

LEVEL 1

Prep level body position stunt with bracer
 1/4 twisting transition to prep level
 1/4 twisting transition to prep level 1 leg stunt with bracer
 Tic-Tock below prep level (Body Position to Body Position)
 Tic-Tock to prep level (Body Position to Body Position) with bracer

LEVEL 2

1/2 twisting transition to extended stunt
 Tic-Tock to/at prep level (body position to body position)
 1/2 twisting tic-tock to/at prep level 1 leg stunt
 1/2 twisting inversion from ground level to prep level 1 leg stunt
 Inversion from ground level to extended stunt
 1/4 twisting inversion from ground level to extended stunt
 1/2 twisting inversion from ground level to extended stunt

LEVEL 3

1/2 up to extended 1 leg stunt
 Full up to prep level body position
 Prep level full twisting transition to prep level body position
 Lib at prep level or below to extended body position tic-tock
 Ball up, straddle up, or switch up to prep level body position
 Inversion to extended 1 leg stunt
 1/2 twisting inversion to extended 1 leg stunt

LEVEL 4 and 4.2

1 1/2 twisting transition to prep level body position
 Extended full twisting transition to extended stunt
 Tic-tock from extended level to prep level or below (body position to body position)
 Full twisting tic-tock to prep level 1 leg stunt
 Ball up, straddle up, or release from waist level to extended body position
(does not include switch ups that begin with one foot on the ground)
 Full twisting ball up, straddle up or switch up to prep level body position
 1 1/2 twisting ball up, straddle up or switch up to prep level 1 leg stunt
 Full twisting inversion to extended stunt
 Released inversion from below prep level to extended stunt

Youth and Restricted 5

Full up to extended body position
 1 1/2 up to extended stunt
 Lib to body position tic-tock from extended level to extended level
 1/4 - 3/4 twisting tic-tock to extended 1 leg stunt
 Switch up Full turn to extended 1 leg stunt
 1/2 Ball up to extended body position
 Released inversion from prep level or above to extended 1 leg stunt

LEVEL 5

1 1/2 up to extended body position
 1 3/4 up to extended body position
 Double up to extended 1 leg stunt
 Body position to body position tick-tock from extended level to extended level
 Full twisting tic-tock from extended level 1 leg to extended 1 leg stunt
 Full twisting Switch up to extended body position
 Coed Style toss full twist to extended stunt
 Full twisting Ball up to extended body position
 Toss Front handspring 1/2 up to extended stunt
 Released inversion from prep level or above to extended body position

LEVEL 6

1 1/2 up to extended body position
 1 3/4 up to extended body position
 Double up to extended 1 leg stunt
 Rewind from ground level to extended single leg and/or single arm stunt
 Twisting rewind from ground level to extended single leg
 Body position to body position tic-tock from extended level to extended level
 Full twisting tic-tock to extended 1 leg stunt (lib to body position)
 Full twisting switch up to extended body position
 Coed styles toss full twist to extended stunt
 Full twisting ball up to extended body position
 Back handspring full up to stunt
 Front handspring 1/2 up to extended stunt
 Released inversion from prep level or above to extended body position
 Front handspring 1 1/2 up to extended stunt

Additional Stipulations for Elite Level Appropriate Skills:

* In Level 1, 2, and 3, at the beginning of the tic-tock no one can be holding under the foot in which the top person is switching onto, in order for the skill to be given elite credit. (It is acceptable for a base/spotter to be holding onto the ankle in order to ensure that USASF rules: Stunts D is followed during the tic.)

* For levels 1-6, In order to receive elite credit for twisting skills, released twisting skills, and inverted twisting skills, the skill must be performed in continuous motion with the bases and the top person completing the skill simultaneously. (Once the top person has landed at the final level, any additional walking by the bases will not be added on to determine the final degree of twisting.)

(Legal skills that do not adhere to the stipulations above, will receive level appropriate credit instead of elite.)