



2020 ACSA SKILL LIST – BUILDING



Released 11th February 2020 (V2)
 Changes to 2019 red. Changes to VI highlighted in yellow

Please note: **Red text:** Proposed change from 2019 to 2020
Grey: Minor wording change, with no change to the intended skill.

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

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LEVEL 1					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> • INVERSION TO GROUND LEVEL 	<ul style="list-style-type: none"> • SWITCH UP TO LIB AT WAIST LEVEL • SWITCH UP TO BODY POSITION AT WAIST LEVEL • TIC TOC AT WAIST LEVEL (LIB TO LIB) • TIC TOC AT WAIST LEVEL (LIB TO BODY POSITION) 	<ul style="list-style-type: none"> • ¼ TWISTING TRANSITION TO WAIST LEVEL • ¼ TWISTING TRANSITION DOWN TO GROUND LEVEL • ¼ TWISTING TRANSITION TO/FROM PREP LEVEL 	<ul style="list-style-type: none"> • STEP DOWN • STRAIGHT CRADLE 	<ul style="list-style-type: none"> • BACK STAND • PREP LEVEL SHOW AND GO • V-SIT • FLAT BACK • EXTENDED V-SIT • WAIST LEVEL LEVEL 1 LEG STUNT • EXTENDED FLAT BACK • PREP LEVEL 2 LEG STUNT • PREP LEVEL TO PRONE • SHOULDER SIT • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY • SHOULDER STAND • PREP LEVEL 1 LEG STUNT WITH REQUIRED HAND/ARM CONNECTION WITH A BASE • TRANSITION FROM WAIST LEVEL TO PREP LEVEL BODY POSITION WITH REQUIRED HAND/ARM CONNECTION WITH A BASE <i>(Note, updated to match Varsity 2019/2020)</i>
ELITE LEVEL APPROPRIATE		<ul style="list-style-type: none"> • TIC TOC AT WAIST LEVEL (BODY POSITION TO BODY POSITION) 	<ul style="list-style-type: none"> • ¼ TWISTING TRANSITION TO PREP 		<ul style="list-style-type: none"> • ¼ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH REQUIRED HAND/ARM CONNECTION WITH A BASE

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LEVEL 2					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL • INVERSION FROM GROUND LEVEL TO PREP LEVEL 	<ul style="list-style-type: none"> • SWITCH UP TO LIB PREP LEVEL • TIC TOC PREP LEVEL (LIB TO LIB) • TIC TOC PREP LEVEL (LIB TO BODY POSITION) 	<ul style="list-style-type: none"> • ½ TWISTING TRANSITION TO BELOW PREP LEVEL • ½ TWISTING TRANSITION TO PREP LEVEL • ¼ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT • ½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION • ¼ TWISTING TRANSITION TO EXTENDED STUNT • LOG ROLL 	<ul style="list-style-type: none"> • STRAIGHT CRADLE FROM EXTENSION • STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION • ¼ TWISTING DISMOUNT FROM PREP OR EXTENSION 	<ul style="list-style-type: none"> • PRONE • PREP LEVEL 1 LEG STUNT • EXTENSION • LEAP FROG VARIATIONS • ½ TWIST TO PRONE • WALK IN PREP LEVEL PRESS EXTENSION • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO EXTENDED STUNT 	<ul style="list-style-type: none"> • TIC TOC PREP LEVEL (BODY POSITION TO BODY POSITION) 	<ul style="list-style-type: none"> • ½ TWISTING TRANSITION TO EXTENDED STUNT 		<ul style="list-style-type: none"> • ½ TWISTING INVERSION TO EXTENDED STUNT • ½ TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT • ½ TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT

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LEVEL 3					
	INVERSION STYLE	RELEASE STYLE (Tic Toc, Switch Up, Ball Up, Straddle Up etc. are examples of releases)	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> • INVERTED BELOW PREP LEVEL • INVERTED AT PREP LEVEL • DOWNWARD INVERSION FROM BELOW PREP LEVEL 	<ul style="list-style-type: none"> • RELEASE TO PREP LEVEL OR BELOW • SWITCH UP TO PREP LEVEL LIB • BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL LIB • TIC TOC BELOW PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB) • TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB) 	<ul style="list-style-type: none"> • FULL UP BELOW PREP LEVEL • FULL UP PREP LEVEL STUNT • ¼ TWISTING TRANSITION TO EXTENDED 1 LEG STUNT • FULL UP PREP LEVEL 1 LEG STUNT • PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT 	<ul style="list-style-type: none"> • STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT • FULL DOWN FROM PREP • ¼ TWISTING DISMOUNT FROM EXTENDED 1 LEG • FULL DOWN FROM EXTENSION • SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING) 	<ul style="list-style-type: none"> • FULL TWIST TO PRONE FROM PREP LEVEL • EXTENDED 1 LEG STUNT • SUSPENDED FRONT FLIP • SPECIALTY SUSPENDED FRONT FLIP (NON-TWISTING) • SUSPENDED TWISTING FRONT FLIP • TOSS HANDS • SINGLE BASED 1 LEG EXTENDED STUNTS • TOSS HANDS PAUSE PRESS EXTENSION • WALK IN EXTENSION • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> • INVERSION TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> • TIC TOC PREP LEVEL 1 LEG STUNT TO EXTENDED BODY POSITION • RELEASE FROM WAIST LEVEL OR BELOW TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • FULL UP TO PREP LEVEL BODY POSITION • FULL UP TO EXTENDED 2 LEG STUNT • ½ TWISTING TRANSITION TO EXTENDED 1 LEG STUNT • PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION • EXTENDED FULL TWISTING TRANSITION TO EXTENDED 2 LEG STUNT 		<ul style="list-style-type: none"> • FULL TWISTING INVERSION TO EXTENDED STUNT • ½ TWISTING INVERSION TO EXTENDED 1 LEG STUNT • FULL TWISTING TIC TOC AT PREP LEVEL (1 LEG STUNT TO BODY POSITION)

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LEVEL 4					
	INVERSION STYLE	RELEASE STYLE (Tic Toc, Switch Up, Ball Up, Straddle Up etc. are examples of releases)	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> RELEASED INVERSION TO PREP LEVEL OR BELOW RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL DOWNWARD INVERSION FROM PREP LEVEL EXTENDED INVERTED STUNT 	<ul style="list-style-type: none"> SWITCH UP TO EXTENDED 1 LEG STUNT RELEASE TO EXTENDED STUNT TIC TOC LIB TO LIB (HIGH TO LOW) HELICOPTER RELEASE MOVES RELEASE TO EXTENDED LIB SWITCH UP TO EXTENDED BODY POSITION FULL TWISTING RELEASE TO PREP LEVEL OR BELOW RELEASE FROM PREP LEVEL TO PREP LEVEL 	<ul style="list-style-type: none"> 1 ½ TWISTING TRANSITION TO BELOW PREP LEVEL 1 ½ TWISTING TRANSITION TO PREP LEVEL 1 ½ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT 	<ul style="list-style-type: none"> KICK FULL TWISTING DISMOUNT 2-2 ¼ TWISTING DISMOUNT FROM 2 LEG STUNT 1-1 ¼ DISMOUNT FROM 1 LEG STUNT UP TO 2 SKILLS DISMOUNTS TO CRADLE 	<ul style="list-style-type: none"> TOSS EXTENSION TOSS 1 LEG EXTENDED STUNT COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> RELEASED INVERSION FROM PREP LEVEL OR BELOW TO EXTENDED STUNT 	<ul style="list-style-type: none"> TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW BODY POSITION (HIGH TO LOW) RELEASE TO EXTENDED BODY POSITION (NOT INCLUDING SWITCH UP) 	<ul style="list-style-type: none"> 1 ½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION 1 ½ UP TO EXTENDED STUNT 1-1 ½ UP TO EXTENDED ONE LEG STUNT EXTENDED FULL TWISTING TRANSITION TO EXTENDED 1 LEG STUNT (Note, updated to become a level 4 skill) 		<ul style="list-style-type: none"> FULL TWISTING INVERSION TO EXTENDED STUNT FULL TWISTING RELEASE UP TO PREP LEVEL BODY POSITION 1 ½ TWISTING RELEASE UP TO PREP LEVEL 1 LEG STUNT FULL TWISTING TIC TOC RELEASE TO PREP LEVEL 1 LEG STUNT UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT (Note, included as it can be performed in level 4)

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LEVEL 5					
	INVERSION STYLE	RELEASE STYLE (Tic Toc, Switch Up, Ball Up, Straddle Up etc. are examples of releases)	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> DOWNWARD INVERSION FROM EXTENDED STUNT DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> ¼ TURN SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO LIB (HIGH TO HIGH) ½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT TWISTING HELICOPTER RELEASE MOVES 	<ul style="list-style-type: none"> 2-2 ¼ UP TO PREP LEVEL STUNT 	<ul style="list-style-type: none"> KICK DOUBLE TWISTING DISMOUNT 2-2 ¼ TWISTING DISMOUNT 1 LEG STUNT UP TO 3 TRICK DISMOUNTS TO CRADLE 	<ul style="list-style-type: none"> 2 TWIST TO PRONE TOSS ¼- ¾ TWIST TO EXTENDED 2 LEG STUNT TOSS FULL TWIST EXTENDED STUNT COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE SKILLS	<ul style="list-style-type: none"> RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> TIC TOC EXTENDED 1 LEG STUNT TO BODY POSITION (HIGH TO HIGH) ½ BALL UP TO EXTENDED BODY POSITION 1-2 ¼ TWISTING RELEASE TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> FULL UP TO EXTENDED BODY POSITION 1 ½ - 2 ¼ UP TO EXTENDED STUNT 		<ul style="list-style-type: none"> ¼ - 2 ¼ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW/ HIGH TO HIGH) UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT UNASSISTED COED STYLE TOSS FULL TWIST TO EXTENDED STUNT (Note, included as it can be performed in level 5)

* 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.

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LEVEL 6					
	INVERSION STYLE	RELEASE STYLE (Tic Toc, Switch Up, Ball Up, Straddle Up etc. are examples of releases)	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> DOWNWARD INVERSION FROM EXTENDED STUNT DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> ¼ TURN SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO LIB (HIGH TO HIGH) ½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) TWISTING HELICOPTER RELEASE MOVES SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT ½ TWISTING BALL UP TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> 2-2 ¼ UP TO PREP LEVEL STUNT 1 ¾ - 2 ¼ UP TO EXTENDED STUNT 1 ¾ - 2 ¼ UP TO EXTENDED 1 LEG STUNT 1 ¾ - 2 ¼ TWISTING TRANSITION 	<ul style="list-style-type: none"> KICK DOUBLE TWISTING DISMOUNT 2-2 ¼ TWISTING DISMOUNT FROM 1 LEG STUNT DISMOUNTS FROM INVERSION WITH ½ TWIST UP TO 3 TRICK DISMOUNTS TO CRADLE 	<ul style="list-style-type: none"> 2 TWIST TO PRONE TOSS ¼- ¾ TWIST TO EXTENDED STUNT TOSS FULL TWIST EXTENDED STUNT ¼ - ¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH) COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE SKILLS	<ul style="list-style-type: none"> RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION BACKWARDS FREE FLIPPING FROM GROUND LEVEL TO PREP LEVEL OR ABOVE (REWIND) 	<ul style="list-style-type: none"> TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) FULL TWISTING RELEASE TO EXTENDED BODY POSITION 1 ½ - 2 ¼ TWISTING RELEASE TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> 1 ½ - 1 ¾ UP TO EXTENDED BODY POSITION 2-2 ¼ TO EXTENDED 1 LEG STUNT 		<ul style="list-style-type: none"> ½ TWISTING RELEASED INVERSION TO EXTENDED STUNT (<i>Note, updated to match Varsity 2019/2020</i>) TOSS FRONT HANDSPRING ½ UP RELEASE TO EXTENDED STUNT COED STYLE TOSS FRONT HANDSPRING RELEASE ½ TWIST TO EXTENDED STUNT FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (HIGH TO HIGH) UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT UNASSISTED COED STYLE TOSS FULL TWIST TO EXTENDED STUNT

*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.

2020 ACSA SKILL LIST – BUILDING



LEVEL 7					
	INVERSION STYLE	RELEASE STYLE (Tic Toc, Switch Up, Ball Up, Straddle Up etc. are examples of releases)	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE (Skills exclusive to level 7 are listed here. All Level 5, 6 & 7 skills will be considered Level Appropriate for scoring purposes (at least 2 different Level 7 skills are required to score in High range).	<ul style="list-style-type: none"> TOE OR LEG PITCH TYPE TOSS INTO FREE FLIPPING SKILL FREE FLIPPING TRANSITIONS ORIGINATING FROM PREP LEVEL DOWNWARD INVERSION FROM ABOVE PREP LEVEL TO GROUND SIDE-SOMI TO STUNT FRONT FREE FLIPPING FROM GROUND LEVEL TO STUNT 	<ul style="list-style-type: none"> COED STYLE TOSS TO NEW BASE(S) HELICOPTER RELEASE MOVES WITH 2 BASES RELEASE FROM PREP LEVEL OR BELOW TO INVERTED PREP LEVEL STUNT 	<ul style="list-style-type: none"> FLIPPING WITH TWISTING FROM GROUND LEVEL TO STUNT 	<ul style="list-style-type: none"> FRONT FREE FLIPPING TO GROUND LEVEL FREE FLIPPING FROM PREP LEVEL OR BELOW TO CRADLE FREE FLIPPING WITH TWISTING FROM PREP LEVEL OR BELOW TO CRADLE 	<ul style="list-style-type: none"> BACK HANDSPRING 1-2 ¼ UP TO EXTENDED STUNT BACK HANDSPRING REWIND TO EXTENDED STUNT
ELITE SKILLS	<ul style="list-style-type: none"> FLIPPING FROM GROUND LEVEL TO EXTENDED SINGLE LEG AND/OR SINGLE ARM STUNT RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION GROUND LEVEL HANDSTAND RELEASED TO HAND IN HAND 	<ul style="list-style-type: none"> TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) FULL TWISTING RELEASE TO EXTENDED BODY POSITION 1 ½ - 2 ¼ BALL UP, TIC TOC RELEASE AND/OR OTHER RELEASE TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENDED 1 LEG STUNT 1 ½ - 1 ¾ UP TO EXTENDED BODY POSITION 2-2 ¼ TO EXTENDED 1 LEG STUNT 		<ul style="list-style-type: none"> BACKHANDSPRING FULL UP TO EXTENDED STUNT TOSS FRONT HANDSPRING ½ - 1 ½ UP TO EXTENDED STUNT (Note, updated to match Varsity 2019/2020) COED STYLE TOSS FRONT HANDSPRING RELEASE ½ TWIST TO EXTENDED STUNT FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (HIGH TO HIGH) UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT UNASSISTED COED STYLE TOSS FULL TWIST TO EXTENDED STUNT

*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.

2020 ACSA SKILL LIST – TUMBLING



NOVICE	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
FORWARD ROLL; STRADDLE ROLL; HANDSTAND; HANDSTAND FORWARD ROLL; FRONT LIMBER; CARTWHEEL; BACKWARD ROLL; BACK EXTENSION ROLL; PUSH UP TO BRIDGE; STANDING TO BRIDGE; BRIDGE KICKOVER; FRONT WALKOVER (SINGLE); BACK WALKOVER (SINGLE) Note: Front Walkover and Backwalkover are illegal in Tiny & Mini Novice divisions.	CARTWHEEL; FRONT WALKOVER (SINGLE); ROUNDOFF; FORWARD ROLL CARTWHEEL ROUNDOFF; HANDSTAND FORWARD ROLL CARTWHEEL ROUNDOFF Note: Front Walkovers are illegal in Tiny & Mini Novice divisions.
LEVEL 1	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
FORWARD ROLL; STRADDLE ROLL; HANDSTAND; HANDSTAND FORWARD ROLL; FRONT LIMBER; CARTWHEEL; BACKWARD ROLL; BACK EXTENSION ROLL; PUSH UP TO BRIDGE; STANDING TO BRIDGE; BRIDGE KICKOVER; FRONT WALKOVER; BACK WALKOVER	CARTWHEEL; FRONT WALKOVER; ROUND OFF; CARTWHEEL BACKWALKOVER; FRONT WALKOVER TO CARTWHEEL/ROUNDOFF; CARTWHEEL ½ TURN FRONT WALKOVER; CONNECTED SKILLS CARTWHEEL/BACKWALKOVER
LEVEL 2	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
STANDING BACK HANDSPRING; BACK HANDSPRING STEP OUT; BACK EXTENSION ROLL BACK HANDSPRING; BACK WALKOVER BACK HANDSPRING	CARTWHEEL BACKHANDSPRING; ROUNDOFF BACKHANDSPRING; ROUND OFF BACKHANDSPRING STEP OUT; ROUND OFF BACK HANDSPRING SERIES; FRONT WALKOVER TO ROUND OFF BACK HANDSPRING SERIES; FRONT HANDSPRING; FLY HANDSPRING; FORWARD WALKOVER FRONT HANDSPRING; FRONT HANDSPRING ROUNDOFF BACK HANDSPRING
LEVEL 3	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
BACK HANDSPRING SERIES; JUMP TO BACK HANDSPRING; JUMP TO BACK HANDSPRING SERIES; BACK HANDSPRING SERIES JUMP BACK HANDSPRING SERIES; BACK HANDSPRING STEP OUT BACK HANDSPRING COMBO	AERIAL CARTWHEEL; PUNCH FRONT; ROUND OFF TUCK; ROUND OFF BACK HANDSPRING BACK TUCK; ROUND OFF BACK HANDSPRING SERIES TO BACK TUCK; FRONT WALKOVER TO ROUND OFF BACK HANDSPRING BACK TUCK; FRONT WALKOVER TO ROUNDOFF BACK HANDSPRING SERIES BACK TUCK

2020 ACSA SKILL LIST – TUMBLING



LEVEL 4	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
STANDING BACK TUCK; BACK HANDSPRING BACK TUCK; BACK HANDSPRING SERIES TO BACK TUCK; JUMP BACK HANDSPRING BACK TUCK; JUMP BACK HANDSPRING SERIES TO BACK TUCK; BACK HANDSPRING WHIP BACK HANDSPRING SERIES TO TUCK/LAYOUT; ONODI;; BACK HANDSPRING SERIES LAYOUT; BACK HANDSPRING TUCK BACKHANDSPRING TUCK; BACK HANDSPRING TUCK BACK HANDSPRING LAYOUT; JUMP BACK HANDSPRING SERIES LAYOUT; JUMP BACK HANDSPRING SERIES TO TUCK/LAYOUT;	CARTWHEEL BACK TUCK; ROUNDOFF LAYOUT; ROUNDOFF BACK HANDSPRING LAYOUT/LAYOUT STEPOUT/ X-OUT; ROUND OFF BACK HANDSPRING SERIES TO LAYOUT; FRONT WALKOVER THROUGH TO LAYOUT; PUNCH FRONT STEPOUT TO LAYOUT; ROUND OFF BACK HANDSPRING SERIES TO LAYOUT; ROUND OFF BACK HANDSPRING WHIP BACK HANDSPRING TO LAYOUT; PUNCH FRONT STEPOUT TO ROUND OFF BACK HANDSPRING WHIP BACK HANDSPRING TO BACK TUCK; FRONT HANDSPRING PUNCH FRONT; FRONT HANDSPRING PUNCH FRONT THROUGH TO ROUND OFF BACK HANDSPRING BACK TUCK/LAYOUT; FRONT AERIAL

LEVEL 5	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
JUMP BACK TUCK; BACK HANDSPRING SERIES TO WHIPS AND LAYOUT; JUMP BACK HANDSPRING SERIES TO WHIPS AND LAYOUTS; BACK HANDSPRING SERIES WHIP BACK HANDSPRING SERIES TO LAYOUT/LAYOUT STEP OUT/X-OUT; BACK HANDSPRING WHIP/TUCK/LAYOUT TO WHIP/TUCK/LAYOUT	ROUND OFF FULL; ROUND OFF BACK HANDSPRING FULL; FRONT WALKOVER THROUGH TO FULL; PUNCH FRONT STEP OUT TO FULL; ROUNDOFF WHIP BACK HANDSPRING TO FULL

2020 ACSA SKILL LIST – TUMBLING



LEVEL 6 & 7	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
JUMP BACK TUCK	CARTWHEEL FULL; ROUND OFF BACK HANDSPRING FULL; FRONT WALKOVER THROUGH TO FULL; SIDE AERIAL/FRONT AERIAL/ONODI THROUGH TO FULL; FRONT FULL
<p>ELITE LEVEL APPROPRIATE</p> <p>STANDING FULL; JUMP FULL; BACK HANDSPRING FULL; JUMP BACK HANDSPRING FULL; BACK HANDSPRING SERIES TO FULL; JUMP BACK HANDSPRING SERIES TO FULL; BACK HANDSPRING WHIP TO BACK HANDSPRING SERIES TO FULL; BACK HANDSPRING SERIES TO DOUBLE FULL; JUMP BACK HANDSPRING SERIES TO DOUBLE FULL; BACK HANDSPRING WHIP TO BACK HANDSPRING SERIES TO DOUBLE FULL</p>	<p>ELITE LEVEL APPROPRIATE</p> <p>FRONT HANDSPRING FRONT FULL; PUNCH FRONT STEPOUT TO FULL; ROUNDOFF BACK HANDSPRING WHIP TO FULL; ROUND OFF ARABIAN ROUND OFF BACK HANDSPRING FULL; ROUND OFF BACK HANDSPRING FULL BACK HANDSPRING SERIES TO FULL ROUND OFF DOUBLE FULL; ROUND OFF BACK HANDSPRING DOUBLE FULL; FRONT WALKOVER THROUGH TO DOUBLE FULL; PUNCH FRONT STEPOUT TO DOUBLE FULL; ROUND OFF BACK HANDSPRING WHIP TO DOUBLE FULL; ROUND OFF ARABIAN ROUND OFF BACK HANDSPRING DOUBLE FULL; ROUND OFF BACK HANDSPRING FULL BACK HANDSPRING SERIES TO DOUBLE FULL; ROUND OFF BACKHANDSPRING DOUBLE FULL BACK HANDSPRING SERIES TO DOUBLE FULL</p>

2020 ACSA SKILL LIST – JUMPS



JUMPS	
BASIC JUMPS	ADVANCED JUMPS
SPREAD EAGLE/ STAR JUMP TUCK JUMP	PIKE RIGHT/LEFT HURDLER (FRONT OR SIDE) TOE TOUCH Note: Tuck Jumps and Star Jumps will be credited as Advanced Jumps in Tiny and Mini Novice divisions.

2020 ACSA 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 (Will still be given credit in level 5, although legal in level 4); 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