

2017-2018 ACE Recommended Skills Checklist

✓ LEVEL 1 STUNT ELEMENTS

Please Note: Elements are Judged On Execution, Perfection & Technique.

- Prep (Elevator)
- Single Leg Knee Stunts
- Single Leg Belly Stunts
- 1/4 Twisting Stunt Transitions
- Cradle Dismounts
- Prep Level & Extended Level "Teddy Bear" Style Stunts
- Show-N-Go

✓ LEVEL 2 STUNT ELEMENTS

Please Note: Elements are Judged On Execution, Perfection & Technique.

- Prep Level Tic Toc Transition to 1-Leg Body Position
- Extension
- Cradle Dismount
- 1/2 Up to 1-Leg at Prep Level Body Position (Both Legs)
- 1/2 Up to Extension
- Barrell Roll
- Basket Toss

✓ LEVEL 3 STUNT ELEMENTS

Please Note: Elements are Judged On Execution, Perfection & Technique.

- Switch Up to Prep Level 1-Leg Body Position
- Extended 1- Leg Stunt with Body Position
- Full Up to Prep
- Full Twist Cradle from Prep / Extension
- Full Up to Prep Level 1-Leg Body Position
- 1/2 Up to Extended 1-Leg Body Position
- Full Twist Basket Toss

✓ LEVEL 4 STUNT ELEMENTS

Please Note: Elements are Judged On Execution, Perfection & Technique.

- Switch Up to Extended 1-Leg Body Position
- Full Twist Cradle from 1-Leg Body Position
- Full Up Extension
- 1 1/2 Up to Prep
- Tic-Toc from Extended 1-Leg to Prep Level 1-Leg
- Ball Up to Extended 1-Leg Body Position
- Kick Full / Double Full / 2-Skill Basket Toss

✓ LEVEL 5 STUNT ELEMENTS

Please Note: Elements are Judged On Execution, Perfection & Technique.

- Tic-Toc Variation to Extended 1-Leg Body Position
- Double Down from Extended 1-Leg Body Position
- 1 1/2 Up To Extended
- Full Up to Immediate Extended Body Position
- Twisting Release Moves (Tic-Tocs, Switch-Ups, Ball-Ups, etc.)
- Double Up To Extended
- Kick / Hitch-Kick / Kick-Kick Double Basket Toss & Variations

✓ TOP GIRL REQUIREMENTS

*Top Girls Must Demonstrate Superior Flexibility! (We are **LEFT** Leg Position Dominate.)*

- Heel Stretch
- Bow & Arrow
- Scorpion
- Scale

✓ LEVEL 1 TUMBLING ELEMENTS

Please Note: Elements are Judged On Execution, Perfection & Technique.

- Forward Roll / Backward Roll
- Cartwheel
- Round Off
- Bridge / Bridge Kick Over
- Back Walkover / Back Walkover Series
- Cartwheel Back Walkover / Cartwheel Back Walkover Series
- Front Limber / Front Walkover

✓ LEVEL 2 TUMBLING ELEMENTS

Please Note: Elements are Judged On Execution, Perfection & Technique.

- Standing Back Handspring
- Back Walkover Back Handspring
- Round Off Back Handspring
- Running Combination Pass / Multiple Back Handsprings
- Standing Combination Pass
- Front Handspring

**Combination Examples: Extension Rolls, Front/Back Walkovers, Step-Outs, Handsprings, etc.*

✓ LEVEL 3 TUMBLING ELEMENTS

Please Note: Elements are Judged On Execution, Perfection & Technique.

- Standing 3 Back Handsprings
- Toe Touch 2 Back Handsprings
- Round Off Back Handspring Tuck
- Punch Front
- Running Combination Pass to Tuck
- Standing Combination Pass to Tuck

**Combination Examples: Front Walkovers, Step-Outs, Punch Fronts, etc.*

✓ LEVEL 4 TUMBLING ELEMENTS

Please Note: Elements are Judged On Execution, Perfection & Technique.

- Standing Tuck
- Toe Touch Back Handspring Tuck
- Round Off Back Handspring Layout
- Standing 1, 2 or 3 Back Handsprings to Layout
- Running Combination Pass to Layout
- Standing Combination Pass to Tuck or Layout

**Combination Examples: Front Walkovers, Punch Fronts, Whips, Tumbling Out Of Flipping Skills, etc.*

✓ LEVEL 5 TUMBLING ELEMENTS

Please Note: Elements are Judged On Execution, Perfection & Technique.

- Triple Toe Touch Tuck
- Single Jump to Tuck or Full
- Running Pass to Full or Double
- Standing Series Back Handsprings to Full or Double
- Running Specialty Pass to Full or Double
- Standing Full / Cartwheel Full

**Combination Examples: Front Walkovers, Punch Fronts, Whips, Arabians, etc.*

✓ JUMP ELEMENTS

Athletes Must Demonstrate A Triple Toe Touch & Each Additional Jump Individually.

- Triple Toe Touch
- Pike
- Left Leg Hurdler
- Right Leg Hurdler