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NOVICE SKILLS:

● THIGH STAND

● SHOULDER STRADDLE

● EXTENSION PREP

● EXT. PREP, RETAKES

● EXT. PREP, PRESS TO EXT

● WALK IN EXT. PREP

● EXTENSION

● SUSPENDED FORWARD ROLL

● ½ UP EXT. PREP

● ½ UP EXTENSION

● PREP LEVEL SINGLE LEG

● ½ UP PREP LEVEL SINGLE LEG

● LEAPFROG

● J-UP TO EXT. PREP

● SWITCH UP TO PREP LEVEL SINGLE LEG (REMAINS CONNECTED)

● PREP LEVEL SINGLE LEG LOW TO LOW TICK TO PREP LEVEL SINGLE LEG (REMAINS CONNECTED)

● ½ UP PREP LEVEL SINGLE LEG, ¼ TURN LOW TO LOW TICK TO PREP LEVEL SINGLE LEG (REMAINS CONNECTED)

● ½ TURN SWITCH UP TO PREP LEVEL SINGLE LEG (REMAINS CONNECTED)

● GROUND LEVEL CARTWHEEL IN TO EXT. PREP

● ROUND OFF J-UP (PLANK) TO EXT. PREP

● ROUND OFF J-UP (PLANK) TO PREP LEVEL SINGLE LEG

● ROUND OFF ½ TURN J-UP TO EXT. PREP LEVEL SINGLE LEG

● EXT. PREP, LOW TO LOW HALF AROUND TO EXT. PREP (REMAINS CONNECTED)

● EXT. PREP, LOW TO HIGH HALF AROUND TO EXT. (REMAINS CONNECTED TO BOTH FEET)

● EXTENSION HIGH TO HIGH HALF AROUND TO EXT. (REMAIN CONNECTED TO BOTH FEET)

FRONT PERSON REQUIRED AS SPOTTER

INTERMEDIATE SKILLS:

● QUICK TOSS TO EXT. PREP

● EXTENDED SINGLE LEG

● ½ UP SINGLE LEG

● FULL UP EXTENSION (Grips determine the difficulty, ex. Modified vs traditional)

● SWITCH UP TO PREP LEVEL SINGLE LEG

● PREP LEVEL SINGLE LEG LOW TO LOW TICK TO SINGLE LEG

● PREP LEVEL SINGLE LEG LOW TO HIGH TICK TO SINGLE LEG (CONNECTION REMAINS)

● PREP LEVEL SINGLE LEG LOW TO HIGH ¼ TURN TICK TO SINGLE LEG (CONNECTION REMAINS)

● ROUND OFF (PLANK), FRONT FLIP TO LOAD

● INVERTED PLANK AT SHOULDER LEVEL, POP THROUGH TO EXT. PREP

● REWIND TO LOAD

● REWIND TO EXT. PREP

● EXT. PREP, LOW TO LOW FULL AROUND TO EXT. PREP

● EXT. PREP, LOW TO HIGH FULL AROUND TO EXT. (REMAINS CONNECTED)

● EXTENSION HIGH TO HIGH FULL AROUND TO EXTENSION (REMAINS CONNECTED)

● ROUND OFF J-UP TO EXTENSION

● ROUND OFF J-UP TO SINGLE LEG

● QUICK TOSS FULL UP TO EXT. PREP

● ROUND OFF (PLANK) TO EXT. PREP (RELEASED)

● HAND TO HAND, POP THROUGH TO EXT. PREP (RELEASED)

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ADVANCED SKILLS:

* QUICK TOSS TO EXTENSION
* EXT. PREP BALL UP TO EXTENSION
* GROUND UP BALL UP TO EXTENSION
* 1 ½ UP EXTENSION
* QUICK TOSS FULL UP TO EXTENSION
* EXT. PREP BALL UP FULL UP TO EXTENSION
* GROUND UP BALL UP FULL UP TO EXTENSION
* ROUND OFF (PLANK) UP TO EXTENSION (RELEASED)
* ROUND OFF (PLANK) UP TO SINGLE LEG (RELEASED)

ELITE SKILLS:

● SWITCH UP TO SINGLE LEG

● GROUND UP BALL UP TO SINGLE LEG

● SINGLE LEG LOW TO HIGH TICK TO SINGLE LEG

● ¼-1/2 TURN SWITCH UP TO SINGLE LEG

● LIBERTY HIGH TO HIGH TICK TO SINGLE LEG

● INVERSION POSITION AT SHOULDER LEVEL, POP THROUGH TO EXTENSION

● QUICK TOSS TO SINGLE LEG

● EXT. PREP BALL UP TO SINGLE LEG

● FULL UP TO SINGLE LEG

● EXT. PREP, LOW TO HIGH FULL AROUND TO SINGLE LEG

● BACK HANDSPRING UP TO EXTENSION (RELEASED)

● SINGLE LEG, HIGH TO HIGH ¼ TURN TICK TO SINGLE LEG

● INVERSION POSITION AT SHOULDER LEVEL, POP THROUGH TO SINGLE LEG

● FULL UP SWITCH UP TO SINGLE LEG

● EXTENSION, HIGH TO HIGH FULL AROUND TO SINGLE LEG

● 1 ½ UP TO SINGLE LEG

● DOUBLE UP TO EXTENSION

● DOUBLE UP TO SINGLE LEG

● BACK HANDSPRING UP TO SINGLE LEG (RELEASED)

● SINGLE LEG, LOW TO HIGH OR HIGH TO HIGH FULL AROUND TO SINGLE LEG

● EXT. PREP BALL UP FULL UP TO SINGLE LEG

● GROUND UP BALL UP FULL UP TO SINGLE LEG

● HAND TO HAND, POP THROUGH TO EXTENSION OR SINGLE LEG

**\*\* ANY UNASSISTED, EXTENDED COED SKILL WILL ALSO BE CONSIDERED AN ELITE SKILL**

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COED STYLE STUNTS

NOVICE:

● SHOULDER STAND (CALF POP, PURDUE-UP, ETC.)

● ASSISTED WALK IN CHAIR

● ASSISTED TOSS CHAIR

● ASSISTED WALK IN HANDS

● ASSISTED TOSS HANDS

● COED SKILLS AT PREP LEVEL

● WALK-IN CHAIR

● WALK-IN HANDS

● TOSS CHAIR

● TOSS HANDS (CONNECTION REMAINS)

● EXTENSION

INTERMEDIATE:

● TOSS CHAIR

● TOSS HANDS

● ASSISTED COED SKILLS AT EXTENDED LEVEL

● EXTENSION

● TOSS HANDS, PRESS TO SINGLE LEG

● WALK-IN EXTENSION

● WALK-IN SINGLE LEG

● TOE PITCH TO REVERSE HANDS, HITCH ½ TURN STAIR STEPPER TO SINGLE LEG

ADVANCED:

● TOSS EXTENSION

● TOSS TARGET/PLATFORM

● TOSS TARGET/PLATFORM, PULL TO LIBERTY

● TOSS LIBERTY

● BALL-UP TO LIBERTY

● TOSS LOW LIBERTY TICK TO HIGH LIBERTY

● TOSS HANDS, PRESS TO CUPIE

● TOSS HANDS, PRESS TO 1-ARM LIBERTY

● TOSS CUPIE

● TOSS 1-ARM LIBERTY

● TOSS FULL UP TO HANDS

● TOSS FULL UP TO TARGET/PLATFORM

● TOE PITCH TO REVERSE HANDS, ½ AROUND TO TARGET/PLATFORM

● TOSS HANDS, FULL AROUND TO TARGET/PLATFORM

● TOSS HANDS, PRESS TO LIBERTY

● TOSS HANDS, PRESS TO LIBERTY, HIGH TO HIGH TICK TO LIBERTY

● ROUND-OFF (PLANK) UP TO HANDS

● ROUND-OFF (PLANK) UP TO TARGET/PLATFORM

● BACK HANDSPRING UP TO HANDS

**\*\* ANY UNASSISTED, EXTENDED COED SKILL WILL ALSO BE CONSIDERED AN ELITE SKILL**

● BACK HANDSPRING UP TO TARGET/PLATFORM

● HAND IN HAND, POP THROUGH TO HANDS

● HAND IN HAND, POP THROUGH TO TARGET/PLATFORM