

Building - Novice

	Inversion Style	Release Style	Twisting	Dismount Style	Other Stunts
Level Appropriate		Switch Up To Lib At Waist Level Switch Up To Body Position At Waist Level Tic Toc At Or Below Waist Level (Lib To Lib) Tic Toc At Waist Level (Lib To Body Position)	$\frac{1}{4}$ Twisting Transition To/From Waist Level	Step Down Straight Cradle	Back Stand Prep Level Show And Go V-sit Flat Back Ext V Sit Waist Level 1 Leg Stunt Ext Flat Back Prep Level 2 Foot Stunt Shoulder Sit Combination Of Two Or More Level Appropriate Skills Performed Simultaneously
Elite Level Appropriate					

Building - Level 1

	Inversion Style	Release Style	Twisting	Dismount Style	Other Stunts
Level Appropriate	Inversion To Ground Level	Switch Up To Lib At Waist Level Switch Up To Body Position At Waist Level Tic Toc At Waist Level (Lib To Lib) Tic Toc At Waist Level (Lib To Body Position)	¼ Twisting Transition To / From Prep Level Or Below	Step Down Straight Cradle	Back Stand Prep Level Show And Go V-sit Flat Back Ext V-sit Waist Level Level 1 Leg Stunt Ext Flat Back Prep Level 2 Leg Stunt Prep Level To Prone Shoulder Sit Combination Of Two Or More Level Appropriate Skills Performed Simultaneously Shoulder Stand Prep Level 1 Leg Stunt With Required Hand/Arm Connection With A Base Transition From Waist Level To Prep Level Body Position With Required Hand/Arm Connection With A Base
Elite Level Appropriate		Tic Toc At Waist Level (Body Position To Body Position) Tic Toc At Prep Level (Body Position To Body Position With Bracer)	¼ Twisting Transition To Prep Level		¼ Twisting Transition To Prep Level 1 Leg Stunt With Required Hand/Arm Connection With A Base

Building - Level 2

	Inversion Style	Release Style	Twisting	Dismount Style	Other Stunts
Level Appropriate	<p>Inversion From Ground Level To Below Prep Level</p> <p>Inversion From Ground Level To Prep Level</p>	<p>Switch Up To Prep Level 1 Leg</p> <p>Tic Toc Prep Level (Lib To Lib)</p> <p>Tic Toc Prep Level (Lib To Body Position)</p>	<p>½ Twisting Transition To Prep Level Or Below</p> <p>½ Twisting Transition To Prep Level</p> <p>¼ Twisting Transition To Prep Level 1 Leg Stunt</p> <p>¼ Twisting Transition To Prep Level Body Position</p> <p>¼ Twisting Transition To Ext Stunt</p> <p>Log Roll</p>	<p>Straight Cradle From Ext</p> <p>Straight Cradle From Prep Level Body Position</p> <p>¼ Twisting Dismount From Prep Or Ext</p>	<p>Prep Level 1 Leg Stunt Extension</p> <p>Leap Frog Variations</p> <p>½ Twist To Prone</p> <p>Walk In Prep Level Press Ext</p> <p>Combination Of Two Or More Level Appropriate Skills Performed Simultaneously</p>
Elite Level Appropriate	<p>Inversion From Ground Level To Ext Stunt</p>	<p>Tic Toc Prep Level (Body Position To Body Position)</p>	<p>½ Twisting Transition To Ext Stunt</p>		<p>½ Twisting Inversion To Ext Stunt</p> <p>½ Twisting Inversion To Prep Level 1 Leg Stunt</p> <p>½ Twisting Tic Toc To Prep Level 1 leg Stunt</p>

Building - Level 3

	Inversion Style	Release Style	Twisting	Dismount Style	Other Stunts
Level Appropriate	<p>Inverted At Prep Level Or Below</p> <p>Downward Inversion From Below Prep Level</p>	<p>Release To Prep Level Or Below</p> <p>Switch Up To Prep Level Lib</p> <p>Ball Up, Straddle Up And/Or Release To Prep Level Lib</p> <p>Tic Toc Below Prep Level To Below Prep Level (Lib To Lib)</p> <p>Tic Toc Below Prep Level To Prep Level (Lib To Lib)</p>	<p>Full Up Below Prep Level</p> <p>Full Up Prep Level Stunt</p> <p>¼ Twisting Transition To Ext 1 Leg Stunt</p> <p>Full Up Prep Level 1 Leg Stunt</p> <p>Prep Level Full Twisting Transition To Prep Level 1 Leg Stunt</p>	<p>Straight Cradle Dismount From Ext 1 Leg Stunt</p> <p>Full Twisting Dismount From Prep</p> <p>¼ Twisting Dismount From Ext 1 Leg</p> <p>Full Twisting Dismount From Ext</p> <p>Single Skill Cradle From 2 Leg Stunt (Non-twisting)</p>	<p>Full Twist To Prone From Prep Level</p> <p>Ext 1 Leg Stunt</p> <p>Suspended Front Flip</p> <p>Specialty Suspended Front Flip (Non-twisting)</p> <p>Suspended Twisting Front Flip</p> <p>Toss Hands</p> <p>Single Based 1 Leg Ext Stunts</p> <p>Toss Hands Pause Press Ext</p> <p>Walk In Ext</p> <p>Combination Of Two Or More Level Appropriate Skills Performed Simultaneously</p>
Elite Level Appropriate	<p>Inversion To Ext 1 Leg Stunt</p>	<p>Tic Toc Prep Level 1 Leg Stunt To Ext Body Position</p> <p>Release From Waist Level Or Below To Prep Level Body Position</p>	<p>Full Up To Prep Level Body Position</p> <p>Full Up To Ext 2 Leg Stunt</p> <p>½ Twisting Transition To Ext 1 Leg Stunt</p> <p>Prep Level Full Twisting Transition To Prep Level Body Position</p> <p>Ext Full Twisting Transition To Ext 2 Leg Stunt</p>		<p>Full Twisting Inversion To Ext Stunt</p> <p>½ Twisting Inversion To Ext 1 Leg Stunt</p> <p>Full Twisting Tic Toc At Prep Level (1 Leg Stunt To Body Position)</p>

Building - Level 4

	Inversion Style	Release Style	Twisting	Dismount Style	Other Stunts
Level Appropriate	<p>Released Inversion To Prep Level Or Below</p> <p>Released Inversion At Prep Level To Prep Level</p> <p>Downward Inversion From Prep Level</p> <p>Ext Inverted Stunt</p>	<p>Switch Up To Ext 1 Leg Stunt</p> <p>Release To Ext Stunt</p> <p>Tic Toc Lib To Lib (High To Low)</p> <p>Helicopter Release Moves</p> <p>Release To Ext Lib</p> <p>Switch Up To Ext Body Position</p> <p>Full Twisting Release To Prep Level Or Below</p> <p>Release From Prep Level To Prep Level</p>	<p>1½ Twisting Transition To Prep Level And Below</p> <p>1½ Twisting Transition To Prep Level 1 Leg Stunt</p>	<p>Kick Full Twisting Dismount</p> <p>2-2¼ Twisting Dismount From Prep 2 Leg Stunt</p> <p>1-1¼ Dismount From 1 Leg Stunt</p> <p>Up To 2 Skills Dismounts To Cradle</p>	<p>Toss Ext</p> <p>Toss 1 Leg Ext Stunt</p> <p>Combination Of Two Or More Level Appropriate Skills Performed Simultaneously</p>
Elite Level Appropriate	<p>Released Inversion From Prep Level Or Below To Ext Stunt</p>	<p>Tic Toc Ext Body Position To Prep Level Or Below Body Position (High To Low)</p> <p>Release To Ext Body Position (Not Including Switch Up)</p>	<p>1½ Twisting Transition To Prep Level Body Position</p> <p>1½ Up To Ext Stunt</p> <p>1-1½ Up To Ext One Leg Stunt</p> <p>Ext Full Twisting Transition To Ext 1 Leg Stunt</p>	<p>2-2 ¼ Twisting Dismount From Ext 2 Leg Stunt</p>	<p>Full Twisting Inversion To Ext Stunt</p> <p>Full Twisting Release Up To Prep Level Body Position</p> <p>1½ Twisting Release Up To Prep Level 1 Leg Stunt</p> <p>Full Twisting Tic Toc Release To Prep Level 1 Leg Stunt</p> <p>Unassisted Coed Style Toss Ext 1 Arm Stunt</p>

Building - Level 5

**Level
Appropriate**

Inversion Style	Release Style	Twisting	Dismount Style	Other Stunts
<p>Downward Inversion From Ext Stunt</p> <p>Downward Inversion From Ext 1 Leg Stunt</p>	<p>¼ Twisting Switch Up To Ext 1 Leg Stunt</p> <p>Tic Toc Lib To Lib (High To High)</p> <p>½ Twisting Switch Up To Ext 1 Leg Stunt</p> <p>Twisting Helicopter Release Moves</p>	<p>2-2¼ Up To Prep Level Stunt</p>	<p>Up To 3 Trick Dismounts To Cradle</p>	<p>2 Twist To Prone</p> <p>Toss ¼ - ¾ Twist To Ext 2 Leg Stunt</p> <p>Toss Full Twist Ext Stunt</p> <p>Combination Of Two Or More Level Appropriate Skills Performed Simultaneously</p>

**Elite Level
Appropriate**

<p>Elite Level Appropriate</p> <p>Released Inversion From Prep Level Or Above To Ext 1 Leg Stunt</p>	<p>Tic Toc Ext 1 Leg Stunt To Ext Body Position (High To High)</p> <p>½ Twisting Ball Up To Ext Body Position</p> <p>½ Twisting Switch Up To Ext Body Position</p> <p>1-2¼ Twisting Release To Ext 1 Leg Stunt</p>	<p>Full Up To Ext Body Position</p> <p>1½ - 2¼ Up To Ext Stunt</p>	<p>2-2¼ Twisting Dismount From Extended 1 Leg Stunt</p>	<p>¼ - 2¼ Twisting Tic Toc To Ext 1 Leg Stunt (Low/ High To High)</p> <p>Unassisted Coed Style Toss Ext 1 Arm Stunt</p> <p>Unassisted Coed Style Toss Full Twist To Ext Stunt</p>
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Please note, in levels 5, 6 & 7 some of the Elite skills can also be performed legally in the level(s) below. This has been done to allow a reasonable number of Elite skill options for these levels.

Building - Level 6

Level Appropriate

Inversion Style	Release Style	Twisting	Dismount Style	Other Stunts
<p>Downward Inversion From Ext Stunt</p> <p>Downward Inversion From Ext 1 Leg Stunt</p>	<p>¼ Twisting Switch Up To Ext 1 Leg Stunt</p> <p>Tic Toc Ext Lib To Ext Lib (High To High)</p> <p>½ Twisting Switch Up To Ext 1 Leg Stunt</p> <p>Tic Toc Lib To Body Position (High To High)</p> <p>Twisting Helicopter Release Moves</p> <p>Switch Up Full Twist To Ext 1 Leg Stunt</p> <p>½ Twisting Ball Up To Ext Body Position</p>	<p>2-2¼ Up To Prep Level Stunt</p> <p>1¾ -2¼ Up To Ext Stunt</p> <p>1¾ -2¼ Up To Ext 1 Leg Stunt</p> <p>1¾ - 2¼ Twisting Transition</p>	<p>2-2¼ Twisting Dismount From 1 Leg Stunt</p> <p>Dismounts From Inversion With ½ Twist</p> <p>Up To 3 Skill Dismounts To Cradle</p>	<p>2 Twist To Prone</p> <p>Toss ¼-¾ Twist To Ext Stunt</p> <p>Toss Full Twist Ext Stunt</p> <p>¼-¾ Twisting Tic Toc To Ext 1 Leg Stunt</p> <p>Full Twisting Tic Toc To Ext 1 Leg Stunt (Low To High)</p> <p>Combination Of Two Or More Level Appropriate Skills Performed Simultaneously</p>

Elite Level Appropriate

<p>Released Inversion From Prep Level Or Above To Ext Body Position</p> <p>Backwards Free Flipping From Ground Level To Prep Level Or Above (Rewind)</p>	<p>Tic Toc Ext Body Position To Ext Body Position (High To High)</p> <p>Full Twisting Release To Ext Body Position</p> <p>1½ -2¼ Ball Up, Tic Toc Release And/Or Other Release To Ext 1 Leg Stunt</p>	<p>1½ - 1¾ Up To Ext Body Position</p> <p>2-2¼ To Ext 1 Leg Stunt</p>	<p>Kick Double Twisting Dismount</p>	<p>½ Twisting Released Inversion To Ext Stunt</p> <p>Toss Front Handspring ½ Up Release To Ext Stunt</p> <p>Coed Style Toss Front Handspring Release ½ Twist To Ext Stunt</p> <p>Full Twisting Tic Toc To Ext 1 Leg Stunt (High To High)</p> <p>Unassisted Coed Style Toss Ext 1 Arm Stunt</p> <p>Unassisted Coed Style Toss Full Twist To Ext Stunt</p>
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Please note, all Level 5 & 6 skills will be considered Level Appropriate due to the minimal differences in the skills allowed between these levels. In levels 5, 6 & 7 some of the Elite skills can also be performed legally in the level(s) below. This has been done to allow a reasonable number of Elite skill options for these levels..

Building - Level 7

Level Appropriate

Inversion Style	Release Style	Twisting	Dismount Style	Other Stunts
<p>Toe Or Leg Pitch Type Toss Into Free Flipping Skill</p> <p>Free Flipping Transitions From Prep Level</p> <p>Downward Inversion From Above Prep Level To Ground</p> <p>Side-somi To Stunt</p> <p>Front Free Flipping From Ground Level To Stunt</p>	<p>Coed Style Toss To New Base(s)</p> <p>Helicopter Release Moves With 2 Bases</p> <p>Release From Prep Level Or Below To Inverted Prep Level Stunt</p>	<p>Flipping With Twisting From Ground Level To Stunt</p>	<p>Front Free Flipping To Ground Level</p> <p>Free Flipping From Prep Level Or Below To Cradle</p> <p>Free Flipping With Twisting From Prep Level Or Below To Cradle</p>	<p>BHS 1-2¼ Up To Ext Stunt</p> <p>BHS Rewind To Ext Stunt</p>

Elite Level Appropriate

<p>Flipping From Ground Level To Ext Single Leg And/Or Single Arm Stunt</p> <p>Released Inversion From Prep Level Or Above To Ext Body Position</p> <p>Ground Level Handstand Released To Hand In Hand</p>	<p>Tic Toc Body Position To Body Position (High To High)</p> <p>Full Twisting Release To Ext Body Position</p> <p>1½ -2¼ Ball Up, Tic Toc Release And/Or Other Release To Ext 1 Leg Stunt</p>	<p>Flipping With Twisting From Ground Level To Ext 1 Leg Stunt</p> <p>1½ - 1¾ Up To Ext Body Position</p> <p>2-2¼ To Ext 1 Leg Stunt</p>	<p>Kick Double Twisting Dismount</p>	<p>BHS Full Up To Ext Stunt</p> <p>Toss Front Handspring ½ -1½ Up To Ext Stunt</p> <p>Coed Style Toss Front Handspring Release ½ Twist To Ext Stunt</p> <p>Full Twisting Tic Toc To Ext 1 Leg Stunt (High To High)</p> <p>Unassisted Coed Style Toss Ext 1 Arm Stunt</p> <p>Unassisted Coed Style Toss Full Twist To Ext Stunt</p>
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Please note, all Level 6 & 7 as well as the Elite Skills on this list will be considered Level Appropriate due to the minimal differences in the skills allowed between these levels. In levels 5, 6 & 7 some of the Elite skills can also be performed legally in the level(s) below. This has been done to allow a reasonable number of Elite skill options for these levels. (at least 2 different Level 7 skills are required to score in High range).

Tumbling

Level	Standing Tumbling Skills	Running Tumbling Skills
N	Forward Roll; Straddle Roll; Handstand; Handstand Forward Roll; Front Limber; Cartwheel; Backward Roll; Back Extension Roll; Push Up To Bridge; Standing To Bridge; Bridge Kickover	Cartwheel; Roundoff; Forward Roll Cartwheel Roundoff; Handstand Forward Roll Cartwheel Roundoff
L1	Forward Roll; Straddle Roll; Handstand; Handstand Forward Roll; Front Limber; Cartwheel; Backward Roll; Back Extension Roll; Push Up To Bridge; Standing To Bridge; Bridge Kickover; Front Walkover; Back Walkover	Cartwheel; Front Walkover; Round Off; Cartwheel Back Walkover; Front Walkover To Cartwheel/Roundoff; Cartwheel 1/2 Turn Front Walkover; Connected Skills Cartwheel/Back Walkover
L2	Standing BHS; BHS Step Out; Back Extension Roll BHS; Back Walkover BHS	Cartwheel BHS; Round Off BHS; Round Off BHS Step Out; Round Off BHS Series; Front Walkover To Round Off BHS Series; Front Handspring; Fly Handspring; Forward Walkover Front Handspring; Front Handspring Roundoff BHS
L3	BHS Series; Jump To BHS; Jump To BHS Series; BHS Series Jump BHS Series; BHS Step Out BHS Combo	Aerial Cartwheel; Punch Front; Round Off Tuck; Round Off BHS Back Tuck; Round Off BHS Series To Back Tuck; Front Walkover To Round Off BHS Back Tuck; Front Walkover To Roundoff BHS Series Back Tuck
L4	Standing Back Tuck; BHS Back Tuck; BHS Series To Back Tuck; Jump BHS Back Tuck; Jump BHS Series To Back Tuck; BHS Whip BHS Series To Tuck/Layout; Onodi; BHS Series Layout; BHS Tuck BHS Tuck; BHS Tuck BHS Layout; Jump BHS Series To Tuck/Layout;	Cartwheel Back Tuck; Roundoff Layout; Roundoff BHS Layout/Layout Stepout/X-out; Round Off BHS Series To Layout; Front Walkover Through To Layout; Punch Front Step Out To Layout; Round Off BHS Series To Layout; Round Off BHS Whip BHS To Layout; Punch Front Step Out To Round Off BHS Whip BHS To Back Tuck; Front Handspring Punch Front; Front Handspring Punch Front Through To Round Off BHS Back Tuck/Layout; Front Aerial
L5	Jump Back Tuck; BHS Series To Whips And Layout; Jump BHS Series To Whips And Layouts; BHS Series Whip BHS Series To Layout/Layout Step Out/X-out; BHS Whip/Tuck/Layout To Whip/Tuck/Layout	Round Off Full; Round Off BHS Full; Front Walkover Through To Full; Punch Front Step Out To Full; Roundoff Whip BHS To Full
L6 & L7	Level Appropriate: Jump Back Tuck	Level Appropriate: Cartwheel Full; Round Off Full; Round Off BHS Full; Front Walkover Through To Full; Side Aerial/Front Aerial/Onodi Through To Full; Front Full
	Elite Level Appropriate: Standing Full; Jump Full; BHS Full; Jump BHS Full; BHS Series To Full; Jump BHS Series To Full; BHS Whip To BHS Series To Full; BHS Series To Double Full; Jump BHS Series To Double Full; BHS Whip To BHS Series To Double Full; BHS Whip Full; BHS Whip Double Full	Level Appropriate: Cartwheel Full; Round Off Full; Round Off BHS Full; Front Walkover Through To Full; Side Aerial/Front Aerial/Onodi Through To Full; Front Full

Jumps

Level	Basic Jumps	Advanced Jumps
N/A	Spread Eagle/Star Jump, Tuck Jump	Pike, Right/Left Hurdler (Front Or Side), Toe Touch

Tosses

Level	Non-Twisting	Twisting
L2	Straight Ride Toss	
L3	Ball Arch; Pretty Girl Arch; Pike Arch; Kick Arch; Ball X; Toe Touch	Full Twist
L4	Pike X; Hitch Kick; Switch Kick; Double Toe Touch	Ball Full; Pike Full; Kick Full; Hitch Full; Toe Touch Full; Full Up Toe Touch; Double Full
L5	Pike Hitch Kick; Pike Kick Pretty Girl; Pike Switch Kick; Hitch Kick Kick	Ball Full; Pike Full; Kick Full; Hitch Full; Toe Touch Full; Full Up Toe Touch; Double Full
L6	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 Double Up Toe Touch; Hitch Kick Double Full; Switch Kick Double Full; Kick Full Kick Full
L7	Tuck; X-out; Pike; Layout	Layout Full; Layout Double Full; X-out Full; Split Full; Arabian 1½ ; Pike Open Double Full