions.	-

LEVEL 3 - TOSSES	
NON-TWISTING TOSSES	TWISTING TOSSES
TRICK ARCH; BALL X; TOE TOUCH	UP TO FULL TWISTING

LEVEL 4 - TOSSES	
NON-TWISTING TOSSES	TWISTING TOSSES
TRICK TRICK	TRICK FULL; FULL TRICK; DOUBLE FULL

LEVEL 5 - TOSSES	
NON-TWISTING TOSSES	TWISTING TOSSES
TRICK TRICK TRICK	TRICK TRICK FULL; TRICK FULL TRICK

LEVEL 6 - TOSSES	
NON-TWISTING TOSSES	TWISTING TOSSES
TRICK TRICK TRICK	TRICK DOUBLE FULL; DOUBLE FULL TRICK; FULL TRICK FULL; TRICK FULL TRICK FULL; TRICK TRICK DOUBLE FULL

LEVEL 7 - TOSSES	
NON-TWISTING TOSSES	TWISTING TOSSES
UP TO FULL FLIPPING	UP TO FULL FLIPPING DOUBLE TWISTING; TRICK TRIPLE (NON-FLIPPING)

SCHOOL**TUMBLING****SCHOOL****LEVEL 1 - TUMBLING**

ROLLS (forward, backward, straddle roll, back extension roll, etc)

HANDSTAND / CARTWHEELS & VARIATIONS (cartwheel, block cartwheel, 1 handed cartwheel, round off, etc)

WALKOVERS & VARIATIONS (Push up to bridge, standing to bridge, bridge kickover, front limber, front walkover, back walkover)

CONNECTED SKILLS

LEVEL 2 - TUMBLING

HANDSPRINGS

(back handspring, back handspring step-out, front handspring, flyspring, round off back handspring(s), pass to round off back handspring(s))

LEVEL 2 TUMBLING NOTES: These skills will not be considered level appropriate in rubric style scoring:
DIVE ROLL; SKILLS OUT OF ROUND OFF THAT ARE ILLEGAL IN LEVEL 1; SKILLS NOT LANDING EXCLUSIVELY ON FEET

LEVEL 3 - TUMBLING

STANDING BACK HANDSPRING SERIES

JUMP TO BACK HANDSPRING

RUNNING PASSES WITH AERIAL CARTWHEEL, PUNCH FRONT OR ENDING IN BACK TUCK

LEVEL 3 TUMBLING NOTES: These skills will not be considered level appropriate in rubric style scoring:
BACK HANDSPRING STEPOUT ½ TURN; SKILLS NOT LANDING EXCLUSIVELY ON FEET

LEVEL 4 - TUMBLING

ONODI

STANDING PASSES ENDING IN BACK TUCK / LAYOUT

RUNNING PASSES ENDING IN BACK TUCK / LAYOUT

FRONT AERIAL

RUNNING PASS WITH A FLIP FLIP COMBO

RUNNING PASSES WITH A WHIP

FRONT HANDSPRING PUNCH FRONT PASSES

FRONT TUCK STEPOUT PASSES WHICH INCLUDE A WHIP, TUCK or LAYOUT

NOTE: ALL LAYOUTS MAY BE A LAYOUT, LAYOUT STEPOUT OR X-OUT

LEVEL 4 TUMBLING NOTES: These skills will not be considered level appropriate in rubric style scoring:
JUMP FRONT ¾ FRONT FLIP; RUNNING PASS THAT IS NOT LISTED ABOVE WHICH ONLY CONTAINS 1 FLIPPING SKILL IN A TUCK POSITION;
SKILLS NOT LANDING EXCLUSIVELY ON FEET

SCHOOL

TUMBLING

SCHOOL

LEVEL 5 - TUMBLING

JUMP BACK TUCK
BACK HANDSPRING SERIES THROUGH TO AND/OR INCLUDING WHIPS AND/OR LAYOUT
JUMP BACK HANDSPRING(S) THROUGH TO AND/OR INCLUDING WHIPS AND/OR LAYOUT
STANDING PASS WITH A FLIP FLIP COMBO
RUNNING PASSES THROUGH TO TWISTING FLIP UP TO FULL TWIST

**LEVEL 5 TUMBLING NOTES: These skills will not be considered level appropriate in rubric style scoring:
SKILLS NOT LANDING EXCLUSIVELY ON FEET**

LEVEL 6 & 7 - TUMBLING

JUMP BACK TUCK
STANDING FULL
JUMP FULL
ANY STANDING PASS TO FULL
ANY STANDING PASS ENDING IN DOUBLE FULL
ANY RUNNING PASS ENDING/INCLUDING A FULL
ANY RUNNING PASS ENDING/INCLUDING A DOUBLE FULL

**LEVEL 6 & 7 TUMBLING NOTES: These skills will not be considered level appropriate in rubric style scoring:
DIVE ROLLS IN ARCH OR SWAN POSITION; JUMP TO ARABIAN OR JUMP TO BARANI AS THE ONLY TWISTING SKILL; PASS TO LAYOUT ½ OR
ARABIAN OR BARANI AS THE ONLY TWISTING SKILL; SKILLS NOT LANDING EXCLUSIVELY ON FEET**

JUMPS – ALL LEVELS

BASIC JUMPS

SPREAD EAGLE;
STAR;
TUCK

ADVANCED JUMPS

PIKE; TOE TOUCH; HURDLER (RIGHT/LEFT; FRONT/SIDE); HERKIE;
DOUBLE NINE

NOTE: Tuck and star jumps will receive credit as advanced jumps in
Tiny and Mini Novice (Recreation) divisions.