



AASCF - ALL STAR SCORING SYSTEMS – STUNT SKILLS

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LEVEL 1 SKILLS

| | 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 BELOW PREP LEVEL • SWITCH UP TO BODY POSITION BELOW PREP LEVEL • TIC TOC BELOW PREP LEVEL (LIB TO LIB) • TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION) | <ul style="list-style-type: none"> • ¼ TWISTING TRANSITION TO BELOW PREP LEVEL • ¼ 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 & GO • STRADDLE SIT • FLAT BACK • EXTENDED STRADDLE SIT • BELOW PREP LEVEL 1 LEG STUNT • EXTENDED FLAT BACK • PREP LEVEL TO PRONE • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY • 1 LEG STUNT BELOW PREP LEVEL • SHOULDER SIT • <u>BELOW SKILLS ILLEGAL IN NOVICE</u> • PREP LEVEL 1 LEG STUNT WITH BRACER • CHAIR |
| ELITE LEVEL APPROPRIATE | | <ul style="list-style-type: none"> • TIC TOC BELOW PREP LEVEL (BODY TO BODY POSITION) | <ul style="list-style-type: none"> • ¼ TWISTING TRANSITION TO PREP | | <ul style="list-style-type: none"> • <u>BELOW SKILLS ILLEGAL IN NOVICE</u> • TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER • ¼ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH BRACER |

LEVEL 2 SKILLS

| | INVERSION SYTLE | 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 | <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 • BARREL ROLL • LEAP FROG VARIATIONS • ½ TWIST TO PRONE • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY • WALK IN PREP LEVEL PRESS EXTENSION |
| 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 TIC TOC TO PREP LEVEL 1 LEG STUNT • ½ TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT |



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LEVEL 3 SKILLS

| | INVERSION STYLE | RELEASE STYLE | 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 TO 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 • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY • TOSS HANDS • SINGLE BASED 1 LEG EXTENDED STUNTS • TOSS HANDS, PAUSE, PRESS EXTENSION • WALK IN EXTENSION |
| 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 LIB TO EXTENDED BODY POSITION • SWITCH UP TO PREP LEVEL BODY POSITION • BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL BODY POSITION | <ul style="list-style-type: none"> • FULL UP TO PREP LEVEL BODY POSITION • ½ TWISTING TRANSITION TO EXTENDED 1 LEG STUNT • PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION | | <ul style="list-style-type: none"> • ½ TWISTING INVERSION TO EXTENDED 1 LEG STUNT • FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION) |

LEVEL 4 SKILLS

| | INVERSION STYLE | RELEASE STYLE | 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 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 • ¾ TWISTING TRANSITION TO EXTENDED STUNT • FULL UP TO EXTENDED STUNT • 1 ½ TWISTING TRANSITION TO PREP LEVEL • 1 ½ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT | <ul style="list-style-type: none"> • FULL DOWN FROM EXTENDED 1 LEG STUNT • DOUBLE DOWN FROM PREP LEVEL • DOUBLE DOWN FROM EXTENDED STUNT • KICK FULL TWISTING DISMOUNT | <ul style="list-style-type: none"> • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY • TOSS EXTENSION • TOSS 1 LEG EXTENDED STUNT |
| ELITE LEVEL APPROPRIATE | <ul style="list-style-type: none"> • RELEASED INVERSION FROM BELOW PREP LEVEL TO EXTENDED STUNT | <ul style="list-style-type: none"> • TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW BODY POSITION (HIGH TO LOW) • BALL UP, STRADDLE UP AND/OR RELEASE TO EXTENDED BODY POSITION (NOT INCLUDING SWITCH UP) | <ul style="list-style-type: none"> • 1 ½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION • EXTENDED FULL TWISTING TRANSITION TO EXTENDED STUNT • FULL UP TO EXTENDED LIB (NOT BODY POSITION) | | <ul style="list-style-type: none"> • FULL TWISTING INVERSION TO EXTENDED STUNT • FULL TWISTING TIC TOC RELEASE TO PREP LEVEL 1 LEG STUNT • FULL TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT • FULL TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL BODY POSITION • 1 ½ TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL 1 LEG STUNT |



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LEVEL 5 JUNIOR & SENIOR RESTRICTED SKILLS

| | INVERSION STYLE | RELEASE STYLE | 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 RELEASED INVERSION FROM PREP LEVEL TO EXTENSION | <ul style="list-style-type: none"> ¼ TURN SWITCH UP TO EXTENDED 1 LEG STUNT LIB TO LIB TIC TOC (HIGH TO HIGH) LIB TO LIB TIC TOC (LOW TO HIGH) ½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT LIB TO BODY POSITION TIC TOC (LOW TO HIGH) TWISTING HELICOPTER RELEASE MOVES | <ul style="list-style-type: none"> FULL UP TO EXTENDED 1 LEG STUNT 1 ¼ UP TO EXTENDED STUNT DOUBLE UP TO PREP LEVEL STUNT | <ul style="list-style-type: none"> DOUBLE DOWN FROM 1 LEG STUNT KICK DOUBLE TWISTING DISMOUNT | <ul style="list-style-type: none"> 1 ½ – 2 TWIST TO PRONE COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY TOSS ¼ - ¾ TWIST TO EXTENDED STUNT TOSS EXTENDED 1 ARM STUNT TOSS FULL TWIST TO EXTENDED STUNT |
| ELITE LEVEL APPROPRIATE | <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) SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT ½ BALL UP TO EXTENDED BODY POSITION | <ul style="list-style-type: none"> FULL UP TO EXTENDED BODY POSITION 1 ½ UP TO EXTENDED STUNT | | <ul style="list-style-type: none"> ¼ - ¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH) |

LEVEL 5 SKILLS

| | INVERSION STYLE | RELEASE STYLE | 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 RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB | <ul style="list-style-type: none"> ¼ TURN SWITCH UP TO EXTENDED 1 LEG STUNT LIB TO LIB TIC TOC (HIGH TO HIGH) LIB TO LIB TIC TOC (LOW TO HIGH) ½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT LIB TO BODY POSITION TIC TOC (HIGH TO HIGH) LIB TO BODY POSITION TIC TOC (LOW 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"> FULL UP TO EXTENDED 1 LEG STUNT 1 ¼ - 1 ¾ UP TO EXTENDED STUNT 1 ¼ - 1 ¾ UP TO EXTENDED 1 LEG STUNT DOUBLE UP TO EXTENDED STUNT | <ul style="list-style-type: none"> DOUBLE DOWN FROM 1 LEG STUNT KICK DOUBLE TWISTING DISMOUNT | <ul style="list-style-type: none"> 1 ½ – 2 TWIST TO PRONE COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY COED STYLE TOSS ¼ - ¾ TWIST TO EXTENDED STUNT ¼ TO ¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH) |
| ELITE LEVEL APPROPRIATE | <ul style="list-style-type: none"> RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION | <ul style="list-style-type: none"> SWITCH UP FULL TWIST TO EXTENDED BODY POSITION TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) FULL TWISTING BALL UP TO EXTENDED BODY POSITION | <ul style="list-style-type: none"> 1 ½ UP TO EXTENDED BODY POSITION 1 ¾ UP TO EXTENDED BODY POSITION DOUBLE UP TO EXTENDED 1 LEG STUNT | | <ul style="list-style-type: none"> UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT COED STYLE TOSS FRONT HANDSPRING RELEASE ½ TWIST TO EXTENDED STUNT COED STYLE TOSS FULL TWIST TO EXTENDED STUNT FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (HIGH TO HIGH) TOSS FRONT HANDSPRING ½ UP RELEASE TO EXTENDED STUNT FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH) |



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LEVEL 6 SKILLS

| | INVERSION STYLE | RELEASE STYLE | TWISTING | DISMOUNT STYLE | OTHER STUNTS |
|--------------------------------|---|---|---|---|---|
| LEVEL APPROPRIATE | <ul style="list-style-type: none"> • FREE FLIPPING FROM GROUND LEVEL TO CRADLE (L6) • FLIPPING FROM GROUND LEVEL TO PREP LEVEL (L6) • FLIPPING FROM GROUND LEVEL TO EXTENSION (L6) • DOWNWARD INVERSION FROM EXTENDED STUNT • DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT • RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION • RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB | <ul style="list-style-type: none"> • ¼ TURN SWITCH UP TO EXTENDED 1 LEG STUNT • LIB TO LIB TIC TOC (HIGH TO HIGH) • LIB TO LIB TIC TOC (LOW TO HIGH) • ½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT • LIB TO BODY POSITION TIC TOC (HIGH TO HIGH) • LIB TO BODY POSITION TIC TOC (LOW 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"> • FREE FLIPPING WITH TWISTING FROM GROUND LEVEL TO CRADLE (L6) • FLIPPING WITH TWISTING FROM GROUND LEVEL TO PREP LEVEL (L6) • FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENSION (L6) • FULL UP TO EXTENDED 1 LEG STUNT • 1 ¼ - 1 ¾ UP TO EXTENDED STUNT • 1 ¼ - 1 ¾ UP TO EXTENDED 1 LEG STUNT • DOUBLE UP TO EXTENDED STUNT | <ul style="list-style-type: none"> • FRONT FREE FLIPPING TO GROUND LEVEL (L6) • FREE FLIPPING FROM PREP LEVEL OR BELOW TO CRADLE (L6) • FREE FLIPPING WITH TWISTING FROM PREP LEVEL OR BELOW TO CRADLE (L6) • DOUBLE DOWN FROM 1 LEG STUNT • KICK DOUBLE TWISTING DISMOUNT | <ul style="list-style-type: none"> • 1 ½ – 2 TWIST TO PRONE • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY • COED STYLE TOSS ¼ - ¾ TWIST TO EXTENDED STUNT • COED STYLE TOSS EXTENDED 1 ARM STUNT • ¼ TO ¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT |
| ELITE LEVEL APPROPRIATE | <ul style="list-style-type: none"> • FLIPPING FROM GROUND LEVEL TO EXTENDED SINGLE LEG AND/OR SINGLE ARM STUNT (L6) • RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION | <ul style="list-style-type: none"> • SWITCH UP FULL TWIST TO EXTENDED BODY POSITION • TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) • FULL TWISTING BALL UP TO EXTENDED BODY POSITION | <ul style="list-style-type: none"> • FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENDED SINGLE LEG (L6) • 1 ½ UP TO EXTENDED BODY POSITION • 1 ¾ UP TO EXTENDED BODY POSITION • DOUBLE UP TO EXTENDED 1 LEG STUNT | | <ul style="list-style-type: none"> • BACK HANDSPRING FULL UP TO STUNT (L6) • UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT • FRONT HANDSPRING 1 ½ UP TO EXTENDED STUNT • COED STYLE TOSS FRONT HANDSPRING RELEASE ½ TWIST TO EXTENDED STUNT • COED STYLE TOSS FULL TWIST TO EXTENDED STUNT • FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LIB TO BODY POSITION) • FRONT HANDSPRING ½ UP TO EXTENDED STUNT • FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH) |

This document includes examples of level appropriate skills. Coaches are still responsible for ensuring that any skills performed in their routine are compliant with the USASF Safety Rules. Please check back as this document may be updated throughout the season.