



2022 AASCF SKILL LIST – BUILDING

Released 14th February 2022 (V2)
Changes to 2021 in *Red*

NOVICE					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	COMBINATION SKILLS
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				



2022 AASCF SKILL LIST – BUILDING

LEVEL 1					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	COMBINATION SKILLS
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 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
ELITE LEVEL APPROPRIATE		<ul style="list-style-type: none"> ● TIC TOC AT WAIST LEVEL (BODY POSITION TO BODY POSITION) ● TIC TOC AT PREP LEVEL (BODY POSITION TO BODY POSITION WITH BRACER) 	<ul style="list-style-type: none"> ● ¼ TWISTING TRANSITION TO PREP LEVEL 		<ul style="list-style-type: none"> ● ¼ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH REQUIRED HAND/ARM CONNECTION WITH A BASE



2022 AASCF SKILL LIST – BUILDING

LEVEL 2					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	COMBINATION SKILLS
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



2022 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
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 TWISTING DISMOUNT 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)



2022 AASCF SKILL LIST – BUILDING

LEVEL 4					
	INVERSION STYLE	RELEASE STYLE (Tic Toc, Switch Up, Ball Up, Straddle Up etc. are examples of releases)	TWISTING	DISMOUNT STYLE	COMBINATION SKILLS
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 PREP 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 	<ul style="list-style-type: none"> ● 2-2 ¼ TWISTING DISMOUNT FROM EXTENDED 2 LEG STUNT 	<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



2022 AASCF SKILL LIST – BUILDING

LEVEL 5

	INVERSION STYLE	RELEASE STYLE (Tic Toc, Switch Up, Ball Up, Straddle Up etc. are examples of releases)	TWISTING	DISMOUNT STYLE	COMBINATION SKILLS
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"> 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 ½ SWITCH 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"> 2-2 ¼ TWISTING DISMOUNT FROM EXTENDED 1 LEG 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

* 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.



2022 AASC F SKILL LIST – BUILDING

LEVEL 6					
	INVERSION STYLE	RELEASE STYLE (Tic Toc, Switch Up, Ball Up, Straddle Up etc. are examples of releases)	TWISTING	DISMOUNT STYLE	COMBINATION SKILLS
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"> ● KICK DOUBLE TWISTING DISMOUNT 	<ul style="list-style-type: none"> ● ½ TWISTING RELEASED INVERSION TO EXTENDED STUNT ● 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.



2022 AASCF 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	COMBINATION SKILLS
<p>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).</p>	<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
<p>ELITE SKILLS</p>	<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"> ● KICK DOUBLE TWISTING DISMOUNT 	<ul style="list-style-type: none"> ● BACKHANDSPRING FULL UP TO EXTENDED STUNT ● TOSS FRONT HANDSPRING ½ -1 ½ UP 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 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.



2022 AASCF 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



2022 AASC SKILL LIST – TUMBLING

LEVEL 3	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
<p>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</p>	<p>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</p>
LEVEL 4	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
<p>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;</p>	<p>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</p>
LEVEL 5	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
<p>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</p>	<p>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</p>



2022 AASCF SKILL LIST – TUMBLING

LEVEL 6 & 7	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
JUMP BACK TUCK	CARTWHEEL FULL; ROUND OFF FULL; ROUND OFF BACK HANDSPRING FULL; FRONT WALKOVER THROUGH TO FULL; SIDE AERIAL/FRONT AERIAL/ONODI THROUGH TO FULL; FRONT FULL
<p style="text-align: center;">ELITE LEVEL APPROPRIATE</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; BACK HANSPRING WHIP FULL; BACK HANDSPRING WHIP DOUBLE FULL	<p style="text-align: center;">ELITE LEVEL APPROPRIATE</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; ROUND OFF WHIP FULL; ROUND OFF WHIP DOUBLE FULL; ROUND OFF BACK HANSPRING FULL TO WHIP TO DOUBLE FULL



2022 AASCF 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.



2022 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