



2024 AASCF SKILL LIST – BUILDING

*Revised 24th January 2024 (V1)
Changes to 2023 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 AT OR BELOW 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				



2024 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 TO/FROM 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 1 LEG STUNT ● EXTENDED FLAT BACK ● PREP LEVEL 2 LEG STUNT ● PREP LEVEL TO PRONE
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 2 LEG STUNT 		<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	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 ● ¼ 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"> ● 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



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
LEVEL APPROPRIATE	<ul style="list-style-type: none"> ● INVERTED AT PREP LEVEL OR BELOW ● 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 TWISTING DISMOUNT 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)



2024 AASCF SKILL LIST – BUILDING

LEVEL 4					
	INVERSION STYLE	RELEASE STYLE <small>(Tic Toc, Switch Up, Ball Up, Straddle Up etc. are examples of releases)</small>	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 PREP LEVEL & BELOW ● 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 2 LEG STUNT ● FULL 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



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
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 TWISTING SWITCH UP TO EXTENDED 1 LEG STUNT ● TIC TOC LIB TO LIB (HIGH TO HIGH) ● ½ TWISTING SWITCH UP TO EXTENDED 1 LEG STUNT ● TWISTING HELICOPTER RELEASE MOVES 	<ul style="list-style-type: none"> ● 2 TWISTS UP TO PREP LEVEL OR BELOW STUNT 	<ul style="list-style-type: none"> ● 2-2 ¼ TWISTING DISMOUNT FROM PREP 1 LEG STUNT ● HITCH KICK FULL 	<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 EXTENDED BODY POSITION (HIGH TO HIGH) ● ½ TWISTING BALL UP TO EXTENDED BODY POSITION ● ½ TWISTING SWITCH UP TO EXTENDED BODY POSITION ● FULL TWISTING RELEASE TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> ● FULL UP TO EXTENDED ONE LEG BODY POSITION ● 1½ UP TO EXTENDED 1 LEG STUNT ● DOUBLE UP TO EXTENDED STUNT 2 LEG STUNT 	<ul style="list-style-type: none"> ● 2-2 ¼ TWISTING DISMOUNT FROM EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> ● ¼ - 1 ½ 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.



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
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"> ● 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"> ● 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 EXTENDED BODY POSITION TO EXTENDED BODY POSITION (HIGH TO HIGH) ● FULL TWISTING RELEASE TO EXTENDED BODY POSITION ● 1 ½ - 2 ¼ UP 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.



2024 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.



2024 AASCF SKILL LIST – TUMBLING

NOVICE	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
<ul style="list-style-type: none"> • FORWARD ROLL, BACKWARD ROLL; BACK EXTENSION ROLL • HANDSTAND; HANDSTAND FORWARD ROLL; TABLE TOP <p>FRONT LIMBER; PUSH UP TO BRIDGE; STANDING TO BRIDGE; BRIDGE KICKOVER</p> <ul style="list-style-type: none"> • CARTWHEEL; • FRONT WALKOVER (SINGLE); BACK WALKOVER (SINGLE) <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 & 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"> • CARTWHEEL; • FRONT WALKOVER (SINGLE); ROUNDOFF; • FORWARD ROLL CARTWHEEL ROUNDOFF; • HANDSTAND FORWARD ROLL CARTWHEEL ROUNDOFF <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 & Mini Novice divisions.</i></p>
LEVEL 1	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
<ul style="list-style-type: none"> • FORWARD ROLL, BACKWARD ROLL; BACK EXTENSION ROLL • HANDSTAND; HANDSTAND FORWARD ROLL; <p>FRONT LIMBER; PUSH UP TO BRIDGE; STANDING TO BRIDGE; BRIDGE KICKOVER</p> <ul style="list-style-type: none"> • CARTWHEEL; • FRONT WALKOVER (SINGLE); BACK WALKOVER 	<ul style="list-style-type: none"> • CARTWHEEL • FRONT WALKOVER • ROUND OFF • CONNECTED SKILLS FRONT WALKOVER/CARTWHEEL/BACKWALKOVER
LEVEL 2	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
<ul style="list-style-type: none"> • STANDING BACK HANDSPRING; BACK HANDSPRING STEP OUT; • BACK EXTENSION ROLL BACK HANDSPRING; • BACK WALKOVER BACK HANDSPRING 	<ul style="list-style-type: none"> • CARTWHEEL BACK HANDSPRING; • ROUNDOFF BACKHANDSPRING/ BACK HANDSPRING SERIES; • FRONT HANDSPRING • FRONT WALKOVER/HANDSPRING TO ROUND OFF BACK HANDSPRING SERIES; • FLYSPRING; FORWARD WALKOVER FRONT HANDSPRING;



2024 AASCF SKILL LIST – TUMBLING

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



2024 AASCF SKILL LIST – TUMBLING

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



2024 AASCF SKILL LIST – JUMPS

JUMPS	
BASIC JUMPS	ADVANCED JUMPS
<ul style="list-style-type: none"> SPREAD EAGLE/ STAR JUMP TUCK JUMP 	<ul style="list-style-type: none"> PIKE RIGHT/LEFT HURDLER (FRONT OR SIDE) <ul style="list-style-type: none"> TOE TOUCH <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