

Category	STANDING TUMBLING DIFFICULTY	RUNNING TUMBLING DIFFICULTY
LEVEL 1 Examples of Level Appropriate Skills	<ul style="list-style-type: none"> * Forward or Backward Rolls * Front or Back Walkover * Cartwheel from a lunge 	<ul style="list-style-type: none"> * Cartwheel * Round off * Front walkover-Cartwheel-Back Walkover
LEVEL 2 (Novice) Examples of Level Appropriate Skills	<ul style="list-style-type: none"> * Back Handspring * Back Walkover-Back Handspring * Back Handspring step out-Back Walkover-Back Handspring 	<ul style="list-style-type: none"> * Round off-Back handspring(s) * Front handspring step out-Round off-Back handspring(s) * Round off-Back Handspring step out-Round off-Back Handspring(s) * Front Handspring-Bounder
LEVEL 3 (Intermediate) Examples of Level Appropriate Skills	<ul style="list-style-type: none"> * Jump-Handspring(s) * Series Handsprings 	<ul style="list-style-type: none"> * Aerial Cartwheel * Round off-(handspring)-tuck * Punch Front * Aerial Cartwheel-chasse-Round off-(handspring)-tuck * Front Handspring step out-Round off-Back Handspring step out-Round off-(handspring)-tuck * Punch Front-step step-Round off-(handspring)-tuck

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 Level 1, 2, 3, 4 and 5 skills.

LEVEL 4 (Excel) Examples of Level Appropriate Skills	<ul style="list-style-type: none"> * Onodi * Handspring-Tuck/Layout * Handspring-Whip-Handspring-Tuck/Layout * Standing Tuck * Jump-Handspring-Tuck/Layout * Jump-Handspring-whip-Handspring-Tuck/Layout 	<ul style="list-style-type: none"> * Aerial Walkover * Round off-(handspring)-layout * Front handspring-Punch Front/layout * Round off-handspring-whip-handspring-Tuck/Layout * Punch Front step out-Round off-(handspring)-layout
LEVEL 5 (Advanced) Examples of Level Appropriate Skills	<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-(handspring)-full * Front handspring-Front Full * Round off-Arabian * Barani

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.