



RECREATION CHEER
Level Appropriate Skills
2024-2025

2024-2025 RECREATION SCORING SYSTEM - LEVEL 1

STUNTS

| RELEASE STYLE | TWISTING | COMBINATION/OTHER SKILLS | DISMOUNT |
|---|--|---|--|
| LEVEL APPROPRIATE | | | |
| <ul style="list-style-type: none"> •SWITCH UP TO LIB BELOW PREP LEVEL •TIC TOC BELOW PREP LEVEL (LIB TO LIB) | <ul style="list-style-type: none"> •¼ TWISTING TRANSITION TO BELOW PREP •¼ DOWN TO GROUND LEVEL •¼ 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 •SHOULDER SIT •CHAIR •SHOULDER STAND •PRONE | <ul style="list-style-type: none"> •STEP DOWN |
| ADVANCED LEVEL APPROPRIATE | | | |
| <ul style="list-style-type: none"> •SWITCH UP TO BODY POSITION BELOW PREP LEVEL •TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION) •TIC TOC 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"> •¼ TWISTING TRANSITION TO PREP LEVEL LIB WITH BRACER FROM BELOW PREP LEVEL •1/4 TWISTING TRANSITION AT PREP LEVEL TO PREP LEVEL STUNT | <ul style="list-style-type: none"> •TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER | <ul style="list-style-type: none"> • PRONE |
| ELITE LEVEL APPROPRIATE | | | |
| <ul style="list-style-type: none"> •TIC TOC 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"> •¼ TWISTING TRANSITION TO PREP STUNT FROM BELOW PREP LEVEL •1/4 TWISTING TRANSITION TO PREP LEVEL BODY POSITION WITH BRACER FROM BELOW PREP LEVEL | <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) FROM BELOW PREP LEVEL TO PREP LEVEL LIB WITH BRACER •1/4 TWISTING RELEASE FROM WAIST LEVEL TO PREP LEVEL LIB •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 |

2024-2025 RECREATION SCORING SYSTEM - LEVEL 2

STUNTS

| 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 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 TO EXTENSION •1/2 TWISTING INVERSION 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 | T WISTING |
|--|-----------|
| <ul style="list-style-type: none"> STRAIGHT RIDE TOSS | |

STANDING

TUMBLING

| LEVEL APPROPRIATE | ELITE LEVEL APPROPRIATE |
|---|--|
| <ul style="list-style-type: none"> •BACK HANDSPRING (BHS) •BACK HANDSPRING STEP OUT | <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 |

2024-2025 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"> •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 FRONT FLIP •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 1 LEG STUNT | <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 UP 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 •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 (SWITCHUP) 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 | T 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 •JUMP - BHS/BHS STEP OUT •BHS/BHS SERIES - JUMP | <ul style="list-style-type: none"> •BWO - BHS SERIES •BHS - BHS - BHS OR MORE •JUMP - BHS SERIES | <ul style="list-style-type: none"> •BHS/BHS SERIES - JUMP - BHS/BHS SERIES •JUMP - BHS - JUMP - BHS •BHS STEP OUT - BHS SERIES •BHS STEP OUT - BWO - BHS SERIES •BWO - BHS - 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 |

2024-2025 RECREATION SCORING SYSTEM - LEVEL 4

| 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 EXTENDED STUNT | <ul style="list-style-type: none"> •1 ½ TWISTING TRANSITION TO BELOW PREP •1 ½ TWISTING TRANSITION TO PREP LEVEL •¾ TWISTING TRANSITION TO EXTENDED STUNT | <ul style="list-style-type: none"> •FULL TWISTING RELEASE TO PREP LEVEL OR BELOW | <ul style="list-style-type: none"> ASSISTED OR UNASSISTED: •WALK IN/TOSS HANDS •WALK IN/TOSS HANDS PRESS EXTENSION •WALK IN/TOSS EXTENSION | <ul style="list-style-type: none"> • PANCAKE |
| 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 ½ 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 | <ul style="list-style-type: none"> ASSISTED: •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 BELOW PREP LEVEL 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 ½ 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 | <ul style="list-style-type: none"> UNASSISTED: •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 | T TWISTING |
|--|---|
| BALL KICK • PIKE-X • HITCH KICK • SWITCH KICK • DOUBLE TOE TOUCH | BALL FULL • LIB FULL • PIKE FULL • K ICK 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 | <ul style="list-style-type: none"> •BACK EXTENSION ROLL - TUCK •VALDEZ - TUCK |
| | | <ul style="list-style-type: none"> •BHS/BHS STEP OUT - TUCK •JUMP - BHS SERIES - TUCK •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 | <ul style="list-style-type: none"> •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 |