

**GLOBAL
LEVEL
APPROPRIATE
SKILLS
MATRIX**

2023 – 2024



LEVEL 1 TUMBLING SKILLS

	STANDING TUMBLING	RUNNING TUMBLING	
LEVEL APPROPRIATE	FORWARD ROLL • STRADDLE ROLL • PUSH UP TO BACK BEND • BACKWARDS ROLL HANDSTAND • CARTWHEEL • HANDSTAND FORWARD ROLL • BACKBEND KICKOVER STANDING BACKBEND • FRONT LINBER • BACK LIMBER • FRONT WALKOVER BACK WALKOVER • 1 ARM FRONT WALKOVER • 1 ARM BACK WALKOVER BACK EXTENTION ROLL • BACK WALKOVER SWITCH LEG • VALDEZ	CARTWHEEL • ROUND OFF • FRONT WALKOVER • CARTWHEEL BACK WALKOVER FRONT WALKOVER CARTWHEEL • FRONT WALKOVER ROUND OFF	LEVEL APPROPRIATE
ELITE LEVEL APPROPRIATE	****ELITE LEVEL APPROPRIATE SKILL CONTAIN A COMBINATION OF TWO (2) LEVEL APPROPRIATE SKILL CONNECTED**** **EXAMPLE BUT NOT LIMITED TO ** BACK WALK OVER BACK WALLKOVER - VALDEZ BACK WALKOVER BACK EXTENTION BACK WALKOVER - BACK WALKOVER BACK EXTENTION ROLL	****ELITE LEVEL APPROPRIATE SKILL CONTAIN A COMBINATION OF THREE (3) LEVEL APPROPRIATE SKILL CONNECTED**** **EXAMPLE BUT NOT LIMITED TO ** Front Walkover - Cartwheel - Back Walkover (Variations)	ELITE LEVEL APPROPRIATE

LEVEL 2 TUMBLING SKILLS

	STANDING TUMBLING	RUNNING TUMBLING	
LEVEL APPROPRIATE	Back Handspring Variation • Back Handspring Step Out	Cartwheel - BHS • RO - BHS • RO - BHS Step Out • Front Handspring • Boulder/Flyspring	LEVEL APPROPRIATE
ELITE LEVEL APPROPRIATE	****ELITE LEVEL APPROPRIATE SKILL CONTAIN A COMBINATION OF TWO (2) LEVEL APPROPRIATE SKILL CONNECTED**** **EXAMPLE BUT NOT LIMITED TO ** BWO Switch Leg - BHS • BHS Step Out - BWO - BHS • Valdez - BHS • Valdez - BHS Step Out Back Extension Roll - Back Handspring • Back Walkover - Back Handspring Back Walkover - Back Handspring Step Out	****ELITE LEVEL APPROPRIATE SKILL CONTAIN A COMBINATION OF THREE (3) LEVEL APPROPRIATE SKILL CONNECTED**** **EXAMPLE BUT NOT LIMITED TO ** RO - BHS Series • FWO - RO - BHS/BHSSeries • RO - BHS - Rebound - RO - BHS	ELITE LEVEL APPROPRIATE

LEVEL 3 TUMBLING SKILLS

STANDING TUMBLING		RUNNING TUMBLING	
LEVEL APPROPRIATE	BHS Series (Only 2) • Jump - BHS • BWO - BHS Series BHS Step out - BWO - BHS Series	Punch Front • RO - Tuck • Aerial • RO - BHS Tuck RO - BHS Series - Tuck	LEVEL APPROPRIATE
ELITE LEVEL APPROPRIATE	<p>Elite level skills include three (3) or more connected skills, including at least two (2) level appropriate skill connections.</p> <p>**EXAMPLE BUT NOT LIMITED TO **</p> <p>BHS Series (3 or more) • Jump - BHS Series • Jump - BHS - Jump - BHS • BHS Series (3 or more) including a Step Out as one of the skills • BWO - BHS - Jump - BHS/BHS Series • Jump - BHS Series • BHS - Jump - BHS</p> <p>**MUST BE AN ADVANCED JUMP**</p>	<p>Elite level skills include any two connected level appropriate skills OR any level appropriate skill connected by a lower level running tumbling skill.</p> <p>**EXAMPLE BUT NOT LIMITED TO **</p> <p>Front Handspring - Punch Front • FWO - Aerial RO - BHS Step Out-1/2 Turn - RO - BHS - Tuck • FWO - RO - BHS - Tuck</p> <p>FWO - RO - BHS Series - Tuck • Bounder/Fly spring - RO - BHS - Tuck • Aerial - Tuck • PF - Tuck</p> <p>*must initiate RO within 4 counts after landing first skill</p>	ELITE LEVEL APPROPRIATE

LEVEL 4 TUMBLING SKILLS

STANDING TUMBLING		RUNNING TUMBLING	
LEVEL APPROPRIATE	BHS Series - Back Tuck • BHS - Back Tuck	Cartwheel - Back Tuck • RO - Layout • RO - BHS - Layout/Layout step out/X-Out/Switch Leg PF step out - RO - BHS - Tuck • Front Walkover - RO - BHS - Layout • Aerial - Back Tuck Front Handspring - Punch Front RO - Onodi - through to Tuck	LEVEL APPROPRIATE
ELITE LEVEL APPROPRIATE	<p>**EXAMPLE BUT NOT LIMITED TO **</p> <p>Jump - BHS Series - Back Tuck • Jump - BHS - Back Tuck • BWO - Tuck • Back Tuck Jump - Back Handspring step out - Back Tuck</p> <p>• Back Walkover - Back Tuck • Back Handspring step out - Back Tuck</p> <p>**MUST BE AN ADVANCED JUMP**</p>	<p>Elite level skills include two (2) level appropriate skills executed within one (1) pass. **EXAMPLE BUT NOT LIMITED TO **</p> <p>Punch Front step out - RO - BHS - Layout • RO - Whip - Tuck OR BHS - Layout RO - BHS - Whip - Layout OR BHS - Layout • PF step out - RO - BHS - Whip - Layout OR BHS - Layout • Front Handspring - PF step out - RO - BHS - Layout Front Handspring - PF step out - RO - BHS - Whip - Layout OR BHS - Layout • RO - Onodi - through to Layout</p> <p>*Front Walkover - Round Off - BHS - Layout*</p>	ELITE LEVEL APPROPRIATE

LEVEL 5 TUMBLING SKILLS

STANDING TUMBLING		RUNNING TUMBLING	
LEVEL APPROPRIATE	BHS - Tuck- BHS - Tuck• BHS - Whip - BHS - Tuck • BHS Series - Whip - BHS - Tuck Jump - BHS Series - Whip - BHS - Tuck • BHS Series - Layout	RO - Full • RO - BHS Series - Full • RO - BHS - Full • Front Walkover - RO - BHS Series - Full Front Walkover - RO - BHS - Full • RO - Arabian	LEVEL APPROPRIATE
ELITE LEVEL APPROPRIATE	<p>**EXAMPLE BUT NOT LIMITED TO **</p> <p>Jump - BHS - Whip - Tuck • BHS - Whip - BHS Series - Layout/Layout Step Out/X-Out • BHS - Whip - BHS - Layout • BHS Series - Whip - Layout • BHS - Whip - Layout • Jump - BHS Series - Whip - Layout OR BHS - Layout • Jump - Back Tuck• Jump - BHS - Whip - Layout OR BHS - Layout BHS - Layout • Jump - BHS Series - Layout • BHS Series - Whip - Tuck</p> <p>**MUST BE AN ADVANCED JUMP**</p>	<p>**EXAMPLE BUT NOT LIMITED TO **</p> <p>Front Full • PF step out - RO - BHS - Full • Front Handspring - PF step out - RO - BHS - Full RO - Whip - BHS Series - Full • RO - Whip - BHS - Full • Front Handspring - Front Full PF step out - RO - Whip - BHS - Full • Front Handspring - PF step out - RO - Whip - BHS - Full RO Arabian - Full *Front Walkover - Round Off -BHS - Full*</p>	ELITE LEVEL APPROPRIATE

LEVEL 6 TUMBLING SKILLS

STANDING TUMBLING		RUNNING TUMBLING	
<p>LEVEL APPROPRIATE</p>	<p>Jump Back Tuck • BHS Series - Full • Jump - BHS Series - Full • BHS Series - Full - BHS Series - Full BHS - Whip - BHS Series - Full</p>	<p>Cartwheel - Full • Front Handspring - Punch Front - RO - BHS - Full Front Aerial/Onodi - through to Full • Front Full • Front Handspring - Full Punch Front Step out - through to Full • RO - BHS - Whip - through to Full</p>	<p>LEVEL APPROPRIATE</p>
<p>ELITE LEVEL APPROPRIATE</p>	<p>**EXAMPLE BUT NOT LIMITED TO ** Jump - BHS - Full • BHS - Full • BHS Series - Whip - Full • Standing Full • Jump - Full • BHS Series - Double Full Jump - BHS Series - Double Full • BHS - Whip - BHS Series - Double Full • BHS Series - Whip - Double Full BHS - Whip - Double Full • Jump - BHS - BHS - Whip - Double Full • Jump - BHS - Whip - Double Full • BHS Series - Full - Whip - Full/Double Full • BHS Series - Double Full - Whip - Double Full **MUST BE AN ADVANCED JUMP**</p>	<p>**EXAMPLE BUT NOT LIMITED TO ** RO - Half Full Step out - through to Full • RO - Whip - Full • RO - Arabian - RO - BHS - Full • RO - Double Full RO - BHS - Double Full • Front Walkover - through to Double Full • Punch Front Step out - through to Double Full RO - BHS -1.5 Full Step out - through to Full • RO - BHS - Whip - through to Double Full • RO - Whip - Double Full • RO - Arabian - through to Double Full • RO - BHS - Full through to Double Full RO - BHS - 1.5 Step out - through to Double Full • RO - BHS - Double - BHS series to Double Full RO - BHS - Full - Whip - Double Full • PF Step out - RO - BHS - Whip - BHS - Double Full RO - BHS - Double Full - Whip - Double Full • PF Step out - RO - Arabian - RO - BHS - Whip - Double Full</p>	<p>ELITE LEVEL APPROPRIATE</p>

LEVEL 7 TUMBLING SKILLS

STANDING TUMBLING		RUNNING TUMBLING	
<p>LEVEL APPROPRIATE</p>	<p>Jump Back Tuck • BHS Series - Full • Jump - BHS Series – Full • BHS - Whip - BHS Series - Full</p>	<p>Cartwheel - Full • Front Aerial(Onodi - through to Full • Front Full • Front Handspring - Full Punch Front Step out - through to Full • RO - BHS - Whip - through to Full Front Handspring - Punch Front - RO - BHS - Full</p>	<p>LEVEL APPROPRIATE</p>
<p>ELITE LEVEL APPROPRIATE</p>	<p>**EXAMPLE BUT NOT LIMITED TO ** BHS - Full • BHS Series - Whip - Full • Standing Full • Jump – Full • Jump - BHS - Full • BHS Series - Double Full Jump - BHS Series - Double Full • BHS - Whip - BHS Series - Double Full • BHS Series - Whip - Double Full BHS - Whip - Double Full • Jump - BHS - BHS - Whip - Double Full • Jump - BHS - Whip - Double Full BHS Series - Full - Whip - Full/Double Full • BHS Series - Double Full - Whip - Double Full **MUST BE AN ADVANCED JUMP**</p>	<p>**EXAMPLE BUT NOT LIMITED TO ** RO - Whip - Full • RO - Half Full Step out - through to Full • RO - Arabian - RO - BHS - Full• RO - Double Full RO - BHS - Double Full • Front Walkover - through to Double Full • Punch Front Step out - through to Double Full RO - BHS - 1.5 Full Step out - through to Full • RO - BHS - Whip - through to Double Full RO - Whip - Double Full• RO - Arabian - through to Double Full• RO - BHS - Full to Double Full RO - BHS - 1.5 Step out - through to Double Full • RO - BHS - Double - BHS series to Double Full RO - BHS - Full - Whip - Double Full• PF Step out - RO - BHS - Whip - BHS - Double Full RO - BHS - Double Full - Whip - Double Full • PF Step out - RO - Arabian - RO - BHS - Whip - Double Full</p>	<p>ELITE LEVEL APPROPRIATE</p>

LEVEL 1 BUILDING SKILLS

	INVERSION	RELEASE	OTHER	DISMOUNTS	TWISTING	
LEVEL APPROPRIATE	NO INVERSIONS ARE ALLOWED IN LEVEL 1 STUNTS	<ul style="list-style-type: none"> • SWITCH UP TO LIB BELOW PREP LEVEL • SWITCH UP TO BODY POSITION <ul style="list-style-type: none"> • BELOW PREP LEVEL • SWITCH UP TO PREP LEVEL 1 LEG STUNT • TIC TOC BELOW PREP LEVEL (LIB TO LIB) • TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION) • TIC TOC BELOW PREP LEVEL (BODY POSITION TO LIB) • PREP LEVEL TIC TOC (LIB TO LIB) WITH REQUIRED HAND/ARM CONNECTION 	<ul style="list-style-type: none"> • BACKSTAND • PREP LEVEL SHOW & GO <ul style="list-style-type: none"> • STRADDLE SIT • FLAT BACK • EXTENDED STRADDLE SIT <ul style="list-style-type: none"> • EXTENDED FLAT BACK • PREP LEVEL 1 LEG STUNT WITH BRACER <ul style="list-style-type: none"> • PREP LEVEL TO PRONE • 1 LEG STUNT BELOW PREP LEVEL <ul style="list-style-type: none"> • SHOULDER SIT • CHAIR • SHOULDER STAND • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY • TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER 	<ul style="list-style-type: none"> • STEP DOWN • STRAIGHT CRADLE 	<ul style="list-style-type: none"> • 1/4 TWISTING TRANSITION TO BELOW PREP LEVEL • 1/4 DOWN TO GROUND LEVEL • 1/4 TWISTING TRANSITION FROM PREP LEVEL 	LEVEL APPROPRIATE
ELITE LEVEL APPROPRIATE		<ul style="list-style-type: none"> • TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION) • PREP LEVEL TIC TOC (LIB TO BODY POSITION) WITH REQUIRED HAND/ARM CONNECTION <ul style="list-style-type: none"> • PREP LEVEL TIC TOC (BODY POSITION TO BODY POSITION) WITH REQUIRED HAND/ARM CONNECTION • SWITCH UP FROM GROUND LEVEL TO PREP LEVEL BODY POSITION WITH REQUIRED HAND/ARM CONNECTION • TIC TOC FROM 1 LEG STUNT AT WAIST LEVEL TO PREP LEVEL BODY POSITION WITH REQUIRED HAND/ARM CONNECTION 	<ul style="list-style-type: none"> • 1/4 TWISTING TIC TOC AT PREP LEVEL WITH REQUIRED HAND/ARM CONNECTION (1 LEG TO BODY POSITION) • 1/4 TWISTING SWITCH UP (RELEASE FROM GROUND LEVEL TO PREP LEVEL) 1 LEG STUNT WITH REQUIRED HAND/ARM CONNECTION • 1/4 TWISTING SWITCH UP, (RELEASE FROM WAIST LEVEL TO PREP LEVEL 1 LEG STUNT WITH REQUIRED HAND/ARM CONNECTION) • 1/4 TWISTING TIC TOC AT WASIT LEVEL - BODY POSITION TO BODY POSITION. 		<ul style="list-style-type: none"> • 1/4 TWISTING TRANSITION TO PREP FROM BELOW PREP LEVEL • 1/4 TWISTING TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL 1 LEG STUNT (WITH REQUIRED HAND/ARM CONNECTION) 	ELITE LEVEL APPROPRIATE

LEVEL 2 BUILDING SKILLS

	INVERSION	RELEASE	OTHER	DISMOUNTS	TWISTING	
LEVEL APPROPRIATE	<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL • INVERSION FROM GROUND LEVEL TO PREP LEVEL 1 LEG STUNT • INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL 	<ul style="list-style-type: none"> • SWITCH UP TO PREP LEVEL LIB • TIC TOC PREP LEVEL (LIB TO LIB) • TIC TOC PREP LEVEL (LIB TO BODY POSITION) • RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL LIB 	<ul style="list-style-type: none"> • 1/2 TWIST TO PRONE PREP LEVEL 1 LEG STUNT • 2 LEG EXTENSION • WALK IN PREP LEVEL PRESS EXTENSION • LEAP FROG VARIATIONS • BARREL ROLL • PREP LEVEL 1 LEG STUNT 	<ul style="list-style-type: none"> • STRAIGHT CRADLE FROM EXTENSION • STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION • 1/4 TWISTING DISMOUNT FROM PREP OR EXTENSION 	<ul style="list-style-type: none"> • 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL • 1/2 TWISTING TRANSITION TO PREP LEVEL • 1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT • 1/2 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT • 1/4 TWISTING TRANSITION TO EXTENDED STUNT 	LEVEL APPROPRIATE
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO EXTENDED STUNT 	<ul style="list-style-type: none"> • TIC TOC AT PREP LEVEL (BODY POSITION TO BODY POSITION) • RELEASE STYLE FROM GROUND LEVEL TO PREP LEVEL BODY POSITION • RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL BODY POSITION <p>***STUNTS CAN NOT BE RELEASED FROM ALL BASES AND SPOTTER UNLESS GOING TO A CRADLE***</p>	<ul style="list-style-type: none"> • 1/2 TWISTING INVERSION TO EXTENDED STUNT • 1/2 TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT • 1/2 TWISTING INVERSION TO PREP LEVEL 1 LEG 	N/A	<ul style="list-style-type: none"> • 1/2 TWISTING TRANSITION TO EXTENDED STUNT 	ELITE LEVEL APPROPRIATE

LEVEL 3 BUILDING SKILLS

	INVERSION	RELEASE	TWISTING	CO-ED STYLE	DISMOUNTS	OTHER	
LEVEL APPROPRIATE	<ul style="list-style-type: none"> • INVERTED BELOW PREP LEVEL • INVERTED AT PREP LEVEL • DOWNWARD INVERSION FROM PREP LEVEL OR BELOW • INVERTED AT PREP LEVEL 	<ul style="list-style-type: none"> • RELEASE TO PREP LEVEL OR BELOW • SWITCH UP TO PREP LEVEL LIB • BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL LIB • TIC TOC BELOW PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB) • TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB) • ANSITION TO PREP LEVEL 1 LEG LEVEL (LIB TO LIB) 	<ul style="list-style-type: none"> • FULL UP BELOW PREP LEVEL • FULL UP PREP LEVEL STUNTS • 1/4 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT • FULL UP TO PREP LEVEL 1 LEG STUNT • PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT 	<p>ASSISTED OR UNASSISTED:</p> <ul style="list-style-type: none"> • WALK IN(TOSS HANDS • WALK IN(TOSS HANDS PRESS EXTENSION) • WALK IN EXTENSION <p>ASSISTED:</p> <ul style="list-style-type: none"> • WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT • TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT • WALK-IN EXTENDED SINGLE LEG STUNT/ SINGLE ARM STUNT 	<ul style="list-style-type: none"> • STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT • FULL DOWN FROM PREP • 1/4 TWISTING DISMOUNT FROM EXTENDED 1 LEG STUNT • SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING) 	<ul style="list-style-type: none"> • FULL TWIST TO PRONE FROM PREP LEVEL • EXTENDED 1 LEG STUNT <ul style="list-style-type: none"> • SUSPENDED FRONT FLIP • SPECIALTY SUSPENDED FRONT FLIP (NON-TWISTING) • SUSPENDED TWISTING FRONT FLIP <ul style="list-style-type: none"> • TOSS HANDS • SINGLE BASED 1 LEG EXTENDED STUNTS • TOSS HANDS PAUSE PRESS EXTENSION • WALK IN EXTENSION • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY 	LEVEL APPROPRIATE
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> • INVERSION TO EXTENDED SINGLE LEG STUNT 	<ul style="list-style-type: none"> • TIC TOC PREP LEVEL LIB TO EXTENDED BODY POSITION • BALL UP OR STRADDLE UP TO PREP LEVEL BODY POSITION • SWITCH UP TO PREP LEVEL BODY POSITION • RELEASE TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • FULL UP TO PREP LEVEL BODY POSITION • FULL UP TO EXTENDED TWO LEG STUNT • 1/2 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT • PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION 	<p>UNASSISTED:</p> <ul style="list-style-type: none"> • WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT • TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT • WALK-IN EXTENDED SINGLE LEG STUNT/ SINGLE ARM STUNT • WALK-IN FULL TWIST TO EXTENDED TWO LEG STUNT 	<ul style="list-style-type: none"> • FULL TWISTING SUSPENDED FORWARD ROLL 	<ul style="list-style-type: none"> • 1/2 TWISTING INVERSION TO EXTENDED 1 LEG STUNT • FULL TWISTING INVERSION TO PREP LEVEL LIB OR BODY POSITION • FULL TWISTING FROM PREP LEVEL LIB FOOT POSITION TO PREP LEVEL BODY POSITION 	ELITE LEVEL APPROPRIATE

LEVEL 4 BUILDING SKILLS

	INVERSION	RELEASE	TWISTING	CO-ED STYLE	DISMOUNTS	OTHER	
LEVEL APPROPRIATE	<ul style="list-style-type: none"> RELEASED INVERSION TO PREP LEVEL OR BELOW RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL DOWNWARD INVERSION FROM PREP LEVEL EXTENDED INVERTED STUNT 	<ul style="list-style-type: none"> SWITCH UP TO EXTENDED 1 LEG STUNT RELEASE TO EXTENDED STUNT TIC TOC LIB TO LIB (HIGH TO LOW) HELICOPTER RELEASE MOVES RELEASE TO EXTENDED LIB SWITCH UP TO EXTENDED BODY POSITION FULL TWISTING RELEASE TO PREP LEVEL OR BELOW RELEASE FROM PREP LEVEL TO PREP LEVEL 	<ul style="list-style-type: none"> 1 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL 3/4 TWISTING TRANSITION TO EXTENDED STUNT FULL UP TO EXTENDED 2 LEG STUNT 1 1/2 TWISTING TRANSITION TO PREP LEVEL 1 1/2 TWISTING TRANSITION TO PREP LEVEL 1 	<p>ASSISTED OR UNASSISTED:</p> <ul style="list-style-type: none"> WALK IN (TOSS HANDS) WALK IN (TOSS HANDS PRESS EXTENSION) WALK IN (TOSS EXTENSION) <p>ASSISTED:</p> <ul style="list-style-type: none"> WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT WALK-IN EXTENDED SINGLE LEG STUNT / SINGLE ARM STUNT TOSS EXTENDED SINGLE LEG STUNT / SINGLE ARM STUNT 	<ul style="list-style-type: none"> FULL DOWN FROM EXTENDED 1 LEG STUNT DOUBLE DOWN FROM PREP LEVEL 	<ul style="list-style-type: none"> TOSS EXTENSION TOSS 1 LEG EXTENDED STUNT COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY 	LEVEL APPROPRIATE
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> RELEASED INVERSION FROM PREP LEVEL OR BELOW TO EXTENDED STUNT 	<ul style="list-style-type: none"> TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW BODY POSITION (HIGH TO LOW) BALL UP OR STRADDLE UP TO EXTENDED BODY POSITION RELEASE TO EXTENDED BODY POSITION (NOT INCLUDING SWITCH UP) 	<ul style="list-style-type: none"> FULL UP TO EXTENDED 1 LEG STUNT 1 1/2 TWISTING TRANSITION TO PREP LEVEL BODY POSITION 1 1/2 TWISTING TRANSITION TO EXTENDED 2 LEG STUNT EXTENDED FULL TWISTING TRANSITION TO EXTENDED STUNT 	<p>UNASSISTED:</p> <ul style="list-style-type: none"> WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT WALK-IN EXTENDED SINGLE LEG STUNT / SINGLE ARM STUNT TOSS EXTENDED SINGLE LEG STUNT / SINGLE ARM STUNT 	<ul style="list-style-type: none"> DOUBLE DOWN FROM EXTENDED STUNT KICK FULL TWISTING DISMOUNT 	<ul style="list-style-type: none"> FULL TWISTING INVERSION TO EXTENDED STUNT FULL TWISTING TIC TOC RELEASE TO PREP LEVEL 1 LEG STUNT FULL TWISTING BALL UP, STRADDLE UP AND / OR SWITCH UP TO PREP LEVEL BODY POSITION 1 1/2 TWISTING BALL UP, STRADDLE UP AND / OR SWITCH UP TO PREP LEVEL 1 LEG STUNT 	ELITE LEVEL APPROPRIATE

LEVEL 5 BUILDING SKILLS

	INVERSION	RELEASE	TWISTING	CO-ED STYLE	DISMOUNTS	OTHER	
LEVEL APPROPRIATE	<ul style="list-style-type: none"> DOWNWARD INVERSION FROM EXTENDED STUNT DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT RELEASED INVERSION FROM PREP LEVEL TO EXTENSION 	<ul style="list-style-type: none"> 1/4 TWIST SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO LIB (HIGH TO HIGH) TIC TOC LIB TO LIB (LOW TO HIGH) 1/2 TURN SWITCH UP TO EXTENDED 1LEG STUNT TIC TOC LIB TO BODY POSITION (LOW TO HIGH) TWISTING HELICOPTER RELEASE MOVES 	<ul style="list-style-type: none"> 1 1/4 UP TO EXTENDED STUNT DOUBLE UP TO PREP LEVEL STUNT 	<p>ASSISTED OR UNASSISTED:</p> <ul style="list-style-type: none"> WALK IN(TOSS HANDS PRESS EXTENSION WALK IN(TOSS EXTENSION ASSISTED: WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT WALK-IN EXTENDED SINGLE LEG STUNT / SINGLEARM STUNT TOSS EXTENDED SINGLE LEG STUNT/SINGLEARM STUNT 		<ul style="list-style-type: none"> 1 1/2 - 2 TWIST TO PRONE TOSS 1/4 - 3/4 TWIST TO EXTENDED STUNT TOSS EXTENDED 1 ARM STUNT TOSS FULL TWIST TO EXTENDED STUNT COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY 	LEVEL APPROPRIATE
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED 1 LEG STUNT BACK HANDSPRING UP TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> TIC TOC EXTENDED 1 LEG STUNT TO BODY POSITION (HIGHTO HIGH) SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT 1/2 TWISTING BALL UP TO EXTENDED BODY POSITION 1/2 TWISTING SWITCH UP TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> FULL UP TO EXTENDED BODY POSITION 1 1/2 UP TO EXTENDED SINGLE LEG STUNT DOUBLE UP TO EXTENDED STUNT 	<p>UNASSISTED:</p> <ul style="list-style-type: none"> WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT WALK-IN EXTENDED SINGLE LEG STUNT / SINGLE ARM STUNT TOSS EXTENDED SINGLE LEG STUNT/SINGLEARM STUNT 	<ul style="list-style-type: none"> DOUBLE DOWN FROM 1 LEG STUNT 	<ul style="list-style-type: none"> 1/4 - 3/4 TWISTING TIC TOC EXTENDED 1 LEG STUNT TO EXTENDED 1 LEG STUNT (HIGHTO HIGH) FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH) UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT 	ELITE LEVEL APPROPRIATE

LEVEL 6 BUILDING SKILLS

	INVERSION	RELEASE	TWISTING	CO-ED STYLE	DISMOUNTS	OTHER	
LEVEL APPROPRIATE	<ul style="list-style-type: none"> DOWNWARD INVERSION FROM EXTENDED STUNT DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB 	<ul style="list-style-type: none"> TIC TOC LIB TO LIB (HIGH TO HIGH) TIC TOC LIB TO LIB (LOW TO HIGH) 1/2 TURN SWITCH UP TO EXTENDED 1 LEG STUNT <ul style="list-style-type: none"> TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) TIC TOC LIB TO BODY POSITION (LOW TO HIGH) TWISTING HELICOPTER RELEASE MOVES SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT 1/2 TWISTING BALL UP TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> FULL UP TO EXTENDED 1 LEG STUNT <ul style="list-style-type: none"> 1 1/4 - 1 3/4 UP TO EXTENDED STUNT 1 1/4 - 1 3/4 UP TO EXTENDED 1 LEG STUNT DOUBLE UP TO EXTENDED STUNT 	<p>ASSISTED OR UNASSISTED:</p> <ul style="list-style-type: none"> WALK IN (TOSS EXTENDED DOUBLE LEG STUNT) WALK IN (TOSS HANDS) PRESS EXTENDED SINGLE LEG STUNT WALK IN EXTENDED SINGLE LEG STUNT <p>ASSISTED:</p> <ul style="list-style-type: none"> TOSS EXTENDED SINGLE LEG STUNT TOSS EXTENDED SINGLE ARM STUNT TOSS FULL UP TO EXTENDED STUNT TOSS FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT REWIND TO EXTENDED STUNT (INT 6 ONLY) REWIND TO PREP (INT 6 ONLY) 	<ul style="list-style-type: none"> DOUBLE DOWN FROM 1 LEG STUNT 	<ul style="list-style-type: none"> 1 1/2 - 2 TWIST TO PRONE COED STYLE TOSS 1/4 - 3/4 TWIST TO EXTENDED STUNT 1/4 - 3/4 TWISTING TIC TOC COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY 	LEVEL APPROPRIATE
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION 1/4 TWISTING BACK HANDSPRING UP TO EXTENDED BODY POSITION <ul style="list-style-type: none"> REWIND TO PREP (INT 6 AND SENIOR LEVEL 6 TEAMS ONLY) 	<ul style="list-style-type: none"> SWITCH UP FULL TWIST TO EXTENDED BODY POSITION TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) FULL TWISTING BALL UP TO EXTENDED BODY POSITION 1 1/2 TWISTING SWITCH UP TO 1 LEG STUNT 	<ul style="list-style-type: none"> 1 1/2 UP TO EXTENDED BODY POSITION 1 3/4 UP TO EXTENDED BODY POSITION DOUBLE UP TO EXTENDED 1 LEG STUNT 	<p>UNASSISTED:</p> <ul style="list-style-type: none"> TOSS EXTENDED SINGLE LEG STUNT TOSS EXTENDED SINGLE ARM STUNTED STUNT TOSS FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT <ul style="list-style-type: none"> REWIND TO EXTENDED STUNT (INT 6 ONLY) REWIND TO PREP (INT 6 ONLY) 	<ul style="list-style-type: none"> KICK DOUBLE TWISTING DISMOUNT FULL KICK FULL DISMOUNT 	<ul style="list-style-type: none"> UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT COED STYLE TOSS FRONT HANDSPRING RELEASE 1/2 TWIST TO EXTENDED STUNT UNASSISTED COED STYLE TOSS FULL TWIST TO EXTENDED STUNT <ul style="list-style-type: none"> FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (HIGH TO HIGH) TOSS FRONT HANDSPRING 1/2 UP RELEASE TO EXTENDED STUNT <ul style="list-style-type: none"> 1/2 TWISTING RELEASED INVERSION TO EXTENDED STUNT FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH) 	ELITE LEVEL APPROPRIATE

LEVEL 7 BUILDING SKILLS

	INVERSION	RELEASE	TWISTING	CO-ED STYLE	DISMOUNTS	OTHER	
LEVEL APPROPRIATE	<ul style="list-style-type: none"> • FREE FLIPPING FROM GROUND LEVEL TO CRADLE • FLIPPING FROM GROUND LEVEL TO PREP LEVEL • FLIPPING FROM GROUND LEVEL TO EXTENSION • DOWNWARD INVERSION FROM EXTENDED STUNT • DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> • TIC TOC LIB TO LIB (HIGH TO HIGH) • TIC TOC LIB TO LIB (LOW TO HIGH) • 1/2 TURN SWITCH UP TO EXTENDED 1LEG STUNT • TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) • TIC TOC LIB TO BODY POSITION (LOW TO HIGH) • TWISTING HELICOPTER RELEASE MOVES • SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT • 1/2 TWISTING BALL UP TO EXTENDED BODY POSITION • TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) 	<ul style="list-style-type: none"> • FREE FLIPPING WITH TWISTING FROM GROUND LEVEL TO CRADLE • FLIPPING WITH TWISTING FROM GROUND LEVEL TO PREP LEVEL • FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENSION • FULL UP TO EXTENDED 1 LEG STUNT • 1 1/4 - 1 3/4 UP TO EXTENDED STUNT • 1 1/4 - 1 3/4 UP TO EXTENDED 1 LEG STUNT • DOUBLE UP TO EXTENDED STUNT • DOUBLE TWISTING TRANSITION TO EXTENDED STUNT • 1 1/2 TWISTING TRANSITION TO EXTENDED LIB • 1 3/4 TWISTING TRANSITION TO EXTENDED LIB 	<p>ASSISTED OR UNASSISTED:</p> <ul style="list-style-type: none"> • WALK IN / TOSS EXTENDED DOUBLE LEG STUNT • WALK IN / TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT • WALK IN / TOSS EXTENDED SINGLE LEG STUNT ASSISTED: • TOSS EXTENDED SINGLE LEG STUNT • TOSS EXTENDED SINGLE ARM STUNT • TOSS FULL UP TO EXTENDED STUNT • TOSS FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT • REWIND TO EXTENDED STUNT 	<ul style="list-style-type: none"> • FRONT FREE FLIPPING TO GROUND LEVEL • FREE FLIPPING FROM PREP LEVEL OR BELOW TO CRADLE • DOUBLE DOWN FROM 1 LEG STUNT • KICK DOUBLE TWISTING DISMOUNT 	<ul style="list-style-type: none"> • 1 1/2 - 2 TWIST TO PRONE • 1/4 - 3/4 TWISTING TIC TOC TO EXTENDED 1 LEG STUNT • FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH) • 1/2 TWISTING RELEASE FROM WAIST LEVEL (BALLUP) TO EXTENDED BODY POSITION • 1/4 - 3/4 TWISTING TIC TOC EXTENDED BODY POSITION TO BODY POSITION • FULL TWISTING TIC TOC TO EXTENDED LIB (LOW TO HIGH) • FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCHUP) TO EXTENDED LIB • 1/2 TWISTING RELEASE FROM WAIST LEVEL (BALLUP) TO EXTENDED BODY POSITION • 1/4 TWISTING BACK HANDSPRING UP TO EXTENDED LIB • 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCHUP) TO EXTENDED LIB 	LEVEL APPROPRIATE
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> • FLIPPING FROM GROUND LEVEL TO EXTENDED SINGLE LEG AND / OR SINGLE ARM STUNT • RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED STUNT 	<ul style="list-style-type: none"> • REWIND TO EXTENDED STUNT • ROUND OFF REWIND TO EXTENDED STUNT 	<ul style="list-style-type: none"> • FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENDED SINGLE LEG • 1 1/2 TWISTING TRANSITION TO EXTENDED BODY POSITION • 1 3/4 TWISTING TRANSITION TO EXTENDED BODY POSITION • DOUBLE TWISTING TRANSITION TO EXTENDED LIB OR BODY POSITION 	<p>UNASSISTED:</p> <ul style="list-style-type: none"> • TOSS EXTENDED SINGLE LEG STUNT • TOSS EXTENDED SINGLE ARM STUNT • TOSS FULL UP TO EXTENDED STUNT • TOSS FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT • REWIND TO EXTENDED STUNT 	<ul style="list-style-type: none"> • FREE FLIPPING WITH 1/2 TWIST FROM PREP LEVEL TO CRADLE 	<ul style="list-style-type: none"> • BACK HANDSPRING FULL UP TO EXTENDED STUNT • FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH) • FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCHUP) TO EXTENDED BODY POSITION • FULL TWISTING TIC TOC TO EXTENDED LIB (HIGH TO HIGH) • FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT • 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCHUP) TO EXTENDED BODY POSITION • FULL TWISTING RELEASE FROM WAIST LEVEL (BALLUP) TO EXTENDED BODY POSITION 	ELITE LEVEL APPROPRIATE

LEVEL 1 TOSSES

	NON - TWISTING	TWISTING	
LEVEL APPROPRIATE	<ul style="list-style-type: none">• NON RELEASE SHOW & GO ABOVE PREP LEVEL <p>****TINY AND MINI TEAMS CAN EXECUTE THIS SKILL AT PREP LEVEL TO RECEIVE TOSS CREDIT****</p>	<ul style="list-style-type: none">• TWISTING SKILLS NOT ALLOWED <p>****SHOW & GO REQUIREMENT IS NOT ALLOWED TO TWIST BASED ON THE FLYERS HIPS ****</p>	LEVEL APPROPRIATE

LEVEL 2 TOSSES

	NON - TWISTING	TWISTING	
LEVEL APPROPRIATE	<ul style="list-style-type: none">• STRIGHT RIDE TOSS	<ul style="list-style-type: none">• TWISTING SKILLS NOT ALLOWED	LEVEL APPROPRIATE

LEVEL 3 TOSSES

	NON - TWISTING	TWISTING	
LEVEL APPROPRIATE	BALL ARCH • PRETTY GIRL ARCH • PIKE ARCH • KICK ARCH • TOE TOUCH	1 FULL TWIST	LEVEL APPROPRIATE

LEVEL 4 TOSSES

	NON - TWISTING	TWISTING	
LEVEL APPROPRIATE	BALL KICK • PIKE X • HITCH KICK • SWITCH KICK • DOUBLE TOE TOUCH	BALL FULL • PIKE FULL • KICK FULL • TOE TOUCH FULL • FULL UP TOE TOCH • DOUBLE FULL	LEVEL APPROPRIATE

LEVEL 5 TOSSES

	NON - TWISTING	TWISTING	
LEVEL APPROPRIATE	PIKE HITCH KICK • PIKE KICK PRETTY GIRL • PIKE SWITCH KICK • HITCH KICK KICK	HITCH KICK FULL • SWITCH KICK FULL • KICK KICK FULL • PIKE KICK FULL • KICK FULL KICK	LEVEL APPROPRIATE

LEVEL 6 & 7 TOSSES

	NON - TWISTING	TWISTING	
LEVEL APPROPRIATE	PIKE HITCH KICK • PIKE KICK PRETTY GIRL • PIKE SWITCH KICK • HITCH KICK KICK	BALL DOUBLE FULL • PIKE DOUBLE FULL • KICK DOUBLE FULL • TOE TOUCH DOUBLE FULL • DOUBLE UP TOE TOUCH • HITCH KICK DOUBLE FULL • SWITCH KICK DOUBLE FULL • KICK FULL KICK FULL	LEVEL APPROPRIATE