

Sample Skills - Red

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STANDING TUMBLING	<p>No flips or aerials are allowed. All skills with flight and hand support are allowed. Both hands must remain in contact with the floor.</p> <p>Series standing handsprings allowed.</p>	<p>Forward Roll (Forward Somersault) Backward Roll (Backward Somersault) Handstand Cartwheel Roundoff Front Walkover Back Walkover Standing Backhandspring (aka: flip-flop) Standing Front Handspring Standing Front Handspring Walkout Toe Touch Back Handspring Series of Handsprings <i>All combinations/series of these skills are legal.</i></p>
RUNNING TUMBLING	<p>No flips or aerials are allowed. All skills with flight and hand support are allowed. Both hands must remain in contact with the floor.</p>	<p>Cartwheel, Back Handspring(s) (aka: Cartwheel, Flip-Flop) Roundoff, Back Handspring(s) Front Handspring(s) - Multiple in a series Front Handspring Walkout, Cartwheel, Back Handspring(s) Front Handspring Walkout, Roundoff, Back Handspring(s) Back Handsprings - Multiple in a series Refer to AYC Level Grid for further explanation</p>
STUNTING	<p>Single leg stunts are allowed at the prep level only.</p> <p>Twisting load in skills limited to one half (1/2) twist by the partner/flyer (base cannot turn).</p>	<p>Liberty, Arabesque, Scale, Hitch, Heel Stretch (prep level only) Cupie, Scorpion, Bow & Arrow (prep level only) Transitional Stunts Show N Go to Single Leg Prep Position, Bottle Rocket (both feet must remain in hands of bases) Single Based stunts with proper spotting at prep level only. Full-Ups (One Twist Up) Pony Mount/Sit L or V Sit Thigh Stand (Single or Double Based Thigh Stand, Liberty/Heel Stretch on Thigh Stand, etc.) Shoulder Sit Shoulder Stand Prep Level Straddle Sit Extension Prep Full Extension (double base only) Ground up Extension (double base only) Awesome (Cupie) Retake Reload from Cradle Transitional Stunts leaving the Original Bases are not permitted Chair to Hands/Extension - Single base prep; double base extended Shoulder Sit to Prep Level Prep Level Straddle Sit to Thigh Stand Extended Flatback Prep Level Flatback, Sponge to Prep Show N Go to Extension (Show N Go is a Continuous Motion) Pendulum Hands/Prep Level to Awesome (Cupie) Walk-in Chair, Walk-in Hands</p>
DISMOUNTS	<p>Only basic cradles (quarter turn allowed) are allowed Two leg extended level stunts are allowed to full twist cradle. Prep level one leg stunts may not exceed more than one and one quarter (1 1/4) rotation. Other positions during cradles are allowed. Cradles may not land in prone position (on stomach). Anything other than a straight pop off must be caught in a cradle. Flips are not allowed.</p>	<p>Pop and Sit Sweep Cradles Side Facing One Leg Stunt at Prep Level Dismounting with a 1/4 Twist Cradle, i.e., Arabesque at Prep Level Cradle Reloads</p>
RELEASE MOVES	<p>No release moves allowed other than a basic cradle or pop off to the ground. (A release is a stunt free of contact or surface. A transition may be a release.)</p>	<p>Basic Cradle Pop to Ground Single full twisting log roll allowed if it starts and ends in a cradle position.</p>
PYRAMIDS	<p>Pyramids must follow partner stunt and cradling rules and are allowed up to two (2) high</p> <p>One legged stunts allowed at prep level only.</p> <p>One leg extended stunts prohibited.</p>	<p>Full Extension Stunts May Touch and Brace Other Full Extension Stunts in which the flyers have both feet in both hands of their bases. Two Extension Preps and a Full Extension in the Middle (any variations of these types of stunts) Three Two Leg Extensions Connected 2 Outside, Prep Level, Libs Hitched at Prep level Totem Pole (Basic)</p> <p>Refer to AYF Cheer Level Grid for further explanation.</p>
TOSSES	<p>No basket tosses are allowed (i.e. basket toss grip).</p>	<p>TOSSES ARE PROHIBITED</p>