



## Additional Level Appropriate Skills

### Stunts & Tumbling Levels 1-7

All skills listed in the grid are considered Level appropriate for Incredibly Cool Events competitions 2019-2020 season and will count towards quantities for ranges (they are not considered elite skills). These skills are to be considered additional skills to the skills already detailed in the Level Appropriate Skills lists that can be located on the scoring system on the Incredibly Cool Events website.

#### **STUNTS**

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|----------|---|
| Level 1: | <ul style="list-style-type: none"> <li>n/a</li> </ul>   |
| Level 2: | <ul style="list-style-type: none"> <li>Walk in Extension</li> </ul>   |
| Level 3: | <ul style="list-style-type: none"> <li>Full twisting transition to extended stunt</li> <li>Full twisting inversion to extended 2 Leg Stunt</li> <li>Suspended back flipping transition</li> <li>Suspended <u>twisting</u> back flipping transition</li> </ul>   |
| Level 4: | <ul style="list-style-type: none"> <li>Release Move from prep level to extended single leg Stunt</li> <li>1 ¼ - 1 ½ Up to extended stunt</li> <li>Extended full twisting transition to extended single leg stunt</li> <li>1 ½ twisting inversion to extended stunt</li> </ul>   |
| Level 5: | <ul style="list-style-type: none"> <li>1 ½ - 1 ¾ Up to extended single leg stunt</li> <li>2 - 2 ¼ up to extended stunt</li> <li>Kick double twisting dismount</li> <li>Full twisting tic toc to extended single leg stunt (high to high)</li> <li>1 ½ - 2 ¼ release move to extended single leg</li> </ul>  |
| Level 6: | <ul style="list-style-type: none"> <li>Flipping from ground level to prep level or above (prohibited for junior teams)</li> </ul>   |
| Level 7: | <ul style="list-style-type: none"> <li>Front free flipping transition to prone</li> <li>Side Sumi</li> <li>Toes or leg pitch toss to free flipping skill</li> <li>Ground level handstand released to inverted stunt</li> <li>Back handspring rewind to extended stunt</li> <li>Release from prep level or below to inverted prep level stunt</li> </ul> |

#### **TUMBLING**

|          |  |
|----------|--|
| Level 2: | <ul style="list-style-type: none"> <li>Running front handspring</li> <li>Running front handspring round off back handspring</li> </ul>   |
| Level 4: | <ul style="list-style-type: none"> <li>Standing BHS whip BHS series to tuck/layout</li> <li>Standing BHS series to layout</li> <li>Standing BHS tuck BHS tuck/layout</li> <li>Standing BHS series to layout</li> <li>Jump BHS series to layout</li> <li>Running front aerial</li> <li>Running Onodi</li> </ul> |