

Level 6

Stunts	
Difficulty	
1--4	Single leg stunt variations with full twist cradle
5--8	Single leg stunt transition variations with double full twist cradle
9--12	Double full twisting stunt transitions/creative single leg stunt transitions with double full twisting cradle, free flipping or assisted flipping stunts and transitions. Rewinds must originate from ground level, only, and are allowed up to one flipping and two twisting rotations.
Pyramids	
Difficulty	
1--4	Full twisting and creative transitions into pyramid with full twist cradle
5--8	Braced flips and 2 1/2 high transitions with double full twisting cradle
9--12	Creative transitions involving the above stated, unbraced 2 1/2 high pyramids
Tosses	
Difficulty	
1--4	Toss with two skills
5--8	Toss with double full twist or Kick full
9--12	Toss with one skill and double full twist. Flipping tosses are allowed up to one flipping rotation and two twists. Non flipping tosses may not exceed 3 1/2 twists.
Standing Tumbling	
Difficulty	
1--3	Series of back handsprings with back flip or standing back flip
4--6	Series of back handsprings with full twist
7--10	Standing full twist and/or Series with double full twist
Running Tumbling	
Difficulty	
1--3	Specialty pass to variation of flip
4--6	Single full twist
7--10	Double full twist
Jumps	
Difficulty	
1--3	Spread eagle, tuck, and double hook
4--6	Side hurdler (herkie) and toe touch with no transition
7--10	Front hurdlers, pike, and around the world with transitions & creativity