



# Cheer Canada At Level Skill List 2022/2023

Updated June 7<sup>th</sup>, 2022

NOTE: These lists are non-exhaustive. These lists are intended as a quick reference for panel judges and do not outline specific legality requirements for each skill and level. Coaches should use the full set of IASF rules when creating routines.

## LEVEL 1 BUILDING SKILLS

LEVEL 1 - STUNTS				
Inversion Style	Release Style / Transition	Twisting	Dismount Style	Other Stunts
	<ul style="list-style-type: none"> <li>• TRANSITIONS IN CONTACT WITH AT LEAST 1 BASE</li> </ul>	<ul style="list-style-type: none"> <li>• UP TO ½ TWIST LIFT (floor to floor and supported at waist)</li> <li>• REBOUND ½ TWIST TO PRONE</li> <li>• ½ WRAP AROUND</li> <li>• ¼ TWISTING TRANSITION</li> </ul>	<ul style="list-style-type: none"> <li>• POP DOWN</li> <li>• STRAIGHT CRADLE</li> </ul>	<ul style="list-style-type: none"> <li>• 1 LEG STUNT BELOW PREP LEVEL</li> <li>• 2 LEG STUNT AT PREP LEVEL OR BELOW</li> <li>• PREP LEVEL 1 LEG STUNT (with connection)</li> </ul>

LEVEL 1 - PYRAMIDS				
Inversion Style	Release Style / Transition	Twisting	Dismount Style	Structures
	<ul style="list-style-type: none"> <li>• BRACED TRANSITIONS</li> </ul>	<ul style="list-style-type: none"> <li>• BRACED ¼ TWIST TRANSITIONS</li> </ul>	<ul style="list-style-type: none"> <li>• BRACED L1 DISMOUNTS FROM PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>• BRACED STUNT SKILLS</li> <li>• BRACED PREP LEVEL 1 LEG</li> <li>• BRACED EXTENDED 2 LEG</li> <li>• CONNECTED 1 LEG STUNTS AT WAIST LEVEL (paperdolls)</li> </ul>



## LEVEL 2 BUILDING SKILLS

LEVEL 2 - STUNTS				
Inversion Style	Release Style / Transition	Twisting	Dismount Style	Other Stunts
<ul style="list-style-type: none"> <li>● GROUND LEVEL INVERSION TO NON-INVERTED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>● TRANSITIONS IN CONTACT WITH AT LEAST 1 BASE TO/FROM PREP LEVEL 1 LEG OR EXTENDED 2 LEG</li> <li>● LEAP FROG VARIATIONS</li> </ul>	<ul style="list-style-type: none"> <li>● ¼ TWIST TRANSITION TO/FROM PREP LEVEL 1 LEG OR EXTENDED 2 LEG</li> <li>● LOG ROLL</li> <li>● ½ TWIST TRANSITION (excluding L1 ½ twisting skills)</li> </ul>	<ul style="list-style-type: none"> <li>● WAIST LEVEL CRADLE (excludes prep &amp; U8)</li> <li>● POP DOWN OR STRAIGHT CRADLE FROM PREP LEVEL 1 LEG OR EXTENDED 2 LEG</li> <li>● ¼ TWIST CRADLE</li> </ul>	<ul style="list-style-type: none"> <li>● PREP LEVEL 1 LEG STUNT</li> <li>● 2 LEG EXTENDED STUNT</li> </ul>

LEVEL 2 - PYRAMIDS				
Inversion Style	Release Style / Transition	Twisting	Dismount Style	Structures
	<ul style="list-style-type: none"> <li>● BRACED L2 TRANSITIONS</li> </ul>	<ul style="list-style-type: none"> <li>● BRACED ¼ - ½ TWIST TRANSITIONS TO/FROM EXTENDED 1 LEG</li> <li>● BRACED ½ TWIST TRANSITIONS</li> </ul>	<ul style="list-style-type: none"> <li>● BRACED POP DOWN OR STRAIGHT CRADLE FROM EXTENDED STUNTS</li> <li>● BRACED CRADLE FROM WAIST LEVEL (excludes prep &amp; U8)</li> <li>● BRACED ¼ TWIST CRADLE</li> </ul>	<ul style="list-style-type: none"> <li>● BRACED EXTENDED 1 LEG STUNT</li> <li>● CONNECTED PREP LEVEL 1 LEG STUNTS (paperdolls)</li> </ul>

LEVEL 2 - TOSSES	
Non-Twisting Tosses	Twisting Tosses
<p><b>STRAIGHT RIDE</b></p> <p>NOTE: Tosses are illegal in Prep &amp; U8 divisions</p>	-



## LEVEL 3 BUILDING SKILLS

LEVEL 3 - STUNTS				
Inversion Style	Release Style / Transition	Twisting	Dismount Style	Other Stunts
<ul style="list-style-type: none"> <li>● <b>INVERTED AT WAIST OR PREP LEVEL</b></li> <li>● <b>SUSPENDED ROLL</b> (may include up to 1 twist)</li> <li>● <b>DOWNWARD INVERSION FROM BELOW PREP LEVEL</b></li> <li>● <b>INVERSION TO 1 LEG EXTENDED</b></li> </ul>	<ul style="list-style-type: none"> <li>● <b>RELEASE FROM WAIST LEVEL OR BELOW TO PREP LEVEL OR BELOW</b></li> <li>● <b>TRANSITION MAINTAINING CONTACT TO/FROM EXTENDED 1 LEG</b></li> </ul>	<ul style="list-style-type: none"> <li>● <b><math>\frac{3}{4}</math> - 1 TWIST TRANSITION</b> (excluding L2 log roll)</li> <li>● <b><math>\frac{1}{4}</math> - <math>\frac{1}{2}</math> TWIST TRANSITION TO EXTENDED 1 LEG</b></li> </ul>	<ul style="list-style-type: none"> <li>● <b>STRAIGHT CRADLE OR <math>\frac{1}{4}</math> TWIST FROM EXTENDED 1 LEG</b></li> <li>● <b>1 SKILL DISMOUNT FROM 2 LEG</b></li> </ul>	<ul style="list-style-type: none"> <li>● <b>EXTENDED 1 LEG STUNT</b></li> <li>● <b>SINGLE-BASE STYLE WALK-IN TO EXTENDED STUNT</b></li> <li>● <b>SINGLE BASE WITH MULTIPLE TOP PERSONS</b></li> </ul>

LEVEL 3 - PYRAMIDS				
Inversion Style	Release Style / Transition	Twisting	Dismount Style	Structures
<ul style="list-style-type: none"> <li>● <b>BRACED L3 INVERSIONS</b></li> <li>● <b>PASS THRU INVERSION WITH BRACE AND GROUND CONNECTION</b> (must start and end at prep level or below)</li> </ul>	<ul style="list-style-type: none"> <li>● <b>BRACED L3 STUNT RELEASE MOVES</b> (e.g: from below prep to prep or below, etc)</li> <li>● <b>BRACED RELEASE NOT PERMITTED AS L3 STUNT RELEASE</b> (2 bracers) (e.g: kick kick to prep; release to extended, etc)</li> <li>● <b>BRACED RELEASE WITH UP TO 1 TWIST</b> (2 bracers) (e.g: full twisting low to high or high to high tic toc, etc)</li> </ul>	<ul style="list-style-type: none"> <li>● <b>BRACED LOG ROLL</b> (up to 1 twist)</li> <li>● <b>BRACED <math>\frac{3}{4}</math> - 1 TWIST TRANSITIONS</b></li> </ul>	<ul style="list-style-type: none"> <li>● <b>BRACED L3 DISMOUNTS</b></li> </ul>	<ul style="list-style-type: none"> <li>● <b>OTHER LEVEL APPROPRIATE SKILLS</b> (e.g: 1 leg extended stunt without hand-arm brace, etc)</li> <li>● <b>CONNECTED EXTENDED 2 LEG STUNTS</b></li> </ul>

LEVEL 3 - TOSSES	
Non-Twisting Tosses	Twisting Tosses
1 TRICK or BALL X	UP TO FULL TWISTING



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## LEVEL 4 BUILDING SKILLS

LEVEL 4 - STUNTS				
Inversion Style	Release Style / Transition	Twisting	Dismount Style	Other Stunts
<ul style="list-style-type: none"> <li>● DOWNWARD INVERSION FROM PREP LEVEL</li> <li>● RELEASED INVERSION TO NON-INVERTED POSITION</li> <li>● EXTENDED INVERTED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>● HELICOPTER RELEASE</li> <li>● RELEASE FROM PREP LEVEL</li> <li>● TWISTING RELEASE TO PREP LEVEL OR BELOW</li> <li>● 2 TRICKS</li> <li>● RELEASE TO/FROM EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>● 1 ½ TWIST TRANSITION</li> <li>● ¾ - 1 ½ TWIST TRANSITION TO EXTENDED 1 LEG</li> </ul>	<ul style="list-style-type: none"> <li>● DISMOUNT FROM INVERTED STUNT</li> <li>● 1 SKILL DISMOUNT TO GROUND FROM 2 LEG PREP LEVEL OR ABOVE STUNT</li> <li>● 2 SKILL DISMOUNT FROM 2 LEG</li> <li>● 2 SKILL DISMOUNT FROM 1 LEG (max 1 twist)</li> </ul>	

LEVEL 4 - PYRAMIDS				
Inversion Style	Release Style / Transition	Twisting	Dismount Style	Structures
<ul style="list-style-type: none"> <li>● BRACED L4 INVERSION/ INVERTED STUNT / DOWNWARD INVERSION</li> <li>● BRACED RELEASED INVERSION/ FLIP (2 bracers)</li> </ul>	<ul style="list-style-type: none"> <li>● BRACED L4 STUNT RELEASE MOVES (1 bracer) (e.g: release to or from extended, etc)</li> <li>● BRACED RELEASE FROM EXTENDED TO EXTENDED (1 bracer)</li> <li>● BRACED 1 ¼ - 1 ½ TWISTING RELEASE TO/FROM EXTENDED</li> <li>● BRACED RELEASE (non-inverted) THAT CHANGES BASES (e.g: braced release from one group to another, second level leap frog, etc)</li> </ul>	<ul style="list-style-type: none"> <li>● BRACED 1 ¼ - 1 ½ TWIST</li> </ul>	<ul style="list-style-type: none"> <li>● BRACED L4 DISMOUNTS</li> </ul>	<ul style="list-style-type: none"> <li>● EXTENDED 1 LEG CONNECTED TO EXTENDED 2 LEG</li> </ul>

LEVEL 4 - TOSSES	
Non-Twisting Tosses	Twisting Tosses
2 TRICKS	TRICK TWIST; TWIST TRICK; DOUBLE TWIST (up to 2 ¼)



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## LEVEL 5 BUILDING SKILLS

LEVEL 5 - STUNTS				
Inversion Style	Release Style / Transition	Twisting	Dismount Style	Other Stunts
<ul style="list-style-type: none"> <li>● DOWNWARD INVERSION FROM EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>● TWISTING HELICOPTER RELEASE</li> <li>● RELEASE FROM EXTENDED TO EXTENDED STUNT</li> <li>● TWISTING RELEASE TO/FROM EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>● 1 <sup>3</sup>/<sub>4</sub> - 2 <sup>1</sup>/<sub>4</sub> TWIST TRANSITION</li> </ul>	<ul style="list-style-type: none"> <li>● 1 <sup>1</sup>/<sub>2</sub> - 2 <sup>1</sup>/<sub>4</sub> TWIST FROM 1 LEG</li> <li>● 3 TRICK DISMOUNT</li> </ul>	

LEVEL 5 - PYRAMIDS				
Inversion Style	Release Style / Transition	Twisting	Dismount Style	Structures
<ul style="list-style-type: none"> <li>● BRACED L5 INVERSIONS</li> <li>● BRACED RELEASED INVERSION/ FLIP (1 bracer)</li> </ul>	<ul style="list-style-type: none"> <li>● BRACED L5 STUNT RELEASE MOVES</li> <li>● RELEASED BRACED INVERSION THAT INVOLVE CHANGING BASES (e.g: braced flipping release from one group to another, second level leap frog with flip, etc)</li> </ul>	<ul style="list-style-type: none"> <li>● BRACED L5 STUNT TWISTING TRANSITION</li> </ul>	<ul style="list-style-type: none"> <li>● BRACED L5 DISMOUNTS</li> </ul>	<ul style="list-style-type: none"> <li>● CONNECTED EXTENDED 1 LEG STUNTS (paperdolls)</li> </ul>

LEVEL 5 - TOSSES	
Non-Twisting Tosses	Twisting Tosses
<p>3 TRICKS</p>	<p>TRICK TRICK TWIST; TRICK TWIST TRICK; TWIST TRICK TRICK; TRICK 1 <sup>1</sup>/<sub>2</sub> TWIST; 1 <sup>1</sup>/<sub>2</sub> TWIST TRICK; 2 <sup>1</sup>/<sub>2</sub> TWIST</p>



## LEVEL 6 BUILDING SKILLS

LEVEL 6 - STUNTS				
Inversion Style	Release Style / Transition	Twisting	Dismount Style	Other Stunts
<ul style="list-style-type: none"> <li>● RELEASED INVERTED TO NON-INVERTED WITH UP TO ½ TWIST</li> <li>● REWIND WITH 0 TWIST</li> </ul>			<ul style="list-style-type: none"> <li>● 4+ TRICK DISMOUNT</li> <li>● DISMOUNT FROM INVERTED STUNT WITH UP TO ½ TWIST</li> </ul>	

LEVEL 6 - PYRAMIDS				
Inversion Style	Release Style / Transition	Twisting	Dismount Style	Structures
<ul style="list-style-type: none"> <li>● BRACED L6 INVERSIONS</li> <li>● BRACED RELEASED 1 ¼ FLIPPING INVERSIONS WITH ½ TWIST</li> <li>● BRACED RELEASED ¾ FLIPPING INVERSIONS WITH UP 1 TWIST</li> </ul>	<ul style="list-style-type: none"> <li>● RELEASED BRACED INVERSION WITH TWIST THAT CHANGES BASES (e.g: braced flipping and twisting release from one group to another, second level leap frog with flip &amp; twist, etc)</li> </ul>		<ul style="list-style-type: none"> <li>● BRACED L6 DISMOUNTS</li> </ul>	

LEVEL 6 - TOSSES	
Non-Twisting Tosses	Twisting Tosses
4+ TRICKS	TRICK 2 TWIST; 2 TWIST TRICK; TWIST TRICK TWIST; TRICK TWIST TRICK TWIST; TRICK TRICK 2 TWIST *2 = up to 2 ½ twist



## LEVEL 7 BUILDING SKILLS

LEVEL 7 - STUNTS				
Inversion Style	Release Style / Transition	Twisting	Dismount Style	Other Stunts
<ul style="list-style-type: none"> <li>● TUMBLING INTO REWIND</li> <li>● RELEASED INVERTED TO NON-INVERTED WITH TWIST</li> <li>● DOWNWARD INVERSION FROM ABOVE PREP LEVEL TO GROUND</li> </ul>	<ul style="list-style-type: none"> <li>● SINGLE BASE STYLE TOSS TO NEW BASE(S)</li> <li>● RELEASE FROM PREP LEVEL OR BELOW TO INVERTED PREP LEVEL STUNT</li> <li>● FREE FLIPPING TRANSITIONS FROM PREP LEVEL</li> <li>● SIDE-SOMI OR FRONT FREE FLIPPING FROM GROUND LEVEL TO STUNT</li> </ul>	<ul style="list-style-type: none"> <li>● FREE FLIPPING WITH TWISTING TRANSITION</li> </ul>	<ul style="list-style-type: none"> <li>● FRONT FREE FLIPPING TO GROUND LEVEL</li> <li>● FREE FLIPPING FROM PREP LEVEL OR BELOW TO CRADLE</li> <li>● FREE FLIPPING WITH TWISTING FROM PREP LEVEL OR BELOW</li> </ul>	<ul style="list-style-type: none"> <li>● FRONT HANDSPRING 1 - 2 ¼ UP TO STUNT</li> <li>● BACK HANDSPRING 1 - 2 ¼ UP TO STUNT</li> </ul>

LEVEL 7 - PYRAMIDS				
Inversion Style	Release Style / Transition	Twisting	Dismount Style	Structures
<ul style="list-style-type: none"> <li>● BRACED FLIPPING MOUNTS TO 2 ½ HIGH</li> <li>● FLIPPING FREE-FLYING MOUNTS TO 2 ½ HIGH</li> <li>● 2 ½ HIGH INVERSION</li> <li>● DOWNWARD INVERSION FROM 2 ½ HIGH</li> <li>● CONNECTED DOWNWARD INVERSIONS</li> <li>● BRACED 1 ¼ FLIP RELEASE WITH 1 TWIST</li> </ul>	<ul style="list-style-type: none"> <li>● RELEASE MOVES ABOVE 2 ½ HIGH (twisting and non-twisting)</li> <li>● FREE FLYING MOUNTS (non-flipping) TO 2 ½ HIGH (with or without twist)</li> </ul>	<ul style="list-style-type: none"> <li>● TWISTING MOUNT OR TRANSITION TO/FROM 2 ½ HIGH (braced or not)</li> </ul>	<ul style="list-style-type: none"> <li>● CRADLES AND POP OFFS FROM 2 ½ HIGH (twisting and non-twisting)</li> <li>● ¾ FRONT FLIP FROM 2 ½ HIGH</li> </ul>	<ul style="list-style-type: none"> <li>● 2 ½ HIGH PYRAMID</li> </ul>

LEVEL 7 - TOSSES	
Non-Twisting Tosses	Twisting Tosses
FLYOVER; UP TO 1 ¼ FLIPPING	FLYOVER; 3 - 3 ½ TWIST (non-flipping); UP TO 1 ¼ FLIPPING WITH UP TO 2 TWISTS



## LEVEL APPROPRIATE TUMBLING SKILLS

**Passes which include the following skills:**

**(For all levels, the listed skills include variations or combinations of the skills if allowable)**

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
<b>LEVEL 1 - TUMBLING</b>	
ROLLS; HANDSTANDS; CARTWHEELS; WALKOVERS	ROLLS; CARTWHEELS; ROUND OFFS; WALKOVERS
<b>LEVEL 2 - TUMBLING</b>	
HANDSPRING	HANDSPRING(S)
<b>LEVEL 3 - TUMBLING</b>	
BACK HANDSPRING SERIES; JUMP-HANDSPRING(S) COMBO	AERIAL CARTWHEEL; FRONT TUCK; BACK TUCK
<b>LEVEL 4 - TUMBLING</b>	
ONODI; AERIAL; STANDING FLIP; FLIP FROM BHS ENTRY; PASS TO FLIP	ONODI; CARTWHEEL FLIP; AERIAL WALKOVER; TUMBLING PRIOR TO FRONT TUCK; TUMBLING AFTER FLIP/AERIAL; WHIP; LAYOUT
<b>LEVEL 5 - TUMBLING</b>	
JUMP FLIP; FLIP-FLIP COMBO	UP TO A FULL TWIST
<b>LEVEL 6 - TUMBLING</b>	
JUMP TWISTING FLIP; FULL; PASS TO DOUBLE FULL	FULL; DOUBLE FULL
<b>LEVEL 7 - TUMBLING</b>	
JUMP TWISTING FLIP; FULL; PASS TO DOUBLE FULL	FULL; DOUBLE FULL; FULL-DOUBLE
<b>JUMPS – ALL LEVELS</b>	
<b>BASIC JUMPS</b>	<b>ADVANCED JUMPS</b>
SPREAD EAGLE; STAR; TUCK	PIKE; TOE TOUCH; HURDLER; HERKIE; DOUBLE NINE