

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
- Released inversion to prep level or below - Released inversion at prep level to prep level - Downward inversion from prep level	- Tic toc extended lib to prep level or below (high to low) - Helicopter release moves - Release from prep level to prep level - Release to extension	1 ½ twisting transition to below prep level 1 ½ twisting transition to prep level ¾ twisting transition to extended stunt	Full twisting release to prep level or below	Assisted or Unassisted: - Walk in / toss hands - Walk in / toss hands press extension - Walk in / toss extension	
ADVANCED SKILLS					
- Extended inverted stunt - Released inversion from waist level to extended stunt	- Release from waist or prep level to extended lib - Tic toc extended body position to prep level or below lib (high to low) - Release from ground level (switch up) to extended body position - Back handspring up to Prep Stunt	1 ½ twisting transition to / at prep level lib 1 ½ twisting transition at prep level (lib to body position) - Full twisting transition to extension	- Full twisting release from waist level (tic toc, ball up or straddle up) to prep level lib - Full twisting release from ground level (switch up) to prep level lib - Full twisting release at prep level (tic toc) to prep level lib 1 ½ twisting release from ground level (switch up) to prep level lib	Assisted: - Walk in hands press extended 1 leg stunt - Toss hands press extended 1 leg stunt - Walk in extended 1 leg / 1 arm stunt - Toss extended 1 leg / 1 arm stunt	Full twisting dismount from extended 1 leg stunt to cradle
ELITE SKILLS					
- Released inversion from prep level or prep level hand in hand to extended stunt - Back handspring up to extended stunt	- Release from waist level to extended body position - Tic toc extended body position to prep level body position (high to low) - Release from prep level to extended body position	1 ½ twisting transition to / at prep level body position 1 ½ twisting transition at prep level (body position to body position) 1 ½ twisting transition to extension - Full twisting transition to extended 1 leg stunt - Full twisting transition at extended level	- Full twisting release from waist level (tic toc, ball up or straddle up) to prep level body position - Full twisting release from ground level (switch up) to prep level body position - Full twisting release at prep level (tic toc) to prep level body position 1 ½ twisting release from ground level (switch up) to prep level body position 1 ½ twisting release from waist or prep level (tic toc, ball up or straddle up) to prep level lib - Full twisting inversion to extended 1 leg stunt	Unassisted: - Walk in hands press extended 1 leg stunt - Toss hands press extended 1 leg stunt - Walk in extended 1 leg / 1 arm stunt - Toss extended 1 leg / 1 arm stunt	- Double twisting dismount from prep stunt / extension to cradle - Kick full twisting dismount

TOSSES

NON - TWISTING	TWISTING
- Ball kick - Pike X - Hitch kick - Switch kick - Double toe touch	- Ball full - Lib full - Pike full - Kick full - Toe touch full - Full up toe touch - Double full

STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
- ONODI - BACKWARD ROLL - TUCK	- BHS SERIES - TUCK - BACK TUCK - BWO - TUCK - BACK EXTENSION ROLL - TUCK - VALDEZ - TUCK	- BHS / BHS STEP OUT - TUCK - ADVANCED JUMP - BHS SERIES - TUCK - ADVANCED JUMP - BHS - TUCK

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
- CARTWHEEL - TUCK - FOW - CW - TUCK - RO - LAYOUT - RO - ONODI - FRONT AERIAL - FRONT AERIAL - RO - TO - TUCK - FRONT HANDSPRING - PF	- PF - PF - PF STEP OUT - AERIAL - ROUND OFF - BHS SERIES - LAYOUT - ROUND OFF - ONODI - TO - TUCK - PF STEP OUT - RO - TO - TUCK - AERIAL - BACK TUCK / LAYOUT / LAYOUT STEP OUT - FOW - AERIAL - TUCK - RO - TO - WHIP / TUCK - TO - TUCK - FRONT AERIAL - RO - TO - WHIP - TO - TUCK - FOW - RO - TO - WHIP / TUCK - TO - TUCK - PF STEP OUT - RO - TO - WHIP / TUCK - TO - TUCK - FRONT HANDSPRING - PF STEP OUT - RO - TO - TUCK	- FRONT HANDSPRING - PF STEP OUT - RO - TO - WHIP / TUCK - TUCK - RO - BHS - LAYOUT / LAYOUT STEP OUT / X-OUT / SWITCH LEG - RO - ONODI - TO - LAYOUT - FOW - RO - TO - LAYOUT - FRONT AERIAL - RO - TO - WHIP - LAYOUT - PF STEP OUT - RO - TO - LAYOUT - RO - TO - WHIP / TUCK - TO - LAYOUT - FOW - RO - TO - WHIP / TUCK - TO - LAYOUT - PF STEP OUT - RO - TO - WHIP / TUCK - TO - LAYOUT - FRONT HANDSPRING - PF STEP OUT - RO - TO - LAYOUT - FRONT HANDSPRING - PF STEP OUT - RO - TO - WHIP / TUCK - TO - LAYOUT

Each skill separated by a bullet will be considered a "different skill" and will not receive credit more than once, even if multiple skills or variations are listed in that bullet.

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