



## 2024 AASCF SKILL LIST – BUILDING

*Revised 24th January 2024 (V1)  
Changes to 2023 in Red*

<b>NOVICE</b>					
	<b>INVERSION STYLE</b>	<b>RELEASE STYLE</b>	<b>TWISTING</b>	<b>DISMOUNT STYLE</b>	<b>COMBINATION SKILLS</b>
<b>LEVEL APPROPRIATE</b>		<ul style="list-style-type: none"> <li>● SWITCH UP TO LIB AT WAIST LEVEL</li> <li>● SWITCH UP TO BODY POSITION AT WAIST LEVEL</li> <li>● TIC TOC AT OR BELOW WAIST LEVEL (LIB TO LIB)</li> <li>● TIC TOC AT WAIST LEVEL (LIB TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li>● ¼ TWISTING TRANSITION TO/FROM WAIST 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>● V-SIT</li> <li>● FLAT BACK</li> <li>● EXTENDED STRADDLE SIT</li> <li>● WAIST LEVEL 1 LEG STUNT</li> <li>● EXTENDED FLAT BACK</li> <li>● PREP LEVEL 2 FOOT STUNT</li> <li>● SHOULDER SIT</li> <li>● COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>
<b>ELITE LEVEL APPROPRIATE</b>	NO ELITE LEVEL APPROPRIATE SKILLS				



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<b>LEVEL 1</b>					
	<b>INVERSION STYLE</b>	<b>RELEASE STYLE</b>	<b>TWISTING</b>	<b>DISMOUNT STYLE</b>	<b>COMBINATION SKILLS</b>
<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 AT WAIST LEVEL</li> <li>● SWITCH UP TO BODY POSITION AT WAIST LEVEL</li> <li>● TIC TOC AT WAIST LEVEL (LIB TO LIB)</li> <li>● TIC TOC AT WAIST LEVEL (LIB TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li>● ¼ TWISTING TO/FROM WAIST LEVEL</li> <li>● ¼ TWISTING TRANSITION 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>● V-SIT</li> <li>● FLAT BACK</li> <li>● EXTENDED V-SIT</li> <li>● WAIST LEVEL 1 LEG STUNT</li> <li>● EXTENDED FLAT BACK</li> <li>● PREP LEVEL 2 LEG STUNT</li> <li>● PREP LEVEL TO PRONE</li> </ul>
<b>ELITE LEVEL APPROPRIATE</b>		<ul style="list-style-type: none"> <li>● TIC TOC AT WAIST LEVEL (BODY POSITION TO BODY POSITION)</li> <li>● TIC TOC AT PREP LEVEL (BODY POSITION TO BODY POSITION WITH BRACER)</li> </ul>	<ul style="list-style-type: none"> <li>● ¼ TWISTING TRANSITION TO PREP LEVEL 2 LEG STUNT</li> </ul>		<ul style="list-style-type: none"> <li>● ¼ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH REQUIRED HAND/ARM CONNECTION WITH A BASE</li> </ul>



## 2024 AASCF SKILL LIST – BUILDING

LEVEL 2					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	COMBINATION SKILLS
<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>● ¼ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> <li>● ¼ TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> <li>● ¼ TWISTING TRANSITION TO EXTENDED STUNT</li> <li>● LOG ROLL</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>● PREP LEVEL 1 LEG STUNT</li> <li>● EXTENSION</li> <li>● LEAP FROG VARIATIONS</li> <li>● ½ TWIST TO PRONE</li> <li>● WALK IN PREP LEVEL PRESS EXTENSION</li> <li>● COMBINATION OF TWO 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 INVERSION TO PREP LEVEL 1 LEG STUNT</li> <li>● ½ TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT</li> </ul>



## 2024 AASCF SKILL LIST – BUILDING

LEVEL 3					
	INVERSION STYLE	RELEASE STYLE (Tic Toc, Switch Up, Ball Up, Straddle Up etc. are examples of releases)	TWISTING	DISMOUNT STYLE	COMBINATION SKILLS
<b>LEVEL APPROPRIATE</b>	<ul style="list-style-type: none"> <li>● INVERTED AT PREP LEVEL OR BELOW</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 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 TWISTING DISMOUNT FROM PREP</li> <li>● ¼ TWISTING DISMOUNT FROM EXTENDED 1 LEG</li> <li>● FULL TWISTING DISMOUNT 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 HANDS PAUSE PRESS EXTENSION</li> <li>● WALK IN EXTENSION</li> <li>● COMBINATION OF TWO 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 1 LEG STUNT TO EXTENDED BODY POSITION</li> <li>● RELEASE FROM WAIST LEVEL OR BELOW TO PREP LEVEL BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>● FULL UP TO PREP LEVEL BODY POSITION</li> <li>● FULL UP TO EXTENDED 2 LEG STUNT</li> <li>● ½ TWISTING TRANSITION TO EXTENDED 1 LEG STUNT</li> <li>● PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> <li>● EXTENDED FULL TWISTING TRANSITION TO EXTENDED 2 LEG STUNT</li> </ul>		<ul style="list-style-type: none"> <li>● FULL TWISTING INVERSION TO EXTENDED STUNT</li> <li>● ½ TWISTING INVERSION TO EXTENDED 1 LEG STUNT</li> <li>● FULL TWISTING TIC TOC AT PREP LEVEL (1 LEG STUNT TO BODY POSITION)</li> </ul>



## 2024 AASCF SKILL LIST – BUILDING

<b>LEVEL 4</b>					
	<b>INVERSION STYLE</b>	<b>RELEASE STYLE</b> (Tic Toc, Switch Up, Ball Up, Straddle Up etc. are examples of releases)	<b>TWISTING</b>	<b>DISMOUNT STYLE</b>	<b>COMBINATION SKILLS</b>
<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>● 1 ½ TWISTING TRANSITION TO PREP LEVEL &amp; BELOW</li> <li>● 1 ½ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>● KICK FULL TWISTING DISMOUNT</li> <li>● 2-2 ¼ TWISTING DISMOUNT FROM PREP 2 LEG STUNT</li> <li>● 1-1 ¼ DISMOUNT FROM 1 LEG STUNT</li> <li>● UP TO 2 SKILLS DISMOUNTS TO CRADLE</li> </ul>	<ul style="list-style-type: none"> <li>● TOSS EXTENSION</li> <li>● TOSS 1 LEG EXTENDED STUNT</li> <li>● COMBINATION OF TWO 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 BELOW 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>● RELEASE TO EXTENDED BODY POSITION (NOT INCLUDING SWITCH UP)</li> </ul>	<ul style="list-style-type: none"> <li>● 1 ½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> <li>● 1 ½ UP TO EXTENDED 2 LEG STUNT</li> <li>● FULL UP TO EXTENDED ONE LEG STUNT</li> <li>● EXTENDED FULL TWISTING TRANSITION TO EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>● 2-2 ¼ TWISTING DISMOUNT FROM EXTENDED 2 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>● FULL TWISTING INVERSION TO EXTENDED STUNT</li> <li>● FULL TWISTING RELEASE UP TO PREP LEVEL BODY POSITION</li> <li>● 1 ½ TWISTING RELEASE UP TO PREP LEVEL 1 LEG STUNT</li> <li>● FULL TWISTING TIC TOC RELEASE TO PREP LEVEL 1 LEG STUNT</li> <li>● UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT</li> </ul>



## 2024 AASCF SKILL LIST – BUILDING

LEVEL 5					
	INVERSION STYLE	RELEASE STYLE <small>(Tic Toc, Switch Up, Ball Up, Straddle Up etc. are examples of releases)</small>	TWISTING	DISMOUNT STYLE	COMBINATION SKILLS
<b>LEVEL APPROPRIATE</b>	<ul style="list-style-type: none"> <li>● DOWNWARD INVERSION FROM EXTENDED STUNT</li> <li>● DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>● ¼ TWISTING SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>● TIC TOC LIB TO LIB (HIGH TO HIGH)</li> <li>● ½ TWISTING SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>● TWISTING HELICOPTER RELEASE MOVES</li> </ul>	<ul style="list-style-type: none"> <li>● 2 TWISTS UP TO PREP LEVEL OR BELOW STUNT</li> </ul>	<ul style="list-style-type: none"> <li>● 2-2 ¼ TWISTING DISMOUNT FROM PREP 1 LEG STUNT</li> <li>● HITCH KICK FULL</li> </ul>	<ul style="list-style-type: none"> <li>● 2 TWIST TO PRONE</li> <li>● TOSS ¼- ¾ TWIST TO EXTENDED 2 LEG STUNT</li> <li>● TOSS FULL TWIST EXTENDED STUNT</li> <li>● COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>
<b>ELITE SKILLS</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 EXTENDED BODY POSITION (HIGH TO HIGH)</li> <li>● ½ TWISTING BALL UP TO EXTENDED BODY POSITION</li> <li>● ½ TWISTING SWITCH UP TO EXTENDED BODY POSITION</li> <li>● FULL TWISTING RELEASE TO EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>● FULL UP TO EXTENDED ONE LEG BODY POSITION</li> <li>● 1½ UP TO EXTENDED 1 LEG STUNT</li> <li>● DOUBLE UP TO EXTENDED STUNT 2 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>● 2-2 ¼ TWISTING DISMOUNT FROM EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>● ¼ - 1 ½ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW/ HIGH TO HIGH)</li> <li>● UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT</li> <li>● UNASSISTED COED STYLE TOSS FULL TWIST TO EXTENDED STUNT</li> </ul>

\* Please note, in levels 5, 6 & 7 some of the Elite skills can also be performed legally in the level(s) below. This has been done to allow a reasonable number of Elite skill options for these levels.



## 2024 AASCF SKILL LIST – BUILDING

LEVEL 6					
	INVERSION STYLE	RELEASE STYLE <small>(Tic Toc, Switch Up, Ball Up, Straddle Up etc. are examples of releases)</small>	TWISTING	DISMOUNT STYLE	COMBINATION SKILLS
<b>LEVEL APPROPRIATE</b>	<ul style="list-style-type: none"> <li>● DOWNWARD INVERSION FROM EXTENDED STUNT</li> <li>● DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>● ½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>● TIC TOC LIB TO BODY POSITION (HIGH TO HIGH)</li> <li>● TWISTING HELICOPTER RELEASE MOVES</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>● 2-2 ¼ UP TO PREP LEVEL STUNT</li> <li>● 1 ¾ - 2 ¼ UP TO EXTENDED STUNT</li> <li>● 1 ¾ - 2 ¼ UP TO EXTENDED 1 LEG STUNT</li> <li>● 1 ¾ - 2 ¼ TWISTING TRANSITION</li> </ul>	<ul style="list-style-type: none"> <li>● 2-2 ¼ TWISTING DISMOUNT FROM 1 LEG STUNT</li> <li>● DISMOUNTS FROM INVERSION WITH ½ TWIST</li> <li>● UP TO 3 TRICK DISMOUNTS TO CRADLE</li> </ul>	<ul style="list-style-type: none"> <li>● 2 TWIST TO PRONE</li> <li>● TOSS ¼- ¾ TWIST TO EXTENDED STUNT</li> <li>● TOSS FULL TWIST 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 TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>
<b>ELITE SKILLS</b>	<ul style="list-style-type: none"> <li>● RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION</li> <li>● BACKWARDS FREE FLIPPING FROM GROUND LEVEL TO PREP LEVEL OR ABOVE (REWIND)</li> </ul>	<ul style="list-style-type: none"> <li>● TIC TOC EXTENDED BODY POSITION TO EXTENDED BODY POSITION (HIGH TO HIGH)</li> <li>● FULL TWISTING RELEASE TO EXTENDED BODY POSITION</li> <li>● 1 ½ - 2 ¼ UP TWISTING RELEASE TO EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>● 1 ½ - 1 ¾ UP TO EXTENDED BODY POSITION</li> <li>● 2-2 ¼ TO EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>● KICK DOUBLE TWISTING DISMOUNT</li> </ul>	<ul style="list-style-type: none"> <li>● ½ TWISTING RELEASED INVERSION TO EXTENDED STUNT</li> <li>● TOSS FRONT HANDSPRING ½ UP RELEASE TO EXTENDED 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>● UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT</li> <li>● UNASSISTED COED STYLE TOSS FULL TWIST TO EXTENDED STUNT</li> </ul>

\*Please note, all Level 5 & 6 skills will be considered Level Appropriate due to the minimal differences in the skills allowed between these levels. In levels 5, 6 & 7 some of the Elite skills can also be performed legally in the level(s) below. This has been done to allow a reasonable number of Elite skill options for these levels.



## 2024 AASCF SKILL LIST – BUILDING

LEVEL 7					
	INVERSION STYLE	RELEASE STYLE <small>(Tic Toc, Switch Up, Ball Up, Straddle Up etc. are examples of releases)</small>	TWISTING	DISMOUNT STYLE	COMBINATION SKILLS
<p><b>LEVEL APPROPRIATE</b> <small>(Skills exclusive to level 7 are listed here. All Level 5, 6 &amp; 7 skills will be considered Level Appropriate for scoring purposes (at least 2 different Level 7 skills are required to score in High range).</small></p>	<ul style="list-style-type: none"> <li>● TOE OR LEG PITCH TYPE TOSS INTO FREE FLIPPING SKILL</li> <li>● FREE FLIPPING TRANSITIONS ORIGINATING FROM PREP LEVEL</li> <li>● DOWNWARD INVERSION FROM ABOVE PREP LEVEL TO GROUND</li> <li>● SIDE-SOMI TO STUNT</li> <li>● FRONT FREE FLIPPING FROM GROUND LEVEL TO STUNT</li> </ul>	<ul style="list-style-type: none"> <li>● COED STYLE TOSS TO NEW BASE(S)</li> <li>● HELICOPTER RELEASE MOVES WITH 2 BASES</li> <li>● RELEASE FROM PREP LEVEL OR BELOW TO INVERTED PREP LEVEL STUNT</li> </ul>	<ul style="list-style-type: none"> <li>● FLIPPING WITH TWISTING FROM GROUND LEVEL TO STUNT</li> </ul>	<ul style="list-style-type: none"> <li>● FRONT FREE FLIPPING TO GROUND LEVEL</li> <li>● FREE FLIPPING FROM PREP LEVEL OR BELOW TO CRADLE</li> <li>● FREE FLIPPING WITH TWISTING FROM PREP LEVEL OR BELOW TO CRADLE</li> </ul>	<ul style="list-style-type: none"> <li>● BACK HANDSPRING 1-2 ¼ UP TO EXTENDED STUNT</li> <li>● BACK HANDSPRING REWIND TO EXTENDED STUNT</li> </ul>
<p><b>ELITE SKILLS</b></p>	<ul style="list-style-type: none"> <li>● FLIPPING FROM GROUND LEVEL TO EXTENDED SINGLE LEG AND/OR SINGLE ARM STUNT</li> <li>● RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION</li> <li>● GROUND LEVEL HANDSTAND RELEASED TO HAND IN HAND</li> </ul>	<ul style="list-style-type: none"> <li>● TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH)</li> <li>● FULL TWISTING RELEASE TO EXTENDED BODY POSITION</li> <li>● 1 ½ - 2 ¼ BALL UP, TIC TOC RELEASE AND/OR OTHER RELEASE TO EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>● FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENDED 1 LEG STUNT</li> <li>● 1 ½ - 1 ¾ UP TO EXTENDED BODY POSITION</li> <li>● 2-2 ¼ TO EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>● KICK DOUBLE TWISTING DISMOUNT</li> </ul>	<ul style="list-style-type: none"> <li>● BACKHANDSPRING FULL UP TO EXTENDED STUNT</li> <li>● TOSS FRONT HANDSPRING ½ -1 ½ UP TO EXTENDED 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>● UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT</li> <li>● UNASSISTED COED STYLE TOSS FULL TWIST TO EXTENDED STUNT</li> </ul>

\*Please note, all Level 6 & 7 as well as the Elite Skills on this list will be considered Level Appropriate due to the minimal differences in the skills allowed between these levels. In levels 5, 6 & 7 some of the Elite skills can also be performed legally in the level(s) below. This has been done to allow a reasonable number of Elite skill options for these levels.





## 2024 AASCF SKILL LIST – TUMBLING

NOVICE	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
<ul style="list-style-type: none"> <li>• FORWARD ROLL, BACKWARD ROLL; BACK EXTENSION ROLL</li> <li>• HANDSTAND; HANDSTAND FORWARD ROLL; <b>TABLE TOP</b></li> </ul> <p>FRONT LIMBER; PUSH UP TO BRIDGE; STANDING TO BRIDGE; BRIDGE KICKOVER</p> <ul style="list-style-type: none"> <li>• CARTWHEEL;</li> <li>• FRONT WALKOVER (SINGLE); BACK WALKOVER (SINGLE)</li> </ul> <p><i>Note: Bridge/backbend and bridge/backbend variations are illegal in Tiny Novice divisions.</i></p> <p><i>Note: All walkovers and walkover variations are illegal in Tiny &amp; Mini Novice divisions.</i></p> <p><i>Note: AASCF define 'Table Top' as a Standing Tumbling skill that finds the athlete in a supine (or upward facing) position, with bent legs, and supported by the hands and feet.</i></p>	<ul style="list-style-type: none"> <li>• CARTWHEEL;</li> <li>• FRONT WALKOVER (SINGLE); ROUNDOFF;</li> <li>• FORWARD ROLL CARTWHEEL ROUNDOFF;</li> <li>• HANDSTAND FORWARD ROLL CARTWHEEL ROUNDOFF</li> </ul> <p><i>Note: Bridge/backbend and bridge/backbend variations are illegal in Tiny Novice divisions.</i></p> <p><i>Note: All walkovers and walkover variations are illegal in Tiny &amp; Mini Novice divisions.</i></p>
LEVEL 1	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
<ul style="list-style-type: none"> <li>• FORWARD ROLL, BACKWARD ROLL; BACK EXTENSION ROLL</li> <li>• HANDSTAND; HANDSTAND FORWARD ROLL;</li> </ul> <p>FRONT LIMBER; PUSH UP TO BRIDGE; STANDING TO BRIDGE; BRIDGE KICKOVER</p> <ul style="list-style-type: none"> <li>• CARTWHEEL;</li> <li>• FRONT WALKOVER (SINGLE); BACK WALKOVER</li> </ul>	<ul style="list-style-type: none"> <li>• CARTWHEEL</li> <li>• FRONT WALKOVER</li> <li>• ROUND OFF</li> <li>• CONNECTED SKILLS FRONT WALKOVER/CARTWHEEL/BACKWALKOVER</li> </ul>
LEVEL 2	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
<ul style="list-style-type: none"> <li>• STANDING BACK HANDSPRING; BACK HANDSPRING STEP OUT;</li> <li>• BACK EXTENSION ROLL BACK HANDSPRING;</li> <li>• BACK WALKOVER BACK HANDSPRING</li> </ul>	<ul style="list-style-type: none"> <li>• CARTWHEEL BACK HANDSPRING;</li> <li>• ROUNDOFF BACKHANDSPRING/ BACK HANDSPRING SERIES;</li> <li>• FRONT HANDSPRING</li> <li>• FRONT WALKOVER/HANDSPRING TO ROUND OFF BACK HANDSPRING SERIES;</li> <li>• FLYSPRING; FORWARD WALKOVER FRONT HANDSPRING;</li> </ul>



## 2024 AASCF SKILL LIST – TUMBLING

LEVEL 3	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
<ul style="list-style-type: none"> <li>• BACK HANDSPRING SERIES</li> <li>• JUMP TO BACK HANDSPRING/BACK HANDSRPING SERIES</li> <li>• BACK HANDSPRING SERIES JUMP BACK HANDSPRING SERIES</li> <li>• BACK HANDSPRING STEP OUT BACK HANDSPRING COMBO</li> </ul>	<ul style="list-style-type: none"> <li>• AERIAL CARTWHEEL</li> <li>• PUNCH FRONT</li> <li>• ROUND OFF TUCK; ROUND OFF BACK HANDSPRING/ BACK HANDSPRING BACK TUCK;</li> <li>• FRONT HANDSPRING STEP OUT TO ROUND OFF BACK HANDSPRING SERIES BACK TUCK</li> </ul>
LEVEL 4	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
<ul style="list-style-type: none"> <li>• STANDING BACK TUCK</li> <li>• BACK HANDSPRING/ BACK HANDSPRING SERIES TO BACK TUCK               <ul style="list-style-type: none"> <li>• JUMP BACK HANDSPRING SERIES TO BACK TUCK</li> </ul> </li> <li>• BACK HANDSPRING WHIP BACK HANDSPRING SERIES TO TUCK               <ul style="list-style-type: none"> <li>• ONODI</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• CARTWHEEL BACK TUCK; ROUND OFF LAYOUT</li> <li>• ROUND OFF BACK HANDSPRING LAYOUT/LAYOUT STEPOUT/ X-OUT               <ul style="list-style-type: none"> <li>• ROUND OFF BACK HANDSPRING SERIES TO LAYOUT</li> <li>• FRONT HANDSPRING THROUGH TO LAYOUT</li> <li>• PUNCH FRONT STEPOUT TO LAYOUT</li> </ul> </li> <li>• ROUND OFF BACK HANDSPRING WHIP BACK HANDSPRING TO LAYOUT</li> <li>• PUNCH FRONT STEPOUT TO ROUND OFF BACK HANDSPRING WHIP BACK HANDSPRING TO BACK TUCK</li> <li>• FRONT HANDSPRING PUNCH FRONT; FRONT HANDSPRING PUNCH FRONT THROUGH TO LAYOUT               <ul style="list-style-type: none"> <li>• FRONT AERIAL</li> </ul> </li> </ul>
LEVEL 5	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
<ul style="list-style-type: none"> <li>• JUMP BACK TUCK</li> <li>• JUMP BACK HANDSPRING SERIES TO WHIPS AND LAYOUTS</li> <li>• BACK HANDSPRING SERIES WHIP BACK HANDSPRING SERIES TO LAYOUT/LAYOUT STEP OUT/X-OUT</li> </ul>	<ul style="list-style-type: none"> <li>• ROUND OFF FULL; ROUND OFF BACK HANDSPRING FULL               <ul style="list-style-type: none"> <li>• FRONT HANDSPRING THROUGH TO FULL</li> <li>• PUNCH FRONT STEP OUT TO FULL</li> </ul> </li> <li>• ROUND OFF WHIP BACK HANDSPRING TO FULL</li> </ul>



## 2024 AASCF SKILL LIST – TUMBLING

LEVEL 6 & 7	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
JUMP BACK TUCK	<ul style="list-style-type: none"> <li>CARTWHEEL FULL; ROUND OFF FULL; ROUND OFF BACK HANDSPRING FULL</li> <li>FRONT HANDSPRING/SIDE AERIAL/FRONT AERIAL/ONODI THROUGH TO FULL               <ul style="list-style-type: none"> <li>FRONT FULL</li> </ul> </li> </ul>
<p><b>ELITE LEVEL APPROPRIATE</b></p> <ul style="list-style-type: none"> <li>STANDING FULL; JUMP FULL</li> <li>ANY PASS INCLUSIVE OF A FULL OR DOUBLE</li> </ul>	<p><b>ELITE LEVEL APPROPRIATE</b></p> <ul style="list-style-type: none"> <li>FRONT HANDSPRING FRONT FULL/DOUBLE</li> <li>PUNCH FRONT STEPOUT TO FULL/DOUBLE</li> <li>ROUND OFF BACK HANDSPRING WHIP TO FULL/DOUBLE</li> <li>ROUND OFF ARABIAN ROUND OFF BACK HANDSPRING FULL/DOUBLE               <ul style="list-style-type: none"> <li>ANY OTHER PASS INCLUSIVE OF A FULL OR DOUBLE</li> </ul> </li> </ul>



## 2024 AASCF SKILL LIST – JUMPS

JUMPS	
BASIC JUMPS	ADVANCED JUMPS
<ul style="list-style-type: none"> <li>SPREAD EAGLE/ STAR JUMP</li> <li>TUCK JUMP</li> </ul>	<ul style="list-style-type: none"> <li>PIKE</li> <li>RIGHT/LEFT HURDLER (FRONT OR SIDE)               <ul style="list-style-type: none"> <li>TOE TOUCH</li> </ul> </li> </ul> <p>Note: Tuck Jumps and Star Jumps will be credited as Advanced Jumps in Tiny and Mini Novice divisions.</p>



## 2024 AASCF SKILL LIST – TOSSES

LEVEL 2	
NON-TWISTING	TWISTING
STRAIGHT RIDE TOSS Note: Tosses are illegal in Mini division.	

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; HITCH FULL; TOE TOUCH FULL; FULL UP TOE TOUCH; DOUBLE FULL

LEVEL 5	
NON-TWISTING	TWISTING
PIKE HITCH KICK; PIKE KICK PRETTY GIRL; PIKE SWITCH KICK; HITCH KICK KICK	DOUBLE FULL ( <i>Will still be given credit in level 5, although legal in level 4</i> ); HITCH KICK FULL; SWITCH KICK FULL; KICK KICK FULL; PIKE KICK FULL; KICK FULL KICK

LEVEL 6	
NON-TWISTING	TWISTING
PIKE HITCH KICK; PIKE KICK PRETTY GIRL; PIKE SWITCH KICK; HITCH KICK 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 7	
NON-TWISTING	TWISTING
TUCK; X-OUT; PIKE; LAYOUT	LAYOUT FULL; LAYOUT DOUBLE FULL; X-OUT FULL; SPLIT FULL; ARABIAN 1 ½ ; PIKE OPEN DOUBLE FULL