

Range	STUNT DIFFICULTY	PYRAMID DIFFICULTY
<b>3.0 - 2.0</b>	<b>REQUIRED SKILLS:</b> Prep level 2 leg stunts or 1 leg variations below prep level	<b>Braced extended 2 leg stunts or Braced 1 leg stunts at prep level</b>
	Examples of additional range appropriate skills <ul style="list-style-type: none"> <li>* 2 leg stunts below prep level</li> <li>* Single leg stunts at prep level with a bracer</li> <li>* 1/4 up/down to/from prep level or below</li> <li>* Non-released switch up to below prep level</li> <li>* Non-released switch up to prep level with a bracer</li> <li>* Non-released tic-tock below prep level</li> <li>* Non-released tic-tock to/at/from prep level with a bracer</li> <li>* Inversions on the ground</li> <li>* Straight cradle from a prep</li> </ul>	<ul style="list-style-type: none"> <li>* Stunt skill braced at the beginning or completion of the skill</li> <li>* Braced arm/arm single leg below prep level</li> <li>* Braced non-released tic-tock to/at prep level</li> <li>* Braced 1/4 up/down to/from extended level</li> <li>* Cradle from single leg at prep level</li> </ul>
<b>4.0 - 3.0</b>	<b>REQUIRED SKILLS:</b> Extended 2 leg stunts or 1 leg variations at prep level	<b>Braced extended 1 leg stunts</b>
	Examples of additional range appropriate skills <ul style="list-style-type: none"> <li>* 1/2 up/down to/from extended level 2 leg stunt</li> <li>* 1/2 up/down to/from 1 leg stunt at prep level</li> <li>* Non-released switch up to prep level</li> <li>* Non-released tic-tock to/at prep level</li> <li>* Non-released invert up from the floor into a stunt</li> <li>* Leap Frog</li> <li>* Barrel Roll</li> <li>* Straight or 1/4 cradle from extension or single leg at prep level</li> </ul>	<ul style="list-style-type: none"> <li>* Stunt skill braced at the beginning or completion of the skill</li> <li>* Braced prep level paper dolls</li> <li>* Braced non-released switch up to extended level</li> <li>* Braced non-released tic-tock to extended level</li> <li>* Braced 1/2 up/down to/from extended single leg</li> <li>* Braced straight ride release to cradle</li> <li>* Cradle from extended single leg</li> <li>* Straight Ride Tosses</li> </ul>
<b>5.0 - 4.0</b>	<b>REQUIRED SKILLS:</b> Extended 1 leg stunts & Single Twist from 2 leg stunt	<b>Extended 1 leg stunts with multiple transitional sequences, at least 1 of which is a release pyramid transition and multiple extended structures.</b>
	Examples of additional range appropriate skills <ul style="list-style-type: none"> <li>* 1/2 up/down to/from extended level single leg stunts</li> <li>* Full up/down to/from prep level or below</li> <li>* Released non-twisting switch up to prep level or below</li> <li>* Non-released switch up or tic to extended level</li> <li>* Quick toss from ground level to prep level or below</li> <li>* Suspended rolls braced with 2 hands</li> <li>* Suspended full twisting forward roll braced with 2 hands</li> <li>* Non-released invert up to extended single leg</li> <li>* Downward invert below prep level</li> <li>* Static inversions at prep level or below</li> <li>* Straight or 1/4 cradle from extended single leg</li> </ul>	<ul style="list-style-type: none"> <li>* Stunt skill braced at the beginning or completion of the skill</li> <li>* Braced arm/arm extension connected to extension</li> <li>* Braced hand/foot extended single leg connected to prep</li> <li>* Braced non-inverted releases (Flyer is braced by 2 people at prep level)</li> <li>* Braced full up to extended single leg</li> <li>* Braced tic-tock to/at extended level (Flyer is braced by 2 people at prep level)</li> <li>* Braced roll</li> <li>* Single Skill Non-Twisting Toss</li> <li>* Full Twisting Toss</li> </ul>

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

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

RANGE	STUNT DIFFICULTY	PYRAMID DIFFICULTY
2.0 - 1.0	<b>REQUIRED SKILLS:</b>	<b>Prep level 2 leg stunts or 1 leg variations below prep level</b>
	<i>Examples of additional range appropriate skills</i>	<ul style="list-style-type: none"> <li>* 2 leg stunts below prep level</li> <li>* Single leg stunts at prep level with a bracer</li> <li>* 1/4 up/down to/from prep level or below</li> <li>* Non-released switch up to below prep level</li> <li>* Non-released switch up to prep level with a bracer</li> <li>* Non-released tic-tock below prep level</li> <li>* Non-released tic-tock to/at/from prep level with a bracer</li> <li>* Inversions on the ground</li> <li>* Straight cradle from a prep</li> </ul>
3.0 - 2.0	<b>REQUIRED SKILLS:</b>	<b>Extended 2 leg stunts or 1 leg variations at prep level</b>
	<i>Examples of additional range appropriate skills</i>	<ul style="list-style-type: none"> <li>* 1/2 up/down to/from extended level 2 leg stunt</li> <li>* 1/2 up/down to/from 1 leg stunt at prep level</li> <li>* Non-released switch up to prep level</li> <li>* Non-released tic-tock to/at prep level</li> <li>* Non-released invert up from the floor into a stunt</li> <li>* Leap Frog</li> <li>* Barrel Roll</li> <li>* Straight or 1/4 cradle from extension or single leg at prep level</li> </ul>
4.0 - 3.0	<b>REQUIRED SKILLS:</b>	<b>Extended 1 leg stunts &amp; Single Twist from 2 leg stunt</b>
	<i>Examples of additional range appropriate skills</i>	<ul style="list-style-type: none"> <li>* 1/2 up/down to/from extended level single leg stunts</li> <li>* Full up/down to/from prep level or below</li> <li>* Released non-twisting switch up to prep level or below</li> <li>* Non-released switch up or tic to extended level</li> <li>* Quick toss from ground level to prep level or below</li> <li>* Suspended rolls braced with 2 hands</li> <li>* Suspended full twisting forward roll braced with 2 hands</li> <li>* Non-released invert up to extended single leg</li> <li>* Downward invert below prep level</li> <li>* Static inversions at prep level or below</li> <li>* Straight or 1/4 cradle from extended single leg</li> </ul>
5.0 - 4.0	<b>REQUIRED SKILLS:</b>	<b>Elite Skills*, Single Twist from 1 leg stunts, or extended stunt sequences by an unassisted single base</b>
	<i>Examples of Elite Skills</i>	<ul style="list-style-type: none"> <li>* Full up/down to/from extension or platform</li> <li>* 1 1/2 up/down to/from prep level</li> <li>* Suspended Roll braced with 1 arm</li> <li>* Suspended full twisting forwards roll braced with 1 arm</li> <li>* Released non-twisting switch up to extended level</li> <li>* Released twisting switch up to prep level</li> <li>* Released tic-tock from prep level to prep level</li> <li>* Released twisting tic-tock from prep level to prep level</li> <li>* Quick Toss non-twisting release from ground level to extended level</li> <li>* Quick Toss twisting release from ground level to prep level or below</li> <li>* Released inversion from ground level to upright below prep level</li> <li>* Released inversion from prep level to upright at prep level or below</li> <li>* Non-released full twisting invert up to platform or extension</li> <li>* Downward inversion from prep level</li> <li>* 2 skill cradle</li> </ul>
		<b>Braced extended 2 leg stunts or Braced 1 leg stunts at prep level</b>
		<ul style="list-style-type: none"> <li>* Stunt skill braced at the beginning or completion of the skill</li> <li>* Braced arm/arm single leg below prep level</li> <li>* Braced non-released tic-tock to/at prep level</li> <li>* Braced 1/4 up/down to/from extended level</li> <li>* Cradle from single leg at prep level</li> </ul>
		<b>Braced extended 1 leg stunts</b>
		<ul style="list-style-type: none"> <li>* Stunt skill braced at the beginning or completion of the skill</li> <li>* Braced prep level paper dolls</li> <li>* Braced non-released switch up to extended level</li> <li>* Braced non-released tic-tock to extended level</li> <li>* Braced 1/2 up/down to/from extended single leg</li> <li>* Braced straight ride release to cradle</li> <li>* Cradle from extended single leg</li> <li>* Straight Ride Tosses</li> </ul>
		<b>Extended 1 leg stunts with multiple transitional sequences, at least 1 of which is a release pyramid transition and multiple extended structures.</b>
		<ul style="list-style-type: none"> <li>* Stunt skill braced at the beginning or completion of the skill</li> <li>* Braced arm/arm extension connected to extension</li> <li>* Braced hand/foot extended single leg connected to prep</li> <li>* Braced non-inverted releases (Flyer is braced by 2 people at prep level)</li> <li>* Braced full up to extended single leg</li> <li>* Braced tic-tock to/at extended level (Flyer is braced by 2 people at prep level)</li> <li>* Braced roll</li> <li>* Single Skill Non-Twisting Toss</li> <li>* Full Twisting Toss</li> </ul>
		<b>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</b>
		<ul style="list-style-type: none"> <li>* Stunt skill braced at the beginning or completion of the skill</li> <li>* Braced arm/arm extension connected to an extended single leg</li> <li>* Braced 1 1/2 to extended level</li> <li>* Braced non-twisting inverted releases (Flyer braced to 2 people at prep by arm/arm)</li> <li>* Braced upright releases from prep level to extended level (Flyer is braced by 1 person at prep level)</li> <li>* Two Skill Non-Twisting Toss</li> <li>* Single Skill+Single Twist Toss</li> </ul>
		<ul style="list-style-type: none"> <li>* Stunt skill braced at the beginning or completion of the skill</li> <li>* Braced arm/arm extended single leg connected to an extended single leg</li> <li>* Braced inverted half twisting releases (Flyer braced to 2 people at prep by arm/arm)</li> <li>* Triple Skill Non-Twisting Toss</li> <li>* Two Skill+Single Twist Toss</li> </ul>

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

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