

# SCHOOL LEVEL APPROPRIATE SKILLS

(Needed for US FINALS)

School teams will need to perform a minimum of 4 level appropriate skills to increase their stunt difficulty at US Finals. Below you will find a list of examples of skills US Finals is allowing teams to perform. Many school teams are also required to follow NFHS or AACCA rules by their state/county/school division beyond the currently listed rule set released by US Finals. On the right you will notice skills that are not allowed by NFHS/AACCA. Upon receiving a bid from The EPIC Brands to US Finals please make sure you are following the rules of your school division as well as performing skills within the guidelines set by US Finals.

US FINALS LEVEL APPROPRIATE LIST	SKILLS THAT ARE NOT LEGAL PER NFHS/AACCA
<b>NOVICE (Level 2)</b>	
<p>1/2 twisting transition to extended 2 foot stunt</p> <p>Tic-Tock to/at prep level (body position to body position) -</p> <p>1/2 twisting tic-tock to/at prep level 1 leg stunt</p> <p>1/2 twisting inversion from ground level to prep level 1 leg stunt</p> <p>Inversion from ground level to extended 2 foot stunt</p> <p>1/4 twisting inversion from ground level to extended 2 foot stunt</p> <p>1/2 twisting inversion from ground level to extended 2 foot stunt</p>	<p>* All skills listed in the novice division are legal, but a base/spotter must be connected to the flyer throughout each transition. The flyer may not be released.</p>
<b>INTERMEDIATE (Level 3)</b>	
<p>1/2 up to extended 1 leg stunt</p> <p>Full up to prep level body position</p> <p>Prep level full twisting transition to prep level body position</p> <p>Lib at prep level or below to extended body position tic-tock</p> <p>Release skill: Ball up (from waist level), straddle up (from waist level), or switch up (from the ground) to prep level body position</p> <p>Inversion to extended 1 leg stunt</p> <p>1/2 twisting inversion to extended 1 leg stunt</p>	<p>NFHS/AACCA only allow 2 foot releases from waist level in tosses. Therefore, a ball up and straddle up from waist level are not allowed in stunts.</p>
<b>EXCEL (Level 4)</b>	
<p>1 1/2 twisting transition to prep level body position</p> <p>Extended full twisting transition to extended stunt</p> <p>Release skill: Tic-tock from extended level to prep level (body position to body position)</p> <p>Full twisting tic-tock from/to prep level 1 leg stunt</p> <p>Release skill from waist level: Ball up, straddle up, or release to extended body position (<i>does not include switch ups</i>)</p> <p>Full twisting ball up (from waist level), straddle up (from waist level) or switch up (from the ground) to prep level body position</p> <p>1 1/2 twisting ball up (from waist level), straddle up (from waist level) or switch up (from the ground) to prep level 1 leg stunt</p> <p>Full twisting inversion to extended stunt</p> <p>Released inversion from below prep level to extended stunt</p>	<p>NFHS/AACCA do not allow releases from extended level. Therefore, a tic-tock from extended level to prep level is not allowed.</p> <p>NFHS/AACCA only allow 2 foot releases from waist level in tosses. Therefore, a ball up, straddle up, or release from waist level is not allowed in stunts.</p> <p>NFHS/AACCA require that released inversions land at prep level or below.</p>
<b>ADVANCED (Level 5R)</b>	
<p>Full up to extended body position</p> <p>1 1/2 up to extended stunt</p> <p>1/4-3/4 twisting tic-tock to extended 1 leg stunt</p> <p>Switch up Full turn to extended 1 leg stunt</p> <p>1/2 Ball up to extended body position</p> <p>Released inversion from prep level or above to extended 1 leg stunt</p>	<p>NFHS/AACCA do not allow releases to begin at extended level. Therefore, a tic-tock from extended level to extended level is not allowed. The tic-tock's may begin at prep level and then land at extended level.</p> <p>Ball up from waist level is not allowed by NFHS/AACCA.</p> <p>NFHS/AACCA require that released inversions land at prep level or below.</p>