



SCHOLASTIC SKILLS CHART 2020-2021

UPDATED: NOVEMBER 23, 2020

BEGINNER - BUILDING				
INVERSION STYLE	RELEASE STYLE/TRANSITION	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<ul style="list-style-type: none"> INVERSIONS AT GROUND ARE LEGAL BUT NOT CONSIDERED A STUNT 	<ul style="list-style-type: none"> SWITCH UP STYLE AT WAIST LEVEL TIC TOC STYLE AT WAIST LEVEL TRANSITION MAINTAINING CONNECTION WITH AT LEAST 1 BASE AND GROUND LEVEL BRACER AT WAIST LEVEL OR BELOW 	<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 FLOOR STUNT KNEE STUNT ALL FOURS STUNT NUGGET BASED STUNT STUNTS AT WAIST HEIGHT OR BELOW WITH A BRACER ON THE PERFORMING SURFACE

NOVICE - BUILDING				
INVERSION STYLE	RELEASE STYLE/TRANSITION	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<ul style="list-style-type: none"> INVERSIONS AT GROUND LEVEL ARE LEGAL BUT NOT CONSIDERED A STUNT 	<ul style="list-style-type: none"> SWITCH UP STYLE BELOW PREP TIC TOC STYLE BELOW PREP TRANSITION MAINTAINING CONNECTION WITH AT LEAST 1 BASE AT PREP LEVEL OR BELOW 	<ul style="list-style-type: none"> 1/4 TWISTING TRANSITION TO PREP LEVEL OR BELOW UP TO 1/2 TWISTING TRANSITION FLOOR TO FLOOR (CONNECTION AT WAIST) 1/2 WRAP AROUND 1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH BRACER 	<ul style="list-style-type: none"> STRAIGHT CRADLE STRAIGHT POP DOWN FROM PREP 	<ul style="list-style-type: none"> SHOW & GO AT PREP LEVEL 2 LEG STUNT AT PREP LEVEL OR BELOW <ul style="list-style-type: none"> EG. STRADDLE SIT OR V-SIT AT EXTENDED OR BELOW, FLAT BACK AT EXTENDED OR BELOW, SHOULDER SIT OR STAND T-LIFT 1 LEG STUNT BELOW PREP PREP LEVEL 1 LEG STUNT WITH CONNECTION PREP LEVEL TO PRONE CHAIR COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

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INTERMEDIATE- BUILDING				
INVERSION STYLE	RELEASE STYLE/TRANSITION	TWISTING	DISMOUNT STYLE & TOSS	OTHER STUNTS
<ul style="list-style-type: none"> ● INVERSION FROM GROUND LEVEL TO WAIST LEVEL ● INVERSION FROM GROUND LEVEL TO PREP LEVEL ● INVERSION FROM GROUND LEVEL TO EXTENDED STUNT ● 1/2 TWISTING INVERSION TO EXTENDED STUNT OR PREP LEVEL 1 LEG STUNT 	<ul style="list-style-type: none"> ● SWITCH UP STYLE TO PREP LEVEL ● TIC TOC STYLE PREP LEVEL 	<ul style="list-style-type: none"> ● 1/2 TWISTING TRANSITION TO PREP LEVEL OR BELOW ● UP TO 1/2 TWISTING TRANSITION TO/FROM PREP LEVEL 1 LEG STUNT ● 1/4 TWISTING TRANSITION TO/FROM EXTENDED 2 LEG STUNT ● 1/2 TWISTING TRANSITION TO EXTENDED STUNT ● WALK IN EXTENSION ● LOG ROLL 	<ul style="list-style-type: none"> ● STRAIGHT POP DOWN FROM EXTENSION ● STRAIGHT CRADLE FROM EXTENSION ● STRAIGHT CRADLE FROM PREP LEVEL 1 LEG STUNT ● 1/4 TWISTING CRADLE ● STRAIGHT RIDE TOSS 	<ul style="list-style-type: none"> ● PREP LEVEL 1 LEG STUNT ● EXTENSION ● LEAP FROG VARIATIONS ● 1/2 TWIST TO PRONE ● WALK IN PREP LEVEL (½ TWIST) ● 1/2 TWISTING TIC TOC STYLE TO PREP LEVEL 1 LEG STUNT ● EXTENSION TO PRONE ● COMBINATION OF TWO MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

MEDIAN - BUILDING				
INVERSION STYLE	RELEASE STYLE/TRANSITION	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 ● 1/2 TWISTING INVERSION TO EXTENDED 1 LEG STUNT ● FULL TWISTING INVERSION TO PREP LEVEL 	<ul style="list-style-type: none"> ● RELEASE FROM WAIST LEVEL OR BELOW TO PREP LEVEL OR BELOW <ul style="list-style-type: none"> ● EG. SWITCH UP, STRADDLE UP, BALL UP, TIC TOC ETC. ● TIC TOC STYLE PREP LEVEL 1 LEG TO EXTENDED 1 LEG STUNT (LOW TO HIGH) 	<ul style="list-style-type: none"> ● FULL TWISTING TRANSITION TO PREP LEVEL OR BELOW ● 1/4 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT ● 1/2 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> ● STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT ● 1/2 - 1 1/4 TWISTING DISMOUNT FROM 2 LEG STUNT ● 1/4 TWISTING DISMOUNT FROM EXTENDED 1 LEG ● SINGLE SKILL DISMOUNT FROM 2 LEG STUNT (NON-TWISTING) ● SINGLE TRICK TOSS ● TRICK ARCH TOSS ● BALL-X TOSS ● UP TO 1 1/4 FULL TWISTING TOSS 	<ul style="list-style-type: none"> ● FULL TWIST TO PRONE ● EXTENDED 1 LEG STUNT ● SUSPENDED ROLL/FWD AND BACK ● SPECIALTY SUSPENDED FRONT ROLL (NON-TWISTING) ● SUSPENDED TWISTING FRONT ROLL ● COED STYLE TOSS HANDS ● SINGLE BASED 1 LEG EXTENDED STUNTS ● COED STYLE WALK IN EXTENSION ● FULL TWISTING TIC TOC STYLE TRANSITION AT PREP LEVEL ● COMBINATION OF TWO MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

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SCHOOL ADVANCED - BUILDING				
INVERSION STYLE	RELEASE STYLE/TRANSITION	TWISTING	DISMOUNT STYLE & TOSS	OTHER STUNTS
<ul style="list-style-type: none"> • NON-TWISTING RELEASED INVERSION • UP TO 1/2 TWISTING RELEASED INVERSION TO LOAD BELOW PREP • 3/4 OR MORE TWISTING INVERSION TO EXTENSION OR EXTENDED ONE LEG STUNT • 1 1/4 OR MORE TWISTING INVERSION TO PREP LEVEL • DOWNWARD INVERSION FROM PREP LEVEL • FOLDOVER STUNT • UP TO ¼ TWISTING RELEASED INVERSION TO NON-INVERTED STUNT AT ANY BODY LEVEL 	<ul style="list-style-type: none"> • SWITCH UP TO EXTENDED 1 LEG STUNT • HELICOPTER RELEASE MOVES • RELEASE FROM PREP LEVEL OR ABOVE TO ANY LEVEL (NON-TWISTING) <ul style="list-style-type: none"> • EG. STRADDLE UP, BALL UP, TIC TOC, ETC. • TIC TOC ONE LEG STUNT (LOW TO HIGH, HIGH TO LOW, HIGH TO HIGH) 	<ul style="list-style-type: none"> • 3/4 OR MORE TWISTING TRANSITION TO EXTENDED STUNT • 1 1/4 OR MORE TWISTING TRANSITION TO PREP LEVEL OR BELOW 	<ul style="list-style-type: none"> • KICK FULL TWISTING DISMOUNT • 1/2 - 1 1/4 DISMOUNT FROM EXTENDED 1 LEG STUNT • DISMOUNT FROM INVERTED STUNT UP TO ½ TWIST • TRICK TRICK TOSS • TRICK FULL TOSS • FULL TRICK TOSS • TRICK TRICK TRICK • TRICK TRICK FULL • TRICK FULL TRICK 	<ul style="list-style-type: none"> • TOSS EXTENSION • TOSS 1 LEG EXTENDED STUNT • UP TO 1 1/4 TWIST RELEASE FROM PREP LEVEL TO PREP LEVEL <ul style="list-style-type: none"> • EG. STRADDLE UP, BALL UP, TIC TOC, ETC. • UP TO 1/4 TWIST RELEASE FROM EXTENDED TO EXTENDED • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

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PREMIER - BUILDING				
INVERSION STYLE	RELEASE STYLE/TRANSITION	TWISTING	DISMOUNT STYLE & TOSS	OTHER STUNTS
<ul style="list-style-type: none"> UP TO 1 1/4 TWISTING FREE FLIPPING FROM GROUND LEVEL TO CRADLE OR STUNT AT ANY LEVEL UP TO 1 1/4 TWISTING ASSISTED FLIPPING STUNT OR TRANSITION 1 TO 2 1/4 TWISTING INVERSION TO EXTENDED STUNT 1 1/2 TO 2 1/4 TWISTING INVERSION TO PREP LEVEL DOWNWARD INVERSION FROM EXTENDED STUNT RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED STUNT 	<ul style="list-style-type: none"> 1/4 - 2 1/4 TWISTING SWITCH UP TO EXTENDED TWISTING HELICOPTER RELEASE MOVES TWISTING RELEASE TO/FROM EXTENDED STUNT RELEASE FROM EXTENDED STUNT TO EXTENDED STUNT <ul style="list-style-type: none"> EG: TIC TOC, EXTENSION, BALL EXTENSION, ETC 1/2 TO 2 1/4 TWISTING RELEASE FROM EXTENDED TO EXTENDED 	<ul style="list-style-type: none"> 1 TO 2 1/4 TWISTING TRANSITION TO EXTENDED 1 1/2 TO 2 1/4 TWISTING TRANSITION TO PREP LEVEL OR BELOW EXTENDED TWISTING TRANSITION TO EXTENDED STUNT 	<ul style="list-style-type: none"> FRONT FREE FLIPPING TO GROUND LEVEL UP TO 1 1/4 FREE FLIPPING FROM PREP LEVEL OR BELOW TO CRADLE FREE FLIPPING WITH UP TO 1/2 TWIST FROM PREP LEVEL OR BELOW TO CRADLE 1 1/2 TO 2 1/4 TWIST CRADLE KICK DOUBLE TWISTING DISMOUNT FLY AWAY TOSS/GROUP TO GROUP TOSS UP TO 1 1/4 TWISTING AND UP TO 2 ADDITIONAL SKILLS TOSS 1 1/2 TO 3 1/2 TWISTING TOSS SINGLE FLIPPING TOSS 	<ul style="list-style-type: none"> FRONT/BACK HANDSPRING WITH 1/4 TO 2 1/4 TWIST UP TO PREP LEVEL OR ABOVE UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT COED STYLE TOSS TO EXTENDED STUNT COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

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BEGINNER - TUMBLING	
STANDING TUMBLING	RUNNING TUMBLING
<ul style="list-style-type: none"> • FORWARD ROLL • STRADDLE ROLL • HANDSTAND • HANDSTAND FORWARD ROLL • CARTWHEEL • 1 HANDED CARTWHEEL • BACKWARD ROLL • BACK EXTENSION ROLL • PUSH UP TO BACKBEND • STANDING TO BRIDGE • BACKBEND KICK OVER 	<ul style="list-style-type: none"> • CARTWHEEL • 1 HANDED CARTWHEEL • ROUND OFF

NOVICE - TUMBLING	
STANDING TUMBLING	RUNNING TUMBLING
<ul style="list-style-type: none"> • FORWARD ROLL • STRADDLE ROLL • HANDSTAND • HANDSTAND FORWARD ROLL • CARTWHEEL • 1 HANDED CARTWHEEL • BACKWARD ROLL • BACK EXTENSION ROLL • PUSH UP TO BACKBEND • STANDING TO BRIDGE • BACKBEND KICK OVER • BACK WALKOVER • FRONT WALKOVER 	<ul style="list-style-type: none"> • ROUND OFF • FRONT WALKOVER TO CARTWHEEL/ROUND OFF • CARTWHEEL BACK WALKOVER • CARTWHEEL 1/2 TURN FRONT WALKOVER • CONNECTED SKILLS -CARTWHEEL/BACK WALKOVER

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INTERMEDIATE - TUMBLING	
STANDING TUMBLING	RUNNING TUMBLING
<ul style="list-style-type: none"> ● STANDING BACK HANDSPRING ● BACK HANDSPRING STEP OUT ● BACK EXTENSION ROLL BACK HANDSPRING ● BACK WALKOVER BACK HANDSPRING 	<ul style="list-style-type: none"> ● CARTWHEEL BACK HANDSPRING (SERIES) ● ROUND OFF BACK HANDSPRING (SERIES) ● ROUND OFF BACK HANDSPRING STEP OUT ● FRONT WALKOVER TO ROUND OFF BACK HANDSPRING (SERIES) ● FRONT HANDSPRING ● FRONT FLYSPRING ● FRONT WALKOVER FRONT HANDSPRING ● FRONT HANDSPRING ROUND OFF BACK HANDSPRING (SERIES)
<p>NOTE: These skills will not be considered level appropriate in rubric style scoring: skills out of a round off that are illegal in Novice and dive rolls.</p>	

MEDIAN - TUMBLING	
STANDING TUMBLING	RUNNING TUMBLING
<ul style="list-style-type: none"> ● STANDING BACK HANDSPRING SERIES ● JUMP TO BACK HANDSPRING (SERIES) ● BACK HANDSPRING (SERIES) JUMP BACK HANDSPRING (SERIES) ● BACK HANDSPRING STEP OUT BACK HANDSPRING COMBO 	<ul style="list-style-type: none"> ● AERIAL CARTWHEEL ● PUNCH FRONT ● ROUND OFF TUCK ● ROUND OFF BACK HANDSPRING (SERIES) BACK TUCK ● FRONT WALKOVER TO ROUND OFF BACK HANDSPRING (SERIES) BACK TUCK

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ADVANCED - TUMBLING	
STANDING TUMBLING	RUNNING TUMBLING
<ul style="list-style-type: none"> • STANDING BACK TUCK OR FULL • BACK HANDSPRING (SERIES) BACK TUCK, LAYOUT OR FULL • JUMP BACK HANDSPRING (SERIES) THROUGH TO WHIPS, BACK TUCK, LAYOUT OR FULL • JUMP TO TUCK OR FULL • ONODI 	<ul style="list-style-type: none"> • ARABIAN • CARTWHEEL BACK TUCK OR FULL • FRONT FULL • FRONT HANDSPRING FRONT FULL • ROUND OFF LAYOUT OR FULL • ROUND OFF BACK HANDSPRING (SERIES) WHIP, LAYOUT OR FULL • FRONT WALKOVER THROUGH TO LAYOUT OR FULL • PUNCH FRONT STEP OUT THROUGH TO LAYOUT OR FULL • FRONT HANDSPRING PUNCH FRONT • FLIP FLIP COMBO • FRONT AERIAL
<p>NOTE: Dive rolls and front $\frac{3}{4}$ flip to seat/knees are prohibited in this level.</p> <p>NOTE: All layouts may be a layout, layout stepout or X-out.</p>	

PREMIER - TUMBLING	
STANDING TUMBLING	RUNNING TUMBLING
<ul style="list-style-type: none"> • STANDING FULL • JUMP TO TUCK/ FULL • BACK HANDSPRING (SERIES) THROUGH TO FULL • BACK HANDSPRING (SERIES) WHIP BACK HANDSPRING (SERIES) THROUGH TO FULL 	<ul style="list-style-type: none"> • ROUND OFF FULL • FRONT WALKOVER THROUGH TO FULL • PUNCH FRONT STEP OUT THROUGH TO FULL • FRONT HANDSPRING PUNCH FRONT THROUGH TO FULL • FLIP FLIP COMBO

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JUMPS - ALL LEVELS	
BASIC JUMPS	ADVANCED JUMPS
<ul style="list-style-type: none">• SPREAD EAGLE• STAR• TUCK	<ul style="list-style-type: none">• PIKE• TOE TOUCH• HURDLER (RIGHT/LEFT; FRONT/SIDE)• HERKIE• DOUBLE NINE

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