

Category	STUNT DIFFICULTY	PYRAMID DIFFICULTY
LEVEL 1 Examples of Level Appropriate Skills	<ul style="list-style-type: none"> * 2 leg stunts below prep level * 2 leg stunts at prep level * Single 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 extension connected to prep * Braced arm/arm single leg at prep level connected to prep level or below * 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
LEVEL 2 (Novice) 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 (Intermediate) 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

Teams that register for the Intermediate division are limited to performing Level 1, 2, and 3 skills.

Teams that register for the Advanced division can perform a Level 1, 2, 3, 4 and 5 skill.

LEVEL 4 (Excel) 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 (Advanced) 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)

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