

Sample Skills - BLUE

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STANDING TUMBLING	Flips are allowed but may not exceed one flipping and one twisting rotation.	Same Skills as Mentioned in RED Level Plus: Standing Back Tuck Standing Back Handspring(s), Back Tuck Standing X-Out Standing Back Pike Standing Layout Standing Back Half Standing Back Full (aka: Standing Full-Twisting Back Flip or Standing Full) Standing Toe Touch Back Handspring(s) Back Tuck Standing Toe Touch Back Tuck (aka: Standing Toe Back)
RUNNING TUMBLING	Flips are allowed but may not exceed one flipping and one twisting rotation. Flips may only be performed from a round off or round off back handspring entry. No tumbling is allowed after a flip (tumbling out of a front flip is allowed)	Same Skills as RED Plus: Punch Front Flip (aka running tuck front) Round Off Back Half (aka: Round off, Back Half Twist) Round off Back Handspring(s) Back Half Punch Front Flip Walkout Round off, Back Half Punch Front Flip Walkout Round off, Back Handspring(s), Back Half (can walkout of any back half and connect to a round off..) Round off, Back Full (aka: Round off, Back Full Twist or Round off Full) Round off, Back Handspring(s), Back Full Punch Front Flip Full (aka: Running Tuck Front Full) Punch Front Flip Walkout Round off, Back Full Punch Front Flip Walkout Round off, Back Handspring(s), Back Full (can tumble out of any back full and connect to a round off.) X-Out, Pike, Layout, Layout Walkout, etc.
STUNTS	Single leg extended stunts are allowed. Twisting load-in skills limited to one twist.	Same Skills as Mentioned in RED Level Plus: Leap Frog Stunt Transitional Stunts leaving the Original Bases are permitted Extended single based stunts. 360 Up - Connected to a base
DISMOUNTS	Cradles from all stunts are limited to two and one quarter (2 1/4) twists. Flips are not allowed. Triple twists are not allowed.	Same Skills as Mentioned in RED Level Plus: Double Twist Dismounts
RELEASE MOVES	Release moves are allowed but must not exceed more than eighteen inches above extended arm level. (A release is a stunt free of contact or surface. A transition may be a release.)	Same Skills as Mentioned in RED Level Plus: Tick-Tocks are legal 360 Up (Not connected to a base) Show N Go Extension, Release at Top, Sponge Down
PYRAMIDS	Pyramids must follow partner stunt and cradling rules and are allowed up to two (2) high.	Same Skills as Mentioned in RED Level Plus:
TOSSES	Tosses-basket or sponge-that exceed eighteen inches above extended arm level must be caught in a cradle. Partner/Flyer must be caught by original bases. Half (1/2) helicopters (face up) are allowed. Flipping (front or back) and traveling tosses are not allowed. Triple twists are not allowed.	1/2 Helicopters (Face Up) Double Twist Dismounts Log Roll with Double Twist (Twisting Up into a Basket Toss is Permitted - It will be considered a Portion of the Total Twist Count to a Max of Two Twists) Basket or sponge toss dismounts arch/ball out, toe touch, pike, bottle rocket, pretty girl, pretty girl scissor, full up, toe touch

Further explanations can be viewed in the NFHS Rule book for the current year. www.nfhs.org