

<b>Level 5</b>	
<b>Stunts</b>	
<b>Difficulty</b>	
1--3	Single leg stunt variations with full twist cradle
4--6	Single leg stunt transition variations with double full twist cradle
7--10	Double full twisting stunt transitions/creative single leg stunt transitions with double full twisting cradle
<b>Pyramids</b>	
<b>Difficulty</b>	
1--3	Full twisting and creative transitions into pyramid with full twist cradle
4--6	Braced flips and 2 1/2 high transitions with double full twisting cradle
7--10	Creative transitions involving the above stated
<b>Tosses</b>	
<b>Difficulty</b>	
1--3	Toss with two skills
4--6	Toss with double full twist or Kick full
7--10	Toss with one skill and double full twist
<b>Standing Tumbling</b>	
<b>Difficulty</b>	
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
<b>Running Tumbling</b>	
<b>Difficulty</b>	
1--3	Specialty pass to variation of flip
4--6	Single full twist
7--10	Double full twist
<b>Jumps</b>	
<b>Difficulty</b>	
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