



Incredibly Cool Events 2023-2024
Level Appropriate Skills

LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • Inversion at Ground Level (considered a 'stunt' for Level 0) • High Stand • Straddle Sit at Prep level • Split lift at Prep level • Flat-back at Prep level* • Shoulder sit* • Braced Prep Two-legged Stunt (see glossary) • L-stand, nugget and kneeling stunts • Single leg below prep level <p>*Legal 'Prep level' stunts without a bracer</p>	<ul style="list-style-type: none"> • Tick Tock (with no release) below prep level

STANDING TUMBLING

LEVEL APPROPRIATE

Must originate from a standing or lunge position

- Forward / Backward roll
- Handstand
- Cartwheel
- Backbend

RUNNING TUMBLING

LEVEL APPROPRIATE

Must have a running or hurdle entry

- Cartwheel
- Roundoff

Level 0 follows IASF LEVEL 1 SAFETY RULES with these additional skills caps. Level 1 IASF Rules still apply in addition to these Level 0 rules.



Incredibly Cool Events Level 1 Appropriate Skills



RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	DISMOUNT
LEVEL APPROPRIATE			
<ul style="list-style-type: none"> RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO LIB BELOW PREP LEVEL TIC TOC BELOW PREP LEVEL (LIB TO LIB) 	<ul style="list-style-type: none"> 1/4 TWISTING TRANSITION TO BELOW PREP LEVEL 1/4 TWISTING TRANSITION TO GROUND LEVEL 1/4 TWISTING TRANSITION FROM PREP LEVEL 	<ul style="list-style-type: none"> BACK STAND PREP LEVEL SHOW & GO STRADDLE SIT FLAT BACK EXTENDED STRADDLE SIT BELOW PREP LEVEL 1 LEG STUNT EXTENDED FLAT BACK PREP LEVEL 1 LEG STUNT WITH BRACER 1 LEG STUNT BELOW PREP LEVEL SHOULDER SIT CHAIR SHOULDER STAND PRONE 	<ul style="list-style-type: none"> STEP DOWN
ADVANCED LEVEL APPROPRIATE			
<ul style="list-style-type: none"> RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO BODY POSITION BELOW PREP LEVEL TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION) TIC TOC AT PREP LEVEL (LIB TO BODY POSITION) WITH BRACER RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB WITH BRACER RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL LIB WITH BRACER 	<ul style="list-style-type: none"> 1/4 TWISTING TRANSITION TO PREP LEVEL LIB WITH BRACER FROM BELOW PREP LEVEL 1/4 TWISTING TRANSITION AT PREP LEVEL TO PREP STUNT 	<ul style="list-style-type: none"> TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER 1/4 TWISTING TIC TOC AT PREP LEVEL WITH BRACER (LIB TO LIB) 	
ELITE LEVEL APPROPRIATE			
<ul style="list-style-type: none"> TIC TOC AT PREP LEVEL (BODY POSITION TO BODY POSITION) WITH BRACER TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION) RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION WITH BRACER RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL BODY POSITION WITH BRACER 	<ul style="list-style-type: none"> 1/4 TWISTING TRANSITION TO PREP STUNT FROM BELOW PREP LEVEL 1/4 TWISTING TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION WITH BRACER 	<ul style="list-style-type: none"> 1/4 TWISTING TIC TOC AT PREP LEVEL WITH BRACER (BODY POSITION TO BODY POSITION) 1/4 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB WITH BRACER 1/4 TWISTING RELEASE FROM WAIST LEVEL TO PREP LEVEL LIB WITH BRACER 1/4 TWISTING TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION) 	<ul style="list-style-type: none"> STRAIGHT CRADLE FROM PREP STUNT

STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> FORWARD ROLL STRADDLE ROLL PUSHUP TO BACKBEND BACKWARD ROLL (BWR) HANDSTAND BACKBEND KICK OVER STANDING BACKBEND FRONT LIMBER/BACK LIMBER 	<ul style="list-style-type: none"> HANDSTAND FORWARD ROLL BACK WALKOVER (BWO) BWO - BWR - BWO 	<ul style="list-style-type: none"> BACK WALKOVER SERIES BACK WALKOVER SWITCH LEG BACK EXTENSION ROLL BACK EXTENSION ROLL - BWO/BWO SERIES VALDEZ

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> CARTWHEEL (CW) CARTWHEEL - BACKWARD ROLL 	<ul style="list-style-type: none"> ROUND OFF (RO) FRONT WALKOVER (FWO)/FWO SERIES CARTWHEEL - BWO 	<ul style="list-style-type: none"> CARTWHEEL - BWO SERIES FWO - CARTWHEEL/ROUND OFF FWO - CW - BWO/BWO SERIES FWO - CW - BWO SWITCH LEG



Incredibly Cool Events Level 2 Appropriate Skills



INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	DISMOUNT
LEVEL APPROPRIATE				
<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL • INVERSION FROM GROUND LEVEL TO PREP LEVEL 	<ul style="list-style-type: none"> • TIC TOC AT PREP LEVEL (LIB TO LIB) 	<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 • 1/4 TWISTING TRANSITION TO EXTENDED STUNT 	<ul style="list-style-type: none"> • PREP LEVEL 1 LEG STUNT • EXTENSION • BARREL ROLL • LEAP FROG VARIATIONS • WALK IN PREP LEVEL PRESS EXTENSION • 1/2 TWISTING TRANSITION TO PRONE 	<ul style="list-style-type: none"> • STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION
ADVANCED LEVEL APPROPRIATE				
<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO PREP LEVEL 1 LEG STUNT 	<ul style="list-style-type: none"> • TIC TOC AT PREP LEVEL (LIB TO BODY POSITION) RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB • RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL LIB 	<ul style="list-style-type: none"> • 1/2 TWISTING TRANSITION AT PREP LEVEL TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • 1/2 TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT • 1/2 TWISTING INVERSION FROM GROUND LEVEL TO PREP LEVEL 1 LEG STUNT • 1/2 TWISTING TRANSITION FROM EXTENSION TO CRADLE POSITION 	<ul style="list-style-type: none"> • STRAIGHT CRADLE FROM EXTENSION
ELITE LEVEL APPROPRIATE				
<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO EXTENSION • INVERSION FROM GROUND LEVEL TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • TIC TOC AT PREP LEVEL (BODY POSITION TO BODY POSITION) • RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION • RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • 1/2 TWISTING TRANSITION TO EXTENSION • 1/2 TWISTING TRANSITION TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • 1/2 TWISTING INVERSION FROM GROUND LEVEL TO EXTENSION • 1/2 TWISTING INVERSION FROM GROUND LEVEL TO PREP LEVEL BODY POSITION • 1/2 TWISTING TIC TOC AT PREP LEVEL 1 LEG STUNT TO BODY POSITION 	<ul style="list-style-type: none"> • 1/4 TWISTING DISMOUNT FROM PREP STUNT OR EXTENSION TO CRADLE POSITION

TOSSES	
NON TWISTING	TWISTING
STRAIGHT RIDE TOSS	

STANDING TUMBLING		
LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • BACK HANDSPRING (BHS) • BACK HANDSPRING STEP OUT 	<ul style="list-style-type: none"> • BACK WALKOVER - BHS • BACK WALKOVER - BHS STEP OUT • BHS STEP-OUT - BACK WALKOVER 	<ul style="list-style-type: none"> • BWO - BHS STEP OUT - BWO • BWO SWITCH LEG - BHS • BHS STEP OUT - BWO - BHS • VALDEZ - BHS/BHS STEP OUT • BACK EXTENSION ROLL - BHS/BHS STEP OUT

RUNNING TUMBLING		
LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • CARTWHEEL - BHS • ROUND OFF (RO) - BHS 	<ul style="list-style-type: none"> • ROUND OFF (RO) - BHS STEP OUT • CW - BHS STEP OUT • FRONT HANDSPRING (FHS) • FWO - FHS 	<ul style="list-style-type: none"> • SERIES FRONT HANDSPRINGS • BOUNDER/FLYSPRING • CW - BHS SERIES • RO - BHS SERIES • FWO - RO - BHS/BHS SERIES • CW - BHS STEP OUT - BWO - BHS/BHS SERIES • RO - BHS STEP OUT - BWO - BHS/BHS SERIES

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL APPROPRIATE					
<ul style="list-style-type: none"> • INVERTED BELOW PREP LEVEL • INVERTED AT PREP LEVEL • DOWNWARD INVERSION FROM BELOW PREP LEVEL 	<ul style="list-style-type: none"> • RELEASE TO PREP LEVEL OR BELOW • TIC TOC BELOW PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB) • TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB) 	<ul style="list-style-type: none"> • 3/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT • FULL TWISTING TRANSITION BELOW PREP LEVEL • FULL TWISTING TRANSITION TO PREP LEVEL • FULL TWISTING TRANSITION TO/AT PREP LEVEL LIB • 1/4 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> • SUSPENDED FORWARD ROLL • FULL TWISTING TRANSITION FROM PREP LEVEL TO PRONE • EXTENDED LIB • 1/2 TWISTING SUSPENDED FORWARD ROLL 	ASSISTED OR UNASSISTED: <ul style="list-style-type: none"> • WALK IN/TOSS HANDS • WALK IN/TOSS HANDS PRESS EXTENSION • WALK IN EXTENSION 	<ul style="list-style-type: none"> • STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT • 1/4 TWISTING DISMOUNT FROM EXTENDED 1 LEG STUNT
ADVANCED LEVEL APPROPRIATE					
<ul style="list-style-type: none"> • INVERSION FROM WAIST/PREP LEVEL TO EXTENDED 1 LEG STUNT • INVERSION FROM GROUND LEVEL TO EXTENDED LIB 	<ul style="list-style-type: none"> • RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB • RELEASE FROM WAIST LEVEL (BALL UP, STRADDLE UP ETC) TO PREP LEVEL LIB • TIC TOC FROM PREP LEVEL LIB TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> • FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION • FULL TWISTING TRANSITION AT PREP LEVEL (LIB TO LIB) • 1/2 TWISTING TRANSITION TO EXTENDED LIB • FULL TWISTING TRANSITION TO/AT PREP LEVEL TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • FULL TWISTING INVERSION TO PREP STUNT • 1/2 TWISTING INVERSION TO EXTENDED LIB 	ASSISTED: <ul style="list-style-type: none"> • WALK IN HANDS PRESS EXTENDED 1 LEG STUNT • TOSS HANDS PRESS EXTENDED 1 LEG STUNT • WALK-IN EXTENDED 1 LEG STUNT/1 ARM STUNT 	
ELITE LEVEL APPROPRIATE					
<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> • RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION • RELEASE FROM WAIST LEVEL (BALL UP, STRADDLE UP ETC) TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • FULL TWISTING TRANSITION AT PREP LEVEL (BODY POSITION TO BODY POSITION) • FULL TWISTING TRANSITION TO EXTENSION • 1/2 TWISTING TRANSITION TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> • FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION) • FULL TWISTING INVERSION FROM PREP LEVEL OR BELOW TO PREP LEVEL 1 LEG STUNT • 1/2 TWISTING INVERSION FROM GROUND LEVEL TO EXTENDED BODY POSITION • FULL TWISTING SUSPENDED FORWARD ROLL 	UNASSISTED: <ul style="list-style-type: none"> • WALK IN HANDS PRESS EXTENDED 1 LEG STUNT • TOSS HANDS PRESS EXTENDED 1 LEG STUNT • WALK-IN EXTENDED 1 LEG STUNT/1 ARM STUNT 	<ul style="list-style-type: none"> • FULL DOWN FROM PREP STUNT/EXTENSION

TOSSES

NON-TWISTING	TWISTING
BALL ARCH • LIB ARCH • PIKE ARCH • KICK ARCH • BALL - X • TOE TOUCH	FULL TWIST

STANDING TUMBLING		
LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • BHS/BHS STEP OUT - BHS/BHS STEP OUT • ADVANCED JUMP - BHS/BHS STEP OUT • BHS/BHS SERIES - ADVANCED JUMP 	<ul style="list-style-type: none"> • BWO - BHS SERIES • BHS - BHS - BHS OR MORE • ADVANCED JUMP - BHS SERIES 	<ul style="list-style-type: none"> • BHS/BHS SERIES - ADVANCED JUMP - BHS/BHS SERIES • ADVANCED JUMP - BHS - ADVANCED JUMP - BHS • BHS STEP OUT - BHS SERIES • BHS STEP OUT - BWO - BHS SERIES • BWO - BHS - ADVANCED JUMP - BHS/BHS SERIES

RUNNING TUMBLING		
LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • ROUND OFF - TUCK • AERIAL 	<ul style="list-style-type: none"> • PUNCH FRONT • ROUND OFF - BHS SERIES - TUCK 	<ul style="list-style-type: none"> • FWO - AERIAL • FLYSPRING - AERIAL • ROUND OFF - BHS - TUCK • RO - BHS STEP OUT - 1/2 TURN - RO - TO - TUCK • FWO - RO - TO - TUCK • BOUNDER/FLYSPRING - RO - TO - TUCK • FRONT HANDSPRING (FHS) - FRONT TUCK



Incredibly Cool Events Level 4 Appropriate Skills



INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
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LEVEL APPROPRIATE

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ADVANCED LEVEL APPROPRIATE

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ELITE LEVEL APPROPRIATE

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TOSSES

NON-TWISTING	TWISTING

STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL APPROPRIATE					
<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 	<ul style="list-style-type: none"> TIC TOC LIB TO LIB (HIGH TO LOW) HELICOPTER RELEASE MOVES RELEASE FROM PREP LEVEL TO PREP LEVEL RELEASE TO EXTENSION 	<ul style="list-style-type: none"> 1 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL 1 1/2 TWISTING TRANSITION TO PREP LEVEL 3/4 TWISTING TRANSITION TO EXTENDED STUNT 	<ul style="list-style-type: none"> FULL TWISTING RELEASE TO PREP LEVEL OR BELOW 	ASSISTED OR UNASSISTED: <ul style="list-style-type: none"> WALK IN/TOSS HANDS WALK IN/TOSS HANDS PRESS EXTENSION WALK IN/TOSS EXTENSION 	
ADVANCED LEVEL APPROPRIATE					
<ul style="list-style-type: none"> EXTENDED INVERTED STUNT 	<ul style="list-style-type: none"> RELEASE FROM WAIST OR PREP LEVEL TO EXTENDED LIB TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW LIB (HIGH TO LOW) RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> 1 1/2 TWISTING TRANSITION TO/AT PREP LEVEL LIB FULL TWISTING TRANSITION TO EXTENSION 	<ul style="list-style-type: none"> FULL TWISTING RELEASE FROM WAIST LEVEL TO PREP LEVEL LIB FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB FULL TWISTING RELEASE FROM PREP LEVEL (TIC TOC) TO PREP LEVEL LIB 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB 	ASSISTED: <ul style="list-style-type: none"> WALK IN HANDS PRESS EXTENDED 1 LEG STUNT TOSS HANDS PRESS EXTENDED 1 LEG STUNT WALK-IN EXTENDED 1 LEG STUNT/1 ARM STUNT TOSS EXTENDED 1 LEG STUNT/1 ARM STUNT 	<ul style="list-style-type: none"> FULL DOWN FROM EXTENDED 1 LEG STUNT
ELITE LEVEL APPROPRIATE					
<ul style="list-style-type: none"> RELEASED INVERSION FROM PREP LEVEL OR BELOW TO EXTENDED STUNT BACK HANDSPRING UP TO EXTENDED STUNT 	<ul style="list-style-type: none"> RELEASE FROM WAIST OR PREP LEVEL TO EXTENDED BODY POSITION TIC TOC EXTENDED BODY POSITION TO PREP LEVEL BODY POSITION (HIGH TO LOW) 	<ul style="list-style-type: none"> 1 1/2 TWISTING TRANSITION TO/AT PREP LEVEL BODY POSITION 1 1/2 TWISTING TRANSITION AT PREP LEVEL (BODY POSITION TO BODY POSITION) 1 1/2 TWISTING TRANSITION TO EXTENSION FULL TWISTING TRANSITION TO EXTENDED 1 LEG STUNT FULL TWISTING TRANSITION AT EXTENDED LEVEL 	<ul style="list-style-type: none"> FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION FULL TWISTING RELEASE FROM WAIST LEVEL (TIC TOC, BALL UP OR STRADDLE UP) TO PREP LEVEL BODY POSITION 1 1/2 TWISTING RELEASE FROM WAIST LEVEL OR ABOVE (TIC TOC, BALL UP OR STRADDLE UP) TO PREP LEVEL LIB FULL TWISTING RELEASE FROM PREP LEVEL (TIC TOC) TO PREP LEVEL BODY POSITION FULL TWISTING INVERSION TO EXTENDED STUNT 	UNASSISTED: <ul style="list-style-type: none"> WALK IN HANDS PRESS EXTENDED 1 LEG STUNT TOSS HANDS PRESS EXTENDED 1 LEG STUNT WALK-IN EXTENDED 1 LEG STUNT/1 ARM STUNT TOSS EXTENDED 1 LEG STUNT/1 ARM STUNT 	<ul style="list-style-type: none"> DOUBLE DOWN FROM PREP STUNT/EXTENSION KICK FULL TWISTING DISMOUNT

TOSSES	
NON-TWISTING	TWISTING
BALL KICK • PIKE-X • HITCH KICK • SWITCH KICK • DOUBLE TOE TOUCH	• BALL FULL • LIB FULL • PIKE FULL • KICK FULL TOE TOUCH FULL • FULL UP TOE TOUCH • DOUBLE FULL

STANDING TUMBLING		
LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • BACK TUCK • BACKWARD ROLL - TUCK 	<ul style="list-style-type: none"> • BHS SERIES - TUCK • ONODI • BWO – TUCK • BACK EXTENSION ROLL - TUCK • VALDEZ - TUCK 	<ul style="list-style-type: none"> • BHS/BHS STEP OUT - TUCK • ADVANCED JUMP - BHS SERIES - TUCK • ADVANCED JUMP - BHS - TUCK

RUNNING TUMBLING		
LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • CARTWHEEL - TUCK • FWO - CW - TUCK • ROUND OFF - LAYOUT • ROUND OFF - ONODI • FRONT AERIAL • FRONT AERIAL - RO - TO - TUCK • FRONT HANDSPRING - PF 	<ul style="list-style-type: none"> • PF - PF • PF STEP OUT - AERIAL • ROUND OFF - BHS SERIES - LAYOUT • PF STEP OUT - RO - TO - TUCK • AERIAL - BACK TUCK/LAYOUT/LAYOUT STEP OUT • FWO - AERIAL - TUCK • ROUND OFF - TO - WHIP/TUCK - TO - TUCK • FRONT AERIAL - RO - TO - WHIP - TO - TUCK • FWO - ROUND OFF - TO - WHIP/TUCK - TO – TUCK • PF STEP OUT – RO - TO - WHIP/TUCK T TO - TUCK • FRONT HANDSPRING - PF STEP OUT – RO - TO - TUCK • FRONT HANDSPRING - PF STEP OUT – RO - TO - WHIP/TUCK - TO – TUCK 	<ul style="list-style-type: none"> • ROUND OFF - BHS - LAYOUT/LAYOUT STEP OUT/X-OUT/SWITCH LEG • ROUND OFF - ONODI - TO - LAYOUT • FRONT WALKOVER - RO - TO - LAYOUT • FRONT AERIAL - RO - TO - WHIP - LAYOUT • PF STEP OUT - RO - TO - LAYOUT • ROUND OFF - TO - WHIP/TUCK - TO - LAYOUT • FWO - ROUND OFF - TO - WHIP/TUCK - TO - LAYOUT • PF STEP OUT – RO - TO - WHIP/TUCK – TO - LAYOUT • FRONT HANDSPRING - PF STEP OUT – RO - TO - LAYOUT • FRONT HANDSPRING - PF STEP OUT – RO - TO - WHIP/TUCK - TO - LAYOUT



Incredibly Cool Events Level 5 Appropriate Skills



INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL APPROPRIATE					
DOWNWARD INVERSION FROM EXTENDED STUNT DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT RELEASED INVERSION FROM PREP LEVEL TO EXTENSION					
ADVANCED LEVEL APPROPRIATE					
ELITE LEVEL APPROPRIATE					
TOSSES					
NON-TWISTING			TWISTING		
STANDING TUMBLING					
LEVEL APPROPRIATE		ADVANCED LEVEL APPROPRIATE		ELITE LEVEL APPROPRIATE	
RUNNING TUMBLING					
LEVEL APPROPRIATE		ADVANCED LEVEL APPROPRIATE		ELITE LEVEL APPROPRIATE	

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL APPROPRIATE					
<ul style="list-style-type: none"> DOWNWARD INVERSION FROM EXTENDED STUNT DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT RELEASED INVERSION FROM PREP LEVEL TO EXTENSION 	<ul style="list-style-type: none"> TIC TOC LIB TO LIB (HIGH TO HIGH) TIC TOC LIB TO LIB (LOW TO HIGH) 	<ul style="list-style-type: none"> 1 1/4 TWISTING TRANSITION TO EXTENDED STUNT 	<ul style="list-style-type: none"> 1/4 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED 1 LEG STUNT TWISTING HELICOPTER RELEASE MOVES 1 1/2 - 2 TWIST TO PRONE 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED LIB 	ASSISTED OR UNASSISTED: <ul style="list-style-type: none"> WALK IN/TOSS HANDS WALK IN/TOSS HANDS PRESS EXTENSION WALK IN/TOSS EXTENSION 	<ul style="list-style-type: none"> DOUBLE DOWN FROM PREP LEVEL 1 LEG STUNT
ADVANCED LEVEL APPROPRIATE					
	<ul style="list-style-type: none"> TIC TOC LIB TO BODY POSITION (LOW TO HIGH) 	<ul style="list-style-type: none"> DOUBLE TWISTING TRANSITION TO/AT PREP LEVEL STUNT 	<ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> WALK IN HANDS PRESS EXTENDED 1 LEG STUNT TOSS HANDS PRESS EXTENDED 1 LEG STUNT WALK-IN EXTENDED 1 LEG STUNT/1 ARM STUNT TOSS EXTENDED 1 LEG STUNT/1 ARM STUNT 	<ul style="list-style-type: none"> DOUBLE DOWN FROM EXTENDED LIB
ELITE LEVEL APPROPRIATE					
<ul style="list-style-type: none"> RELEASED INVERSION FROM PREP LEVEL TO EXTENDED LIB BACK HANDSPRING UP TO EXTENDED LIB PREP LEVEL HAND IN HAND TO EXTENDED STUNT 	<ul style="list-style-type: none"> TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) 	<ul style="list-style-type: none"> FULL TWISTING TRANSITION TO EXTENDED BODY POSITION 1 1/2 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT DOUBLE TWISTING TRANSITION TO EXTENSION 	<ul style="list-style-type: none"> 1/4 - 3/4 TWISTING TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) FULL TWISTING TIC TOC TO EXTENDED LIB (LOW TO HIGH) FULL TWISTING TIC TOC TO EXTENDED LIB (HIGH TO HIGH) FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION 1/2 TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED BODY POSITION 	UNASSISTED: <ul style="list-style-type: none"> WALK IN HANDS PRESS EXTENDED 1 LEG STUNT TOSS HANDS PRESS EXTENDED 1 LEG STUNT WALK-IN EXTENDED 1 LEG STUNT/1 ARM STUNT TOSS EXTENDED 1 LEG STUNT/1 ARM STUNT 	<ul style="list-style-type: none"> DOUBLE DOWN FROM EXTENDED BODY POSITION

TOSSES

NON-TWISTING

PIKE HITCH KICK • PIKE KICK PRETTY GIRL • PIKE SWITCH KICK • HITCH KICK KICK

TWISTING

HITCH KICK FULL • SWITCH KICK FULL • KICK KICK FULL • PIKE KICK FULL • KICK FULL KICK

STANDING TUMBLING

LEVEL APPROPRIATE

• TUCK - BHS - TUCK TUCK - BHS SERIES - TUCK
BHS/BHS SERIES - TUCK - TUCK

ADVANCED LEVEL APPROPRIATE

• 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

ELITE LEVEL APPROPRIATE

• BHS - WHIP - TUCK
• BHS - LAYOUT
• ADVANCED JUMP - BHS/BHS SERIES – LAYOUT
• ADVANCED JUMP - BHS - WHIP - TUCK
• BHS - WHIP/TUCK - TO - LAYOUT
• BHS/BHS SERIES - WHIP - TO - LAYOUT/LAYOUT STEP OUT
• ADVANCED JUMP - BHS/BHS SERIES - WHIP - TO - LAYOUT

RUNNING TUMBLING

LEVEL APPROPRIATE

• BARANI
• RO - HALF
• RO - FULL

ADVANCED LEVEL APPROPRIATE

• FHS - BARANI
• RO - BHS SERIES - FULL
• ROUND OFF - ARABIAN
• SIDE AERIAL/FRONT AERIAL - TO – FULL
• BARANI - TO - LAYOUT

ELITE LEVEL APPROPRIATE

• FRONT FULL
• RO - BHS - FULL
• FRONT WALKOVER - RO - TO - FULL
• BARANI - TO - FULL
• PF STEP OUT - RO - TO - FULL
• FRONT HANDSPRING - PF STEP OUT - RO - TO - FULL
• RO - TO - WHIP - TO - FULL
• FRONT HANDSPRING - FRONT FULL
• PF STEP OUT - RO - TO - WHIP - TO - FULL
• FRONT HANDSPRING - PF STEP OUT - RO - TO - WHIP - TO - FULL
• RO - ARABIAN/HALF STEP OUT - TO - LAYOUT/FULL

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	DISMOUNT
LEVEL APPROPRIATE				
<ul style="list-style-type: none"> • DOWNWARD INVERSION FROM EXTENDED STUNT • DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT • RELEASED INVERSION FROM PREP LEVEL TO EXTENSION 	<ul style="list-style-type: none"> • TIC TOC LIB TO LIB (HIGH TO HIGH) • TIC TOC LIB TO LIB (LOW TO HIGH) • TIC TOC LIB TO BODY POSITION (LOW TO HIGH) 	<ul style="list-style-type: none"> • FULL TWISTING TRANSITION TO EXTENDED BODY POSITION • 1 1/4 - 1 3/4 UP TO EXTENDED STUNT 	<ul style="list-style-type: none"> • 1 1/2 - 2 TWIST TO PRONE • TWISTING HELICOPTER RELEASE MOVES • 1/4 - 3/4 TWISTING TIC TOC TO EXTENDED 1 LEG STUNT • 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED 1 LEG STUNT • 1/2 TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED 1 LEG STUNT 	
ADVANCED LEVEL APPROPRIATE				
<ul style="list-style-type: none"> • PREP LEVEL HAND IN HAND TO EXTENSION • RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED LIB 	<ul style="list-style-type: none"> • TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) 	<ul style="list-style-type: none"> • 1 1/2 - 1 3/4 TWISTING TRANSITION TO/AT EXTENDED LIB 	<ul style="list-style-type: none"> • FULL TWISTING TIC TOC TO EXTENDED LIB (LOW TO HIGH) • FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED LIB • 1/4 TWISTING RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED 1 LEG STUNT • 1/4 TWISTING BACK HANDSPRING UP TO EXTENSION • 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED LIB 	<ul style="list-style-type: none"> • DOUBLE DOWN FROM EXTENDED LIB
ELITE LEVEL APPROPRIATE				
<ul style="list-style-type: none"> • PREP LEVEL HAND IN HAND TO EXTENDED LIB RELEASED • INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION • EXTENDED HAND IN HAND TO EXTENSION 	<ul style="list-style-type: none"> • TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) 	<ul style="list-style-type: none"> • 1 1/2 TWISTING TRANSITION TO/AT EXTENDED BODY POSITION • 1 3/4 TWISTING TRANSITION TO/AT EXTENDED LIB • DOUBLE TWISTING TRANSITION TO/AT EXTENSION 	<ul style="list-style-type: none"> • 1/4 TWISTING BACK HANDSPRING UP TO EXTENDED LIB • 1/4 - 3/4 TWISTING TIC TOC EXTENDED BODY POSITION TO BODY POSITION (HIGH TO HIGH) • 1/2 TWISTING RELEASED INVERSION TO EXTENDED STUNT • 1/2 TWISTING FRONT HANDSPRING UP TO EXTENDED STUNT • FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH) • FULL TWISTING TIC TOC TO EXTENDED LIB (HIGH TO HIGH) FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION • FULL TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED BODY POSITION • 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> • KICK DOUBLE TWISTING DISMOUNT • DOUBLE DOWN FROM EXTENDED BODY POSITION

TOSSES	
NON-TWISTING	TWISTING
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

STANDING TUMBLING		
LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • TUCK - TUCK • ADVANCED JUMP BACK TUCK • BHS/BHS SERIES - WHIP - LAYOUT 	<ul style="list-style-type: none"> • BHS SERIES - FULL • ADVANCED JUMP - BHS SERIES – FULL • BHS - WHIP - BHS SERIES - FULL • BHS SERIES - WHIP - FULL • BHS - WHIP - TO - FULL 	<ul style="list-style-type: none"> • BHS - FULL • ADVANCED JUMP - BHS – FULL • STANDING FULL • ADVANCED JUMP - FULL • BHS - WHIP - FULL • ADVANCED JUMP - BHS - WHIP – FULL • BHS SERIES - DOUBLE FULL • ADVANCED JUMP - BHS SERIES - DOUBLE FULL
		<ul style="list-style-type: none"> • BHS - WHIP - BHS SERIES - DOUBLE FULL • BHS SERIES - WHIP - DOUBLE FULL • BHS - WHIP - DOUBLE FULL • ADVANCED JUMP - BHS/BHS SERIES - WHIP - DOUBLE FULL • BHS SERIES - FULL/DOUBLE FULL - WHIP - FULL/DOUBLE FULL

RUNNING TUMBLING		
LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • CARTWHEEL - FULL • ROUND OFF (RO) - FULL • RO - BHS/BHS SERIES - FULL • SIDE AERIAL/FRONT AERIAL – FULL • ROUND OFF (RO) - TO - ONODI - TO - FULL 	<ul style="list-style-type: none"> • FRONT FULL • FWO - TO - FULL • RO - WHIP - FULL • RO - TO - WHIP - TO - FULL • 1.5 TWISTING FRONT LAYOUT 	<ul style="list-style-type: none"> • RO - BHS - KICK FULL/FULL STEP OUT • PUNCH FRONT STEP OUT - TO – FULL • FRONT HANDSPRING - FRONT FULL • FRONT HANDSPRING - PF - RO - TO - FULL • RO - ARABIAN/HALF STEP OUT - RO - TO - FULL • RO - BHS - FULL - TO - FULL • RO - TO - FULL - FULL • RO - TO - 1.5 STEP OUT - TO - FULL • RO - DOUBLE FULL • RO - TO - DOUBLE FULL • FRONT WALKOVER - TO - DOUBLE FULL
		<ul style="list-style-type: none"> • PF STEP OUT - TO - DOUBLE FULL • RO - TO - WHIP - TO - DOUBLE FULL • RO - WHIP - DOUBLE FULL • RO - ARABIAN - TO - DOUBLE FULL • RO - TO - FULL - TO - DOUBLE FULL • RO - TO - 1.5 STEP OUT - TO - DOUBLE FULL • RO - TO - DOUBLE - BHS SERIES - TO - DOUBLE FULL • RO - TO - FULL - TO - WHIP - DOUBLE FULL • PF STEP OUT - RO - TO - WHIP - TO - DOUBLE FULL • RO - TO - DOUBLE FULL - WHIP - DOUBLE FULL • PF STEP OUT - RO - ARABIAN - RO - TO - WHIP - DOUBLE FULL

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL APPROPRIATE					
<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • TIC TOC LIB TO LIB (HIGH TO HIGH) • TIC TOC LIB TO LIB (LOW TO HIGH) • TIC TOC LIB TO BODY POSITION (LOW TO HIGH)) 	<ul style="list-style-type: none"> • FULL TWISTING TRANSITION TO EXTENDED BODY POSITION • 1 1/4 - 1 3/4 UP TO EXTENDED STUNT • DOUBLE TWISTING TRANSITION TO EXTENSION 	<ul style="list-style-type: none"> • 1 1/2 - 2 TWIST TO PRONE • TWISTING HELICOPTER RELEASE MOVES • 1/4 - 3/4 TWISTING TIC TOC TO EXTENDED 1 LEG STUNT • 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED 1 LEG STUNT • 1/2 TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED 1 LEG STUNT 	ASSISTED OR UNASSISTED: <ul style="list-style-type: none"> • WALK IN/TOSS EXTENSION • WALK IN/TOSS HANDS PRESS EXTENDED 1 LEG STUNT • WALK IN/TOSS EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> • DOUBLE DOWN FROM EXTENDED LIB
ADVANCED LEVEL APPROPRIATE					
<ul style="list-style-type: none"> • PREP LEVEL HAND IN HAND TO EXTENSION • RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION • REWIND TO PREP 	<ul style="list-style-type: none"> • TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) 	<ul style="list-style-type: none"> • • • DOUBLE TWISTING TRANSITION TO/AT EXTENDED LIB • 1 1/2 - 1 3/4 TWISTING TRANSITION TO/AT EXTENDED LIB 	<ul style="list-style-type: none"> • FULL TWISTING TIC TOC TO EXTENDED LIB (LOW TO HIGH) • FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED LIB • 1/4 TWISTING RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION • 1/4 TWISTING BACK HANDSPRING UP TO EXTENDED LIB 1 • 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED LIB 	ASSISTED: <ul style="list-style-type: none"> • TOSS EXTENDED 1 LEG STUNT • TOSS EXTENDED 1 ARM STUNT • TOSS FULL UP TO EXTENDED STUNT • TOSS FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT • REWIND TO EXTENDED • STUNT REWIND TO PREP 	<ul style="list-style-type: none"> • DOUBLE DOWN FROM EXTENDED BODY POSITION
ELITE LEVEL APPROPRIATE					
<ul style="list-style-type: none"> • PREP LEVEL HAND IN HAND TO EXTENDED LIB • EXTENDED HAND IN HAND TO EXTENSION • REWIND TO EXTENDED STUNT 	<ul style="list-style-type: none"> • TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) 	<ul style="list-style-type: none"> • 1 1/2 TWISTING TRANSITION TO/AT EXTENDED BODY POSITION • 1 3/4 TWISTING TRANSITION TO/AT EXTENDED BODY POSITION • DOUBLE TWISTING TRANSITION TO/AT EXTENDED BODY POSITION 	<ul style="list-style-type: none"> • 1/4 TWISTING BACK HANDSPRING UP TO EXTENDED BODY POSITION • 1/4 - 3/4 TWISTING TIC TOC EXTENDED BODY POSITION TO BODY POSITION (HIGH TO HIGH) • FULL TWISTING TIC TOC TO EXTENDED LIB (HIGH TO HIGH) • 1/2 TWISTING RELEASED INVERSION TO EXTENDED STUNT • 1/2 TWISTING FRONT HANDSPRING UP TO EXTENDED STUNT • FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION • FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH) • 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION • FULL TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED BODY POSITION 	UNASSISTED: <ul style="list-style-type: none"> • TOSS EXTENDED 1 LEG STUNT • TOSS EXTENDED 1 ARM STUNT • TOSS FULL UP TO EXTENDED STUNT • TOSS FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT • REWIND TO EXTENDED STUNT • REWIND TO PREP 	<ul style="list-style-type: none"> • FULL KICK FULL DISMOUNT • KICK DOUBLE TWISTING DISMOUNT



Incredibly Cool Events Level 6 Worlds Appropriate Skills



TOSSES	
NON-TWISTING	TWISTING
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

STANDING TUMBLING		
LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
• ADVANCED JUMP BACK TUCK	<ul style="list-style-type: none"> • BHS SERIES - FULL • ADVANCED JUMP - BHS SERIES – FULL • BHS - WHIP - BHS SERIES - FULL • BHS SERIES - WHIP - FULL • BHS - WHIP - TO - FULL 	<ul style="list-style-type: none"> • BHS - FULL • ADVANCED JUMP - BHS – FULL • STANDING FULL • ADVANCED JUMP - FULL • BHS - WHIP - FULL • ADVANCED JUMP - BHS - WHIP – FULL • BHS SERIES - DOUBLE FULL • ADVANCED JUMP - BHS SERIES - DOUBLE FULL
		<ul style="list-style-type: none"> • BHS - WHIP - BHS SERIES - DOUBLE FULL • BHS SERIES - WHIP - DOUBLE FULL • BHS - WHIP - DOUBLE FULL • ADVANCED JUMP - BHS/BHS SERIES - WHIP - DOUBLE FULL • BHS SERIES - FULL/DOUBLE FULL - WHIP - FULL/DOUBLE FULL

RUNNING TUMBLING		
LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • CARTWHEEL - FULL • ROUND OFF (RO) - FULL • RO - BHS/BHS SERIES - FULL • SIDE AERIAL/FRONT AERIAL – FULL • ROUND OFF (RO) - TO - ONODI - TO – FULL • FRONT FULL 	<ul style="list-style-type: none"> • RO - BHS - KICK FULL/FULL STEP OUT • PUNCH FRONT STEP OUT - TO - FULL • RO - WHIP - FULL • RO - TO - WHIP - TO - FULL • 1.5 TWISTING FRONT LAYOUT 	<ul style="list-style-type: none"> • RO - ARABIAN/HALF STEP OUT - RO - TO - FULL • FRONT HANDSPRING - FRONT FULL • FRONT HANDSPRING - PF - RO - TO - FULL • RO - BHS - FULL - TO - FULL • RO - TO - FULL - FULL • RO - TO - 1.5 STEP OUT - TO - FULL • 1.5 TWISTING FRONT LAYOUT - TO - FULL/DOUBLE FULL • RO - DOUBLE FULL • RO - TO - DOUBLE FULL • FRONT WALKOVER - TO - DOUBLE FULL
		<ul style="list-style-type: none"> • PF STEP OUT - TO - DOUBLE FULL • RO - TO - WHIP - TO - DOUBLE FULL • RO - WHIP - DOUBLE FULL • RO - ARABIAN - TO - DOUBLE FULL • RO - TO - FULL - TO - DOUBLE FULL • RO - TO - 1.5 STEP OUT - TO - DOUBLE FULL • RO - TO - DOUBLE - BHS SERIES - TO - DOUBLE FULL • RO - TO - FULL - TO - WHIP - DOUBLE FULL • PF STEP OUT - RO - TO - WHIP - TO - DOUBLE FULL • RO - TO - DOUBLE FULL - WHIP - DOUBLE FULL • PF STEP OUT - RO - ARABIAN - RO - TO - WHIP - DOUBLE FULL

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL APPROPRIATE					
<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 	<ul style="list-style-type: none"> • TIC TOC LIB TO LIB (HIGH TO HIGH) • TIC TOC LIB TO LIB (LOW TO HIGH) • TIC TOC LIB TO BODY POSITION (LOW TO HIGH) 	<ul style="list-style-type: none"> • 1 1/4 - 1 3/4 TWISTING TRANSITION TO EXTENSION • DOUBLE TWISTING TRANSITION TO EXTENSION 	<ul style="list-style-type: none"> • 1 1/2 - 2 TWIST TO PRONE • TWISTING HELICOPTER RELEASE MOVES • 1/2 TWISTING FRONT HANDSPRING UP TO EXTENSION • 1/4 - 3/4 TWISTING TIC TOC TO EXTENDED 1 LEG STUNT • 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED 1 LEG STUNT • FREE FLIPPING WITH TWISTING FROM GROUND LEVEL TO CRADLE • 1/2 TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED 1 LEG STUNT 	<p>ASSISTED OR UNASSISTED:</p> <ul style="list-style-type: none"> • WALK IN/TOSS EXTENDED EXTENSION • WALK IN/TOSS HANDS PRESS EXTENDED 1 LEG STUNT • WALK IN/TOSS EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> • FRONT FREE FLIPPING DISMOUNT TO GROUND LEVEL • FREE FLIPPING DISMOUNT FROM PREP LEVEL OR BELOW TO CRADLE • DOUBLE DOWN FROM EXTENDED 1 LEG STUNT
ADVANCED LEVEL APPROPRIATE					
<ul style="list-style-type: none"> • PREP LEVEL HAND IN HAND TO EXTENSION • RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION • REWIND TO PREP 	<ul style="list-style-type: none"> • TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) 	<ul style="list-style-type: none"> • DOUBLE TWISTING TRANSITION TO/AT EXTENDED LIB • 1 1/2 - 1 3/4 TWISTING TRANSITION TO/AT EXTENDED LIB 	<ul style="list-style-type: none"> • 1/2 TWISTING FRONT HANDSPRING UP TO EXTENDED 1 LEG STUNT • FULL TWISTING TIC TOC TO EXTENDED LIB (LOW TO HIGH) • FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED LIB • FLIPPING WITH TWISTING FROM GROUND LEVEL TO PREP LEVEL • 1/4 TWISTING RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION • 1/4 TWISTING BACK HANDSPRING UP TO EXTENDED LIB OR BODY POSITION • 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED LIB 	<p>ASSISTED OR UNASSISTED:</p> <ul style="list-style-type: none"> • TOSS EXTENDED 1 LEG STUNT • TOSS EXTENDED 1 ARM STUNT • TOSS FULL UP TO EXTENDED STUNT • TOSS FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT • REWIND TO EXTENDED STUNT 	
ELITE LEVEL APPROPRIATE					
<ul style="list-style-type: none"> • PREP LEVEL HAND IN HAND TO EXTENDED LIB • EXTENDED HAND IN HAND TO EXTENSION • REWIND TO EXTENDED STUNT 	<ul style="list-style-type: none"> • TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) 	<ul style="list-style-type: none"> • 1 1/2 TWISTING TRANSITION TO/AT EXTENDED BODY POSITION • 1 3/4 TWISTING TRANSITION TO/AT EXTENDED BODY POSITION • DOUBLE TWISTING TRANSITION TO/AT EXTENDED BODY POSITION 	<ul style="list-style-type: none"> • FULL TWISTING BACK HANDSPRING UP TO EXTENDED STUNT • 1 1/2 TWISTING FRONT HANDSPRING UP TO EXTENDED STUNT • 1/4 - 3/4 TWISTING TIC TOC EXTENDED BODY POSITION TO BODY POSITION (HIGH TO HIGH) • FULL TWISTING TIC TOC TO EXTENDED LIB (HIGH TO HIGH) • 1/2 TWISTING RELEASED INVERSION TO EXTENDED STUNT • FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION • FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH) • 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION • FULL TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED BODY POSITION • FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENDED STUNT 	<p>ASSISTED OR UNASSISTED:</p> <ul style="list-style-type: none"> • TOSS EXTENDED 1 LEG STUNT • TOSS EXTENDED 1 ARM STUNT • TOSS FULL UP TO EXTENDED STUNT • TOSS FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT • REWIND TO EXTENDED STUNT 	<ul style="list-style-type: none"> • FULL KICK FULL DISMOUNT • KICK DOUBLE TWISTING DISMOUNT • FREE FLIPPING WITH 1/2 TWIST DISMOUNT FROM PREP LEVEL TO CRADLE



Incredibly Cool Events Level 7 Appropriate Skills



TOSSES

NON-TWISTING

TUCK • X-OUT • PIKE • LAYOUT

TWISTING

LAYOUT FULL • LAYOUT DOUBLE FULL • X-OUT FULL • SPLIT FULL • ARABIAN 1 1/2 • PIKE OPEN DOUBLE FULL

STANDING TUMBLING

LEVEL APPROPRIATE

• ADVANCED JUMP BACK TUCK

ADVANCED LEVEL APPROPRIATE

- BHS SERIES - FULL
- ADVANCED JUMP - BHS SERIES - FULL
- BHS - WHIP - BHS SERIES - FULL
- BHS SERIES - WHIP - FULL
- BHS - WHIP - TO - FULL

ELITE LEVEL APPROPRIATE

- BHS - FULL
- ADVANCED JUMP - BHS - FULL
- STANDING FULL
- ADVANCED JUMP - FULL
- BHS - WHIP - FULL
- ADVANCED JUMP - BHS - WHIP - FULL
- BHS SERIES - DOUBLE FULL
- ADVANCED JUMP - BHS SERIES - DOUBLE FULL
- BHS - WHIP - BHS SERIES - DOUBLE FULL
- BHS SERIES - WHIP - DOUBLE FULL
- BHS - WHIP - DOUBLE FULL
- ADVANCED JUMP - BHS/BHS SERIES - WHIP - DOUBLE FULL
- BHS SERIES - FULL/DOUBLE FULL - WHIP - FULL/DOUBLE FULL

RUNNING TUMBLING

LEVEL APPROPRIATE

- CARTWHEEL - FULL
- ROUND OFF (RO) - FULL
- RO - BHS/BHS SERIES - FULL
- FWO - TO - FULL
- SIDE AERIAL/FRONT AERIAL - FULL
- ROUND OFF (RO) - TO - ONODI - TO - FULL
- FRONT FULL

ADVANCED LEVEL APPROPRIATE

- RO - BHS - KICK FULL/FULL STEP OUT
- PUNCH FRONT STEP OUT - TO - FULL
- RO - WHIP - FULL
- RO - TO - WHIP - TO - FULL
- 1.5 TWISTING FRONT LAYOUT

ELITE LEVEL APPROPRIATE

- RO - ARABIAN/HALF STEP OUT - RO - TO - FULL
- FRONT HANDSPRING - FRONT FULL
- FRONT HANDSPRING - PF - RO - TO - FULL
- RO - BHS - FULL - TO - FULL
- RO - TO - FULL - FULL
- RO - TO - 1.5 STEP OUT - TO - FULL
- 1.5 TWISTING FRONT LAYOUT - TO - FULL/DOUBLE FULL
- RO - DOUBLE FULL
- RO - TO - DOUBLE FULL
- FRONT WALKOVER - TO - DOUBLE FULL
- PF STEP OUT - TO - DOUBLE FULL
- RO - TO - WHIP - TO - DOUBLE FULL
- RO - WHIP - DOUBLE FULL
- RO - ARABIAN - TO - DOUBLE FULL
- RO - TO - FULL - TO - DOUBLE FULL
- RO - TO - 1.5 STEP OUT - TO - DOUBLE FULL
- RO - TO - DOUBLE - BHS SERIES - TO - DOUBLE FULL
- RO - TO - FULL - TO - WHIP - DOUBLE FULL
- PF STEP OUT - RO - TO - WHIP - TO - DOUBLE FULL
- RO - TO - DOUBLE FULL - WHIP - DOUBLE FULL
- PF STEP OUT - RO - ARABIAN - RO - TO - WHIP - DOUBLE FULL