



BEGINNER				
INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<ul style="list-style-type: none"> NONE ALLOWED. INVERSION TO GROUND LEVEL ARE LEGAL BUT NOT CONSIDERED A STUNT 	<ul style="list-style-type: none"> NO TRUE RELEASES ALLOWED 	<ul style="list-style-type: none"> 1/2 REBOUND TO PRONE 	<ul style="list-style-type: none"> STEP DOWN STRAIGHT POP DOWN 	<ul style="list-style-type: none"> THIGH STAND GROUND STUNT KNEE STUNT STUNTS AT WAIST HEIGHT OR BELOW
NOVICE				
INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<ul style="list-style-type: none"> INVERSION TO GROUND LEVEL. ARE LEGAL BUT NOT CONSIDERED A STUNT 	<ul style="list-style-type: none"> SWITCH UP TO LIB BELOW PREP LEVEL SWITCH UP TO BODY POSITION BELOW PREP LEVEL TIC TOC BELOW PREP LEVEL TIC TOC BELOW PREP LEVEL WITH BODY POSITION TIC TOC BELOW PREP LEVEL BODY POSITION TO BODY POSITION 	<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 1/4 TWISTING TRANSITION TO PREP 1/2 REBOUND TO PRONE 	<ul style="list-style-type: none"> STEP DOWN STRAIGHT CRADLE 	<ul style="list-style-type: none"> BACK STAND PREP LEVEL SHOW & GO STRADDLE SIT (PREP OR EXTENDED) FLAT BACK (PREP OR EXTENDED) 1 LEG STUNT BELOW PREP PREP LEVEL 1 LEG STUNT WITH BRACER PREP LEVEL TO PRONE SHOULDER SIT CHAIR SHOULDER STAND TRANSITION BELOW PREP TO PREP LEVEL BODY POSITION WITH BRACER 1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH BRACER COMBINATION OF TWO MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
INTERMEDIATE				
INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE & TOSS	OTHER STUNTS
<ul style="list-style-type: none"> INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL INVERSION FROM GROUND LEVEL TO PREP LEVEL INVERSION FROM GROUND LEVEL TO EXTENDED STUNT 	<ul style="list-style-type: none"> SWITCH UP TO LIB PREP LEVEL TIC TOC PREP LEVEL TIC TOC PREP LEVEL LIB TO BODY POSITION TIC TOC PREP LEVEL BODY POSITION TO BODY POSITION 	<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 BODY POSITION 1/4 TWISTING TRANSITION TO EXTENDED STUNT 1/2 TWISTING TRANSITION TO EXTENDED 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 STRAIGHT RIDE TOSS 	<ul style="list-style-type: none"> PRONE PREP LEVEL 1 LEG STUNT EXTENSION BARREL ROLL LEAP FROG VARIATIONS 1/2 TWIST TO PRONE WALK IN PREP LEVEL PRESS EXTENSION 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 STUNT COMBINATION OF TWO MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

MEDIAN				
INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE & TOSS	OTHER STUNTS
<ul style="list-style-type: none"> • INVERTED BELOW PREP LEVEL • INVERTED AT PREP LEVEL • DOWNWARD INVERSION FROM BELOW PREP LEVEL • INVERSION TO EXTENDED 1 LEG STUNT 	<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) • TIC TOC PREP LEVEL LIB TO EXTENDED BODY POSITION • SWITCH UP TO PREP LEVEL BODY POSITION • BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • FULL UP BELOW PREP LEVEL • FULL UP PREP LEVEL STUNT • 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 • FULL UP TO PREP LEVEL BODY POSITION • 1/2 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT • PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION 	<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 • FULL DOWN FROM EXTENSION • SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING) • BALL ARCH TOSS • PRETTY GIRL ARCH TOSS • PIKE ARCH TOSS • KICK ARCH TOSS • BALL-X TOSS • TOE TOUCH TOSS • FULL TWIST TOSS 	<ul style="list-style-type: none"> • FULL TWIST TO PRONE FROM PREP LEVEL • EXTENDED 1 LEG STUNT • SUSPENDED FRONT FLIP • SPECIALTY SUSPENDED FRONT FLIP (NON-TWISTING) • SUSPENDED TWISTING FRONT FLIP • TOSS HANDS • SINGLE BASED 1 LEG EXTENDED STUNTS • TOSS HANDS PAUSE PRESS EXTENSION • WALK IN EXTENSION • 1/2 TWISTING INVERSION TO EXTENDED 1 LEG STUNT • FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION) • COMBINATION OF TWO MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
SCHOOL ADVANCED				
INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE & TOSS	OTHER STUNTS
<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 • STATIC INVERSION RELEASED FROM BELOW PREP LEVEL TO PREP LEVEL NON INVERSION (UP TO 1/4 TWIST ROTATION) 	<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 • TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW BODY POSITION (HIGH TO LOW) • BALL UP, STRADDLE UP AND/OR RELEASE TO EXTENDED BODY POSITION (NOT INCLUDING SWITCH UP) 	<ul style="list-style-type: none"> • 3/4 TWISTING TRANSITION TO EXTENDED STUNT • FULL UP TO EXTENDED 2 LEG STUNT • EXTENDED FULL TWISTING TRANSITION TO EXTENDED STUNT • 1 1/4 FROM PREP LEVEL TO ANY LEVEL 	<ul style="list-style-type: none"> • FULL DOWN FROM EXTENDED 1 LEG STUNT • KICK FULL TWISTING DISMOUNT • PIKE-X TOSS • HITCH KICK TOSS • SWITCH KICK TOSS • DOUBLE TOE TOUCH TOSS • BALL FULL TOSS • PIKE FULL TOSS • KICK FULL TOSS • TOE TOUCH FULL TOSS • FULL UP TOE TOUCH TOSS 	<ul style="list-style-type: none"> • TOSS EXTENSION • TOSS 1 LEG EXTENDED STUNT • 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 1/4 TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL 1 LEG STUNT • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

UNIVERSITY PREMIER				
INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE & TOSS	OTHER STUNTS
<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 • RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION • RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB • FLIPPING FROM GROUND LEVEL TO EXTENDED SINGLE LEG AND/OR SINGLE ARM STUNT • RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> • 1/4 TURN 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 1 LEG 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 • 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 	<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 • FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENDED SINGLE LEG • 1 1/2 UP TO EXTENDED BODY POSITION • 1 3/4 UP TO EXTENDED BODY POSITION • DOUBLE UP TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> • FRONT FREE FLIPPING TO GROUND LEVEL • FREE FLIPPING FROM PREP LEVEL OR BELOW TO CRADLE • FREE FLIPPING WITH TWISTING FROM PREP LEVEL OR BELOW TO CRADLE • DOUBLE DOWN FROM 1 LEG STUNT • KICK DOUBLE TWISTING DISMOUNT • TUCK TOSS • X-OUT FULL TOSS • DOUBLE FULL-TWISTING LAYOUT TOSS • KICK FULL-TWISTING LAYOUT TOSS • PIKE DOUBLE FULL TOSS • ARABIAN FRONT FULL TOSS 	<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 TO EXTENDED 1 LEG STUNT • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY • BACKHANDSPRING FULL UP TO EXTENDED STUNT • UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT • FRONT HANDSPRING 1 1/2 UP TO EXTENDED STUNT • COED STYLE TOSS FRONT HANDSPRING RELEASE 1/2 TWIST TO EXTENDED STUNT • COED STYLE TOSS FULL T WIST TO EXTENDED STUNT • FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH) • FRONT HANDSPRING 1 2/ UP TO EXTENDED STUNT

TUMBLING		
BEGINNER	NOVICE	INTERMEDIATE
<ul style="list-style-type: none"> • FORWARD ROLL • STRADDLE ROLL • HANDSTAND • HANDSTAND FORWARD ROLL • CARTWHEEL • BACKWARD ROLL • ROUND OFF* <p>* No tumbling is allowed in immediate combination after a round off.</p>	<ul style="list-style-type: none"> • FORWARD ROLL • STRADDLE ROLL • HANDSTAND • HANDSTAND FORWARD ROLL • FRONT LIMBER • CARTWHEEL • BACKWARD ROLL • BACK EXTENSION ROLL • PUSH UP TO BACKBEND • STANDING BACKBEND • BACKBEND KICK OVER • BACK WALKOVER • FRONT WALKOVER • ROUND OFF* • FRONT WALKOVER TO CARTWHEEL/ROUND OFF • CARTWHEEL 1/2 TURN FRONT WALKOVER • CONNECTED SKILLS -CARTWHEEL/BACK WALKOVER <p>* No tumbling is allowed in immediate combination after a round off.</p>	<ul style="list-style-type: none"> • STANDING BACK HANDSPRING • BACK HANDSPRING STEP OUT • BACK EXTENSION ROLL BACK HANDSPRING • BACK WALKOVER BACK HANDSPRING • CARTWHEEL BHS • ROUND OFF BHS • ROUND OFF BHS STEP OUT • ROUND OFF BHS SERIES • FRONT WALKOVER TO ROUND OFF BHS SERIES



TUMBLING		
MEDIAN	SCHOOL ADVANCED	UNIVERSITY PREMIER
<ul style="list-style-type: none"> • BHS SERIES • JUMP TO BHS • JUMP TO BHS SERIES • BHS SERIES JUMP BHS SERIES • BHS STEP OUT BHS COMBO • ARIELS • 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 ROUND OFF BHS SERIES BACK TUCK 	<ul style="list-style-type: none"> • STANDING BACK TUCK OR FULL • BHS BACK TUCK OR FULL • BHS SERIES TO BACK TUCK OR FULL • JUMP BHS BACK TUCK OR FULL • CARTWHEEL BACK TUCK OR FULL • ROUND OFF LAYOUT OR FULL • ROUND OFF BHS LAYOUT/LAYOUT STEPOUT / X-OUT • ROUND OFF BHS (OR BHS SERIES) TO LAYOUT OR FULL • FRONT WALKOVER THROUGH TO LAYOUT OR FULL • PUNCH FRONT STEPOUT TO LAYOUT OR FULL • ROUND OFF BHS SERIES TO LAYOUT OR FULL • ROUND OFF BHS WHIP BHS TO LAYOUT OR FULL • PUNCH FRONT STEPOUT TO ROUND OFF BHS WHIP BHS TO BACK TUCK OR FULL • FRONT HANDSPRING PUNCH FRONT • FRONT HANDSPRING PUNCH FRONT THROUGH TO ROUND OFF BHS BACK TUCK/LAYOUT/FULL <p style="margin-top: 10px;">NOTE: DIVE ROLLS AND FRONT 3/4 FLIP TO SEAT/KNEES ARE PROHIBITED IN THIS LEVEL</p>	<ul style="list-style-type: none"> • JUMP BACK TUCK • 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 FULL • CARTWHEEL FULL • ROUND OFF FULL • ROUND OFF BHS FULL • FRONT WALKOVER THROUGH TO FULL SIDE AERIAL/FRONT AERIAL/ONODI THROUGH TO FULL • FRONT FULL • FRONT HANDSPRING FRONT FULL • PUNCH FRONT STEPOUT TO FULL • ROUND OFF BHS WHIP TO FULL ROUND OFF ARABIAN ROUND OFF BHS FULL • ROUND OFF BHS FULL BHS SERIES TO FULL ROUND OFF FULL ROUND OFF BHS FULL • FRONT WALKOVER THROUGH TO FULL PUNCH FRONT STEPOUT TO FULL • ROUND OFF BHS WHIP TO FULL ROUND OFF ARABIAN ROUND OFF BHS FULL • ROUND OFF BHS FULL BHS SERIES TO FULL ROUND OFF BHS FULL BHS SERIES TO FULL <p style="margin-top: 10px;">NOTE: DIVE ROLLS AND FRONT 3/4 FLIP TO SEAT/KNEES ARE PROHIBITED IN THIS LEVEL</p>