	Basic	Intermediate	Advanced
LEVEL 1	Forward Roll Backward Roll Round off Cartwheel Bridge	Backbend Kickover Jump to Forward Roll Handstand Forward Roll Cartwheel Back Walkover Forward Roll Connection Backward Roll Connection	Back Extension Roll Back Walkover Series Front Walkover Series FWO Cartwheel BWO Forward Roll FWO Switch Leg Back Walkover Switch Leg Front Walkover Specialty Pass*2
LEVEL 2	Standing Back handspring Back handspring pause Back handspring 2 Jumps pause Back handspring Round off Back handspring	Straight Jump Back handspring Back WalkoverBack handspring RO Series Back handspring Front Walkover Round Off Back handspring Front Handspring	Back Ext. Roll Back walkover Back handspring Back handspring Back Walkover Back handspring Front walkover RO Back handspring Series Specialty Pass* Jump Back handspring Step Out RO handspring Tuck
LEVEL 3	Standing 2 Back handspring Jump to Back handspring RO Back handspring Tuck Standing Tuck	Standing 3 Backhandspring 2+ Jumps to Backhandspring Series Front Walkover Round Off Backhandspring Tuck Punch Front	Front walkover RO handspring Step Out RO handspring tuck RO handspring Tuck-Jump handspring Specialty Pass* Punch Front thru RO BHS tuck
LEVEL 4	Jump to Back handspring Tuck Standing Back handspring Tuck RO Back handspring Layout	3 Jumps to 3 Back handspring Tuck Front walkover RO Back handspring Layout Standing series to a Tuck Punch Front thru Layout	RO BHS Layout Step Out RO-whip-tuck

*** These are the skills used when placing athletes on a team.

Athletes without the above skills could still make a higher level team based on the need of stunting positions for said team.

This is at the discretion of coaches