



# Stunt Guidelines

## Level 1

Inversions	Release Moves	Twisting Mounts	Dismounts	Tosses
Inversion to ground level	Switch up to lib or body position below prep level, Tic Toc below prep level to lib or body position, Tic Toc below prep level body position to body position	1/4 twisting transition to below prep level, 1/4 down to ground level, 1/4 twisting transition to prep level	Step down, straight cradle, 1/4 transition to ground, foot down tumble out	No tosses in level 1

## Level 2

Inversions	Release Moves	Twisting Mounts	Dismounts	Tosses
Inversion from ground to prep level, Inversion from ground to extension	Switch up to prep level body position, Tic Toc at prep level lib to lib or body position, Tic Toc at prep level body position to body position	1/4 twisting transition to prep level 1 leg, 1/2 twisting transition to extension	Straight cradle from extension, Straight cradle from prep level 1 leg, 1/4 twisting dismount from prep or extended 2 feet	Straight ride toss

## Level 3

Inversions	Release Moves	Twisting Mounts	Dismounts	Tosses
Inversion to extended 1 leg stunt	Prep level lib Tic Toc to extended body position, Ball Up to prep level body position, Switch up to prep body position	Full up to prep level body position, 1/2 up to extended 1 leg stunt, Full twisting transition to prep level body position	Straight cradle from extended body position, Full down from 2 feet	Ball Arch, Pike Arch, Kick Arch, Ball X, Toe Touch, Full Twist

## Level 4

Inversions	Release Moves	Twisting Mounts	Dismounts	Tosses
Released inversion from below prep level to extended stunt	Body position to body position Tic Toc high to low, Release from below prep level to extend body position	1 1/2 twisting transition to immediate body position, Extended full twisting transition to extended 2 feet	Full down from extended body position, Double down from 2 feet	Pike X, Hitch Kick Arch, Double Toe Touch, Ball Full, Kick Full, Double Full

## Level 5

Inversions	Release Moves	Twisting Mounts	Dismounts	Tosses
Release inversion from prep level to extended 1 leg	Lib to body position high to high Tic Toc, Full twisting switch up to 1 leg, 1/2 turning ball up to extended body position	Full up to extend body position, 1 1/2 twists to extended stunt	Double down from body position	Hitch Kick Full, Switch Kick Full, Kick Full Kick, Kick Double

## Level 6

Inversions	Release Moves	Twisting Mounts	Dismounts	Tosses
Release inversion from prep level to extended body position	Body position to body position high to high Tic Toc, Full twisting switch up or Tic Toc to body position	1 1/2 to extended body position, 1 3/4 to extended body position, Double up to extended 1 leg	Double down from body position, Kick double dismount	Kick Double, Hitch Kick Double, Switch Kick Double, Kick Full Kick Full