



2024 – 2025

LEVEL APPROPRIATE DOC. CHANGES/EDITS

7-15-24 Release

LEVEL 1

Release Style- Advanced Skill

- Added: Release style from ground level (switch up) to prep level lib with bracer.

LEVEL 2

Inversion Style- Advanced Skill

- Added: Inversion from ground level to prep stunt

LEVEL 3

Twisting Skills- Advanced Skill

- Added: Full Twisting transition at prep level (lib to lib)

Dismounts- Elite Skill

- Adjusted: Full twisting dismount from prep to cradle or Full twisting dismount from extension to cradle

LEVEL 4

Inversion Style- Elite Skill

- Adjusted: Released inversion from prep level or prep level hand in hand to extended stunt

Combination/Other Skills- Elite Skill

- Adjusted: Full twisting release at prep level (tic toc) to prep level body position

LEVEL 5

Inversion Style-Level Skill

- Removed: Released inversion from prep level to extended stunt

Inversion Style- Advanced Skill

- Adjusted: Released inversion from prep level or prep level hand in hand to extended stunt

Inversion Style- Elite Skill

- Adjusted: Released inversion from prep level or prep level hand in hand to extended lib

JUNIOR LEVEL 6

Standing Tumbling- Advanced Skill

- Removed: ADVANCED JUMP-BHS SERIES- FULL
- Removed: BHS-WHIP-TO-Full

Standing Tumbling- Elite Skill

- Adjusted: ADVANCED JUMP-BHS- FULL TO ADVANCED JUMP BHS/BHS SERIES TO FULL
- Added: BHS/BHS SERIES-WHIP-TO-FULL

LEVEL 6

Coed Style- Elite Skill

- Added: Assisted or Unassisted

LEVEL 6 & 7

Combination/Other Skill- Advanced Skill

- Adjusted: 1/4-1/2 twisting released inversion from prep level or above to extended 1 leg stunt