

Range	STUNT DIFFICULTY	PYRAMID DIFFICULTY
3.0 - 2.0	REQUIRED SKILLS: Prep level 2 leg stunts or 1 leg variations below prep level	Braced extended 2 leg stunts or Braced 1 leg stunts at prep level
	<i>Examples of additional range appropriate skills</i> <ul style="list-style-type: none"> * 2 leg stunts below prep level * Single leg stunts at prep level with a bracer * 1/4 up/down to/from prep level or below * Non-released switch up to below prep level * Non-released switch up to prep level with a bracer * Non-released tic-tock below prep level * Non-released tic-tock to/at/from prep level with a bracer * Inversions on the ground * Straight cradle from a prep 	<ul style="list-style-type: none"> * Stunt skill braced at the beginning or completion of the skill * Braced arm/arm single leg below prep level * Braced non-released tic-tock to/at prep level * Braced 1/4 up/down to/from extended level * Cradle from single leg at prep level
4.0 - 3.0	REQUIRED SKILLS: Extended 2 leg stunts or 1 leg variations at prep level	Braced extended 1 leg stunts
	<i>Examples of additional range appropriate skills</i> <ul style="list-style-type: none"> * 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 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 * Straight Ride Tosses
5.0 - 4.0	REQUIRED SKILLS: Extended 1 leg stunts & Single Twist from 2 leg stunt	Extended 1 leg stunts with multiple transitional sequences, at least 1 of which is a release pyramid transition and multiple extended structures.
	<i>Examples of additional range appropriate skills</i> <ul style="list-style-type: none"> * 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 braced with 2 hands * Suspended full twisting forward roll braced with 2 hands * 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 	<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 * Single Skill Non-Twisting Toss * Full Twisting Toss

RANGE	STANDING TUMBLING DIFFICULTY	RUNNING TUMBLING DIFFICULTY
3.0 - 2.0	REQUIRED SKILLS: Forward/Backward Roll, Cartwheel, or Round off	
	<i>Examples of additional range appropriate skills</i> <ul style="list-style-type: none"> * Front Walkover * Back Walkover 	<ul style="list-style-type: none"> * Front Walkover-Round off * Front walkover-Cartwheel-Back Walkover
4.0 - 3.0	REQUIRED SKILLS: Standing Back Handspring or Round off-Back Handspring	
	<i>Examples of additional range appropriate skills</i> <ul style="list-style-type: none"> * Back Walkover-Back Handspring * Back Handspring step out-Back Walkover-Back Handspring 	<ul style="list-style-type: none"> * Front handspring * Round off-Back handspring series * Front handspring step out-Round off-Back handspring * Front handspring step out-Round off-Back Handspring series * Front Handspring-Bounder
5.0 - 4.0	REQUIRED SKILLS: Back Handspring Series, Jump-Handspring combinations, Round off-Back Handspring-Back Tuck or Round off-Back Tuck	
	<i>Examples of additional range appropriate skills</i> <ul style="list-style-type: none"> * Jump-Bounder * Jump-Handspring Back Handspring series 	<ul style="list-style-type: none"> * Aerial Cartwheel * Punch Front * Aerial-chasse-Aerial * Aerial Cartwheel-chasse-Round off-(handspring)-Back tuck * Front Handspring step out-Round off-Back Handspring-Back tuck * Front Handspring step out-Round off-Back Handspring series-Back Tuck

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RANGE	STUNT DIFFICULTY	PYRAMID DIFFICULTY
2.0 - 1.0	REQUIRED SKILLS:	Prep level 2 leg stunts or 1 leg variations below prep level
	Examples of additional range appropriate skills	<ul style="list-style-type: none"> * 2 leg stunts below prep level * Single leg stunts at prep level with a bracer * 1/4 up/down to/from prep level or below * Non-released switch up to below prep level * Non-released switch up to prep level with a bracer * Non-released tic-tock below prep level * Non-released tic-tock to/at/from prep level with a bracer * Inversions on the ground * Straight cradle from a prep
3.0 - 2.0	REQUIRED SKILLS:	Extended 2 leg stunts or 1 leg variations at prep level
	Examples of additional range appropriate skills	<ul style="list-style-type: none"> * 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
4.0 - 3.0	REQUIRED SKILLS:	Extended 1 leg stunts & Single Twist from 2 leg stunt
	Examples of additional range appropriate skills	<ul style="list-style-type: none"> * 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 braced with 2 hands * Suspended full twisting forward roll braced with 2 hands * 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
5.0 - 4.0	REQUIRED SKILLS:	Elite Skills*, Single Twist from 1 leg stunts, or extended stunt sequences by an unassisted single base
	Examples of Elite Skills	<ul style="list-style-type: none"> * Full up/down to/from extension or platform * 1 1/2 up/down to/from prep level * Suspended Roll braced with 1 arm * Suspended full twisting forwards roll braced with 1 arm * 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 * 2 skill cradle
5.0 - 4.0	REQUIRED SKILLS:	Extended 1 leg stunts with multiple transitional sequences, at least 1 of which is a release pyramid transition and multiple extended structures.
	Examples of Elite Skills	<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 * Single Skill Non-Twisting Toss * Full Twisting Toss
5.0 - 4.0	REQUIRED SKILLS:	Extended 1 leg stunts with multiple transitional sequences, at least 1 of which is a braced flip transition/arm braced tic tock and multiple extended structures
	Examples of Elite Skills	<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) * Two Skill Non-Twisting Toss * Single Skill+Single Twist Toss
5.0 - 4.0	REQUIRED SKILLS:	Extended 1 leg stunts with multiple transitional sequences, at least 1 of which is a braced flip transition/arm braced tic tock and multiple extended structures
	Examples of Elite Skills	<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) * Triple Skill Non-Twisting Toss * Two Skill+Single Twist Toss

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RANGE	STANDING TUMBLING DIFFICULTY	RUNNING TUMBLING DIFFICULTY
2.0 - 1.0 <i>Examples of additional range appropriate skills</i>	REQUIRED SKILLS: Forward/Backward Roll, Cartwheel, or Round off	
	<ul style="list-style-type: none"> * Front Walkover * Back Walkover 	<ul style="list-style-type: none"> * Front Walkover-Round off * Front walkover-Cartwheel-Back Walkover
3.0 - 2.0 <i>Examples of additional range appropriate skills</i>	REQUIRED SKILLS: Standing Back Handspring or Round off-Back Handspring	
	<ul style="list-style-type: none"> * Back Walkover-Back Handspring * Back Handspring step out-Back Walkover-Back Handspring 	<ul style="list-style-type: none"> * Front handspring * Round off-Back handspring series * Front handspring step out-Round off-Back handspring * Front handspring step out-Round off-Back Handspring series * Front Handspring-Bounder
4.0 - 3.0 <i>Examples of additional range appropriate skills</i>	REQUIRED SKILLS: Back Handspring Series, Jump-Handspring combinations, Round off-Back Handspring-Back Tuck or Round off-Back Tuck	
	<ul style="list-style-type: none"> * Jump-Bounder * Jump-Handspring Back Handspring series 	<ul style="list-style-type: none"> * Aerial Cartwheel * Punch Front * Aerial-chasse-Aerial * Aerial Cartwheel-chasse-Round off-Back tuck * Aerial Cartwheel-chasse-Round off-Back Handspring-Back Tuck * Front Handspring step out-Round off-Back Handspring-Back tuck * Front Handspring step out-Round off-Back Handspring series-Back Tuck
5.0 - 4.0 <i>Examples of additional range appropriate skills</i>	REQUIRED SKILLS: Standing Back Tuck, Standing Back Handspring-Back Tuck, Round off-Back Handspring-Back Layout, or Round off-Back Layout	
	<ul style="list-style-type: none"> * Onodi * Handspring-Layout * Handspring-Whip-Handspring-Back Tuck * Handspring-Whip-Handspring-Back Layout * Jump-Back Handspring-Layout * Jump-Handspring-Whip-Handspring-Back Tuck * Jump-Handspring-Whip-Handspring-Back Layout 	<ul style="list-style-type: none"> * Aerial Walkover * Front handspring-Punch Front/layout * Round off-handspring-whip-handspring-Tuck/Layout * Punch Front step out-Round off-Back Layout * Punch Front step out-Round off-Back handspring-Back layout
	<ul style="list-style-type: none"> * Handspring-Full * Standing Full * Jump-Tuck * Jump-Handspring-Full * Jump-Full 	<ul style="list-style-type: none"> * Round off-Full * Round off-Back Handspring-Full * Barani * Round off-Arabian * Front Full * Front handspring-Front Full

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