

INTERMEDIATE SKILLS GUIDE



NOT ALLOWED EXAMPLES

Frequently Called Illegal

TUMBLING	TWISTING STUNTS	RELEASED STUNTS	INVERTED STUNTS	PYRAMIDS
- Any skill before the round off that ends the running tumbling pass in a tuck - Standing skills that include a tuck	Full twisting transitions from extended to load position (corkscrew)	- Fully released switch up from ground to extended level - Fully released prep to extended tick tock	- Braced rolls/bajas - Roundoff entry inversion picked up to inverted prep level stunt	- Braced flips - Prep level inversions NOT connected to a bracer by hand/arm connection before going to the inversion - Released pyramid skills that do not keep required bracer hand/arm connection throughout the transition



ALLOWED EXAMPLES

Legal Examples by Skill Type

TUMBLING	TWISTING STUNTS	RELEASED STUNTS	INVERTED STUNTS	PYRAMIDS
- Standing handsprings - Standing jump handspring combos - Cartwheel tuck - Roundoff tuck - Roundoff handspring(s) tuck	½ up to extended skills ½ twisting transition from extended skills - Full up to prep level skills - Prep to prep full around variations - Full twisting transition from prep to load position (corkscrew)	- Switch up from ground to prep level stunt variations - Prep to prep tick tock variations - Load to prep released ball up	- Roundoff entry (or any ground inversion) released to prep level non inverted stunt or load - Roundoff entry (or any ground inversion) connected transitioned to extended non inverted stunt - Ground handstand released to prep level non inverted stunt - Handstand on the ground connected ½ up to extended lib	- Braced rolls – connected hand/arm to bracer AND stays connected to base/spotter on the ground throughout the transition - High to high tick tock - Up to ½ twisting tick variation - Inversion at prep level that has hand/arm connection to bracer before going to inverted position and until skill is no longer inverted

Disclaimer: Not all legal or illegal skills are listed. Skills are not listed in any order of progression or difficulty.

