



2019 ACSA SKILL LIST – BUILDING



Released 22.01.19_VI

Please note: **Blue:** Can now be done legally in the level below. In the case of Level 6, the blue highlight indicates it can now be done in Level 4.
Yellow: Is a skill that is now legal in that level.
Red text: Minor wording updates to align with wording used in rules.

| LEVEL 1 | | | | | |
|--------------------------------|---|--|--|--|--|
| | 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 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 BELOW PREP LEVEL 1 LEG STUNT EXTENDED FLAT BACK PREP LEVEL 2 LEG STUNT PREP LEVEL TO PRONE SHOULDER SIT COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY SHOULDER STAND PREP LEVEL 1 LEG STUNT WITH REQUIRED HAND/ARM CONNECTION WITH A BASE |
| ELITE LEVEL APPROPRIATE | | <ul style="list-style-type: none"> TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION) | <ul style="list-style-type: none"> ¼ TWISTING TRANSITION TO PREP | | <ul style="list-style-type: none"> TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION WITH REQUIRED HAND/ARM CONNECTION WITH A BASE ¼ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH REQUIRED HAND/ARM CONNECTION WITH A BASE |



2019 ACSA SKILL LIST – BUILDING



| LEVEL 2 | | | | | |
|--------------------------------|--|---|--|---|--|
| | INVERSION STYLE | 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 • 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"> • PRONE • 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 TIC TOC TO PREP LEVEL 1 LEG STUNT • ½ TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT |

2019 ACSA SKILL LIST – BUILDING



| LEVEL 3 | | | | | |
|--------------------------------|---|--|---|--|--|
| | 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 PREP LEVEL 1 LEG STUNT • FULL UP TO EXTENDED 2 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 • 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 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 • 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 (LIB TO BODY POSITION) |

2019 ACSA SKILL LIST – BUILDING



| LEVEL 4 | | | | | |
|--------------------------------|--|---|---|--|--|
| | 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 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 BELOW PREP LEVEL ¾ TWISTING TRANSITION TO EXTENDED STUNT FULL UP TO EXTENDED 2 LEG STUNT 1 ½ TWISTING TRANSITION TO PREP LEVEL 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 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 BELOW PREP LEVEL TO EXTENDED STUNT RELEASED INVERSION FROM 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, TIC TOC RELEASE AND/OR OTHER 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 1 ½ UP TO EXTENDED STUNT 1-1 ½ UP TO EXTENDED ONE LEG STUNT | | <ul style="list-style-type: none"> FULL TWISTING INVERSION TO EXTENDED STUNT 1-1 ½ TWISTING TIC TOC RELEASE 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 |

2019 ACSA SKILL LIST – BUILDING



| LEVEL 5 | | | | | |
|--------------------------------|--|---|---|---|---|
| | 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 EXTENDED STUNT | <ul style="list-style-type: none"> ½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO LIB (HIGH TO HIGH) LIB TO LIB TIC TOCS (LOW TO HIGH) ½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO BODY POSITION (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 2-2 ¼ UP TO PREP LEVEL STUNT | <ul style="list-style-type: none"> KICK DOUBLE TWISTING DISMOUNT 2-2 ¼ TWISTING DISMOUNT 1 LEG STUNT UP TO 3 TRICK DISMOUNTS TO CRADLE | <ul style="list-style-type: none"> 1 ½ -2 TWIST TO PRONE TOSS ¼- ¾ TWIST TO EXTENDED STUNT TOSS EXTENDED 1 ARM STUNT TOSS FULL TWIST 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 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 1 ½ -2 ¼ BALL UP, TIC TOC RELEASE AND/OR OTHER RELEASE TO EXTENDED 1 LEG STUNT | <ul style="list-style-type: none"> FULL UP TO EXTENDED BODY POSITION 1 ½ UP TO EXTENDED STUNT 2-2 ¼ 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) FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (HIGH TO HIGH) |

2019 ACSA SKILL LIST – BUILDING



| LEVEL 6 | | | | | |
|--------------------------------|--|---|---|--|--|
| | 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 TIC TOC LIB TO LIB (HIGH TO HIGH) TIC TOC LIB TO LIB (LOW TO HIGH) ½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) TIC TOC LIB TO BODY POSITION (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 2-2 ¼ UP TO EXTENDED STUNT | <ul style="list-style-type: none"> KICK DOUBLE TWISTING DISMOUNT 2-2 ¼ TWISTING DISMOUNT FROM 1 LEG STUNT DISMOUNTS FROM INVERSION WITH ½ TWIST | <ul style="list-style-type: none"> 1 ½ -2 TWIST TO PRONE COED STYLE TOSS ¼- ¾ TWIST TO 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 LEVEL APPROPRIATE | <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"> 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 1 ½ -2 ¼ BALL UP, TIC TOC RELEASE AND/OR OTHER RELEASE TO EXTENDED 1 LEG STUNT | <ul style="list-style-type: none"> 1 ½ UP TO EXTENDED BODY POSITION 1 ¾ UP TO EXTENDED BODY POSITION 2-2 ¼ 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) |



2019 ACSA SKILL LIST – BUILDING



| LEVEL 7 | | | | | |
|--------------------------------|--|---|---|--|--|
| | INVERSION STYLE | RELEASE STYLE | TWISTING | DISMOUNT STYLE | OTHER STUNTS |
| LEVEL APPROPRIATE | <ul style="list-style-type: none"> • FREE FLIPPING FROM GROUND LEVEL TO CRADLE • FREE FLIPPING FROM GROUND LEVEL TO PREP LEVEL • FREE FLIPPING FROM GROUND LEVEL TO EXTENSION • 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 • TIC TOC LIB TO LIB (LOW/HIGH TO HIGH) • ½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT • TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) • TIC TOC LIB TO BODY POSITION (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 • FLIPPING WITH TWISTING FROM GROUND LEVEL TO PREP LEVEL • FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENSION • 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 • 2-2 ¼ UP TO EXTENDED 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 • 2-2 ¼ TWISTING DISMOUNT FROM 1 LEG STUNT • KICK DOUBLE TWISTING DISMOUNT | <ul style="list-style-type: none"> • 1 ½ - 2 TWIST TO PRONE • COED STYLE TOSS ¼ - ¾ TWIST TO EXTENDED STUNT • ¼- ¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY |
| ELITE LEVEL APPROPRIATE | <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"> • 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 • 1 ½ - 2 ¾ 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 UP TO EXTENDED BODY POSITION • 1 ¾ UP TO EXTENDED BODY POSITION • 2-2 ¼ TO EXTENDED 1 LEG STUNT | | <ul style="list-style-type: none"> • BACKHANDSPRING FULL UP TO EXTENDED STUNT • 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 • FRONT HANDSPRING ½ UP TO EXTENDED STUNT • FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (HIGH TO HIGH) • FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH) |



2019 ACSA SKILL LIST – TUMBLING



| LEVEL 1 | |
|---|--|
| STANDING TUMBLING SKILLS | RUNNING TUMBLING SKILLS |
| FORWARD ROLL; STRADDLE ROLL; HANDSTAND; HANDSTAND FORWARD ROLL; FRONT LIMBER; CARTWHEEL; BACKWARD ROLL; BACK EXTENSION ROLL; PUSH UP TO BRIDGE; STANDING TO BRIDGE; BRIDGE KICKOVER; FRONT WALKOVER; BACK WALKOVER | CARTWHEEL; FRONT WALKOVER; ROUND OFF; CARTWHEEL BACKWALKOVER; FRONT WALKOVER TO CARTWHEEL/ROUNDOFF; CARTWHEEL ½ TURN FRONT WALKOVER; CONNECTED SKILLS CARTWHEEL/BACKWALKOVER |

| LEVEL 2 | |
|--|--|
| STANDING TUMBLING SKILLS | RUNNING TUMBLING SKILLS |
| STANDING BACK HANDSPRING; BACK HANDSPRING STEP OUT; BACK EXTENSION ROLL BACK HANDSPRING; BACK WALKOVER BACK HANDSPRING | CARTWHEEL BACKHANDSPRING; ROUNDOFF BACKHANDSPRING; ROUND OFF BACKHANDSPRING STEP OUT; ROUND OFF BACK HANDSPRING SERIES; FRONT WALKOVER TO ROUND OFF BACK HANDSPRING SERIES; FRONT HANDSPRING; FLY HANDSPRING; FORWARD WALKOVER FRONT HANDSPRING; FRONT HANDSPRING ROUNDOFF BACK HANDSPRING |

| LEVEL 3 | |
|--|---|
| STANDING TUMBLING SKILLS | RUNNING TUMBLING SKILLS |
| BACK HANDSPRING SERIES; JUMP TO BACK HANDSPRING; JUMP TO BACK HANDSPRING SERIES; BACK HANDSPRING SERIES JUMP BACK HANDSPRING SERIES; BACK HANDSPRING STEP OUT BACK HANDSPRING COMBO | AERIAL CARTWHEEL; PUNCH FRONT; ROUND OFF TUCK; ROUND OFF BACK HANDSPRING BACK TUCK; ROUND OFF BACK HANDSPRING SERIES TO BACK TUCK; FRONT WALKOVER TO ROUND OFF BACK HANDSPRING BACK TUCK; FRONT WALKOVER TO ROUNDOFF BACK HANDSPRING SERIES BACK TUCK |

2019 ACSA SKILL LIST – TUMBLING



| LEVEL 4 | |
|---|--|
| STANDING TUMBLING SKILLS | RUNNING TUMBLING SKILLS |
| STANDING BACK TUCK; BACK HANDSPRING BACK TUCK; BACK HANDSPRING SERIES TO BACK TUCK; JUMP BACK HANDSPRING BACK TUCK; JUMP BACK HANDSPRING SERIES TO BACK TUCK; BACK HANDSPRING WHIP BACK HANDSPRING SERIES TO TUCK/LAYOUT; ONODI; FRONT AERIAL; BACK HANDSPRING SERIES LAYOUT; BACK HANDSPRING TUCK BACKHANDSPRING TUCK; BACK HANDSPRING TUCK BACK HANDSPRING LAYOUT; JUMP BACK HANDSPRING SERIES LAYOUT; JUMP BACK HANDSPRING SERIES TO TUCK/LAYOUT; | CARTWHEEL BACK TUCK; ROUND OFF LAYOUT; ROUND OFF BACK HANDSPRING LAYOUT/LAYOUT STEP OUT/ X-OUT; ROUND OFF BACK HANDSPRING SERIES TO LAYOUT; FRONT WALKOVER THROUGH TO LAYOUT; PUNCH FRONT STEP OUT TO LAYOUT; ROUND OFF BACK HANDSPRING SERIES 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 ROUND OFF BACK HANDSPRING BACK TUCK/LAYOUT; ONODI; FRONT AERIAL |

| LEVEL 5 | |
|--|--|
| STANDING TUMBLING SKILLS | RUNNING TUMBLING SKILLS |
| JUMP BACK TUCK; BACK HANDSPRING SERIES TO WHIPS AND LAYOUT; JUMP BACK HANDSPRING SERIES TO WHIPS AND LAYOUTS; BACK HANDSPRING SERIES WHIP BACK HANDSPRING SERIES TO LAYOUT/LAYOUT STEP OUT/X-OUT; BACK HANDSPRING WHIP/TUCK/LAYOUT TO WHIP/TUCK/LAYOUT | ROUND OFF FULL; ROUND OFF BACK HANDSPRING FULL; FRONT WALKOVER THROUGH TO FULL; PUNCH FRONT STEP OUT TO FULL; ROUND OFF WHIP BACK HANDSPRING TO FULL |

2019 ACSA SKILL LIST – TUMBLING



| LEVEL 6 & 7 | |
|---|--|
| STANDING TUMBLING SKILLS | RUNNING TUMBLING SKILLS |
| JUMP BACK TUCK | CARTWHEEL FULL; ROUND OFF BACK HANDSPRING FULL; FRONT WALKOVER THROUGH TO FULL; SIDE AERIAL/FRONT AERIAL/ONODI THROUGH TO FULL; FRONT FULL |
| <p>ELITE LEVEL APPROPRIATE</p> <p>STANDING FULL; JUMP FULL; BACK HANDSPRING FULL; JUMP BACK HANDSPRING FULL; BACK HANDSPRING SERIES TO FULL; JUMP BACK HANDSPRING SERIES TO FULL; BACK HANDSPRING WHIP TO BACK HANDSPRING SERIES TO FULL; BACK HANDSPRING SERIES TO DOUBLE FULL; JUMP BACK HANDSPRING SERIES TO DOUBLE FULL; BACK HANDSPRING WHIP TO BACK HANDSPRING SERIES TO DOUBLE FULL</p> | <p>FRONT HANDSPRING FRONT FULL; PUNCH FRONT STEPOUT TO FULL; ROUNDOFF BACK HANDSPRING WHIP TO FULL;</p> <p>ROUND OFF ARABIAN ROUND OFF BACK HANDSPRING FULL;</p> <p>ROUND OFF BACK HANDSPRING FULL BACK HANDSPRING SERIES TO FULL ROUND OFF DOUBLE FULL; ROUND OFF BACK HANDSPRING DOUBLE FULL; FRONT WALKOVER THROUGH TO DOUBLE FULL;</p> <p>PUNCH FRONT STEPOUT TO DOUBLE FULL;</p> <p>ROUND OFF BACK HANDSPRING WHIP TO DOUBLE FULL;</p> <p>ROUND OFF BACK HANDSPRING DOUBLE FULL BACK HANDSPRING SERIES TO DOUBLE FULL</p> |

2019 ACSA SKILL LIST – JUMPS



| JUMPS | |
|--------------------------------------|---|
| BASIC JUMPS | ADVANCED JUMPS |
| SPREAD EAGLE/ STAR JUMP TUCK JUMP | PIKE RIGHT/LEFT HURDLER (FRONT OR SIDE) TOE TOUCH |

2019 ACSA 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 | KICK FULL; DOUBLE FULL; 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 |