



2026 CheerBrandz - Skills List

Building: Elite Level Appropriate

In order to increase coach and team ability to show their strengths and creativity, level appropriate examples have been moved to the end of this document. The previous level appropriate examples were not required but provided an example of what could be used in a specific level. Please note that on the level grid, all skills allowed at a particular level encompass all skills allowed in the preceding level. If a skill is not allowed in a particular level, it is also not allowed in the preceding level(s).

Inversion Style	Release Style	Twisting Style	Dismount Style	Combination Skills
Elite Level 1 Appropriate				
<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> Tic Toc At Waist Level (Body Position To Body Position) Tic Toc At Prep Level (Body Position To Body Position With Bracer) 	<ul style="list-style-type: none"> ¼ Twisting Transition To Prep Level 2 Leg Stunt 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> ¼ Twisting Transition To Prep Level 1 Leg Stunt With Required Hand/Arm Connection With A Base
Elite Level 2 Appropriate				
<ul style="list-style-type: none"> Inversion From Ground Level To Ext Stunt 	<ul style="list-style-type: none"> Tic Toc Prep Level (Body Position To Body Position) 	<ul style="list-style-type: none"> ½ Twisting Transition To Ext Stunt 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> ½ Twisting Inversion To Ext Stunt ½ Twisting Inversion To Prep Level 1 Leg Stunt ½ Twisting Tic Toc To Prep Level 1 Leg Stunt
Elite Level 3 Appropriate				
<ul style="list-style-type: none"> Inversion To Ext 1 Leg Stunt 	<ul style="list-style-type: none"> Tic Toc Prep Level 1 Leg Stunt To Ext Body Position Release From Waist Level Or Below To Prep Level Body Position 	<ul style="list-style-type: none"> Full Up To Prep Level Body Position Full Up To Ext 2 Leg Stunt ½ Twisting Transition To Ext 1 Leg Stunt Prep Level Full Twisting Transition To Prep Level Body Position Ext Full Twisting Transition To Ext 2 Leg Stunt 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> Full Twisting Inversion To Ext Stunt ½ Twisting Inversion To Ext 1 Leg Stunt Full Twisting Tic Toc At Prep Level (1 Leg Stunt To Body Position)
Elite Level 4 Appropriate				
<ul style="list-style-type: none"> Released Inversion From Prep Level Or Below To Ext Stunt 	<ul style="list-style-type: none"> Tic Toc Ext Body Position To Prep Level Or Below Body Position (High To Low) Release To Ext Body Position (Not Including Switch Up) 	<ul style="list-style-type: none"> 1½ Twisting Transition To Prep Level Body Position 1½ Twisting transition at prep level (Body position to Body position) Full Twisting Transition To Ext 1 Leg Stunt Full Twisting Transition at extended level 	<ul style="list-style-type: none"> 2-2 ¼ Twisting Dismount From Ext 2 Leg Stunt 	<ul style="list-style-type: none"> Full Twisting Inversion To Ext Stunt Full Twisting Release Up To Prep Level Body Position 1½ Twisting Release Up To Prep Level 1 Leg Stunt Full Twisting Tic Toc Release To Prep Level 1 Leg Stunt Unassisted Coed Style Toss Ext 1 Arm Stunt

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Please note, in levels 5, 6 & 7 some of the Elite skills can also be performed legally in the level(s) below. This has been done to allow a reasonable number of Elite skill options for these levels.

Elite Level 5 Appropriate

<ul style="list-style-type: none"> Released Inversion From Prep Level Or Above To Ext 1 Leg Stunt 	<ul style="list-style-type: none"> Tic Toc Ext 1 Leg Stunt To Ext Body Position (High To High) ½ Twisting Ball Up To Ext Body Position ½ Twisting Switch Up To Ext Body Position 1-1½ Twisting Release To Ext 1 Leg Stunt 	<ul style="list-style-type: none"> 2 Rotations To Ext Two Leg Stunt 1 ½ Twisting Transition To Ext 1 Leg Stunt 	<ul style="list-style-type: none"> 2-2¼ Twisting Dismount From Extended 1 Leg Stunt 	<ul style="list-style-type: none"> ¼ - 1½ Twisting Tic Toc To Ext 1 Leg Stunt (Low/ High To High) Unassisted Coed Style Toss Ext 1 Arm Stunt Unassisted Coed Style Toss Full Twist To Ext Stunt
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Elite Level 6 Appropriate

<ul style="list-style-type: none"> Released Inversion From Prep Level Or Above To Ext Body Position Backwards Free Flipping From Ground Level To Prep Level Or Above (Rewind) 	<ul style="list-style-type: none"> Tic Toc Ext Body Position To Ext Body Position (High To High) Full Twisting Release To Ext Body Position 1½ - 2¼ Ball Up, Tic Toc Release And/Or Other Release To Ext 1 Leg Stunt 	<ul style="list-style-type: none"> 1½ - 1¾ Up To Ext Body Position 2-2¼ To Ext 1 Leg Stunt 	<ul style="list-style-type: none"> Kick Double Twisting Dismount 	<ul style="list-style-type: none"> ½ Twisting Released Inversion To Ext Stunt Toss Front Handspring ½ Up Release To Ext Stunt Coed Style Toss Front Handspring Release ½ Twist To Ext Stunt Full Twisting Tic Toc To Ext 1 Leg Stunt (High To High) Unassisted Coed Style Toss Ext 1 Arm Stunt Unassisted Coed Style Toss Full Twist To Ext Stunt
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Elite Level 7 Appropriate

<ul style="list-style-type: none"> Flipping From Ground Level To Ext Single Leg And/Or Single Arm Stunt Released Inversion From Prep Level Or Above To Ext Body Position Ground Level Handstand Released To Hand In Hand 	<ul style="list-style-type: none"> Tic Toc Body Position To Body Position (High To High) Full Twisting Release To Ext Body Position 1½ - 2¼ Ball Up, Tic Toc Release And/Or Other Release To Ext 1 Leg Stunt 	<ul style="list-style-type: none"> Flipping With Twisting From Ground Level To Ext 1 Leg Stunt 1½ - 1¾ Up To Ext Body Position 2-2¼ To Ext 1 Leg Stunt 	<ul style="list-style-type: none"> Kick Double Twisting Dismount 	<ul style="list-style-type: none"> BHS Full Up To Ext Stunt Toss Front Handspring ½ - 1½ Up To Ext Stunt Coed Style Toss Front Handspring Release ½ Twist To Ext Stunt Full Twisting Tic Toc To Ext 1 Leg Stunt (High To High) Unassisted Coed Style Toss Ext 1 Arm Stunt Unassisted Coed Style Toss Full Twist To Ext Stunt
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Tumbling:

	Level Appropriate Standing Tumbling Skills	Level Appropriate Running Tumbling Skills
N	<ul style="list-style-type: none"> Forward Roll; Starddle Roll; Handstand; Handstand Forward Roll; Front Limber; Cartwheel; Backward Roll; Back Extension Roll; Push up to Bridge; Standing to Bridge; Bridge Kickover; Tabletop Bridge and Bridge variations are not allowed for Tiny Divisions 	<ul style="list-style-type: none"> Cartwheel; Roundoff; Forward Roll Cartwheel Roundoff; Handstand Forward Roll Cartwheel Round off
L1	<ul style="list-style-type: none"> Forward Roll; Starddle Roll; Handstand; Handstand Forward Roll; Front Limber; Cartwheel; Backward Roll; Back Extension Roll; Push up to Bridge; Standing to Bridge; Bridge Kickover; Front Walkover; Back Walkover 	<ul style="list-style-type: none"> Cartwheel; Front Walkover; Roundoff; Cartwheel Back Walkover; Front Walkover to Cartwheel/Roundoff; Cartwheel 1/2 Turn Front Walkover; Connected Skills Cartwheel/Back Walkover
L2	<ul style="list-style-type: none"> Any pass inclusive of a Back Handspring 	<ul style="list-style-type: none"> Any pass inclusive of a Back Handspring Any pass inclusive of a Front handspring
L3	<ul style="list-style-type: none"> BHS Series; Advanced Jump to BHS; Advanced Jump to Series BHS; BHS Series advanced Jump BHS Series; BHS Step out BHS Combo 	<ul style="list-style-type: none"> Side Aerial; Punch Front Any pass inclusive of a Back Tuck
L4	<ul style="list-style-type: none"> Any Pass inclusive of a Back Tuck Onodi 	<ul style="list-style-type: none"> Cartwheel Back Tuck; Punch Front Step out to Roundoff BHS Tuck/Layout; Roundoff Whip through to Tuck/Layout; Front Handspring Punch Front through to Tuck/Layout; Front Aerial through to Tuck/Layout Any pass inclusive of a layout
L5	<ul style="list-style-type: none"> Any Pass inclusive of Layout Jump to Back Tuck 	<ul style="list-style-type: none"> Any pass inclusive of a Full Twisting Layout
L6 & L7	<ul style="list-style-type: none"> Jump to Back Tuck 	<ul style="list-style-type: none"> Cartwheel Full; Roundoff Full; Roundoff BHS Full; Front Walkover though to Full; Side Aerial/Front Aerial/Onodi through to Full; Front Full
	Elite Level Appropriate Standing Tumbling Skills	Elite Level Appropriate Running Tumbling Skills
	<ul style="list-style-type: none"> Any pass inclusive of a Full or Double Twisting skill. 	<ul style="list-style-type: none"> Front Handspring Front Full; Punch Front Step out to Full; Roundoff BHS Whip to Full; Roundoff Arabian through to Full; Roundoff BHS Full BHS Series to Full Any pass inclusive of a Double Twisting Layout

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Jumps		
Level	Basic Jumps	Advanced Jumps
N/A	Spread Eagle/Star Jump, Tuck Jump	Pike, Right/Left Hurdler (Front Or Side), Toe Touch
Tosses		
Level	Non-Twisting	Twisting
L2	Straight Ride Toss	N/A
L3	Ball Arch; Pretty Girl Arch; Pike Arch; Kick Arch; Ball X; Toe Touch	Full Twist
L4	Pike X; Hitch Kick; Switch Kick; Double Toe Touch	Ball Full; Pike Full; Kick Full; Hitch Full; Toe Touch Full; Full Up Toe Touch; Double Full
L5	Pike Hitch Kick; Pike Kick Pretty Girl; Pike Switch Kick; Hitch Kick Kick	Hitch Kick Full; Switch Kick Full; Kick Kick Full; Pike Kick Full; Kick Full Kick, Double Full
L6	Pike Hitch Kick; Pike Kick Pretty Girl; Pike Switch Kick; Hitch Kick Kick	Ball Double Full; Pike Double Full; Kick Double Full; Toe Touch Double Full; Double Up Toe Touch; Hitch Kick Double Full; Switch Kick Double Full; Kick Full Kick Full
L7	• Tuck; X-out; Pike; Layout	Layout Full; Layout Double Full; X-out Full; Split Full; Arabian 1½ ; Pike Open Double Full

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Building: Level Appropriate Examples				
Inversion Style	Release Style	Twisting Style	Dismount Style	Combination Skills
Novice Level Appropriate				
<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> Switch Up To Lib At Waist Level Switch Up To Body Position At Waist Level Tic Toc At Or Below Waist Level (Lib To Lib) Tic Toc At Waist Level (Lib To Body Position) 	<ul style="list-style-type: none"> ¼ Twisting Transition To/From Waist Level 	<ul style="list-style-type: none"> Step Down Straight Cradle 	<ul style="list-style-type: none"> Back Stand Prep Level Show And Go V-sit Flat Back Ext V Sit Waist Level 1 Leg Stunt Ext Flat Back Prep Level 2 Foot Stunt Shoulder Sit Combination Of Two Or More Level Appropriate Skills Performed Simultaneously
Level 1 Appropriate Examples				
<ul style="list-style-type: none"> Inversion To Ground Level 	<ul style="list-style-type: none"> Switch Up To Lib At Waist Level Switch Up To Body Position At Waist Level Tic Toc At Waist Level (Lib To Lib) Tic Toc At Waist Level (Lib To Body Position) 	<ul style="list-style-type: none"> ¼ Twisting Transition To / From Prep Level Or Below 	<ul style="list-style-type: none"> Step Down Straight Cradle 	<ul style="list-style-type: none"> Back Stand Prep Level Show And Go V-sit Flat Back Ext V-sit Waist Level Level 1 Leg Stunt Ext Flat Back Prep Level To Prone
Level 2 Appropriate Examples				
<ul style="list-style-type: none"> Inversion From Ground Level To Below Prep Level Inversion From Ground Level To Prep Level 	<ul style="list-style-type: none"> Switch Up To Prep Level 1 Leg Tic Toc Prep Level (Lib To Lib) Tic Toc Prep Level (Lib To Body Position) 	<ul style="list-style-type: none"> ½ Twisting Transition To Prep Level Or Below ½ Twisting Transition To Prep Level ¼ Twisting Transition To Prep Level 1 Leg Stunt ¼ Twisting Transition To Prep Level Body Position ¼ Twisting Transition To Ext Stunt Log Roll 	<ul style="list-style-type: none"> Straight Cradle From Ext Straight Cradle From Prep Level Body Position 1/4 Twisting Dismount from Prep Or Ext 	<ul style="list-style-type: none"> Prep Level 1 Leg Stunt Extension Leap Frog Variations ½ Twist To Prone Walk In Prep Level Press Ext
Level 3 Appropriate Examples				

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<ul style="list-style-type: none"> • Inverted At Prep Level Or Below • Downward Inversion From Below Prep Level 	<ul style="list-style-type: none"> • Release To Prep Level Or Below • Switch Up To Prep Level Lib • Ball Up, Straddle Up And/Or Release To Prep Level Lib • Tic Toc Below Prep Level To Below Prep Level (Lib To Lib) • Tic Toc Below Prep Level To Prep Level (Lib To Lib) 	<ul style="list-style-type: none"> • Full Up Below Prep Level • Full Up Prep Level Stunt • ¼ Twisting Transition To Ext 1 Leg Stunt • Full Up Prep Level 1 Leg Stunt • Prep Level Full Twisting Transition To Prep Level 1 Leg Stunt 	<ul style="list-style-type: none"> • Straight Cradle Dismount From Ext 1 Leg Stunt • Full Twisting Dismount From Prep • ¼ Twisting Dismount From Ext 1 Leg • Full Twisting Dismount From Ext • Single Skill Cradle From 2 Leg Stunt (Non-twisting) 	<ul style="list-style-type: none"> • Full Twist To Prone From Prep Level • Ext 1 Leg Stunt • Suspended Front Flip • Specialty Suspended Front Flip (Non-twisting) • Suspended Twisting Front Flip • Toss Hands • Single Based 1 Leg Ext Stunts • Toss Hands Pause Press Ext • Walk In Ext
Level 4 Appropriate Examples				
<ul style="list-style-type: none"> • Released Inversion To Prep Level Or Below • Released Inversion At Prep Level To Prep Level • Downward Inversion From Prep Level • Ext Inverted Stunt 	<ul style="list-style-type: none"> • Switch Up To Ext 1 Leg Stunt • Release To Ext Stunt • Tic Toc Lib To Lib (High To Low) • Helicopter Release Moves • Release To Ext Lib • Switch Up To Ext Body Position • Full Twisting Release To Prep Level Or Below • Release From Prep Level To Prep Level 	<ul style="list-style-type: none"> • 1½ Twisting Transition To Below Prep Level • 1½ Twisting Transition To Prep Level • ¾ Twisting Transition to Extended Stunt • 1 1/2 Twisting Transition To/At Prep Level lib • Full twisting transition to ext 2 leg stunt 	<ul style="list-style-type: none"> • Kick Full Twisting Dismount • 2-2¼ Twisting Dismount From Prep 2 Leg Stunt • 1-1¼ Dismount From 1 Leg Stunt • Up To 2 Skills Dismounts To Cradle 	<ul style="list-style-type: none"> • Toss Ext • Toss 1 Leg Ext Stunt
Level 5 Appropriate Examples				
<ul style="list-style-type: none"> • Downward Inversion From Ext Stunt • Downward Inversion From Ext 1 Leg Stunt 	<ul style="list-style-type: none"> • ¼ Twisting Switch Up To Ext 1 Leg Stunt • Tic Toc Lib To Lib (High To High) • ½ Twisting Switch Up To Ext 1 Leg Stunt • Twisting Helicopter Release Moves 	<ul style="list-style-type: none"> • 2 Twisting Transition To Prep Level Stunt • 1 1/4 Up To Ext Stunt 	<ul style="list-style-type: none"> • Up To 3 Trick Dismounts To Cradle 	<ul style="list-style-type: none"> • 2 Twist To Prone • Toss ¼ - ¾ Twist To Ext 2 Leg Stunt • Toss Full Twist Ext Stunt
Level 6 Appropriate Examples				
<ul style="list-style-type: none"> • Downward Inversion From Ext Stunt • Downward Inversion From Ext 1 Leg Stunt 	<ul style="list-style-type: none"> • Tic Toc Lib To Body Position (High To High) • Twisting Helicopter Release Moves • Switch Up Full Twist To Ext 1 Leg Stunt • ½ Twisting Ball Up To ExtBody Position 	<ul style="list-style-type: none"> • 2-2¼ Up To Prep Level Stunt • 1¾ - 2¼ Up To Ext Stunt • 1¾ - 2¼ Up To Ext 1 Leg Stunt • 1¾ - 2¼ Twisting Transition 	<ul style="list-style-type: none"> • 2-2¼ Twisting Dismount From 1 Leg Stunt • Dismounts From Inversion With ½ Twist • Up To 3 Skill Dismounts To Cradle 	<ul style="list-style-type: none"> • 2 Twist To Prone • Toss ¼-¾ Twist To Ext Stunt • Toss Full Twist Ext Stunt • ¾-¾ Twisting Tic Toc To Ext 1 Leg Stunt • Full Twisting Tic Toc To Ext 1 Leg Stunt (Low To High)

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Level 7 Appropriate Examples				
<ul style="list-style-type: none"> • Toe Or Leg Pitch Type Toss Into Free Flipping Skill • Free Flipping Transitions From Prep Level • Downward Inversion From Above Prep Level To Ground • Side-somi To Stunt • Front Free Flipping From Ground Level To Stunt 	<ul style="list-style-type: none"> • Coed Style Toss To New Base(s) • Helicopter Release Moves With 2 Bases • Release From Prep Level Or Below To Inverted Prep Level Stunt 	<ul style="list-style-type: none"> • Flipping With Twisting From Ground Level To Stunt 	<ul style="list-style-type: none"> • Front Free Flipping To Ground Level • Free Flipping From Prep Level Or Below To Cradle • Free Flipping With Twisting From Prep Level Or Below To Cradle 	<ul style="list-style-type: none"> • BHS 1-2¼ Up To Ext Stunt • BHS Rewind To Ext Stunt

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