



2024 - 2025

LEVEL APPROPRIATE DOC.  
CHANGES/EDITS

## 10-15-24 RELEASE

### LEVEL 4

#### Combination/Other Skills- Advanced Skill

- Adjusted- Full twisting release at prep level (tic toc) to prep level lib

### LEVEL 6

#### Combination/Other Skills- Level Skill

- Removed- "L6" Twisting helicopter release moves

### LEVEL 7

#### Combination/Other Skills- Advanced Skill

- Adjusted- Free flipping with twisting from ground level to prep level (L7)

#### Combination/Other Skills- Elite Skill

- Adjusted- Free flipping with twisting from ground level to extended stunt (L7)

#### Inversion Style- Elite Skill

- Added- Released inversion from extended hand in hand to extension
- Remove- Released to extended stunt

#### Coed Style- Elite Skill

- Remove- "L7" Front handspring ½ up to extended stunt