

# FUTURE CHEER LEVEL APPROPRIATE & ELITE SKILLS GRID 2018-19: STUNTS

LAST UPDATED: 1<sup>ST</sup> OCTOBER

LEVEL 1					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<b>LEVEL APPROPRIATE</b>	<ul style="list-style-type: none"> <li>INVERSION TO GROUND LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>SWITCH UP TO LIB BELOW PREP LEVEL</li> <li>SWITCH UP TO BODY POSITION BELOW PREP LEVEL</li> <li>TIC TOC BELOW PREP LEVEL (LIB TO LIB)</li> <li>TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li>¼ TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li>¼ DOWN TO GROUND LEVEL</li> <li>¼ TWISTING TRANSITION FROM PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>STEP DOWN</li> <li>STRAIGHT CRADLE</li> </ul>	<ul style="list-style-type: none"> <li>BACK STAND</li> <li>PREP LEVEL SHOW AND GO</li> <li>STRADDLE SIT</li> <li>FLAT BACK</li> <li>EXTENDED STRADDLE SIT</li> <li>EXTENDED FLAT BACK</li> <li>PREP LEVEL 1 LEG STUNT WITH BRACER</li> <li>PREP LEVEL TO PRONE</li> <li>1 LEG STUNT BELOW PREP LEVEL</li> <li>SHOULDER SIT</li> <li>CHAIR</li> <li>SHOULDER STAND</li> <li>COMBINATION OF 2 OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>
<b>ELITE LEVEL APPROPRIATE</b>		<ul style="list-style-type: none"> <li>TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li>¼ TWISTING TRANSITION TO PREP</li> </ul>		<ul style="list-style-type: none"> <li>TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER</li> <li>¼ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH BRACER</li> </ul>
LEVEL 2					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<b>LEVEL APPROPRIATE</b>	<ul style="list-style-type: none"> <li>INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL</li> <li>INVERSION FROM GROUND LEVEL TO PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>SWITCH UP TO LIB PREP LEVEL</li> <li>TIC TOC PREP LEVEL (LIB TO LIB)</li> <li>TIC TOC PREP LEVEL (LIB TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li>½ TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li>½ TWISTING TRANSITION TO PREP LEVEL</li> <li>½ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> <li>½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> <li>½ TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>STRAIGHT CRADLE FROM EXTENSION</li> <li>STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION</li> <li>¼ TWISTING DISMOUNT FROM PREP OR EXTENSION</li> </ul>	<ul style="list-style-type: none"> <li>PRONE</li> <li>PREP LEVEL 1 LEG STUNT</li> <li>EXTENSION</li> <li>BARREL ROLL</li> <li>LEAP FROG VARIATIONS</li> <li>½ TWIST TO PRONE</li> <li>WALK IN PREP LEVEL PRESS EXTENSION</li> <li>COMBINATION OF 2 OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>
<b>ELITE LEVEL APPROPRIATE</b>	<ul style="list-style-type: none"> <li>INVERSION FROM GROUND LEVEL TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>TIC TOC PREP LEVEL (BODY POSITION TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li>½ TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>		<ul style="list-style-type: none"> <li>½ TWISTING INVERSION TO EXTENDED STUNT</li> <li>½ TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT</li> <li>½ TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT</li> </ul>
LEVEL 3					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<b>LEVEL APPROPRIATE</b>	<ul style="list-style-type: none"> <li>INVERTED BELOW PREP LEVEL</li> <li>INVERTED AT PREP LEVEL</li> <li>DOWNWARD INVERSION FROM BELOW PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>RELEASE TO PREP LEVEL OR BELOW</li> <li>SWITCH UP TO PREP LEVEL LIB</li> <li>BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL LIB</li> <li>TIC TOC BELOW PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB)</li> <li>TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB)</li> </ul>	<ul style="list-style-type: none"> <li>FULL UP BELOW PREP LEVEL</li> <li>FULL UP PREP LEVEL STUNT</li> <li>¼ TWISTING TRANSITION TO EXTENDED 1 LEG STUNT</li> <li>FULL UP TO PREP LEVEL 1 LEG STUNT</li> <li>PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT</li> <li>FULL DOWN FROM PREP</li> <li>¼ TWISTING DISMOUNT FROM EXTENDED 1 LEG STUNT</li> <li>FULL DOWN FROM EXTENSION</li> <li>SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING)</li> </ul>	<ul style="list-style-type: none"> <li>FULL TWIST TO PRONE FROM PREP LEVEL</li> <li>EXTENDED 1 LEG STUNT</li> <li>SUSPENDED FRONT FLIP</li> <li>SPECIALTY SUSPENDED FRONT FLIP (NON-TWISTING)</li> <li>SUSPENDED TWISTING FRONT FLIP</li> <li>TOSS HANDS</li> <li>SINGLE BASED 1 LEG EXTENDED STUNTS</li> <li>TOSS HAND PAUSE PRESS EXTENSION</li> <li>WALK IN EXTENSION</li> <li>COMBINATION OF 2 OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>
<b>ELITE LEVEL APPROPRIATE</b>	<ul style="list-style-type: none"> <li>INVERSION TO EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>TIC TOC PREP LEVEL LIB TO EXTENDED BODY POSITION</li> <li>SWITCH UP TO PREP LEVEL BODY POSITION</li> <li>BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>FULL UP TO PREP LEVEL BODY POSITION</li> <li>½ TWISTING TRANSITION TO EXTENDED 1 LEG STUNT</li> <li>PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> </ul>		<ul style="list-style-type: none"> <li>½ TWISTING INVERSION TO EXTENDED 1 LEG STUNT</li> <li>FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION)</li> </ul>

# FUTURE CHEER LEVEL APPROPRIATE & ELITE SKILLS GRID 2018-19: STUNTS

LEVEL 4					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<b>LEVEL APPROPRIATE</b>	<ul style="list-style-type: none"> <li>RELEASED INVERSION TO PREP LEVEL OR BELOW</li> <li>RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL</li> <li>DOWNWARD INVERSION FROM PREP LEVEL</li> <li>EXTENDED INVERTED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>RELEASE TO EXTENDED STUNT</li> <li>TIC TOC LIB TO LIB (HIGH TO LOW)</li> <li>HELICOPTER RELEASE MOVES</li> <li>RELEASE TO EXTENDED LIB</li> <li>SWITCH UP TO EXTENDED BODY POSITION</li> <li>FULL TWISTING RELEASE TO PREP LEVEL OR BELOW</li> <li>RELEASE FROM PREP LEVEL TO PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>1½ TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li>¾ TWISTING TRANSITION TO EXTENDED STUNT</li> <li>FULL UP TO EXGTENDED 2 LEG STUNT</li> <li>1½ TWISTING TRANSITION TO PREP LEVEL</li> <li>1½ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>FULL DOWN FROM EXGTENDED 1 LEG STUNT</li> <li>DOUBLE DOWN FROM PREP LEVEL</li> <li>DOUBLE DOWN FROM EXTENDED STUNT</li> <li>KICK FULL TWISTING DISMOUNT</li> </ul>	<ul style="list-style-type: none"> <li>TOSS EXTENSION</li> <li>TOSS 1 LEG EXTENDED STUNT</li> <li>COMBINATION OF 2 OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>
<b>ELITE LEVEL APPROPRIATE</b>	<ul style="list-style-type: none"> <li>RELEASED INVERSION FROM BELOW PREP LEVEL TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW BODY POSITION (HIGH TO LOW)</li> <li>BALL UP, STRADDLE UP AND/OR RELEASE TO EXTENDED BODY POSITION (NOT INCLUDING SWITCH UP)</li> </ul>	<ul style="list-style-type: none"> <li>FULL UP TO EXTENDED LIB (NOT BODY POSITION)</li> <li>1½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> <li>EXTENDED FULL TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>		<ul style="list-style-type: none"> <li>FULL TWISTING INVERSION TO EXGTENDED STUNT</li> <li>FULL TWISTING TIC TOC RELEASE TO PREP LEVEL 1 LEG STUNT</li> <li>FULL TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL BODY POSITION</li> <li>1½ TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL 1 LEG STUNT</li> </ul>
LEVEL 5 YOUTH, JUNIOR RESTRICTED & SENIOR RESTRICTED					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<b>LEVEL APPROPRIATE</b>	<ul style="list-style-type: none"> <li>DOWNWARD INVERSION FROM EXTENDED STUNT</li> <li>DOWNWARD INVERSION FROM EXGTENDED 1 LEG STUNT</li> <li>RELEASED INVERSION FROM PREP LEVEL TO EXTENSION</li> </ul>	<ul style="list-style-type: none"> <li>¼ TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>TIC TOC LIB TO LIB (HIGH TO HIGH)</li> <li>TIC TOC LIB TO LIB (LOW TO HIGH)</li> <li>½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>TIC TOC LIB TO BODY POSITION (LOW TO HIGH)</li> <li>TWISTING HELICOPTER RELEASE MOVES</li> </ul>	<ul style="list-style-type: none"> <li>FULL UP TO EXTENDED 1 LEG STUNT</li> <li>1¼ UP TO EXTENDED STUNT</li> <li>DOUBLE UP TO PREP LEVEL STUNT</li> </ul>	<ul style="list-style-type: none"> <li>DOUBLE DOWN FROM 1 LEG STUNT</li> <li>KICK DOUBLE TWISTING DISMOUNT</li> </ul>	<ul style="list-style-type: none"> <li>1½-2 TWISTS TO PRONE</li> <li>TOSS ¼-¾ TWIST TO EXTENDED STUNT</li> <li>TOSS EXTENDED 1 ARM STUNT</li> <li>TOSS FULL TWIST TO EXTENDED STUNT</li> <li>COMBINATION OF 2 OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>
<b>ELITE LEVEL APPROPRIATE</b>	<ul style="list-style-type: none"> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>TIC TOC EXTENDED 1 LEG STUNT TO BODY POSITION (HIGH TO HIGH)</li> <li>SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT</li> <li>½ TWISTING BALL UP TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>FULL UP TO EXTENDED BODY POSITION</li> <li>1½ UP TO EXTENDED STUNT</li> </ul>		<ul style="list-style-type: none"> <li>¼-¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT</li> <li>FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH)</li> </ul>
LEVEL 5					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<b>LEVEL APPROPRIATE</b>	<ul style="list-style-type: none"> <li>DOWNWARD INVERSION FROM EXTENDED STUNT</li> <li>DOWNWARD INVERSION FROM EXGTENDED 1 LEG STUNT</li> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION</li> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB</li> </ul>	<ul style="list-style-type: none"> <li>RELEASE TO PREP LEVEL OR BELOW</li> <li>SWITCH UP TO PREP LEVEL LIB</li> <li>BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL LIB</li> <li>TIC TOC BELOW PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB)</li> <li>TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB)</li> <li>SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT</li> <li>½ TWISTING BALL UP TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>FULL UP TO EXTENDED 1 LEG STUNT</li> <li>1¼ - 1¾ UP TO EXTENDED STUNT</li> <li>1¼ - 1¾ UP TO EXTENDED 1 LEG STUNT</li> <li>DOUBLE UP TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>DOUBLE DOWN FROM 1 LEG STUNT</li> <li>KICK DOUBLE TWISTING DISMOUNT</li> </ul>	<ul style="list-style-type: none"> <li>1½-2 TWISTS TO PRONE</li> <li>COED STYLE TOSS ¼-¾ TWIST TO EXTENDED STUNT</li> <li>¼-¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT</li> <li>FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH)</li> <li>COMBINATION OF 2 OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>
<b>ELITE LEVEL APPROPRIATE</b>	<ul style="list-style-type: none"> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>SWITCH UP FULL TWIST TO EXTENDED BODY POSITION</li> <li>TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH)</li> <li>FULL TWISTING BALL UP TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>1½ UP TO EXTENDED BODY POSITION</li> <li>1¾ UP TO EXTENDED BODY POSITION</li> <li>DOUBLE UP TO EXTENDED 1 LEG STUNT</li> </ul>		<ul style="list-style-type: none"> <li>UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT</li> <li>COED STYLE TOSS FRONT HANDSPRING RELEASE ½ TWIST TO EXTENDED STUNT</li> <li>FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (HIGH TO HIGH)</li> <li>TOSS FRONT HANDSPRING ½ UP RELEASE TO EXTENDED STUNT</li> <li>FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH)</li> </ul>

# FUTURE CHEER LEVEL APPROPRIATE & ELITE SKILLS GRID 2018-19: STUNTS

LEVEL 6					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<b>LEVEL APPROPRIATE</b>	<ul style="list-style-type: none"> <li>FREE FLIPPING FROM GROUND LEVEL TO CRADLE (L6)</li> <li>FLIPPING FROM GROUND LEVEL TO PREP LEVEL (L6)</li> <li>FLIPPING FROM GROUND LEVEL TO EXTENSION (L6)</li> <li>DOWNWARD INVERSION FROM EXTENDED STUNT</li> <li>DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT</li> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION</li> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB</li> </ul>	<ul style="list-style-type: none"> <li>1/2 TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>TIC TOC LIB TO LIB (HIGH TO HIGH)</li> <li>TIC TOC LIB TO LIB (LOW TO HIGH)</li> <li>TIC TOC LIB TO BODY POSITION (HIGH TO HIGH)</li> <li>TIC TOC LIB TO BODY POSITION (LOW TO HIGH)</li> <li>TWISTING HELICOPTER RELEASE MOVES</li> <li>SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT</li> <li>1/2 TWISTING BALL UP TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>FREE FLIPPING WITH TWISTING FROM GROUND LEVEL TO CRADLE (L6)</li> <li>FLIPPING WITH TWISTING FROM GROUND LEVEL TO PREP LEVEL (L6)</li> <li>FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENSION (L6)</li> <li>FULL UP TO EXTENDED 1 LEG STUNT</li> <li>1 1/4 - 1 1/2 UP TO EXTENDED STUNT</li> <li>1 1/4 - 1 1/2 UP TO EXTENDED 1 LEG STUNT</li> <li>DOUBLE UP TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>FRONT FREE FLIPPING TO GROUND LEVEL (L6)</li> <li>FREE FLIPPING FROM PREP LEVEL OR BELOW TO CRADLE (L6)</li> <li>FREE FLIPPING WITH TWISTING FROM PREP LEVEL OR BELOW TO CRADLE (L6)</li> <li>DOUBLE DOWN FROM 1 LEG STUNT</li> <li>KICK DOUBLE TWISTING DISMOUNT</li> </ul>	<ul style="list-style-type: none"> <li>1 1/2 TWISTS TO PRONE</li> <li>COED STYLE TOSS 1/4-3/4 TWIST TO EXTENDED STUNT</li> <li>1/4-3/4 TWISTING TIC TOC TO EXTENDED 1 LEG STUNT</li> <li>COMBINATION OF 2 OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>
<b>ELITE LEVEL APPROPRIATE</b>	<ul style="list-style-type: none"> <li>FLIPPING FROM GROUND LEVEL TO EXTENDED SINGLE LEG AND/OR SINGLE ARM STUNT (L6)</li> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>SWITCH UP FULL TWIST TO EXTENDED BODY POSITION</li> <li>TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH)</li> <li>FULL TWISTING BALL UP TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENDED SINGLE LEG (L6)</li> <li>1 1/2 UP TO EXTENDED BODY POSITION</li> <li>1 1/4 UP TO EXTENDED BODY POSITION</li> <li>DOUBLE UP TO EXTENDED 1 LEG STUNT</li> </ul>		<ul style="list-style-type: none"> <li>BACKHANDSPRING FULL UP TO EXTENDED STUNT (L6)</li> <li>UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT</li> <li>FRONT HANDSPRING 1 1/2 UP TO EXTENDED STUNT</li> <li>COED STYLE TOSS FRONT HANDSPRING RELEASE 1/2 TWIST TO EXTENDED STUNT</li> <li>COED STYLE TOSS FULL TWIST TO EXTENDED STUNT</li> <li>FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH)</li> <li>FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT</li> </ul>



# FUTURE CHEER LEVEL APPROPRIATE & ELITE SKILLS GRID 2018-19: TOSSES

LEVEL 2	
NON-TWISTING	TWISTING
STRAIGHT RIDE TOSS	
LEVEL 3	
NON-TWISTING	TWISTING
BALL ARCH ★ PRETTY GIRL ARCH ★ PIKE ARCH ★ KICK ARCH ★ BALL-X ★ TOE TOUCH	FULL TWIST
LEVEL 4	
NON-TWISTING	TWISTING
PIKE-X ★ HITCH KICK ★ SWITCH KICK ★ DOUBLE TOE TOUCH	BALL FULL ★ PIKE FULL ★ KICK FULL ★ TOE TOUCH FULL ★ FULL UP TOE TOUCH ★ DOUBLE FULL
LEVEL 5 YOUTH	
NON-TWISTING	TWISTING
PIKE HITCH KICK ★ PIKE KICK PRETTY GIRL ★ PIKE SWITCH KICK ★ PIKE HITCH KICK	KICK FULL ★ DOUBLE FULL ★ HITCH KICK FULL ★ SWITCH KICK FULL KICK KICK FULL ★ PIKE KICK FULL ★ KICK FULL KICK
LEVEL 5 JUNIOR & SENIOR RESTRICTED	
NON-TWISTING	TWISTING
PIKE HITCH KICK ★ PIKE KICK PRETTY GIRL ★ PIKE SWITCH KICK ★ PIKE HITCH KICK	HITCH KICK FULL ★ SWITCH KICK FULL ★ KICK KICK FULL PIKE KICK FULL ★ KICK FULL KICK ★ FULL KICK FULL ★ PIKE DOUBLE FULL ★ KICK DOUBLE FULL TOE TOUCH DOUBLE FULL ★ DOUBLE UP TOE TOUCH
LEVEL 5	
NON-TWISTING	TWISTING
PIKE HITCH KICK ★ PIKE KICK PRETTY GIRL ★ PIKE SWITCH KICK ★ PIKE HITCH KICK	BALL DOUBLE FULL ★ PIKE DOUBLE FULL ★ KICK DOUBLE FULL ★ TOE TOUCH DOUBLE FULL DOUBLE UP TOE TOUCH ★ HITCH KICK DOUBLE FULL ★ SWITCH KICK DOUBLE FULL ★ KICK FULL KICK FULL
LEVEL 6	
NON-TWISTING	TWISTING
TUCK ★ X-OUT ★ PIKE ★ LAYOUT	LAYOUT FULL ★ LAYOUT DOUBLE FULL ★ X-OUT DOUBLE FULL SPLIT FULL ARABIAN 1½ ★ PIKE OPEN DOUBLE FULL

# FUTURE CHEER LEVEL APPROPRIATE & ELITE SKILLS GRID 2018-19: TUMBLING

## LEVEL 1

### STANDING TUMBLING SKILLS

FORWARD ROLL ★ STRADDLE ROLL ★ HANDSTAND ★ HANDSTAND FORWARD ROLL ★ FRONT LIMBER ★ FRONT WALKOVER ★ CARTWHEEL  
BACKWARD ROLL ★ BACK EXTENSION ROLL ★ PUSH UP TO BACKBEND ★ STABBING BACKBEND ★ BACKBEND KICK OVER ★ BACK WALKOVER

### RUNNING TUMBLING SKILLS

CARTWHEEL ★ FRONT WALKOVER ★ ROUND OFF ★ CARTWHEEL BACK WALKOVER ★ FRONT WALKOVER TO CARTWHEEL/ROUND OFF  
CARTWHEEL ½ TURN FRONT WALKOVER ★ CONNECTED SKILLS – CARTWHEEL/BACK WALKOVER

## LEVEL 2

### STANDING TUMBLING SKILLS

STANDING BACK HANDSPRING ★ BACK HANDSPRING STEP OUT ★ BACK EXTENSION ROLL BACK HANDSPRING ★ BACK WALKOVER BACK HANDSPRING

### RUNNING TUMBLING SKILLS

CARTWHEEL BHS ★ ROUND OFF BHS ★ ROUND OFF BHS STEP OUT ★ ROUND OFF BHS SERIES ★ FRONT WALKOVER TO ROUND OFF BHS SERIES

## LEVEL 3

### STANDING TUMBLING SKILLS

BHS SERIES ★ JUMP TO BHS ★ JUMP TO BHS SERIES ★ BHS SERIES JUMP BHS SERIES ★ BHS STEP OUT BHS COMBO

### RUNNING TUMBLING SKILLS

AERIAL ★ PUNCH FRONT ★ ROUND OFF BACK TUCK ★ ROUND OFF BHS BACK TUCK ★ ROUND OFF BHS SERIES BACK TUCK  
FRONT WALKOVER TO ROUND OFF BHS BACK TUCK ★ FRONT WALKOVER TO ROUND OFF SERIES BHS BACK TUCK

## LEVEL 4

### STANDING TUMBLING SKILLS

STANDING BACK TUCK ★ BHS BACK TUCK ★ BHS SERIES TO BACK TUCK ★ JUMP BHS BACK TUCK ★ JUMP BHS SERIES TO BACK TUCK

### RUNNING TUMBLING SKILLS

CARTWHEEL BACK TUCK ★ ROUND OFF LAYOUT ★ ROUND OFF BHS LAYOUT/LAYOUT STEP OUT/X-OUT ★ ROUND OFF BHS SERIES TO LAYOUT  
FRONT WALKOVER THROUGH TO LAYOUT ★ PUNCH FRONT STEP OUT TO LAYOUT ★ ROUND OFF BHS SERIES TO LAYOUT  
ROUND OFF BHS WHIP BHS TO LAYOUT ★ PUNCH FRONT STEP OUT TO ROUND OFF BHS WHIP BHS TO LAYOUT ★ FRONT HANDSPRING PUNCH FRONT  
FRONT HANDSPRING PUNCH FRONT THROUGH TO ROUND OFF BHS BACK TUCK/LAYOUT

## LEVEL 5 YOUTH, JUNIOR RESTRICTED & SENIOR RESTRICTED

### STANDING TUMBLING SKILLS

JUMP BACK TUCK ★ BHS SERIES TO WHIPS AND LAYOUTS ★ JUMP BHS SERIES TO WHIPS AND LAYOUTS  
BHS WHIP BHS SERIES TO LAYOUT/LAYOUT STEP OUT/X-OUT

### RUNNING TUMBLING SKILLS

ROUND OFF FULL ★ ROUND OFF BHS FULL ★ FRONT WALKOVER THROUGH TO FULL  
PUNCH FRONT STEP OUT TO FULL ★ ROUND OFF WHIP BHS TO FULL

## LEVEL 5 & 6

### STANDING TUMBLING SKILLS

JUMP BACK TUCK

### RUNNING TUMBLING SKILLS

CARTWHEEL FULL ★ ROUND OFF FULL ★ ROUND OFF BHS FULL ★ FRONT WALKOVER THROUGH TO FULL  
SIDE AERIAL/FRONT AERIAL/ONODI THROUGH TO FULL ★ FRONT FULL

### ELITE LEVEL APPROPRIATE:

STANDING FULL ★ JUMP FULL ★ BHS FULL ★ JUMP BHS FULL ★ BHS SERIES TO FULL ★ JUMP BHS SERIES TO FULL  
BHS WHIP TO BHS SERIES TO FULL ★ BHS SERIES TO DOUBLE FULL ★ JUMP BHS SERIES TO DOUBLE FULL  
BHS WHIP TO BHS SERIES TO DOUBLE FULL

### ELITE LEVEL APPROPRIATE

FRONT HANDSPRING FRONT FULL ★ PUNCH FRONT STEP OUT TO FULL ★ ROUND OFF BHS WHIP TO FULL ★ ROUND OFF ARABIAN ROUND OFF BHS FULL  
ROUND OFF BHS FULL SERIES BHS TO FULL ★ ROUND OFF DOUBLE FULL ★ ROUND OFF BHS DOUBLE FULL  
FRONT WALKOVER THROUGH TO DOUBLE FULL ★ PUNCH FRONT STEP OUT TO DOUBLE FULL ★ ROUND OFF BHS WHIP TO DOUBLE FULL  
ROUND OFF ARABIAN ROUND OFF BHS DOUBLE FULL ★ ROUND OFF BHS FULL SERIES BHS TO DOUBLE FULL  
ROUND OFF BHS DOUBLE FULL DERIES BHS TO DOUBLE FULL