



# LEVEL 3

STUNTS - BASIC  
INVERTED BELOW PREP LEVEL  
INVERTED AT PREP LEVEL  
DOWNWARD INVERSION FROM BELOW PREP LEVEL  
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)  
FULL UP BELOW PREP LEVEL  
FULL UP PREP LEVEL STUNT  
1/4 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  
STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT  
FULL DOWN FROM PREP  
1/4 TWISTING DISMOUNT FROM EXTENDED 1 LEG  
FULL DOWN FROM EXTENSION  
SINGLE SKILL CRADLE FROM 2 LEG STUNT  
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

STUNTS - ELITEs

INVERSION TO EXTENDED 1 LEG STUNT  
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  
FULL UP TO PREP LEVEL BODY POSITION  
1/2 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT  
PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL  
BODY POSITION  
1/2 TWISTING INVERSION TO EXTENDED 1 LEG STUNT

TOSSES

BALL ARCH  
PRETTY GIRL ARCH  
PIKE ARCH  
KICK ARCH  
BALL-X  
TOE TOUCH  
FULL TWIST

STANDING TUMBLE

BHS SERIES  
JUMP TO BHS  
JUMP TO BHS SERIES  
BHS SERIES JUMP BHS SERIES  
BHS STEP OUT BHS COMBO

RUNNING TUMBLE

ARIELS  
PUNCH FRONT  
ROUND OFF TUCK  
ROUND OFF BHS BACK TUCK  
ROUND OFF BHS SERIES TO BACK TUCK  
FRONT WALKOVER TO ROUND OFF BHS BACK TUCK  
FRONT WALKOVER TO ROUND OFF BHS SERIES BACK TUCK