

Category	STUNT DIFFICULTY	PYRAMID DIFFICULTY
LEVEL 2 Examples of Level Appropriate Skills	<ul style="list-style-type: none"> * 2 feet at extended level * Single leg stunts at prep level * 1/2 up/down to/from extended level 2 leg stunt * 1/2 up/down to/from 1 leg stunt at prep level * Non-released switch up to prep level * Non-released tic-tock to/at prep level * Non-released Invert up from the floor into a stunt * Leap Frog * Barrel Roll * Straight or 1/4 cradle from extension or single leg at prep level 	<ul style="list-style-type: none"> * Stunt skill braced at the beginning or completion of the skill * Braced arm/arm extended single leg connected to prep * Braced prep level paper dolls * Braced non-released switch up to extended level * Braced non-released tic-tock to extended level * Braced 1/2 up/down to/from extended single leg * Braced straight ride release to cradle * Cradle from extended single leg
LEVEL 3 Examples of Level Appropriate Skills	<ul style="list-style-type: none"> * Extended single leg stunts * 1/2 up/down to/from extended level single leg stunts * Full up/down to/from prep level or below * Released non-twisting switch up to prep level or below * Non-released switch up or tic to extended level * Quick toss from ground level to prep level or below * Suspended rolls * Suspended full twisting forward roll * Non-released invert up to extended single leg * Downward invert below prep level * Static inversions at prep level or below * Straight or 1/4 cradle from extended single leg * Full down from 2 feet 	<ul style="list-style-type: none"> * Stunt skill braced at the beginning or completion of the skill * Braced arm/arm extension connected to extension * Braced hand/foot extended single leg connected to prep * Braced non-inverted releases (Flyer is braced by 2 people at prep level) * Braced full up to extended single leg * Braced tic-tock to/at extended level (Flyer is braced by 2 people at prep level) * Braced roll
LEVEL 4 Examples of Level Appropriate Skills	<ul style="list-style-type: none"> * Full up/down to/from extension or platform * 1 1/2 up/down to/from prep level * Released non-twisting switch up to extended level * Released twisting switch up to prep level * Released tic-tock from prep level to prep level * Released twisting tic-tock from prep level to prep level * Quick Toss non-twisting release from ground level to extended level * Quick Toss twisting release from ground level to prep level or below * Released inversion from ground level to upright below prep level * Released inversion from prep level to upright at prep level or below * Non-released full twisting invert up to platform or extension * Downward inversion from prep level * Full down from 1 leg * 2 skill cradle 	<ul style="list-style-type: none"> * Stunt skill braced at the beginning or completion of the skill * Braced arm/arm extension connected to an extended single leg * Braced 1 1/2 to extended level * Braced non-twisting inverted releases (Flyer braced to 2 people at prep by arm/arm) * Braced upright releases from prep level to extended level (Flyer is braced by 1 person at prep level)
LEVEL 5 Examples of Level Appropriate Skills	<ul style="list-style-type: none"> * Full up to extended single leg * 1 1/2 up to extended level * Released twisting switch up to extended level * Quick Toss twisting release from ground level to extended level * Upright non-twisting release from 2 feet at prep level to 2 feet at extended level * Upright twisting release from 2 feet at prep level to 2 feet at extended level * Upright non-twisting release from 1 foot at prep level to 2 feet at extended level * Upright twisting release from 1 foot at prep level to 2 feet at extended level * Upright non-twisting release from 2 legs at prep level to 1 leg at extended level * Upright twisting release from 2 legs at prep level to 1 leg at extended level * Upright non-twisting release from 1 leg at prep level to 1 leg at extended level * Upright twisting release from 1 leg at prep level to 1 leg at extended level * Released 1/4 twisting invert from prep level to upright at prep level * Full twisting invert up to extended single leg 	<ul style="list-style-type: none"> * Stunt skill braced at the beginning or completion of the skill * Braced arm/arm extended single leg connected to an extended single leg * Braced inverted half twisting releases (Flyer braced to 2 people at prep by arm/arm)
LEVEL 6 Examples of Level Appropriate Skills	<ul style="list-style-type: none"> * Non-twisting rewind (limited to 1 1/4 rotations) * Twisting rewind (limited to 1 1/4 rotations and 1/2 twist) * Front flip from shoulder level to a cradle, horizontal position, or the performance surface * Back flip from shoulder level to cradle or horizontal position * Release from cradle to invert * Arabian dismounts from shoulder level * Dismounts up to 2 twisting rotations 	<ul style="list-style-type: none"> * Stunt skill braced at the beginning or completion of the skill * 2 1/2 high vertical pyramid structures * 2 1/2 high horizontal pyramid structures * 2-1-1 Thigh Stand Tower pyramid structure * Front flip dismount to cradle, horizontal position or the performing surface from 2 1/2 high. * Non-twisting Flip into pyramid (limited to 1 1/4 rotations) * Legal transitions to and from 2 1/2 high pyramid structures

This list is not exhaustive. Please refer to the AACCA safety rules document to determine if a skill that is not listed is legal.