

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Jumps	-Jumps connected to each other -Jumps into level appropriate tumbling skills – Rolls, Walkovers, Cartwheels	-Jumps connected to each other -Jumps into level appropriate tumbling skills. Jump – Back Walkover – Back Handspring or Jump – pause – Back Handspring	-Jumps connected to each other -Jumps into level appropriate tumbling skills - Jump – Back Handspring or Jump – Back Handspring series	-Jumps connected to each other -Jumps into level appropriate tumbling skills – Jump – Back Handspring – Back Flip or Jump – pause – Back Flip	-Jumps connected to each other -Jumps into level appropriate tumbling skills – Jump – Back/ Front Flips or Jump Back/ Front Flips with a Twist	-Jumps connected to each other -Jumps into level appropriate tumbling skills – Jump – Back/ Front Flips or Jump Back/ Front Flips with a Twist
Standing Tumbling	Forward/Backward Rolls Back Walkover Front Walkover	Back Handspring Back Walkover Back Handspring Jump pause Back Handspring	Back Handspring Series Jump into Back Handspring Jump into Back Handspring series	Standing Tuck, Back Handspring Tuck Combinations of Back Handsprings into Flip variations without twisting Jump – Back Handspring into Flips Jump – pause – Back Tuck	Standing Fulls Standing Arabian (Half) Standing Back Handspring series into Fulls & Doubles Jumps into Flips	Standing Fulls Standing Arabian (Half) Standing Back Handspring series into Fulls & Doubles Jumps into Flips
Running Tumbling	Cartwheel Round Off Front Walkover Round off Back Walkover Combinations of above skills	Back Handspring Back Handspring series Front Handspring Combinations of Front & Back Handsprings One Arm Cartwheels	Round Off/Round Off Back Handsprings into Back Tuck Flips Combination of hand supported skills into Back Tuck Flips Aerials/Tuck Punch Front Flips One Arm Front & Back Handsprings	Flips, Layouts, X-outs, Whips without twist from any entry i.e. Round Off/Cartwheel – Flips, Front Handsprings, Front Flips, Punch Front through to Flips	Flips up to 2 twists in any body position from any entry i.e. Round Off – Back Handspring – Full/Double Full or Full to Full Round Off – Arabian – Full	Flips up to 2 twists in any body position from any entry i.e. Round Off – Back Handspring – Full/Double Full or Full to Full Round Off – Arabian – Full
Tosses	N/A	Straight Ride Arm Variations Allowed	Single Skill – No Flips Toe Touch, Ball X, Pretty Girl, Pike or Full Twist	Two Skills – No Flips Double Toe Touch, Double Full Twist, Kick Full or Pike/Pretty Girl	Up to 2 ½ Twisting rotations Kick Kick Full, Kick Kick Double or Hitch Kick Double	Up to 3 ½ Twisting rotations Flipping Tosses: 1 Flip, 2 Twists, Kick Kick Full, Kick Kick Double or Hitch Kick Double
Pyramids	2 Legged Stunts: Extended braced with 2 top persons at prep or below 1 Legged Stunts: Prep level braced with 2 top persons at prep or below Release Moves: Not Allowed Inversions: Not Allowed Dismounts: Basic straight cradles & pop downs ONLY *Cradles not allowed from extended position* 2 Legged: No Twist 1 Legged: No Twist	2 Legged Stunts: Extended no bracers required 1 Legged Stunts: Extended if braced with 2 top persons at prep or below ½ turn entries to prep or extension on one and two legged stunts Release Moves: Not Allowed Inversions: ONLY allowed from ground up into stunts Dismounts: Basic straight cradles/pop downs 2 Legged: Up to ¼ turn 1 Legged: Up to ¼ turn	2 Legged Stunts: Extended, no bracers required 1 Legged Stunts: Extended, no bracers required Release Moves: Top person may pass above 2 persons high while in contact with at least 2 persons at shoulder level prep/below Top person must remain in direct arm-to-arm contact with at least 2 different top persons at prep/below Inversions: At prep/below with contact to 1 based on the ground Dismounts: 2 Legged: Up to 1 ¼ turn 1 Legged: Up to ¼ turn	2 Legged Stunts: Extended, no bracers required 1 Legged Stunts: Extended, no bracers required Release Moves No Inversion Top person may pass above 2 persons high while in direct contact with at least 1 person at prep/below Braced Inversions: Contact must be made with two persons at prep/below, 1 ¼ Flip, 0 Twist, May not change bases Dismounts: 2 Legged: Up to 2 ¼ turn 1 Legged: Up to 1 ¼ turn Over/Under Rules: Pyramid flyers who pass over a prep level or below flyer have to be connected to that flyer	2 Legged Stunts: Extended, no bracers required 1 Legged Stunts: Extended, no bracers required Release Moves No Inversion: Top person may pass above 2 persons high while in direct contact with at least 1 person at prep/below Braced Inversions: Contact must be made with 1 person at prep/below, 1 ¼ Flip, 0 Twist, may change bases. Contact with 2 persons may do 1 Twist Dismounts: 2 Legged; Up to 2 ¼ turn 1 Legged: Up to 2 ¼ turn	2 Legged Stunts: -2 ½ high, no bracers required 1 Legged Stunts: -2 ¼ high, no bracers required Dismounts: 2 Legged: Up to 2 ¼ turn from 2 high 1 Legged: Up to 2 ¼ turn from 2 high Cradles from 2 ½ high are allowed up to 1 ¼ Twist Exception: 2-1-1 thigh stand may perform 2 Twists from a forward facing stunt Up to 1 Flipping & 0 Twisting rotations Other: May pass above 2 ½ persons high while in direct contact with at least 1 person at prep level Braced inversions (including Flips) up to 1 ¼ Flipping & 1 Twisting rotation Free flipping allowed from ground
Partner Stunts	1 Legged: At “Gut” level Dismount: Straight Cradle 2 Legged: Shoulder prep level Dismount: Straight Cradle Other: No Twist/Inversions or releases allowed	1 Legged: Shoulder prep level Dismount: Straight cradle 2 Legged: Extended Dismount: Straight or ¼ turn cradle Other: ½ Twist, ground up Inversion, no release moves other than barrel rolls	1 Legged: Extended Dismount: Straight Cradle 2 Legged: Extended Dismount: Single Twist Cradle Other: 1 Twist to prep, Inversions at shoulder prep/below, no release moves other than barrel rolls	1 Legged: Extended Dismount: Single Twist Cradle 2 Legged: Extended Dismount: Double Twist Cradle Other: 1 ½ Twist to Extension, inversions above prep, release moves up to extended arm level	1 Legged: Extended Dismount: 2 ¼ Twist Cradle 2 Legged: Extended Dismount: 2 ¼ Twist Cradle Other: 2 Twist to Extension, Inversions above prep, release moves up to 18 in. above extended arm level 180° with ½ twisting helicopters	1 Legged: Extended Dismount: 2 ¼ Twist Cradle 2 Legged: Extended Dismount: 2 ¼ Twist Cradle Other: 2 ¼ Twist 2 Twisting or 1 Flipping entry Rewinds from ground – 1 Flipping/2 Twisting