

Schools and Recreational Difficulty	
Stunts	
Difficulty	
1--3	Extended 2 leg stunt transitions and Single leg transition variations at prep level
4--6	Extended single leg variations with no twisting dismounts
7--8	Single leg stunt transition variations with full twist cradle or double full twist cradle from two leg stunt
9--10	Elite skills with creative transitions with double full twisting cradle
Pyramids/Tosses	
Difficulty	
1--3	Single leg pyramids at prep level or below and extended two leg pyramids. Tosses with basic straight rides.
4--6	Extended single leg variations. Non-twisting tosses (ex: toe touch, switch kick, tuck arch)
7--8	Extended single leg variations with at least one transitional sequence. Tosses with kick fulls and/or double full twist.
9--10	Mutiple single leg transitional sequences invovling release moves. Tosses with kick double fulls and/or hitch kick double fulls.
Tumbling	
Difficulty	
1--3	Carwheels, round offs, front and back walkovers. Round off back handspring and standing back handspring.
4--6	Series of round off back handsprings and front walkover to round off back handspring. Series of standing back handsprings.
7--8	Layouts and elite series to tuck. Standing series to tuck and standing backs
9--10	Elite series to layouts or layout step outs and fulls. Standing variations to fulls