

2017-2018 RECREATION LEVEL APPROPRIATE STANDING & RUNNING TUMBLING SKILLS

* The Recreation Scoring System is designed for teams to be performing level appropriate skills in order to receive credit for difficulty in stunts, pyramids, standing tumbling, running tumbling, and tosses. Level appropriate skills are determined by the USASF Cheer Safety Rule allowances within each level. **The numeric level in which the skill is first allowed will be considered to be a level appropriate skill, and count for difficulty credit.** Below you will find the rule progression to aid teams in creating a legal but creative sequence, along with a list of examples of level appropriate skills. *(This document is a shortened version of the USASF Safety rules document, and does not provide an exhaustive list of every level appropriate skill. It is meant to be used as a guide. Please refer to usasfrules.com for the entire rules document to ensure all parts of your routine are legal. Page numbers are referenced below.)*

Level 1 and 3.1			
Standing Tumbling (USASF Page 14)	Level Appropriate Examples:	Running Tumbling (USASF Page 14)	Level Appropriate Examples:
A & B: Skills must involve constant contact with the performance surface.	Forward/Backward Roll Handstand 1 or 2 arm Cartwheel Bridge Kick over Front Limber 1 or 2 arm Front/Back Walkover Tinsica Valdez	A & B: Skills must involve constant contact with the performance surface.	Cartwheel Front Walkover into Cartwheel Cartwheel into Back Walkover
	C & D: Airborne skills are not allowed. <i>Exception: Block Cartwheels and Round offs are allowed.</i>		C & D: Airborne skills are not allowed. <i>Exception: Block Cartwheels and Round offs are allowed.</i>
		D: No tumbling is allowed in immediate combination after a round off.	Front walkover into Round off

Level 2			
Standing Tumbling (USASF Page 17)	Level Appropriate Examples:	Running Tumbling (USASF Page 17)	Level Appropriate Examples:
General Tumbling D: Dive Rolls are allowed. <i>(May not twist or arch.)</i>	Dive Roll (Hollow position)	B & C: Series front and back handsprings are allowed. <i>(Skills may not twist while airborne.)</i>	Front Handspring Bounder Cartwheel step together-Back Handspring Round off-Back Handspring Round off-Back Handspring series Front Handspring step out-Front Handspring Front Handspring-Bounder Front Handspring step out-Round off Back Handspring(s) Bounder-Bounder
B & D: Series front and back handsprings are not allowed. (Turning is not allowed after a back handspring step out.) <i>(Skills may not twist while airborne.)</i> A: Airborne skills without hand support are not allowed.	1 or 2 arm Back Handspring Back Handspring step out 1 or 2 arm Front Handspring (from a lunge) Front Limber-Dive Roll Back Walkover-Back Handspring Back Extension-Back Handspring Valdez-Back Handspring Front Walkover- Front Handspring (from a lunge) Tinsica-Front Handspring (from a lunge) Front Limber-Bounder Back Handspring step out-Back Walkover-Back Handspring	A: Airborne skills without hand support are not allowed.	
C: A Jump skill in immediate combination with a handspring is not allowed. <i>(A jump skill involves a change in body position during a jump.)</i>	T-jump -Back Handspring Straight Jump-Back Handspring T-jump -Bounder Straight jump-Bounder Back Handspring- T-jump -Back Handspring Back Handspring-Straight jump-Back Handspring		

Level 3

Standing Tumbling (USASF Page 20)	Level Appropriate Examples:	Running Tumbling (USASF Page 20)	Level Appropriate Examples:
<p>B & C: Series front and back handsprings are allowed. <i>(May not twist while airborne.)</i></p>	<p>1 or 2 arm Back Handspring series Back Walkover-Back Handspring series Jump-Back Handspring Jump-Back Handspring series Jump-Bounder Front Handspring-Bounder series (from a lunge) Jump-Bounder series</p>	<p>A & C: Front and back flips may only be performed in a tuck position. <i>(Flips may not twist.)</i> <i>Exception: Aerial Cartwheel</i></p>	<p>3/4 Front Flip Front Tuck Round off-Back Tuck Round off-Back Handspring-Back Tuck Round off-Back handspring series-Back Tuck Aerial Cartwheel Cartwheel-Aerial Cartwheel</p>
<p>A: Airborne skills without hand support are not allowed.</p>		<p>B: No tumbling is allowed after the airborne skill without hand support. <i>(An athlete must power hurdle or take additional steps after a flip or aerial before performing another pass.)</i></p>	<p>Aerial Cartwheel (chasse) Aerial Cartwheel Punch Front (step step) Round off-Tuck Punch Front (step step) Round off-Back Tuck Punch Front (step step) Round off-Back Handspring-Back Tuck Punch Front (step step) Punch Front</p>

Level 4

Standing Tumbling (USASF Page 25)	Level Appropriate Examples:	Running Tumbling (USASF Page 25)	Level Appropriate Examples:
<p>B: Handsprings are allowed to twist.</p>	<p>Onodi Jump-Onodi</p>	<p>A: Handsprings are allowed to twist.</p>	<p>Round off-Onodi</p>
<p>A & B: Standing flips and flips from back handspring entry are allowed. <i>(Airborne skills without hand support may not twist.)</i></p>	<p>3/4 Front flip Standing Back Tuck Standing Front Tuck Back Handspring-Back Tuck Back Handspring-Back Layout</p>	<p>A: Skills are allowed up to 1 flipping and 0 twisting rotations. <i>Exception: Aerial Cartwheels and Onodi's are allowed.</i></p>	<p>Aerial Walkover Round off-Back Handspring-Back Layout Punch Front-Round off-Back Handspring-Back Layout Front Handspring-Punch Front Front Handspring-Front Layout Round off-Back Handspring-Whip-Back Handspring-Back Layout</p>
<p>C: Consecutive flip-flip combinations are not allowed.</p>	<p>Back Handspring-Back Tuck-Back Handspring-Back Tuck Back Handspring-Whip-Back Handspring-Back Tuck Back Handspring-Whip-Back Handspring-Back Layout</p>	<p>A: Consecutive flip-flip combinations are allowed. <i>(Flipping skills are not allowed to twist.)</i></p>	<p>Round off-Back Tuck-Back Tuck Round off-Back Handspring-Whip-Back Layout Punch Front-Punch Front</p>
<p>D: Jump skills are not allowed in immediate combination with a standing flip.</p>	<p>Jump-Back Handspring-Back Tuck Jump-Back Handspring-Back Layout Jump-Back Handspring-Whip-Back Handspring-Back Tuck Jump-Back Handspring-Whip-Back Handspring-Back Layout</p>		