

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
- Downward inversion from extended stunt - Downward inversion from extended 1 leg stunt	- Tic toc lib to lib (high to high) - Tic toc lib to lib (low to high)	1 ¼ twisting transition to extended stunt	¼ twisting release from ground level (switch up) to extended 1 leg stunt - Twisting helicopter release moves 1 ½ - 2 twist to prone 1/2 twisting release from ground level (switch up) to extended lib	Assisted or Unassisted: - Walk in / toss hands - Walk in / toss hands press extension - Walk in / toss extension	Double twisting dismount from prep level 1 leg stunt to cradle
ADVANCED SKILLS					
- Released inversion from prep level or prep level hand in hand to extended stunt - Back handspring up to extended stunt	Tic toc lib to body position (low to high)	- Full twisting transition to extended lib 1 ½ twisting transition to extension - Double twisting transition to / at prep level stunt	1/4 - 3/4 twisting tic toc to extended lib 1/2 twisting release from ground level (switch up) to extended body position 1/2 twisting release from waist level (ball up) to extended lib - Full twisting release from ground level (switch up) to extended 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	Double twisting dismount from extended lib to cradle
ELITE SKILLS					
- Released inversion from prep level or prep level hand in hand to extended lib - Back handspring up to extended lib	- Tic toc lib to body position (high to high) - Tic toc body position to body position (high to high)	- Full twisting transition to extended body position 1 ½ twisting transition to extended 1 leg stunt - Double twisting transition to extension	1/4 - 3/4 twisting tic toc lib to body position (high to high) 1/2 twisting release from waist level (ball up) to extended body position - Full twisting release from ground level (switch up) to extended body position - Full twisting tic toc to extended lib (low to high) - Full twisting tic toc to extended lib (high to high)	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 extended body position to cradle

TOSSES

NON - TWISTING	TWISTING
- Pike hitch kick - Pike kick lib - Pike switch kick - Hitch kick kick	- Hitch kick full - Switch kick full - Kick kick full - Pike kick full - Kick full kick

STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
- TUCK - BHS - TUCK - TUCK - BHS SERIES - TUCK - BHS / BHS SERIES - TUCK - TUCK	- ADVANCED JUMP - FRONT / BACK TUCK - BHS SERIES - WHIP / TUCK - BHS - TUCK - BHS - WHIP / TUCK - BHS - TUCK - ADVANCED JUMP - BHS SERIES - WHIP - BHS - TUCK - ADVANCED JUMP - BHS SERIES - WHIP - TUCK - BHS SERIES - LAYOUT - BHS SERIES - WHIP - TUCK	- BHS - WHIP - TUCK - BHS - LAYOUT - ADVANCED JUMP - BHS / BHS SERIES - LAYOUT - ADVANCED JUMP - BHS - WHIP - TUCK - BHS - WHIP / TUCK - LAYOUT - BHS SERIES - WHIP - LAYOUT / LAYOUT STEP OUT - ADVANCED JUMP - BHS / BHS SERIES - WHIP - TO - LAYOUT

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
- BARANI - RO - HALF - RO - FULL	- FHS - BARANI - RO - BHS SERIES - FULL - ROUND OFF - ARABIAN - SIDE AERIAL - TO - FULL - BARANI - TO - LAYOUT	- FRONT FULL - RO - BHS - FULL - FWO - RO - TO - FULL - BARANI - TO - FULL - FRONT AERIAL - TO - FULL - PF STEP OUT - RO - TO - FULL - FRONT HANDSPRING - PF STEP OUT - RO - TO - FULL - RO - TO - WHIP - TO - FULL - FHS - FRONT FULL - PF STEP OUT - RO - TO - WHIP - TO - FULL - FHS - PF STEP OUT - RO - TO - WHIP - TO - FULL - RO - ARABIAN / HALF STEP OUT - TO - LAYOUT/FULL

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.

VERSION 03.18.25