



2017 GULF COAST CHEER SERIES LEVEL EXAMPLES - STUNTS

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 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 & GO STRADDLE SIT FLAT BACK EXTENDED STRADDLE SIT BELOW PREP LEVEL 1 LEG STUNT EXTENDED FLAT BACK PREP LEVEL 1 LEG STUNT WITH BRACER PREP LEVEL TO PRONE COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY 1 LEG STUNT BELOW PREP LEVEL SHOULDER SIT CHAIR
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 STUNT WITH BRACER ¼ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH BRACER

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"> ¼ TWISTING TRANSITION TO BELOW PREP LEVEL ¼ TWISTING TRANSITION TO PREP LEVEL ¼ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT ¼ TWISTING TRANSITION TO PREP LEVEL BODY POSITION ¼ TWISTING TRANSITION TO EXTENDED STUNT 	<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 BARREL ROLL LEAP FROG VARIATIONS ½ TWIST TO PRONE COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY WALK IN PREP LEVEL PRESS EXTENSION
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

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 TO PREP LEVEL 1 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 COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY TOSS HANDS SINGLE BASED 1 LEG EXTENDED STUNTS TOSS HANDS PAUSE PRESS EXTENSION WALK IN EXTENSION
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 		<ul style="list-style-type: none"> ½ TWISTING INVERSION TO EXTENDED 1 LEG STUNT



2017 GULF COAST CHEER SERIES LEVEL EXAMPLES - PYRAMIDS

LEVEL 1

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<ul style="list-style-type: none"> BRACED STUNT SKILLS 	<ul style="list-style-type: none"> BRACED STUNT SKILLS BRACED SWITCH UP TO PREP LEVEL BRACED PREP LEVEL TIC TOC 	<ul style="list-style-type: none"> BRACED STUNT SKILLS BRACED ¼ TWIST TO/FROM PREP LEVEL SINGLE LEG BRACED ¼ TWIST TO/FROM EXTENDED DOUBLE LEG 	<ul style="list-style-type: none"> STUNT SKILLS CRADLE FROM PREP LEVEL SINGLE LEG 	<ul style="list-style-type: none"> BRACED STUNT SKILLS BRACED COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

LEVEL 2

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<ul style="list-style-type: none"> BRACED STUNT SKILLS BRACED INVERSION FROM GROUND LEVEL TO EXTENDED SINGLE LEG 	<ul style="list-style-type: none"> BRACED STUNT SKILLS BRACED SWITCH UP TO EXTENDED SINGLE LEG BRACED PREP LEVEL TO EXTENDED SINGLE LEG TIC TOC 	<ul style="list-style-type: none"> BRACED STUNT SKILLS BRACED ½ TWISTING TRANSITION TO/FROM EXTENDED SINGLE LE 	<ul style="list-style-type: none"> STUNT SKILLS STRAIGHT CRADLE FROM EXTENDED SINGLE LEG POSITION ¼ CRADLE FROM EXTENDED SINGLE LEG POSITION 	<ul style="list-style-type: none"> BRACED STUNT SKILLS BRACED COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

LEVEL 3

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<ul style="list-style-type: none"> BRACED STUNT SKILLS 	<ul style="list-style-type: none"> BRACED STUNT SKILLS BRACED RELEASE TO EXTENDED 2 LEG, ARM BRACED ON 2 SIDES BRACED RELEASE TO EXTENDED SINGLE LEG, ARM BRACED ON 2 SIDES 	<ul style="list-style-type: none"> BRACED STUNT SKILLS BRACED FULL UP TO EXTENDED 2 LEG 	<ul style="list-style-type: none"> STUNT SKILLS 	<ul style="list-style-type: none"> BRACED STUNT SKILLS BRACED COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY



2017 GULF COAST CHEER LEVEL EXAMPLES - TOSSES

LEVEL 2

NON - TWISTING	TWISTING
STRAIGHT RIDE TOSS	

LEVEL 3

NON - TWISTING	TWISTING
BALL ARCH • PRETTY GIRL ARCH • PIKE ARCH KICK ARCH • BALL-X • TOE TOUCH	FULL TWIST

2017 GULF COAST CHEER LEVEL EXAMPLES – TUMBLING

LEVEL 1

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
FORWARD ROLL • STRADDLE ROLL • HAND STAND • HAND STAND FORWARD ROLL FRONT LIMBER FRONT WALK OVER • CARTWHEEL • BACKWARD ROLL BACK EXTENSION ROLL • PUSH UP TO BACKBEND • STANDING BACKBEND BACKBEND KICK OVER • BACK WALKOVER	ROUND OFF • CARTWHEEL BACK WALKOVER • FRONT WALKOVER TO CARTWHEEL/ROUND OFF CARTWHEEL 1/2 TURN FRONT WALKOVER • CONNECTED SKILLS -CARTWHEEL/BACK WALKOVER

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 BHS • ROUND OFF BHS • ROUND OFF BHS STEP OUT ROUND OFF BHS SERIES • FRONT WALKOVER TO ROUND OFF BHS SERIES

LEVEL 3

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
BHS SERIES • JUMP TO BHS • JUMP TO BHS SERIES BHS SERIES JUMP BHS SERIES • BHS STEP OUT BHS COMBO	ARIELS • PUNCH FRONT • ROUND OFF TUCK • ROUND OFF BHS BACK TUCK ROUND OFF BHS SERIES TO BACK TUCK • FRONT WALKOVER TO ROUND OFF BHS BACK TUCK FRONT WALKOVER TO ROUND OFF BHS SERIES BACK TUCK

This document includes examples of level appropriate skills. Coaches are still responsible for ensuring that any skills performed in their routine are compliant with the USASF Safety Rules. Please check back as this document may be updated throughout the season.