



# 2020 ACSA SKILL LIST – BUILDING



Released 14th January 2020 (V1)  
 NZCU removed Novice VI.1  
 Changes to 2019 red.

Please note: **Red text:** Proposed change from 2019 to 2020  
**Grey:** Minor wording change, with no change to the intended skill.

| LEVEL 1                        |                                                                             |                                                                                                                                                                                                                                          |                                                                                                                                                                                              |                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
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|                                | INVERSION STYLE                                                             | RELEASE STYLE                                                                                                                                                                                                                            | TWISTING                                                                                                                                                                                     | DISMOUNT STYLE                                                                       | OTHER STUNTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>LEVEL APPROPRIATE</b>       | <ul style="list-style-type: none"> <li>INVERSION TO GROUND LEVEL</li> </ul> | <ul style="list-style-type: none"> <li>SWITCH UP TO LIB AT WAIST LEVEL</li> <li>SWITCH UP TO BODY POSITION AT WAIST LEVEL</li> <li>TIC TOC AT WAIST LEVEL (LIB TO LIB)</li> <li>TIC TOC AT WAIST LEVEL (LIB TO BODY POSITION)</li> </ul> | <ul style="list-style-type: none"> <li>¼ TWISTING TRANSITION TO WAIST LEVEL</li> <li>¼ TWISTING TRANSITION DOWN TO GROUND LEVEL</li> <li>¼ TWISTING TRANSITION TO/FROM PREP LEVEL</li> </ul> | <ul style="list-style-type: none"> <li>STEP DOWN</li> <li>STRAIGHT CRADLE</li> </ul> | <ul style="list-style-type: none"> <li>BACK STAND</li> <li>PREP LEVEL SHOW AND GO</li> <li>V-SIT</li> <li>FLAT BACK</li> <li>EXTENDED V-SIT</li> <li>WAIST LEVEL LEVEL 1 LEG STUNT</li> <li>EXTENDED FLAT BACK</li> <li>PREP LEVEL 2 LEG STUNT</li> <li>PREP LEVEL TO PRONE</li> <li>SHOULDER SIT</li> <li>COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> <li>SHOULDER STAND</li> <li>PREP LEVEL 1 LEG STUNT WITH REQUIRED HAND/ARM CONNECTION WITH A BASE</li> <li>TRANSITION FROM WAIST LEVEL TO PREP LEVEL BODY POSITION WITH REQUIRED HAND/ARM CONNECTION WITH A BASE<br/><i>(Note, updated to match Varsity 2019/2020)</i></li> </ul> |
| <b>ELITE LEVEL APPROPRIATE</b> |                                                                             | <ul style="list-style-type: none"> <li>TIC TOC AT WAIST LEVEL (BODY POSITION TO BODY POSITION)</li> </ul>                                                                                                                                | <ul style="list-style-type: none"> <li>¼ TWISTING TRANSITION TO PREP</li> </ul>                                                                                                              |                                                                                      | <ul style="list-style-type: none"> <li>¼ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH REQUIRED HAND/ARM CONNECTION WITH A BASE</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |



# 2019 ACSA SKILL LIST – BUILDING



| LEVEL 2                        |                                                                                                                                                          |                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                    |
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|                                | INVERSION STYLE                                                                                                                                          | RELEASE STYLE                                                                                                                                                                   | TWISTING                                                                                                                                                                                                                                                                                                                                    | DISMOUNT STYLE                                                                                                                                                                                    | OTHER STUNTS                                                                                                                                                                                                                                                                                                       |
| <b>LEVEL APPROPRIATE</b>       | <ul style="list-style-type: none"> <li>• INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL</li> <li>• INVERSION FROM GROUND LEVEL TO PREP LEVEL</li> </ul> | <ul style="list-style-type: none"> <li>• SWITCH UP TO LIB PREP LEVEL</li> <li>• TIC TOC PREP LEVEL (LIB TO LIB)</li> <li>• TIC TOC PREP LEVEL (LIB TO BODY POSITION)</li> </ul> | <ul style="list-style-type: none"> <li>• ½ TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li>• ½ TWISTING TRANSITION TO PREP LEVEL</li> <li>• ¼ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> <li>• ½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> <li>• ¼ TWISTING TRANSITION TO EXTENDED STUNT</li> <li>• LOG ROLL</li> </ul> | <ul style="list-style-type: none"> <li>• STRAIGHT CRADLE FROM EXTENSION</li> <li>• STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION</li> <li>• ¼ TWISTING DISMOUNT FROM PREP OR EXTENSION</li> </ul> | <ul style="list-style-type: none"> <li>• PRONE</li> <li>• PREP LEVEL 1 LEG STUNT</li> <li>• EXTENSION</li> <li>• LEAP FROG VARIATIONS</li> <li>• ½ TWIST TO PRONE</li> <li>• WALK IN PREP LEVEL PRESS EXTENSION</li> <li>• COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul> |
| <b>ELITE LEVEL APPROPRIATE</b> | <ul style="list-style-type: none"> <li>• INVERSION FROM GROUND LEVEL TO EXTENDED STUNT</li> </ul>                                                        | <ul style="list-style-type: none"> <li>• TIC TOC PREP LEVEL (BODY POSITION TO BODY POSITION)</li> </ul>                                                                         | <ul style="list-style-type: none"> <li>• ½ TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>                                                                                                                                                                                                                                                 |                                                                                                                                                                                                   | <ul style="list-style-type: none"> <li>• ½ TWISTING INVERSION TO EXTENDED STUNT</li> <li>• ½ TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT</li> <li>• ½ TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT</li> </ul>                                                                                                       |



# 2019 ACSA SKILL LIST – BUILDING



| LEVEL 3                        |                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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|                                | INVERSION STYLE                                                                                                                                                     | RELEASE STYLE<br>(Tic Toc, Switch Up, Ball Up, Straddle Up etc. are examples of releases)                                                                                                                                                                                                                                      | TWISTING                                                                                                                                                                                                                                                                                                                                    | DISMOUNT STYLE                                                                                                                                                                                                                                                                     | OTHER STUNTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>LEVEL APPROPRIATE</b>       | <ul style="list-style-type: none"> <li>• INVERTED BELOW PREP LEVEL</li> <li>• INVERTED AT PREP LEVEL</li> <li>• DOWNWARD INVERSION FROM BELOW PREP LEVEL</li> </ul> | <ul style="list-style-type: none"> <li>• RELEASE TO PREP LEVEL OR BELOW</li> <li>• SWITCH UP TO PREP LEVEL LIB</li> <li>• BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL LIB</li> <li>• TIC TOC BELOW PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB)</li> <li>• TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB)</li> </ul> | <ul style="list-style-type: none"> <li>• FULL UP BELOW PREP LEVEL</li> <li>• FULL UP PREP LEVEL STUNT</li> <li>• ¼ TWISTING TRANSITION TO EXTENDED 1 LEG STUNT</li> <li>• FULL UP PREP LEVEL 1 LEG STUNT</li> <li>• PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> </ul>                                                | <ul style="list-style-type: none"> <li>• STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT</li> <li>• FULL DOWN FROM PREP</li> <li>• ¼ TWISTING DISMOUNT FROM EXTENDED 1 LEG</li> <li>• FULL DOWN FROM EXTENSION</li> <li>• SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING)</li> </ul> | <ul style="list-style-type: none"> <li>• FULL TWIST TO PRONE FROM PREP LEVEL</li> <li>• EXTENDED 1 LEG STUNT</li> <li>• SUSPENDED FRONT FLIP</li> <li>• SPECIALTY SUSPENDED FRONT FLIP (NON-TWISTING)</li> <li>• SUSPENDED TWISTING FRONT FLIP</li> <li>• TOSS HANDS</li> <li>• SINGLE BASED 1 LEG EXTENDED STUNTS</li> <li>• TOSS HANDS PAUSE PRESS EXTENSION</li> <li>• WALK IN EXTENSION</li> <li>• COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul> |
| <b>ELITE LEVEL APPROPRIATE</b> | <ul style="list-style-type: none"> <li>• INVERSION TO EXTENDED 1 LEG STUNT</li> </ul>                                                                               | <ul style="list-style-type: none"> <li>• TIC TOC PREP LEVEL 1 LEG STUNT TO EXTENDED BODY POSITION</li> <li>• RELEASE FROM WAIST LEVEL OR BELOW TO PREP LEVEL BODY POSITION</li> </ul>                                                                                                                                          | <ul style="list-style-type: none"> <li>• FULL UP TO PREP LEVEL BODY POSITION</li> <li>• FULL UP TO EXTENDED 2 LEG STUNT</li> <li>• ½ TWISTING TRANSITION TO EXTENDED 1 LEG STUNT</li> <li>• PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> <li>• EXTENDED FULL TWISTING TRANSITION TO EXTENDED 2 LEG STUNT</li> </ul> |                                                                                                                                                                                                                                                                                    | <ul style="list-style-type: none"> <li>• FULL TWISTING INVERSION TO EXTENDED STUNT</li> <li>• ½ TWISTING INVERSION TO EXTENDED 1 LEG STUNT</li> <li>• FULL TWISTING TIC TOC AT PREP LEVEL (1 LEG STUNT TO BODY POSITION)</li> </ul>                                                                                                                                                                                                                                                            |



# 2019 ACSA SKILL LIST – BUILDING



| LEVEL 4                        |                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                 |
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|                                | INVERSION STYLE                                                                                                                                                                                                                  | RELEASE STYLE<br>(Tic Toc, Switch Up, Ball Up, Straddle Up etc. are examples of releases)                                                                                                                                                                                                                                                                                             | TWISTING                                                                                                                                                                                                                                                                                                           | DISMOUNT STYLE                                                                                                                                                                                                       | OTHER STUNTS                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>LEVEL APPROPRIATE</b>       | <ul style="list-style-type: none"> <li>RELEASED INVERSION TO PREP LEVEL OR BELOW</li> <li>RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL</li> <li>DOWNWARD INVERSION FROM PREP LEVEL</li> <li>EXTENDED INVERTED STUNT</li> </ul> | <ul style="list-style-type: none"> <li>SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>RELEASE TO EXTENDED STUNT</li> <li>TIC TOC LIB TO LIB (HIGH TO LOW)</li> <li>HELICOPTER RELEASE MOVES</li> <li>RELEASE TO EXTENDED LIB</li> <li>SWITCH UP TO EXTENDED BODY POSITION</li> <li>FULL TWISTING RELEASE TO PREP LEVEL OR BELOW</li> <li>RELEASE FROM PREP LEVEL TO PREP LEVEL</li> </ul> | <ul style="list-style-type: none"> <li>1 ½ TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li>1 ½ TWISTING TRANSITION TO PREP LEVEL</li> <li>1 ½ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> </ul>                                                                                                            | <ul style="list-style-type: none"> <li>KICK FULL TWISTING DISMOUNT</li> <li>2-2 ¼ TWISTING DISMOUNT FROM 2 LEG STUNT</li> <li>1-1 ¼ DISMOUNT FROM 1 LEG STUNT</li> <li>UP TO 2 SKILLS DISMOUNTS TO CRADLE</li> </ul> | <ul style="list-style-type: none"> <li>TOSS EXTENSION</li> <li>TOSS 1 LEG EXTENDED STUNT</li> <li>COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>                                                                                                                                                                                                                       |
| <b>ELITE LEVEL APPROPRIATE</b> | <ul style="list-style-type: none"> <li>RELEASED INVERSION FROM PREP LEVEL OR BELOW TO EXTENDED STUNT</li> </ul>                                                                                                                  | <ul style="list-style-type: none"> <li>TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW BODY POSITION (HIGH TO LOW)</li> <li>RELEASE TO EXTENDED BODY POSITION (NOT INCLUDING SWITCH UP)</li> </ul>                                                                                                                                                                              | <ul style="list-style-type: none"> <li>1 ½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> <li>1 ½ UP TO EXTENDED STUNT</li> <li>1-1 ½ UP TO EXTENDED ONE LEG STUNT</li> <li><b>EXTENDED FULL TWISTING TRANSITION TO EXTENDED 1 LEG STUNT</b><br/><i>(Note, updated to become a level 4 skill)</i></li> </ul> |                                                                                                                                                                                                                      | <ul style="list-style-type: none"> <li>FULL TWISTING INVERSION TO EXTENDED STUNT</li> <li>FULL TWISTING RELEASE UP TO PREP LEVEL BODY POSITION</li> <li>1 ½ TWISTING RELEASE UP TO PREP LEVEL 1 LEG STUNT</li> <li>FULL TWISTING TIC TOC RELEASE TO PREP LEVEL 1 LEG STUNT</li> <li><b>UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT</b> <i>(Note, included as it can be performed in level 4)</i></li> </ul> |



# 2019 ACSA SKILL LIST – BUILDING



| LEVEL 5                  |                                                                                                                                                |                                                                                                                                                                                                                                    |                                                                                                                             |                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                            |
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|                          | INVERSION STYLE                                                                                                                                | RELEASE STYLE<br>(Tic Toc, Switch Up, Ball Up, Straddle Up etc. are examples of releases)                                                                                                                                          | TWISTING                                                                                                                    | DISMOUNT STYLE                                                                                                                                                          | OTHER STUNTS                                                                                                                                                                                                                                                                                               |
| <b>LEVEL APPROPRIATE</b> | <ul style="list-style-type: none"> <li>DOWNWARD INVERSION FROM EXTENDED STUNT</li> <li>DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT</li> </ul> | <ul style="list-style-type: none"> <li>¼ TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>TIC TOC LIB TO LIB (HIGH TO HIGH)</li> <li>½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>TWISTING HELICOPTER RELEASE MOVES</li> </ul> | <ul style="list-style-type: none"> <li>2-2 ¼ UP TO PREP LEVEL STUNT</li> </ul>                                              | <ul style="list-style-type: none"> <li>KICK DOUBLE TWISTING DISMOUNT</li> <li>2-2 ¼ TWISTING DISMOUNT 1 LEG STUNT</li> <li>UP TO 3 TRICK DISMOUNTS TO CRADLE</li> </ul> | <ul style="list-style-type: none"> <li>2 TWIST TO PRONE</li> <li>TOSS ¼- ¾ TWIST TO EXTENDED 2 LEG STUNT</li> <li>TOSS FULL TWIST EXTENDED STUNT</li> <li>COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>                                                          |
| <b>ELITE SKILLS</b>      | <ul style="list-style-type: none"> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED 1 LEG STUNT</li> </ul>                          | <ul style="list-style-type: none"> <li>TIC TOC EXTENDED 1 LEG STUNT TO BODY POSITION (HIGH TO HIGH)</li> <li>½ BALL UP TO EXTENDED BODY POSITION</li> <li>1-2 ¼ TWISTING RELEASE TO EXTENDED 1 LEG STUNT</li> </ul>                | <ul style="list-style-type: none"> <li>FULL UP TO EXTENDED BODY POSITION</li> <li>1 ½ - 2 ¼ UP TO EXTENDED STUNT</li> </ul> |                                                                                                                                                                         | <ul style="list-style-type: none"> <li>¼ - 2 ¼ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW/ HIGH TO HIGH)</li> <li>UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT</li> <li>UNASSISTED COED STYLE TOSS FULL TWIST TO EXTENDED STUNT <i>(Note, included as it can be performed in level 5)</i></li> </ul> |

\* Please note, in levels 5, 6 & 7 some of the Elite skills can also be performed legally in the level(s) below. This has been done to allow a reasonable number of Elite skill options for these levels.



# 2019 ACSA SKILL LIST – BUILDING



| LEVEL 6                  |                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                             |                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
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|                          | INVERSION STYLE                                                                                                                                                                                            | RELEASE STYLE<br>(Tic Toc, Switch Up, Ball Up, Straddle Up etc. are examples of releases)                                                                                                                                                                                                                                                                                                           | TWISTING                                                                                                                                                                                                    | DISMOUNT STYLE                                                                                                                                                                                                              | OTHER STUNTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>LEVEL APPROPRIATE</b> | <ul style="list-style-type: none"> <li>DOWNWARD INVERSION FROM EXTENDED STUNT</li> <li>DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT</li> </ul>                                                             | <ul style="list-style-type: none"> <li>¼ TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>TIC TOC LIB TO LIB (HIGH TO HIGH)</li> <li>½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>TIC TOC LIB TO BODY POSITION (HIGH TO HIGH)</li> <li>TWISTING HELICOPTER RELEASE MOVES</li> <li>SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT</li> <li>½ TWISTING BALL UP TO EXTENDED BODY POSITION</li> </ul> | <ul style="list-style-type: none"> <li>2-2 ¼ UP TO PREP LEVEL STUNT</li> <li>1 ¾ - 2 ¼ UP TO EXTENDED STUNT</li> <li>1 ¾ - 2 ¼ UP TO EXTENDED 1 LEG STUNT</li> <li>1 ¾ - 2 ¼ TWISTING TRANSITION</li> </ul> | <ul style="list-style-type: none"> <li>KICK DOUBLE TWISTING DISMOUNT</li> <li>2-2 ¼ TWISTING DISMOUNT FROM 1 LEG STUNT</li> <li>DISMOUNTS FROM INVERSION WITH ½ TWIST</li> <li>UP TO 3 TRICK DISMOUNTS TO CRADLE</li> </ul> | <ul style="list-style-type: none"> <li>2 TWIST TO PRONE</li> <li>TOSS ¼- ¾ TWIST TO EXTENDED STUNT</li> <li>TOSS FULL TWIST EXTENDED STUNT</li> <li>¼ - ¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT</li> <li>FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH)</li> <li>COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>                                                                                                                      |
| <b>ELITE SKILLS</b>      | <ul style="list-style-type: none"> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION</li> <li>BACKWARDS FREE FLIPPING FROM GROUND LEVEL TO PREP LEVEL OR ABOVE (REWIND)</li> </ul> | <ul style="list-style-type: none"> <li>TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH)</li> <li>FULL TWISTING RELEASE TO EXTENDED BODY POSITION</li> <li>1 ½ - 2 ¼ TWISTING RELEASE TO EXTENDED 1 LEG STUNT</li> </ul>                                                                                                                                                                        | <ul style="list-style-type: none"> <li>1 ½ - 1 ¾ UP TO EXTENDED BODY POSITION</li> <li>2-2 ¼ TO EXTENDED 1 LEG STUNT</li> </ul>                                                                             |                                                                                                                                                                                                                             | <ul style="list-style-type: none"> <li>½ TWISTING RELEASED INVERSION TO EXTENDED STUNT (<i>Note, updated to match Varsity 2019/2020</i>)</li> <li>TOSS FRONT HANDSPRING ½ UP RELEASE TO EXTENDED STUNT</li> <li>COED STYLE TOSS FRONT HANDSPRING RELEASE ½ TWIST TO EXTENDED STUNT</li> <li>FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (HIGH TO HIGH)</li> <li>UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT</li> <li>UNASSISTED COED STYLE TOSS FULL TWIST TO EXTENDED STUNT</li> </ul> |

\*Please note, all Level 5 & 6 skills will be considered Level Appropriate due to the minimal differences in the skills allowed between these levels. In levels 5, 6 & 7 some of the Elite skills can also be performed legally in the level(s) below. This has been done to allow a reasonable number of Elite skill options for these levels.



## 2020 ACSA SKILL LIST – BUILDING

| LEVEL 7                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                           |                                                                                                                                                                                                           |                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
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|                                                                                                                                                                                                                                                      | INVERSION STYLE                                                                                                                                                                                                                                                                                                      | RELEASE STYLE<br>(Tic Toc, Switch Up, Ball Up, Straddle Up etc. are examples of releases)                                                                                                                                                                 | TWISTING                                                                                                                                                                                                  | DISMOUNT STYLE                                                                                                                                                                                                          | OTHER STUNTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <p><b>LEVEL APPROPRIATE</b><br/>(Skills exclusive to level 7 are listed here. All Level 5, 6 &amp; 7 skills will be considered Level Appropriate for scoring purposes (at least 2 different Level 7 skills are required to score in High range).</p> | <ul style="list-style-type: none"> <li>TOE OR LEG PITCH TYPE TOSS INTO FREE FLIPPING SKILL</li> <li>FREE FLIPPING TRANSITIONS ORIGINATING FROM PREP LEVEL</li> <li>DOWNWARD INVERSION FROM ABOVE PREP LEVEL TO GROUND</li> <li>SIDE-SOMI TO STUNT</li> <li>FRONT FREE FLIPPING FROM GROUND LEVEL TO STUNT</li> </ul> | <ul style="list-style-type: none"> <li>COED STYLE TOSS TO NEW BASE(S)</li> <li>HELICOPTER RELEASE MOVES WITH 2 BASES</li> <li>RELEASE FROM PREP LEVEL OR BELOW TO INVERTED PREP LEVEL STUNT</li> </ul>                                                    | <ul style="list-style-type: none"> <li>FLIPPING WITH TWISTING FROM GROUND LEVEL TO STUNT</li> </ul>                                                                                                       | <ul style="list-style-type: none"> <li>FRONT FREE FLIPPING TO GROUND LEVEL</li> <li>FREE FLIPPING FROM PREP LEVEL OR BELOW TO CRADLE</li> <li>FREE FLIPPING WITH TWISTING FROM PREP LEVEL OR BELOW TO CRADLE</li> </ul> | <ul style="list-style-type: none"> <li>BACK HANDSPRING 1-2 ¼ UP TO EXTENDED STUNT</li> <li>BACK HANDSPRING REWIND TO EXTENDED STUNT</li> </ul>                                                                                                                                                                                                                                                                                                                                       |
| <p><b>ELITE SKILLS</b></p>                                                                                                                                                                                                                           | <ul style="list-style-type: none"> <li>FLIPPING FROM GROUND LEVEL TO EXTENDED SINGLE LEG AND/OR SINGLE ARM STUNT</li> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION</li> <li>GROUND LEVEL HANDSTAND RELEASED TO HAND IN HAND</li> </ul>                                                  | <ul style="list-style-type: none"> <li>TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH)</li> <li>FULL TWISTING RELEASE TO EXTENDED BODY POSITION</li> <li>1 ½ - 2 ¼ BALL UP, TIC TOC RELEASE AND/OR OTHER RELEASE TO EXTENDED 1 LEG STUNT</li> </ul> | <ul style="list-style-type: none"> <li>FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENDED 1 LEG STUNT</li> <li>1 ½ - 1 ¾ UP TO EXTENDED BODY POSITION</li> <li>2-2 ¼ TO EXTENDED 1 LEG STUNT</li> </ul> |                                                                                                                                                                                                                         | <ul style="list-style-type: none"> <li>BACKHANDSPRING FULL UP TO EXTENDED STUNT</li> <li><b>TOSS FRONT HANDSPRING ½ - 1 ½ UP TO EXTENDED STUNT (Note, updated to match Varsity 2019/2020)</b></li> <li>COED STYLE TOSS FRONT HANDSPRING RELEASE ½ TWIST TO EXTENDED STUNT</li> <li>FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (HIGH TO HIGH)</li> <li>UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT</li> <li>UNASSISTED COED STYLE TOSS FULL TWIST TO EXTENDED STUNT</li> </ul> |

\*Please note, all Level 6 & 7 as well as the Elite Skills on this list will be considered Level Appropriate due to the minimal differences in the skills allowed between these levels. In levels 5, 6 & 7 some of the Elite skills can also be performed legally in the level(s) below. This has been done to allow a reasonable number of Elite skill options for these levels.



# 2020 ACSA SKILL LIST – TUMBLING



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

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

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





# 2020 ACSA SKILL LIST – TUMBLING



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

| <b>LEVEL 5</b>                                                                                                                                                                                                                                                     |                                                                                                                                                           |
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| <b>STANDING TUMBLING SKILLS</b>                                                                                                                                                                                                                                    | <b>RUNNING TUMBLING SKILLS</b>                                                                                                                            |
| JUMP BACK TUCK; BACK HANDSPRING SERIES TO WHIPS AND LAYOUT;<br>JUMP BACK HANDSPRING SERIES TO WHIPS AND LAYOUTS;<br>BACK HANDSPRING SERIES WHIP BACK HANDSPRING SERIES TO LAYOUT/LAYOUT<br>STEP OUT/X-OUT;<br>BACK HANDSPRING WHIP/TUCK/LAYOUT TO WHIP/TUCK/LAYOUT | ROUND OFF FULL; ROUND OFF BACK HANDSPRING FULL; FRONT WALKOVER<br>THROUGH TO FULL; PUNCH FRONT STEP OUT TO FULL; ROUNDOFF WHIP BACK<br>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><b>ELITE LEVEL APPROPRIATE</b></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><b>ELITE LEVEL APPROPRIATE</b></p> <p>FRONT HANDSPRING FRONT FULL; PUNCH FRONT STEPOUT TO FULL; ROUND OFF BACK HANDSPRING WHIP TO FULL;<br/>           ROUND OFF ARABIAN ROUND OFF BACK HANDSPRING FULL;<br/>           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;<br/>           PUNCH FRONT STEPOUT TO DOUBLE FULL;<br/>           ROUND OFF BACK HANDSPRING WHIP TO DOUBLE FULL;<br/>           ROUND OFF ARABIAN ROUND OFF BACK HANDSPRING DOUBLE FULL; ROUND OFF BACK HANDSPRING FULL BACK HANDSPRING SERIES TO DOUBLE FULL; ROUND OFF BACKHANDSPRING DOUBLE FULL BACK HANDSPRING SERIES TO DOUBLE FULL</p> |



## 2020 ACSA SKILL LIST – JUMPS



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

# 2020 ACSA SKILL LIST – TOSSES



| LEVEL 2                                                          |          |
|------------------------------------------------------------------|----------|
| NON-TWISTING                                                     | TWISTING |
| STRAIGHT RIDE TOSS<br>Note: Tosses are illegal in Mini division. |          |

  

| LEVEL 3                                                                 |            |
|-------------------------------------------------------------------------|------------|
| NON-TWISTING                                                            | TWISTING   |
| BALL ARCH; PRETTY GIRL ARCH; PIKE ARCH;<br>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;<br>TOE TOUCH FULL; FULL UP TOE TOUCH; DOUBLE FULL |

  

| LEVEL 5                                                                      |                                                                                                                                                                                |
|------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| NON-TWISTING                                                                 | TWISTING                                                                                                                                                                       |
| PIKE HITCH KICK; PIKE KICK PRETTY GIRL;<br>PIKE SWITCH KICK; HITCH KICK KICK | <b>DOUBLE FULL</b> (Will still be given credit in level 5, although legal in level 4);<br>HITCH KICK FULL; SWITCH KICK FULL;<br>KICK KICK FULL; PIKE KICK FULL; KICK FULL KICK |

  

| LEVEL 6                                                                      |                                                                                                                                                                              |
|------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| NON-TWISTING                                                                 | TWISTING                                                                                                                                                                     |
| PIKE HITCH KICK; PIKE KICK PRETTY GIRL;<br>PIKE SWITCH KICK; HITCH KICK KICK | BALL DOUBLE FULL; PIKE DOUBLE FULL; KICK DOUBLE FULL;<br>TOE TOUCH DOUBLE FULL; DOUBLE UP TOE TOUCH; HITCH KICK DOUBLE FULL;<br>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;<br>SPLIT FULL; ARABIAN 1 ½ ; PIKE OPEN DOUBLE FULL |