

Level 1 Tumbling

Standing	Running
Forward Roll, Cartwheel, Backward Roll, Hand Stand Forward Roll, Back Extension Roll, Front Walkover, Back Walkover, Connected Skills- Cartwheel Back Walkover, Series Back Walkover, Series Front Walkover	Round Off, Cartwheel Back Walkover, Front Walkover to Cartwheel/Round Off, Cartwheel 1/2 turn Front Walkover

Level 1 Stunting

Inversions	Release Moves	Twisting Mounts	Dismounts	Tosses
Inversion to ground level	Switch up to lib or body position below prep level, Tic Toc below prep level to lib or body position, Tic Toc below prep level body position to body position	1/4 twisting transition to below prep level, 1/4 down to ground level, 1/4 twisting transition to prep level	Step down, straight cradle, 1/4 transition to ground, foot down tumble out	No tosses in level 1

Level 2 Tumbling

Standing	Running
Standing Back Handspring, Back Handspring Step Out, Back Walkover Back Handspring, Back Handspring Step Out Back Walkover Back Handspring	Cartwheel Back Handspring, Round Off Back Handspring, Round Off Back Handspring Step Out, Round Off Back Handspring Series, Front Walkover Round Off Back Handspring or Series.

Level 2 Stunting

Inversions	Release Moves	Twisting Mounts	Dismounts	Tosses
Inversion from ground to prep level, Inversion from ground to extension	Switch up to prep level body position, Tic Toc at prep level lib to lib or body position, Tic Toc at prep level body position to body position	1/4 twisting transition to prep level 1 leg, 1/2 twisting transition to extension	Straight cradle from extension, Straight cradle from prep level 1 leg, 1/4 twisting dismount from prep or extended 2 feet	Straight ride toss

Level 3 Tumbling

Standing	Running
Series of Back Handsprings, Jump to Back Handspring, Back Handspring Series-Jump-Back Handspring Series, Back Handspring Step Out Back Handspring Combo	Ariels, Punch Front, Round Off Tuck, Round Off Back Handspring Tuck, Round Off Back Handspring Series to Tuck, Front Walkover Round Off Back Handspring or Series to Tuck, Ariel Round Off Back Handspring Tuck.

Level 3 Stunting

Inversions	Release Moves	Twisting Mounts	Dismounts	Tosses
Inversion to extended 1 leg stunt	Prep level lib Tic Toc to extended body position, Ball Up to prep level body position, Switch up to prep level body position	Full up to prep level body position, 1/2 up to extended 1 leg stunt, Full twisting transition to prep level body position	Straight cradle from extended body position, Full down from 2 feet	Ball Arch, Pike Arch, Kick Arch, Ball X, Toe Touch, Full Twist

Level 4 Tumbling

Standing	Running
<p>Standing Tuck, Back Handspring Tuck, BHS Series to Back Tuck, Jump Back Handspring Tuck, Jump BHS Series to Tuck.</p>	<p>Cartwheel Back Tuck, Round Off Layout, Front Walkover Round Off BHS Layout, Punch Front Step Out thru to Round Off BHS Layout. Round Off or RO BHS Whip thru to Layout. Front HS Punch Front Step Out thru to Layout, Round Off Whip Punch Tuck or Layout</p>

Level 4 Stunting

Inversions	Release Moves	Twisting Mounts	Dismounts	Tosses
<p>Released inversion from below prep level to extended stunt</p>	<p>Body position to body position Tic Toc high to low, Release from below prep level to extend body position</p>	<p>1 1/2 twisting transition to immediate body position, Extended full twisting transition to extended 2 feet</p>	<p>Full down from extended body position, Double down from 2 feet</p>	<p>Pike X, Hitch Kick Arch, Double Toe Touch, Ball Full, Kick Full, Double Full</p>

Restricted Level 5 Tumbling

Standing	Running
<p>Jump Back Tuck, BHS Series to Layout, Jump BHS Series to Layout, BHS Tuck BHS Series to Layout, BHS Whip BHS Series to Layout.</p>	<p>Round Off Full, Round Off BHS Full, Front Walkover Round Off BHS Full, Punch Front Step Out Round BHS Full, Round Off Whip BHS series to Full, Punch Front Step Out Round off Whip BHS Full.</p>

Restricted Level 5 Stunting

Inversions	Release Moves	Twisting Mounts	Dismounts	Tosses
<p>Release inversion from prep level to extended 1 leg</p>	<p>Lib to body position high to high Tic Toc, Full twisting switch up to 1 leg, 1/2 turning ball up to extended body position</p>	<p>Full up to extend body position, 1 1/2 twists to extended stunt</p>	<p>Double down from body position</p>	<p>Hitch Kick Full, Switch Kick Full, Kick Full Kick, Kick Double</p>

Worlds Level 5 Tumbling

Standing	Running
<p>Jump Back Tuck, BHS Full, Jump BHS Series to Full, BHS Whip BHS Series to Full, Standing Full, Jump Standing Full, BHS Series to Double Full, BHS Series to Whip Punch Double, BHS Whip Punch Double</p>	<p>Punch Front Step Out Round BHS Full, Round Off Whip BHS series to Full, Round Off Whip Punch Full, Round Off BHS Double, Punch Front Step Out Round BHS Double, Round Off Whip BHS series to Double, Round Off Whip Punch Double, Round Off Arabian to Round Off BHS Double, Round Off 1.5 to Round Off BHS Double, Any above Trick to Whip Punch Double.</p>

Worlds Level 5 Stunting

Inversions	Release Moves	Twisting Mounts	Dismounts	Tosses
<p>Release inversion from prep level to extended body position</p>	<p>Body position to body position high to high Tic Toc, Full twisting switch up or Tic Toc to body position</p>	<p>1 1/2 to extended body position, 1 3/4 to extended body position, Double up to extended 1 leg</p>	<p>Double down from body position, Kick double dismount</p>	<p>Hitch Kick Double, Switch Kick Double, Kick Full Kick Full</p>