



FIND YOUR STUNT LEVEL

this is a condensed list of stunt skill expectations for team selections.

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
BASIC	Box Stunts where base is positioned on all hands and knees	Holding stunt at prep level liberty with no post/brace help	Full twisting lib to/at prep level 1/4 twisting to extended single leg stunt released tic from below prep to prep level lib	Extended lib tic down to prep lib Full up switch up to prep level stunt Switch up/ Quick Toss to extended Lib	High to high tic toc lib to lib 1/2 turn switch up to lib release inversion from prep level to extended stunt	High to High Tic toc lib to body position Full up switch up lib Released inversion from prep to extended body position
ADVANCED	Belly Stunts where base(s) are positioned standing and holding the top person at belly level	1/2 up to prep level body position with no bracer straight up extension from load in position	Full twisting prep level lib to prep level lib 1/2 up single leg stunt release from below prep level to prep level body position	Extended Body Position tic down to prep level lib Full up to extended Liberty Switch up/ Quick Toss to body position	Low to high tic toc lib to body position Full twisting switch up to extended lib Released inversion from prep level to extended lib	Full twisting low to High tic toc lib to lib Full twisting switch up to extended body position Released inversion 1/2 turn to exnted stunt
ELITE	Prep level stunts where base(s) are standing and supporting the top person at prep level (shoulder level) Athletes should also be able to hold and extended stunt connected to prep	Prep level body position tic toc to prep level body position 1/2 up to extension 1/2 twisting tic toc to prep level body position	Full twisting prep level lib to prep level body position Invert up to single leg body position Full up to extended stunt (two feet)	Extended Body Position tic down to Prep Level Body Position Press Up Full Up to Body Position 1 1/2 up to extended stunt	High to high tic toc body position to body position Full twisting switch up to extended body position Double up to extended Stunt	Full twisting high to high stunt lib to lib 1/12 twisting switch up to exnted body position Double up to 1 leg stunt