



Cheer Canada At Level Skill List **2023/2024**

Updated Feb 23, 2023

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

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



LEVEL 2 BUILDING SKILLS

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

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

LEVEL 2 - TOSSES	
Non-Twisting Tosses	Twisting Tosses
<p>STRAIGHT RIDE</p> <p>NOTE: Tosses are illegal in Prep & 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"> • INVERTED AT WAIST OR PREP LEVEL • SUSPENDED ROLL (may include up to 1 twist) • DOWNWARD INVERSION FROM BELOW PREP LEVEL • INVERSION TO 1 LEG EXTENDED 	<ul style="list-style-type: none"> • RELEASE FROM WAIST LEVEL OR BELOW TO PREP LEVEL OR BELOW • TRANSITION MAINTAINING CONTACT TO/FROM EXTENDED 1 LEG 	<ul style="list-style-type: none"> • ¾ - 1 TWIST TRANSITION (excluding L2 log roll) • ¼ - ½ TWIST TRANSITION TO EXTENDED 1 LEG 	<ul style="list-style-type: none"> • STRAIGHT CRADLE OR ¼ TWIST FROM EXTENDED 1 LEG • 1 SKILL DISMOUNT FROM 2 LEG 	<ul style="list-style-type: none"> • EXTENDED 1 LEG STUNT • SINGLE-BASE STYLE WALK-IN TO EXTENDED STUNT • SINGLE BASE WITH MULTIPLE TOP PERSONS

LEVEL 3 - PYRAMIDS				
Inversion Style	Release Style / Transition	Twisting	Dismount Style	Structures
<ul style="list-style-type: none"> • BRACED L3 INVERSIONS • PASS THRU INVERSION WITH BRACE AND GROUND CONNECTION (must start and end at prep level or below) 	<ul style="list-style-type: none"> • BRACED L3 STUNT RELEASE MOVES (e.g: from below prep to prep or below, etc) • BRACED RELEASE NOT PERMITTED AS L3 STUNT RELEASE (2 bracers) (e.g: kick kick to prep; release prep to extended, etc) • BRACED RELEASE TO EXTENDED FROM WAIST LEVEL OR BELOW (1 or 2 bracers with hand/arm connection) • BRACED RELEASE WITH UP TO 1 TWIST (2 bracers) (e.g: full twisting low to high or high to high tic toc, etc) 	<ul style="list-style-type: none"> • BRACED LOG ROLL (up to 1 twist) • BRACED ¾ - 1 TWIST TRANSITIONS 	<ul style="list-style-type: none"> • BRACED L3 DISMOUNTS 	<ul style="list-style-type: none"> • OTHER LEVEL APPROPRIATE SKILLS (e.g: 1 leg extended stunt without hand-arm brace, etc) • CONNECTED EXTENDED 2 LEG STUNTS

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



LEVEL 4 BUILDING SKILLS

LEVEL 4 - STUNTS				
Inversion Style	Release Style / Transition	Twisting	Dismount Style	Other Stunts
<ul style="list-style-type: none"> DOWNWARD INVERSION FROM PREP LEVEL RELEASED INVERSION TO NON-INVERTED POSITION EXTENDED INVERTED STUNT 	<ul style="list-style-type: none"> HELICOPTER RELEASE RELEASE FROM PREP LEVEL TWISTING RELEASE TO PREP LEVEL OR BELOW 2 TRICKS RELEASE TO/FROM EXTENDED STUNT 	<ul style="list-style-type: none"> 1 ¼ - 1 ½ TWIST TRANSITION ¾ - 1 TWIST TRANSITION TO EXTENDED 1 LEG 	<ul style="list-style-type: none"> DISMOUNT FROM INVERTED STUNT 1 SKILL DISMOUNT TO GROUND FROM 2 LEG PREP LEVEL OR ABOVE STUNT 2 SKILL DISMOUNT (Max 1 ¼ twist from 1 leg) 	

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

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



LEVEL 5 BUILDING SKILLS

LEVEL 5 - STUNTS				
Inversion Style	Release Style / Transition	Twisting	Dismount Style	Other Stunts
<ul style="list-style-type: none"> • DOWNWARD INVERSION FROM EXTENDED STUNT 	<ul style="list-style-type: none"> • TWISTING HELICOPTER RELEASE • RELEASE FROM EXTENDED TO EXTENDED STUNT • TWISTING RELEASE TO/FROM EXTENDED STUNT 	<ul style="list-style-type: none"> • 1 ¾ - 2 TWIST TRANSITION • 1 ¼ - 1 ½ TWIST TO EXTENDED 1 LEG 	<ul style="list-style-type: none"> • 1 ½ - 2 ¼ TWIST FROM 1 LEG • 3 TRICK DISMOUNT (No tricks if exceeds 1 ½ twists) 	

LEVEL 5 - PYRAMIDS				
Inversion Style	Release Style / Transition	Twisting	Dismount Style	Structures
<ul style="list-style-type: none"> • BRACED L5 INVERSIONS • BRACED RELEASED INVERSION/ FLIP (1 bracer) 	<ul style="list-style-type: none"> • BRACED L5 STUNT RELEASE MOVES • RELEASED BRACED INVERSION THAT INVOLVE CHANGING BASES (e.g: braced flipping release from one group to another, second level leap frog with flip, etc) 	<ul style="list-style-type: none"> • BRACED 1 ¾ - 2 TWIST TO EXTENDED 1 LEG • BRACED L5 STUNT TWIST TRANSITION 	<ul style="list-style-type: none"> • BRACED L5 DISMOUNTS 	<ul style="list-style-type: none"> • CONNECTED EXTENDED 1 LEG STUNTS (paperdolls)

LEVEL 5 - TOSSES	
Non-Twisting Tosses	Twisting Tosses
<p>3 TRICKS</p>	<p>TRICK TRICK TWIST; TRICK TWIST TRICK; TWIST TRICK TRICK; TRICK 1 ½ TWIST; 1 ½ TWIST TRICK; 2 ½ 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"> • RELEASED INVERTED TO NON-INVERTED WITH UP TO ½ TWIST • REWIND WITH 0 TWIST 		<ul style="list-style-type: none"> • 2 ¼ TWIST TRANSITION 	<ul style="list-style-type: none"> • 4+ TRICK DISMOUNT • DISMOUNT FROM INVERTED STUNT WITH UP TO ½ TWIST 	

LEVEL 6 - PYRAMIDS				
Inversion Style	Release Style / Transition	Twisting	Dismount Style	Structures
<ul style="list-style-type: none"> • BRACED L6 INVERSIONS • BRACED RELEASED 1 ¼ FLIPPING INVERSIONS WITH ½ TWIST • BRACED RELEASED ¾ FLIPPING INVERSIONS WITH UP 1 TWIST 	<ul style="list-style-type: none"> • 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 & twist, etc) 	<ul style="list-style-type: none"> • BRACED L6 STUNT TWIST TRANSITIONS 	<ul style="list-style-type: none"> • BRACED L6 DISMOUNTS 	

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"> • TUMBLING INTO REWIND • RELEASED INVERTED TO NON-INVERTED WITH TWIST • DOWNWARD INVERSION FROM ABOVE PREP LEVEL TO GROUND 	<ul style="list-style-type: none"> • SINGLE BASE STYLE TOSS TO NEW BASE(S) • RELEASE FROM PREP LEVEL OR BELOW TO INVERTED PREP LEVEL STUNT • FREE FLIPPING TRANSITIONS FROM PREP LEVEL • SIDE-SOMI OR FRONT FREE FLIPPING FROM GROUND LEVEL TO STUNT 	<ul style="list-style-type: none"> • FREE FLIPPING WITH TWISTING TRANSITION 	<ul style="list-style-type: none"> • FRONT FREE FLIPPING TO GROUND LEVEL • FREE FLIPPING FROM PREP LEVEL OR BELOW TO CRADLE • FREE FLIPPING WITH TWISTING FROM PREP LEVEL OR BELOW 	<ul style="list-style-type: none"> • FRONT HANDSPRING 1 - 2 ¼ UP TO STUNT • BACK HANDSPRING 1 - 2 ¼ UP TO STUNT

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

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