



**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>

## TOSES

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>	<b>ASSISTED OR UNASSISTED:</b> <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>	<b>ASSISTED:</b> <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>	<b>UNASSISTED:</b> <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>