

RANGE	STUNT DIFFICULTY	PYRAMID & TOSS DIFFICULTY
4.0 - 3.0	REQUIRED SKILLS: 2 Leg Stunts at Prep level or below <i>OR</i> 1 Leg variations Below Prep level	Braced 2 Leg Stunts at Extended level or below <i>OR</i> Braced 1 Leg Stunt at Prep Level or below
	<i>Examples of additional range appropriate skills</i> * 2 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	* Stunt skill braced at the beginning or completion of the skill * Braced arm/arm single leg below prep level * 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
5.0 - 4.0	REQUIRED SKILLS: 2 Leg Extended Stunts <i>OR</i> 1 Leg variations at Prep level	Braced Extended 1 Leg Stunt
	<i>Examples of additional range appropriate skills</i> * 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	* Stunt skill braced at the beginning or completion of the skill * 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 * Straight Ride Tosses

RANGE	STANDING TUMBLING DIFFICULTY	RUNNING TUMBLING DIFFICULTY
4.0 - 3.0	REQUIRED SKILLS: Forward/Backward Roll, Cartwheel, <i>or</i> Round off	
	<i>Examples of additional range appropriate skills</i> * Front Walkover * Back Walkover	* Front Walkover-Round off * Front Walkover-Cartwheel-Back Walkover
5.0 - 4.0	REQUIRED SKILLS: Standing Back Handspring <i>or</i> Round off-Back Handspring	
	<i>Examples of additional range appropriate skills</i> * Back Walkover-Back Handspring * Back Handspring step out-Back Walkover-Back Handspring	* Front Handspring * Round off-Back Handspring series * Front Handspring step out-Round off-Back Handspring * Front Handspring step out-Round off-Back Handspring series * Front Handspring-Bounder

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

**2018-2019 SCHOOL
INTERMEDIATE SKILLS**

Range	STUNT DIFFICULTY	PYRAMID DIFFICULTY	
3.0 - 2.0	REQUIRED SKILLS:	2 Leg Stunts at Prep level or below OR 1 Leg variations Below Prep level	Braced 2 Leg Stunts at Extended level or below OR braced 1 Leg Stunt at Prep Level or below
	<i>Examples of additional range appropriate skills</i>	<ul style="list-style-type: none"> * 2 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 single leg below prep level * 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
4.0 - 3.0	REQUIRED SKILLS:	2 Leg Extended Stunts OR 1 Leg variations at Prep level	Braced Extended 1 Leg Stunts
	<i>Examples of additional range appropriate skills</i>	<ul style="list-style-type: none"> * 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 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 * Straight Ride Tosses
5.0 - 4.0	REQUIRED SKILLS:	Extended 1 Leg Stunts & Single Twist from 2 Leg Stunt	Multiple Extended Structures, including braced Extended 1 Leg Stunts with Multiple Transitional Elements (one must be a Release)
	<i>Examples of additional range appropriate skills</i>	<ul style="list-style-type: none"> * 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 braced with 2 hands * Suspended full twisting forward roll braced with 2 hands * 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 	<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 * Single Skill Non-Twisting Toss * Full Twisting Toss

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

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RANGE	STUNT DIFFICULTY	PYRAMID DIFFICULTY
3.0 - 2.0 <i>Examples of additional range appropriate skills</i>	REQUIRED SKILLS: 2 Leg Stunts at Extended level or below OR 1 Leg variations at Prep level or below	Braced 1 or 2 Leg Stunts Extended level or below
	<ul style="list-style-type: none"> * 2 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 single leg below prep level * 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
4.0 - 3.0 <i>Examples of additional range appropriate skills</i>	REQUIRED SKILLS: Extended 1 Leg Stunts & Single Twist from 2 Leg Stunt	Multiple Extended Structures, including braced Extended 1 Leg Stunts with Multiple Transitional Elements (one must be a Release)
	<ul style="list-style-type: none"> * 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 braced with 2 hands * Suspended full twisting forward roll braced with 2 hands * 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 	<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 * Single Skill Non-Twisting Toss * Full Twisting Toss
5.0 - 4.0 <i>Examples of Elite Skills</i>	REQUIRED SKILLS: Elite Skills* & Single Twist from 1 Leg Stunt, OR Extended Stunt sequences performed by an Unassisted Single Base	Multiple Extended Structures & braced Extended 1 Leg Stunts with Multiple Transitional Sequences (one must be a Braced Flip transition or Arm-Braced Tic-Tock)
	<ul style="list-style-type: none"> * Full up/down to/from extension or platform * 1 1/2 up/down to/from prep level * Suspended Roll braced with 1 arm * Suspended full twisting forwards roll braced with 1 arm * 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 * Upright non-twisting release from 1 foot at extended level to 1 or 2 feet at prep level or below * Upright non-twisting release from 2 feet at extended level to 1 or 2 feet at prep level or below * 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) * Two Skill Non-Twisting Toss * Single Skill+Single Twist Toss

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**2018-2019 SCHOOL
ADVANCED TUMBLING SKILLS**

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

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