

RANGE	STUNT DIFFICULTY	PYRAMID DIFFICULTY	TOSS DIFFICULTY
1.0 - 0.0	REQUIRED SKILLS: Prep level 2 leg stunts or 1 leg variations below prep level	Braced extended 2 leg stunts or Braced 1 leg stunts at prep level	Straight Ride
	Examples of additional range appropriate skills * 2 leg stunts below prep level * Single leg stunts at prep level with a bracer * 1/4 up/down to/from prep level or below * Non-released switch up to below prep level * Non-released switch up to prep level with a bracer * Non-released tic-tock below prep level * Non-released tic-tock to/at/from prep level with a bracer * Inversions on the ground * Straight cradle from a prep	* Stunt skill braced at the beginning or completion of the skill * Braced arm/arm single leg below prep level * Braced non-released tic-tock to/at prep level * Braced 1/4 up/down to/from extended level * Cradle from single leg at prep level	* Straight Ride tosses may include arm variations only
2.0 - 1.0	REQUIRED SKILLS: Extended 2 leg stunts or 1 leg variations at prep level	Braced extended 1 leg stunts	1 Skill Non-inverted
	Examples of additional range appropriate skills * 1/2 up/down to/from extended level 2 leg stunt * 1/2 up/down to/from 1 leg stunt at prep level * Non-released switch up to prep level * Non-released tic-tock to/at prep level * Non-released Invert up from the floor into a stunt * Leap Frog * Barrel Roll * Straight or 1/4 cradle from extension or single leg at prep level	* Stunt skill braced at the beginning or completion of the skill * Braced prep level paper dolls * Braced non-released switch up to extended level * Braced non-released tic-tock to extended level * Braced 1/2 up/down to/from extended single leg * Braced straight ride release to cradle * Cradle from extended single leg	* Toe Touch * Pike * Ball-open * Single Twist
3.0 - 2.0	REQUIRED SKILLS: Extended 1 leg stunts & Single Twist from 2 leg stunt	Extended 1 leg stunts with multiple transitional sequences, at least 1 of which is a release pyramid transition and multiple extended structures.	2 Skill Non-inverted
	Examples of intermediate range appropriate skills * 1/2 up/down to/from extended level single leg stunts * Full up/down to/from prep level or below * Released non-twisting switch up to prep level or below * Non-released switch up or tic to extended level * Quick toss from ground level to prep level or below * Suspended rolls braced with 2 hands * Suspended full twisting forward roll braced with 2 hands * Non-released invert up to extended single leg * Downward invert below prep level * Static inversions at prep level or below * Straight or 1/4 cradle from extended single leg	* Stunt skill braced at the beginning or completion of the skill * Braced arm/arm extension connected to extension * Braced hand/foot extended single leg connected to prep * Braced non-inverted releases (Flyer is braced by 2 people at prep level) * Braced full up to extended single leg * Braced tic-tock to/at extended level (Flyer is braced by 2 people at prep level) * Braced roll	* Kick- Single Full Twist * Kick-Kick * Full twisting - Ball open * 1/2 twist - X - 1/2 twist * Double Twist * Double Toe Touch
4.0 - 3.0	REQUIRED SKILLS: Advanced Skills, Single Twist from 1 leg stunts, or extended stunt sequences by an unassisted single base	Extended 1 leg stunts with multiple transitional sequences, at least 1 of which is a braced flip transition/arm braced tic tock and multiple extended structures	3 Skill Non-inverted
	Examples of Advanced Skills * Full up/down to/from extension or platform * 1 1/2 up/down to/from prep level * Suspended Roll braced with 1 arm * Suspended full twisting forwards roll braced with 1 arm * Released non-twisting switch up to extended level * Released twisting switch up to prep level * Released tic-tock from prep level to prep level * Released twisting tic-tock from prep level to prep level * Quick Toss non-twisting release from ground level to extended level * Quick Toss twisting release from ground level to prep level or below * Released inversion from ground level to upright below prep level * Released inversion from prep level to upright at prep level or below * Non-released full twisting invert up to platform or extension * Downward inversion from prep level * 2 skill cradle * Full up to extended single leg * 1 1/2 up to extended level * Released twisting switch up to extended level * Quick Toss twisting release from ground level to extended level * Upright non-twisting release from 2 feet at prep level to 2 feet at extended level * Upright twisting release from 2 feet at prep level to 2 feet at extended level * Upright non-twisting release from 1 foot at prep level to 2 feet at extended level * Upright twisting release from 1 foot at prep level to 2 feet at extended level * Upright non-twisting release from 2 legs at prep level to 1 leg at extended level * Upright twisting release from 2 legs at prep level to 1 leg at extended level * Upright non-twisting release from 1 leg at prep level to 1 leg at extended level * Upright twisting release from 1 leg at prep level to 1 leg at extended level * Released 1/4-1/2 twisting invert to cradle * Full twisting invert up to extended single leg	* Stunt skill braced at the beginning or completion of the skill * Braced arm/arm extension connected to an extended single leg * Braced 1 1/2 to extended level * Braced non-twisting inverted releases (Flyer braced to 2 people at prep by arm/arm) * Braced upright releases from prep level to extended level (Flyer is braced by 1 person at prep level) * Stunt skill braced at the beginning or completion of the skill * Braced arm/arm extended single leg connected to an extended single leg * Braced inverted half twisting releases (Flyer braced to 2 people at prep by arm/arm)	* Kick - Double Twist * Hitch-Kick-Single Twist * Switch-Kick-Single Twist * Kick-Single Twist-Kick * Kick-Kick-Kick
5.0 - 4.0	REQUIRED SKILLS: Unbraced rewinds, Free flipping Skills, or Double Downs from 1 leg stunts	Multiple 2 1/2 high Structures	Flipping or Flipping & Twisting
	Examples of Elite Skills * Non-twisting rewind (limited to 1 1/4 rotations) * Twisting rewind (limited to 1 1/4 rotations and 1/2 twist) * Front flip from shoulder level to a cradle, horizontal position, or the performance surface * Back flip from shoulder level to cradle or horizontal position * Release from cradle to inverted stunt * Arabian dismounts from shoulder level * Dismounts up to 2 twisting rotations	* Stunt skill braced at the beginning or completion of the skill * 2 1/2 high vertical pyramid structures * 2 1/2 high horizontal pyramid structures * 2-1-1 Thigh Stand Tower pyramid structure * Front flip dismount to cradle, horizontal position or the performing surface from 2 1/2 high. * Non-twisting Flip into pyramid (limited to 1 1/4 rotations) * Legal transitions to and from 2 1/2 high pyramid structures	* Back Tuck * Back Layout * Bird Front * Arabian * Back Full Twisting Layout * Front Full Twisting Layout * Arabian - Full Twist

This list is not exhaustive. Please refer to the AACCA safety rules document to determine if a skill that is not listed is legal.

RANGE	STANDING TUMBLING DIFFICULTY	RUNNING TUMBLING DIFFICULTY
<b>1.0 - 0.0</b> <i>Examples of additional range appropriate skills</i>	<b>REQUIRED SKILLS:</b> Forward/Backward Roll <i>or</i> Standing Cartwheel	Cartwheel <i>or</i> Round off
	* Front Walkover * Back Walkover	* Front Walkover-Round off * Front walkover-Cartwheel-Back Walkover
<b>2.0 - 1.0</b> <i>Examples of additional range appropriate skills</i>	<b>REQUIRED SKILLS:</b> Standing Back Handspring	Round off-Back Handspring
	* Back Walkover-Back Handspring * Back Handspring step out-Back Walkover-Back Handspring	* Front handspring * Round off-Back handspring series * Front handspring step out-Round off-Back handspring * Front handspring step out-Round off-Back Handspring series * Front Handspring-Bounder
<b>3.0 - 2.0</b> <i>Examples of Intermediate range appropriate skills</i>	<b>REQUIRED SKILLS:</b> Back Handspring Series <i>or</i> Jump-Handspring combinations	Round off-Back Handspring-Back Tuck <i>or</i> Round off-Back Tuck
	* Jump-Bounder * Jump-Handspring Back Handspring series	* Aerial Cartwheel * Punch Front * Aerial-chasse-Aerial * Aerial Cartwheel-chasse-Round off-Back tuck * Aerial Cartwheel-chasse-Round off-Back Handspring-Back Tuck * Front Handspring step out-Round off-Back Handspring-Back tuck * Front Handspring step out-Round off-Back Handspring series-Back Tuck
<b>4.0 - 3.0</b> <i>Examples of Advanced range appropriate skills</i>	<b>REQUIRED SKILLS:</b> Standing Back Tuck <i>or</i> Standing Back Handspring-Back Tuck	Round off-Back Handspring-Back Layout <i>or</i> Round off-Back Layout
	* Onodi * Handspring-Layout * Handspring-Whip-Handspring-Back Tuck * Handspring-Whip-Handspring-Back Layout * Jump-Back Handspring-Layout * Jump-Handspring-Whip-Handspring-Back Tuck * Jump-Handspring-Whip-Handspring-Back Layout	* Aerial Walkover * Front handspring-Punch Front/layout * Round off-handspring-whip-handspring-Tuck/Layout * Punch Front step out-Round off-Back Layout * Punch Front step out-Round off-Back handspring-Back layout
<b>5.0 - 4.0</b> <i>Examples of Elite range appropriate Skills</i>	<b>REQUIRED SKILLS:</b> Standing Full <i>or</i> Standing Back Handspring-Full	Round off-Back Handspring-Full <i>or</i> Round off-Full
	* Jump-Tuck * Jump-Handspring-Full * Jump-Full * Handspring-Whip-Handspring-Full	* Barani * Round off-Arabian * Front Full * Front handspring-Front Full

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