



Levels 1 - 6

Summary & Examples

based upon the Rulebook as of January 2017

Tumbling	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
BHS standing	forbidden	1 allowed	series allowed	allowed	allowed	allowed
BHS & jump skill	forbidden	forbidden	no restrictions	no restrictions	no restrictions	no restrictions
Flip standing	forbidden	forbidden	forbidden	1 allowed	allowed up to 1 twist	allowed up to 1 twist
Flip & jump skill	forbidden	forbidden	forbidden	forbidden	no restrictions	no restrictions
BHS Running Tumbling	forbidden	series allowed	allowed	allowed	allowed	allowed
Flip Running Tumbling	forbidden	forbidden	1 tucked & aerial cartwheels allowed	allowed	allowed up to 1 twist	allowed up to 1 twist

Stunts	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Spotter needed	at Prep Level & above for Floor Stunts	above Prep Level for Floor Stunts	above Prep Level	above Prep Level	above Prep Level	special skills
Prep (two-leg)	allowed	allowed	allowed	allowed	allowed	allowed
One-leg stunts (Liberty)	Waist Level	Prep Level	Extended	Extended	Extended	Extended
Two-leg extended Stunts	forbidden	allowed	allowed	allowed	allowed	allowed
Twisting during mounts & transitions	¼	½	1 at Prep or below ½ extended	1-½ to Prep 1 to extended two leg ½ to extended single-leg	2-¼	2-¼
Free Flipping	forbidden	forbidden	forbidden	forbidden	forbidden	only from ground level
Assisted Flipping	forbidden	forbidden	with restrictions	allowed	allowed	allowed
Release Moves	Dismounts only	Dismounts & Tosses only Exception: Log Roll	not above extended max = start at Waist and land at Prep Level	not above extended if to extended, begin at Waist Level	not above 46 cm above extended arm level	not above 46 cm above extended arm level
Release Moves with trick / twist	forbidden	Exception: Log Roll	forbidden	with restrictions	allowed	allowed
Example – Tic Toc	forbidden when released	forbidden when released	only from Ground or Waist Level to Prep	allowed = at prep / from Ground or Waist Level to extended	no restrictions (low to high / high to high allowed)	no restrictions
Release from Inverted Position	forbidden	forbidden	forbidden	no twisting	no twisting Exception: FHS ½ twist	no restrictions
Inversions	forbidden	from ground level into an upright position	connection at Shoulder Level, ½ twist (except multi-based rolls)	at Extended	at Extended	at Extended
Downward Inversions e.g. Pancake, roll from cradle	forbidden	forbidden	Waist Level – 2 bases	below Prep – 1 base Prep Level – 3 bases	Prep Level – 1 base above Prep – 3 bases	Prep Level – 1 base above Prep – 2 bases

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Pyramids	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Height	2 high	2 high	2 high, Release allowed	2 high, Release allowed	2 high, Release allowed	2 ½ high
Two-leg extended stunts	1 contact Hand to Arm	not as Brace for extended Stunt	not as Brace for extended single leg	no restrictions	no restrictions	no restrictions
One-leg stunts (Liberty)	only at Prep, 1 contact Hand to Arm	1 contact Hand to Arm	not as Brace for extended Stunt	not as Brace for extended single-leg	no restrictions	no restrictions
Release Moves without Inversion	forbidden	forbidden	2 contacts one Hand to Arm (with exceptions) base change forbidden	1 contact travel over support & base change allowed	1 contact base change allowed	base change allowed Second Layer base change forbidden
Inversions	forbidden	forbidden	as Stunts; if contact with 1 person on floor	as Stunts	as Stunts	up to 2-½ high
Release Moves with Braced Inversions (e.g. Tuck)	forbidden	forbidden	forbidden	2 contacts on 2 sides 1-¼ flip, 0 twist base change forbidden	1 contact 1-¼ flip, ½ twist or ¾ flip, 1 twist base change allowed	1 contact 1-¼ flip, 1 twist base change allowed

Dismounts	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Single based	1 Spotter	1 Spotter	1 Spotter	1 Spotter	1 Spotter	Spotter if more than 1-¼ twist or with flip
Multi-based	2 catchers & Spotter	2 catchers & Spotter	2 catchers & Spotter	2 catchers & Spotter	2 catchers & Spotter	no restrictions
Twisting	forbidden	¼	¼ from single leg 1-¼ from two leg	1-¼ from single leg 2-¼ from two leg	2-¼	2-¼ from Stunts 1-½ from Pyramids
Other Tricks (e.g. Kick)	forbidden	forbidden	only 1 from two leg none from single leg	only if not more than 1-¼ twist	no restrictions	no restrictions
Free Flipping	forbidden	forbidden	forbidden	forbidden	forbidden	1-¼ flip with ½ twist from Prep ¾ front from Pyramids
Assisted Flipping	forbidden	forbidden	with restrictions	allowed	allowed	allowed

Tosses	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Straight Ride	forbidden	allowed	allowed	allowed	allowed	allowed
Arm variations (Legs, hips & body straight)	forbidden	allowed	allowed	allowed	allowed	allowed
Twisting	forbidden	forbidden	1-¼	2-¼	2-½	3-½
Other Tricks (e.g. Kick)	forbidden	forbidden	1 no Twist	2 no Trick if more than 1-½ twist	no restrictions	no restrictions
Flipping	forbidden	forbidden	forbidden	forbidden	forbidden	1-¼ flip + 2 skills

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