



Recreation Cheer  
Level Appropriate Grids  
2023-2024



# 2023 - 2024 THE ONE RECREATION SCORING SYSTEM - LEVEL 1

## STUNTS

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

## STANDING TUMBLING

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

## RUNNING TUMBLING

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



# 2023 - 2024 THE ONE RECREATION SCORING SYSTEM - LEVEL 2

## STUNTS

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

## TOSSES

NON - TWISTING	TWISTING
STRAIGHT RIDE TOSS	

## STANDING TUMBLING

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

## RUNNING TUMBLING

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



# 2023 - 2024 THE ONE RECREATION SCORING SYSTEM - LEVEL 3

## STUNTS

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

## TOSESSES

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"> <li>• BHS/BHS STEP OUT - BHS/BHS STEP OUT</li> <li>• JUMP - BHS/BHS STEP OUT</li> <li>• BHS/BHS SERIES - JUMP</li> </ul>	<ul style="list-style-type: none"> <li>• BWO - BHS SERIES</li> <li>• BHS - BHS - BHS OR MORE</li> <li>• JUMP - BHS SERIES</li> </ul>	<ul style="list-style-type: none"> <li>• BHS/BHS SERIES - JUMP - BHS/BHS SERIES</li> <li>• JUMP - BHS - JUMP - BHS</li> <li>• BHS STEP OUT - BHS SERIES</li> <li>• BHS STEP OUT - BWO - BHS SERIES</li> <li>• BWO - BHS - JUMP - BHS/BHS SERIES</li> </ul>

## RUNNING TUMBLING

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



# 2023 - 2024 THE ONE RECREATION SCORING SYSTEM - LEVEL 4

## STUNTS

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

## TOSES

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"> <li>BACK TUCK</li> <li>BACKWARD ROLL - TUCK</li> </ul>	<ul style="list-style-type: none"> <li>BHS SERIES - TUCK</li> <li>ONODI</li> <li>BWO - TUCK</li> </ul>	<ul style="list-style-type: none"> <li>BACK EXTENSION ROLL - TUCK</li> <li>VALDEZ - TUCK</li> </ul>
		<ul style="list-style-type: none"> <li>BHS/BHS STEP OUT - TUCK</li> <li>JUMP - BHS SERIES - TUCK</li> <li>JUMP - BHS - TUCK</li> </ul>

## RUNNING TUMBLING

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