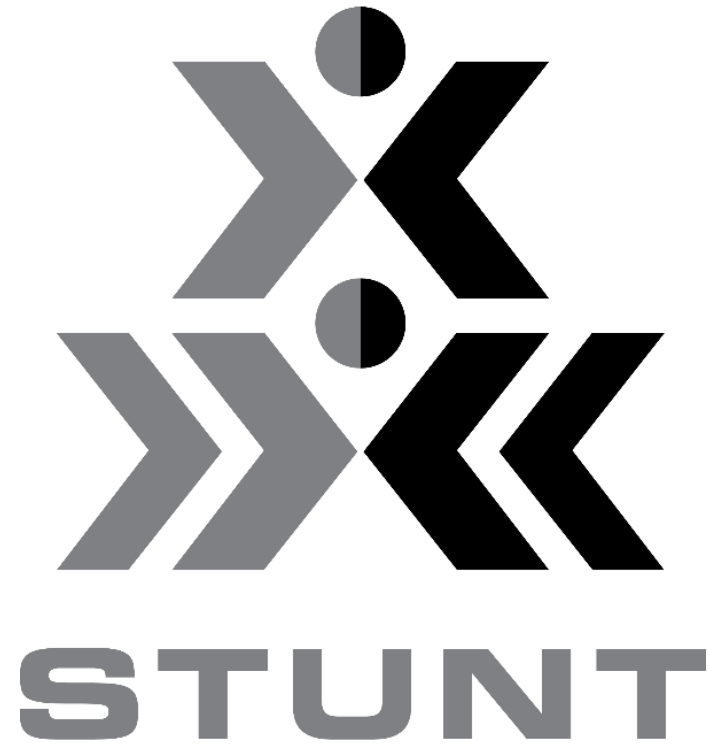


# 2024 STUNT ROUTINES



High School STUNT Routines – 12 Athlete  
8-count Sheets

# 2024 STUNT ROUTINES

**ROUTINE MATERIALS:** Routine materials include the routine videos, 8-count sheets, and glossary (written and/or video).

- Routine materials should be used *together* to understand the requirements of each routine.
  - The 8-count sheets will be used by Scoring Officials to determine deduction errors during the routine.
  - The routine videos are not used by Scoring Officials to determine in-game situations.
- Routine videos and 8-count sheets are provided for each STUNT routine.
  - The goal of the 8-count sheet is to provide the counts for significant parts of the routine and aid in synchronization of skills and motions.
  - The goal of the routine videos is to provide a visual aid for teams to understand the routine as it is written on the 8-count sheet.
  - **Note:** The 'Incorrect Count' deduction will only be applied to *counts* listed on the 8-count sheet.

## ROUTINE VIDEOS:

- In general, no skills are shown on the routine videos for Jumps & Tumbling routines.
  - Only the formations, blocking of the skills, and some unique skills and transitions will be shown.
  - The initiation and landing will be designated on the 8-count sheet.
  - Use the combination of the 8-count sheet, glossary, and video clips to add in the actual skills being asked of the teams for each routine.
- How to watch the video clip for standing and running tumbling skills:
  - A bent-arm movement that stays at shoulder level indicates a back handspring.
  - A straight-arm movement that is above the head indicates a free flipping skill.
    - The 8-count sheet will specifically list the skill to perform on those counts.
  - A bent-arm movement that starts at shoulders and then presses to a straight-arm position above the head, finishing with one arm coming down to the side at a time indicates a back-extension roll.
  - A straight-arm movement that goes above head (like a free flipping skill) and then comes to the front extended away from the body and finishes by cleaning either one (1) arm at a time or both arms to the side indicates a front walkover.
  - The 8-count sheet will indicate the initiation and landing of the pass.
    - The 8-count sheet will specifically list the skill to perform.
    - The tumbling glossary will aid in ideal timing of the skill but will not be officiated.
  - Small skills or unique skills, such as rolls, will be executed on the video.
- How to watch the video clip for the jump skills:

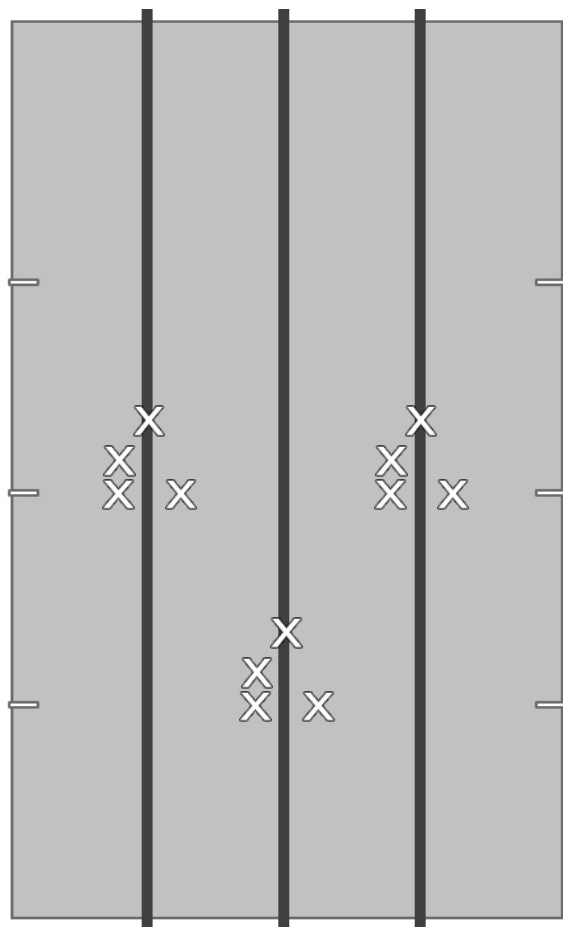
# 2024 STUNT ROUTINES

- Arms straight out in a 'T' type motion indicate a toe touch or side hurdler.
  - Arms straight out toward the front of the body is a pike jump.
  - Arms straight out toward the front of the body and slightly up is a front hurdler.
  - The specific jump will be indicated on the 8-count sheet.
- Be aware that some small count changes may have been added to carryover routines to help clean up and issues that may have come up in previous years.

# 2024 STUNT ROUTINES

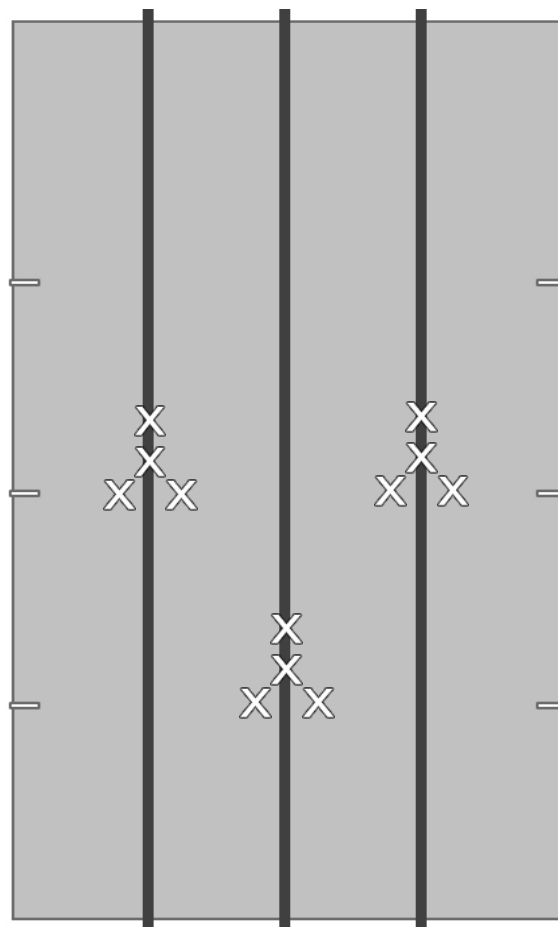
## Q1 – Partner Stunt Formations

Partner Stunt Routine 1



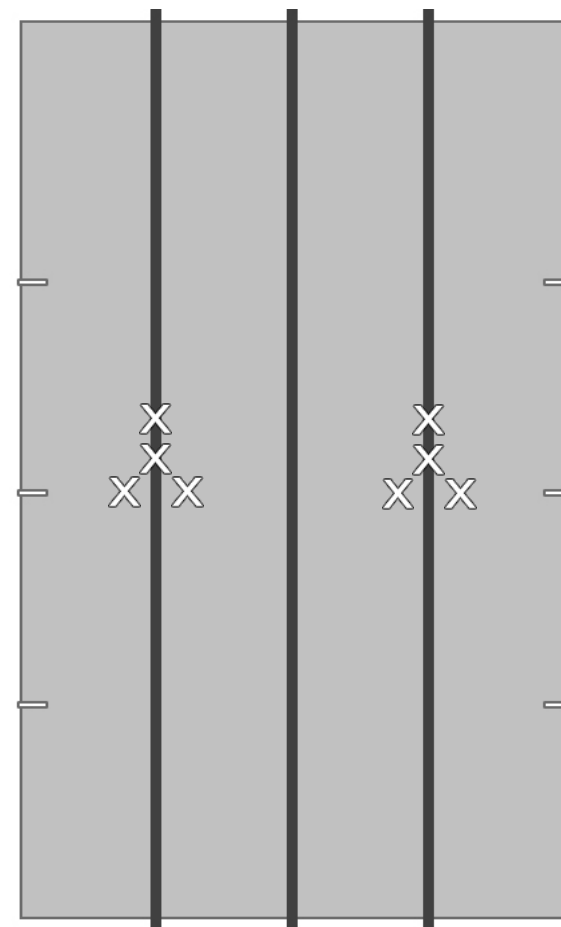
FRONT

Partner Stunt Routine 2



FRONT

Partner Stunt Routine 3



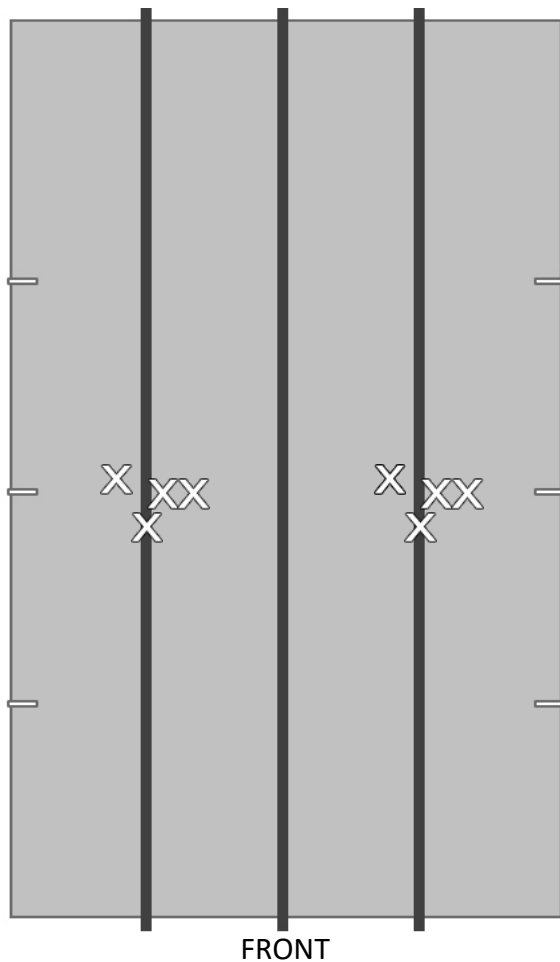
FRONT

\* The opening formations and positions shown are to position the stunts in the proper space on the floor. Specific foot placement by athletes may be moved slightly for side-facing skills, without deduction, in order to allow athletes of different heights to complete the opening skill in the indicated space on the floor.

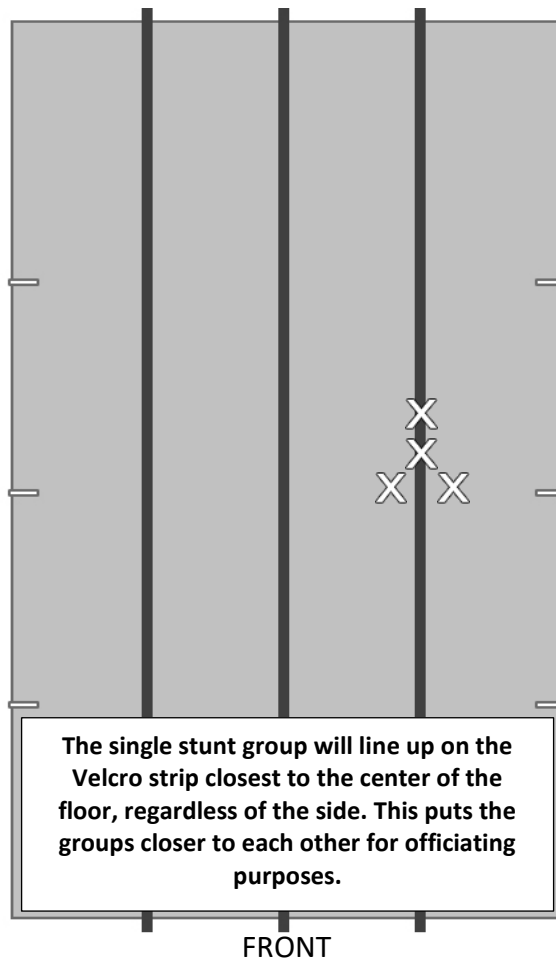
# 2024 STUNT ROUTINES

## Q1 – Partner Stunt Formations

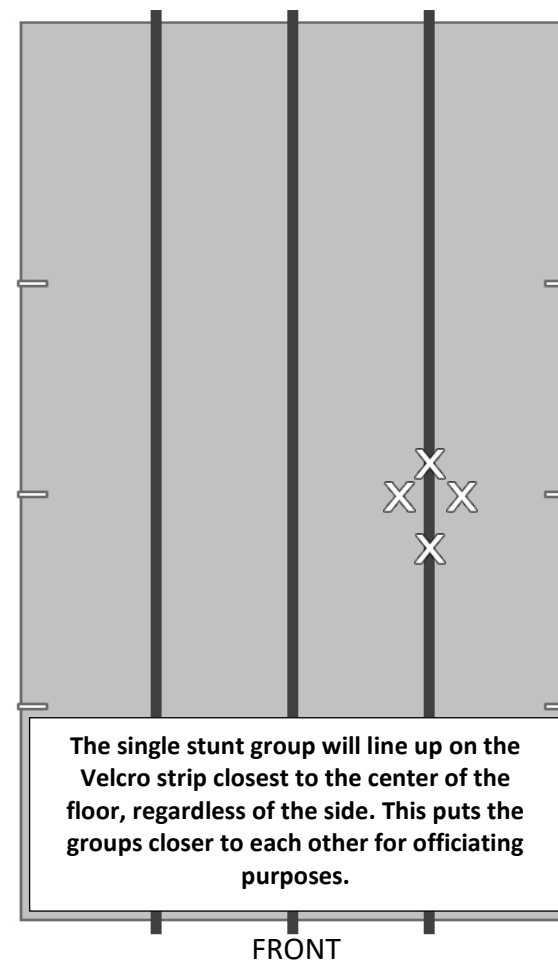
Partner Stunt Routine 4



Partner Stunt Routine 5



Partner Stunt Routine 6



\* The opening formations and positions shown are to position the stunts in the proper space on the floor. Specific foot placement by athletes may be moved slightly for side-facing skills, without deduction, in order to allow athletes of different heights to complete the opening skill in the indicated space on the floor.

# 2024 STUNT ROUTINES

High School		Partner Stunts						Routine: 1	
	Skill	1	2	3	4	5	6	7	8
1				Top: Set		Top: Reach		Grab	
2	Handstand to Teddy Bear			Dip				Teddy Bear Top: Hips	
3						Dip		S&G Top: Clean Arms	
4	1/4 Turn Dismount	Load				Dip		¼ Turn Dismount	
5	1/4 up to Prep	Load				Dip			
6		Prep		Top: High V		Dip		Extension Top: Clean Arms	
7		Thigh Stand Top: Hips				Dip		Top: Clean Arms	
8		Prep Top: High V				Dip	Top: Clean Arms	Load	
9	P&G Extension			Dip				P&G	
End		Extension Top: High V							

# 2024 STUNT ROUTINES

	High School	Partner Stunts						Routine: 2	
	Skill	1	2	3	4	5	6	7	8
1	QT to Load			Set		Dip		Throw	
2	Faux Single Base Prep	Load		Dip				Faux Single Base Prep Top: High V	
3				Dip		Top: Clean Arms		Load	
4	Load to Prone Roll			Dip		Top: T Motion		Prone	
5		Top: Reach			Top: Stand	Top: Move		Top: Clean to Back	
6	½ Up to Prep	Set		Dip		Cross-leg Load			
7	Hitch at Shoulder Level to Press Extension	Dip				Prep		Dip	
8		Hitch Top: High V		Dip		Extension		Dip	
9	Cradle Reload to Prep		Cradle & Dip			Sponge			
End		Prep Top: High V							

# 2024 STUNT ROUTINES

	High School	Partner Stunts						Routine: 3	
	Skill	1	2	3	4	5	6	7	8
1				Set				Dip	
2	Switch up to SL Liberty			SL Liberty		Arabesque			
3		Dip		Target Top: High V		Prep			
4	Prep 360 Prep			Dip		360 Top: Clean Arms		Prep	
5	Full Down Dismount			Top: High V		Dip			
6		Cradle				Set Out		Clean	
7		Step		Turn				Set	
8	Round On to SL Prep	Top: Reach				Bases: Throw		Prep	
9	Press EL Liberty			Dip		Liberty		Top: Clasp	
End		Top: High V							



# 2024 STUNT ROUTINES

High School		Partner Stunts						Routine: 4	
	Skill	1	2	3	4	5	6	7	8
1	Peg Leg $\frac{3}{4}$ Up to P&G Heel Stretch			Set		Dip			
2		P&G		Target				Heel Stretch	
3	Corkscrew Dismount	Dip		P&G		Top: Clean Arms & Leg		Set	
4	Quick Toss to Prep	Stand & Clean Arms		Set		Dip			
5		Prep		Top: High V		Dip		Top: T Motion	
6	Prone Dismount to FWR	Prone				Top: Reach			
7		Stand & Clean Arms		Top: Step		Top: Turn to Back		Set	
8	CW to Prep	Top: Reach						Prep	
9	Retake to Liberty	Top: High V		Dip	Top: Clean Arms	Tap		Liberty Top: Clean Arms	
End		Top: High V							

# 2024 STUNT ROUTINES

	High School	Partner Stunts						Routine: 5	
	Skill	1	2	3	4	5	6	7	8
1	J Toss 360 to Target			Set		Dip			
2		Target		Top: High V				Dip	
3	Cradle to Prone	Top: Clean Arms		Cradle & Dip			Prone Top: T Motion	Top: Reach	
4	BHS to P&G Target	Top: Nugget		Set Top: Stand		Sit			Throw
5				P&G		Target		Top: High V	
6	360 Pop Off	Dip		Top: Clean Arms		Set		Clean	
7	Single Base P&G to Extension	Move		Set		Dip			
8		P&G		Extension		Top: High V		Dip	
9		Top: Clean Arms		Load				Tap	
End		Heel Stretch & Right Half High V							

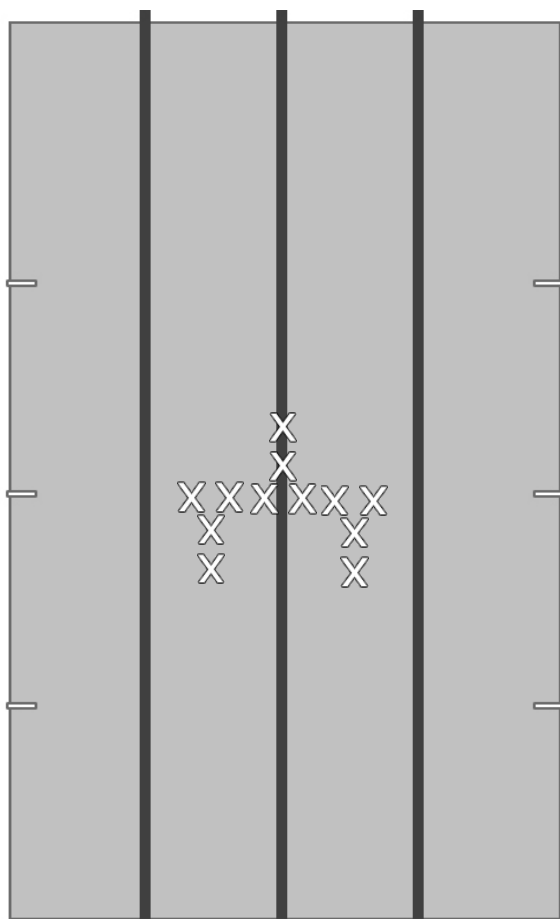
# 2024 STUNT ROUTINES

High School		Partner Stunts						Routine: 6	
	Skill	1	2	3	4	5	6	7	8
1	BHS to P&G Low-to-High 360					Sit			Bases: Throw
2				P&G Top: High V	Top: Clean Arms	Target			
3	Arabesque	Turn				Top: Arabesque			
4	Split Leg Pancake Dismount	Dip		P&G				Cradle	
5		Set Out		Clean		Move			
6	360 Release to Target			Set		Dip		Sponge	
7			Target			Top: High V			
8	Corkscrew Dismount	Dip				Set		Stand & Clean	
9	Single Base Liberty	Move		Set		Dip		Liberty	
End		Top: High V							

# 2024 STUNT ROUTINES

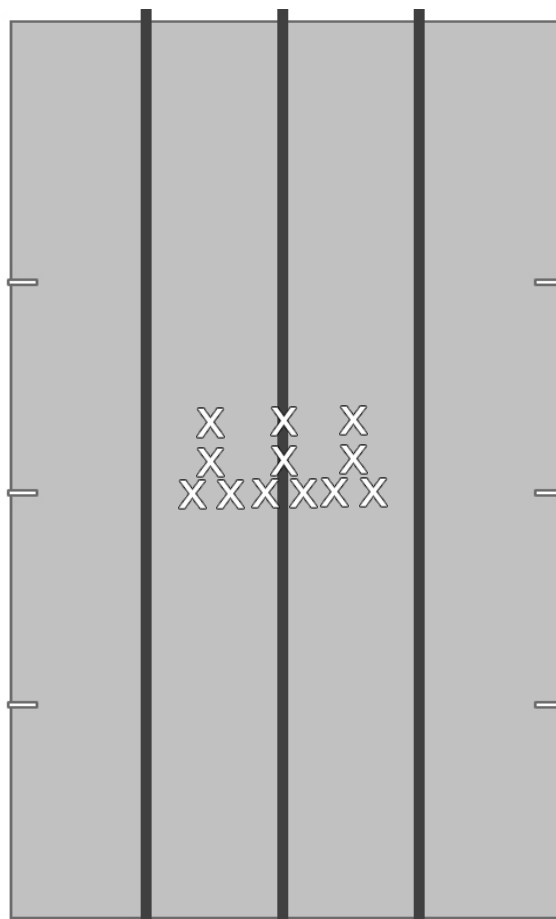
## Q2 – Pyramids & Tosses Formations (12-Athlete)

Pyramids & Tosses Routine 1



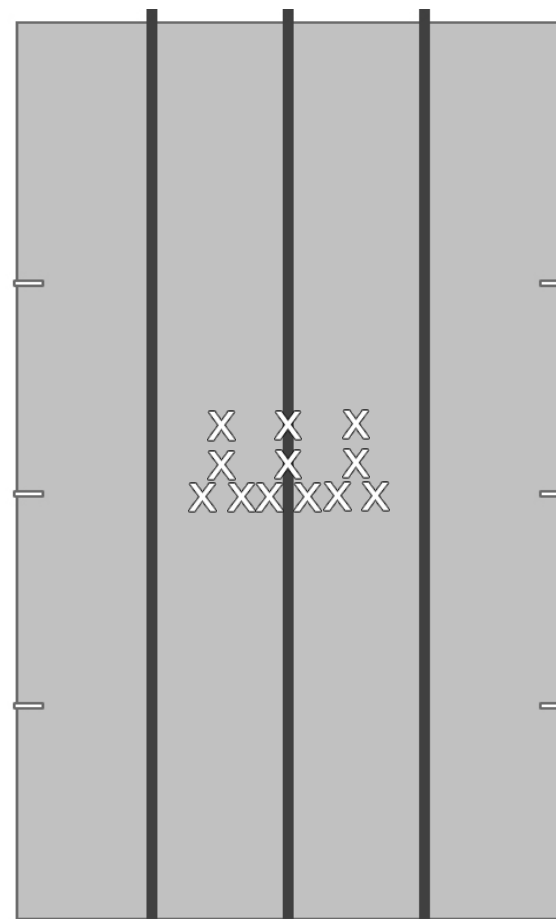
FRONT

Pyramids & Tosses Routine 2



FRONT

Pyramids & Tosses Routine 3



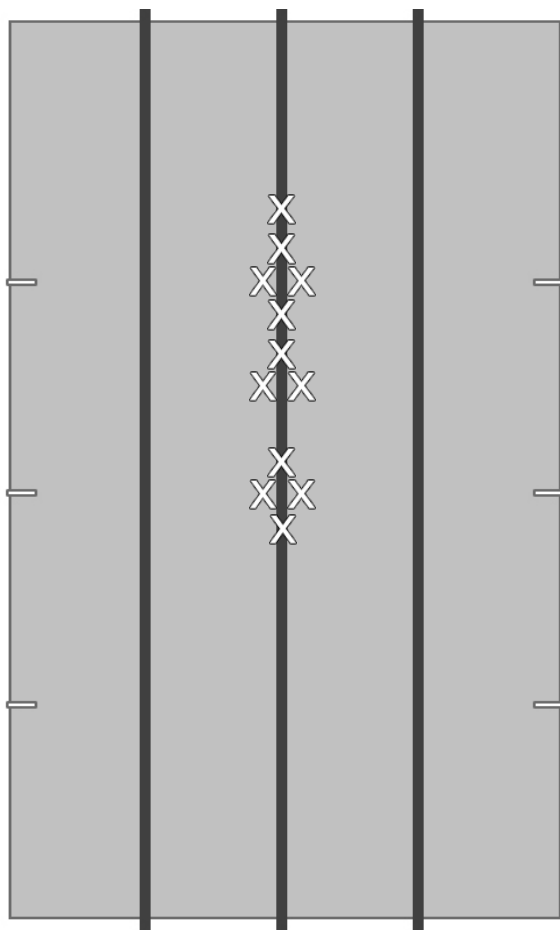
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# 2024 STUNT ROUTINES

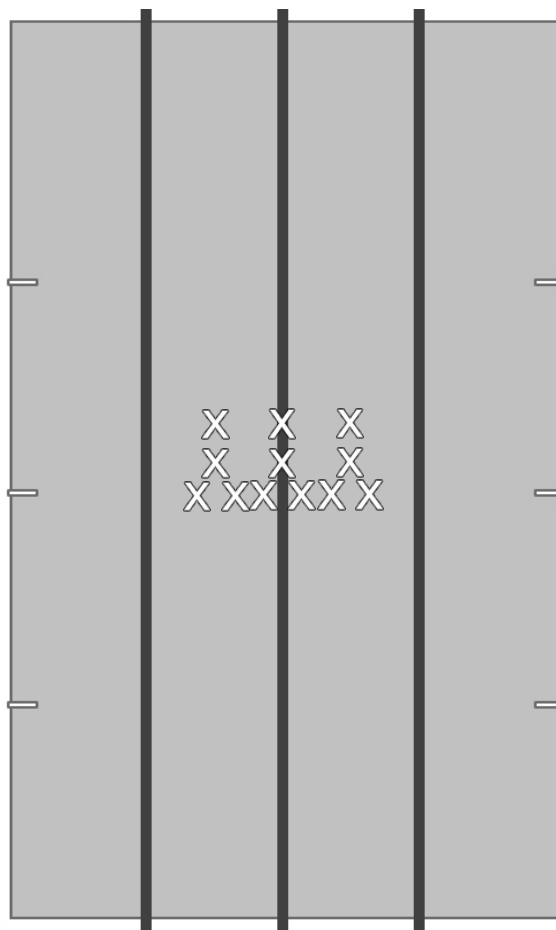
## Q2 – Pyramids & Tosses Formations (12-Athlete)

Pyramids & Tosses Routine 4



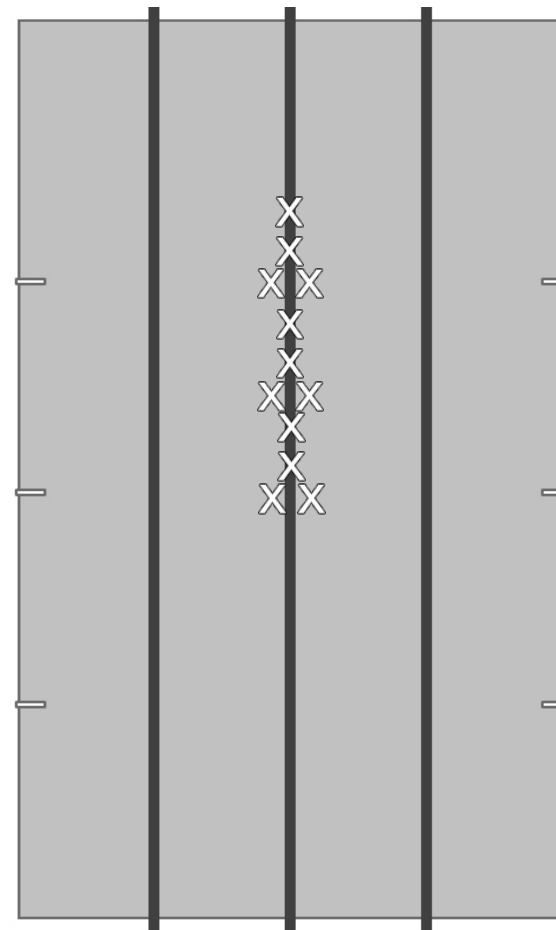
FRONT

Pyramids & Tosses Routine 5



FRONT

Pyramids & Tosses Routine 6



FRONT

\* The opening formations and positions shown are to position the stunts in the proper space on the floor. Specific foot placement by athletes may be moved slightly for side-facing skills, without deduction, in order to allow athletes of different heights to complete the opening skill in the indicated space on the floor.

# 2024 STUNT ROUTINES

High School		Pyramids & Tosses (12)						Routine: 1	
	Skill	1	2	3	4	5	6	7	8
1				MG: Set		MG: Dip SG: Set		MG: Sponge SG: Dip	
2	<b>2 Faux Half Up to Preps</b>	MG: S&G MG Top: High V SG: Sponge	MG Top: Clean	SG: Sponge & Turn		SG: Prep		MG: Prep Tops: Connect	
3	<b>Braced Tri Level Pyramid</b>	LG: Dip		LG: Extension RG: Thigh Stand Tops: Outside Half High V				Dip	Tops: Clean
4		Load		Set Out		Clean		Move	
5	<b>3 Straight Ride BT</b>			MG: Set		MG: Dip SG: Set		MG: Dip SG: Dip	
6		MG: Throw SG: Dip		SG: Throw					
7		Set Out		Clean		Move			
8		Set		Dip		Sponge			
9	<b>SL Stag Pyramid</b>	Prep		Dip		MG: Extension SG: Hitch Outside Leg		Tops: Clasp	
End		Tops: Connect & Outside Half High V							

# 2024 STUNT ROUTINES

## High School

## Pyramids & Tosses (12)

## Routine: 2

	Skill	1	2	3	4	5	6	7	8
1				Set & Dip		Load		Tops: Connect	
2	<b>Braced Extended Level Pyramid</b>	Dip		MG: Extension		SG: Prep		SG Tops: Outside Half High V	
3				Dip	Tops: Clean Arms	SG: Load MG: Load		Set Out	
4	<b>3 Straight Ride BT</b>					Set		Dip	
5		Dip		Throw					
6		Set Out		Move & Clean Arms				FG: Set BG: Set & Dip	
7	<b>1 S&amp;G Hand-to-Foot Release Pyramid</b>	LFG: Dip BG: Sponge		LFG: Sponge RFG: Dip BG Top: High V	BG Top: Clean Arms	RFG Top: Leg BG: Load		LFG: Prep LFG Top: Grab Foot RFG: Dip	RFG: Throw
8		RFG: Throw				MG & RFG: Turn to Front		LFG: Turn & Dip RFG: Dip	
9	<b>Extended Level Pyramid</b>	LFG: Load RFG: Load				Dip		SG: Extension	
End		MG: Prep Tops: Connect & Outside Half High V							

# 2024 STUNT ROUTINES

High School		Pyramids & Tosses (12)						Routine: 3	
	Skill	1	2	3	4	5	6	7	8
1				Set		Dip		Sponge	
2	<b>Ball Up to Target Pyramid</b>			SG: Prep MG: Sponge Tops: Connect		MG: Throw	MG: Target		
3		SG Tops: Outside Half High V		Dip	Tops: Clean	Load		Move	
4	<b>3 TT BT</b>	Set Out		Set		Dip		Dip	
5		Throw						Set Out	
6		Move		FG: Set		FG: Dip BG: Set		FG: Sponge BG: Dip	
7	<b>1 Pike BT</b>	BG: Dip		BG: Throw RG: Prep	LG Top: Tap			Top: Grab Foot	LG: P&G
8	<b>Hand to Foot Kick Release</b>	LG: Throw	LG Top: Kick	BG: Dip	LG: Cradle	LG: Dip RG: Dip RG Top: Clean BG: Load		LG: Load RG: Load BG: Move	
9		FG: Move				Dip			
End	<b>Extended Level Pyramid</b>	SG: Target MG: Prep Tops: Connect & Outside Half High V							



# 2024 STUNT ROUTINES

High School		Pyramids & Tosses (12)						Routine: 4	
	Skill	1	2	3	4	5	6	7	8
1	<b>1 S&amp;G 1 Ball X BT</b>			FG & BG: Set MG: Set & Dip		FG & BG: Dip MG: Load		BG: Dip FG: Load MG: S&G MG Top: High V	MG Top: Clean Arms
2	<b>Braced Invert to P&amp;G Target</b>	BG: Throw FG: Dip MG: Sponge		FG: Invert MG: Prep				BG: Set Out MG Top: Grab	
3		BG: Clean Arms FG: Dip		FG: Throw		FG: Sponge		FG: Target FG Top: Clean Arms	
4		FG Top: High V		FG & MG: Dip	FG & MG Tops: Clean Arms	FG & MG: Load BG: Set & Dip		BG: Load	
5		Move				SG: Turn to Outside		Set Out	
6		Stand & Clean Arms		Set		Dip		Dip	
7	<b>1 Full Twist BT 2 Pike BT</b>	Throw						Dip	
8		Load		MG: Dip SG: Move		MG: S&G MG Top: High V	MG Top: Clean Arms	MG: Prep	
9	<b>Braced <math>\frac{3}{4}</math> to Target</b>	Tops: Connect		SG: Dip		SG: Throw		SG: Sponge	
End		Target SG Tops: Outside Half High V							

# 2024 STUNT ROUTINES

## High School

## Pyramids & Tosses (12)

## Routine: 5

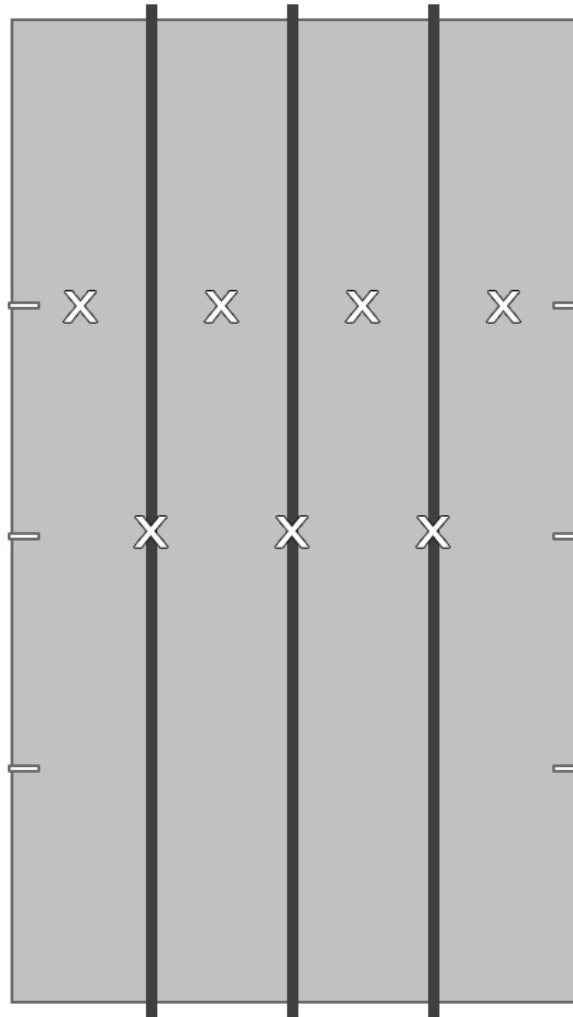
	Skill	1	2	3	4	5	6	7	8
1				MG: Set		MG: Dip SG: Set		SG: Dip	
2	<b>1 SL Braced Hand to Hand</b> <b>2 Braced Flatback</b> <b>P&amp;G Liberties</b>	MG: SL Braced Hand to Hand SG: Sponge		SG: Throw		SG: Flatback MG: Dip			MG: Prep
3				Tops: Connect		SG: Dip		SG: Throw	
4		SG: P&G		SG: Liberty SG Tops: Outside Half High V				SG: Dip	
5	<b>3 Corkscrew Dismounts</b>	MG: Dip SG: P&G Tops: Clean				MG: Load & Dip SG: Load		MG: S&G Liberty MG Top: High V SG: Clean & Move	
6	<b>2 Kick Full Twist BT</b>	MG Top: Clean & Clean Leg	MG: Load	SG: Set		MG: Clean SG: Dip		SG: Dip	
7		SG: Throw						SG: Set Out MG: Move	
8		SG: Move		MG: Set SG: Set & Dip		MG: Dip SG: Sponge		MG: Sponge	
9	<b>Braced Back Flip Pyramid</b>	MG: S&G SG: Prep		MG: Sponge Tops: Connect		MG: Throw		MG: P&G	
End		MG: Target SG: Turn to Front Tops: Outside Half High V							

# 2024 STUNT ROUTINES

High School		Pyramids & Tosses (12)						Routine: 6	
	Skill	1	2	3	4	5	6	7	8
1				FG & MG: Set		FG & MG: Dip BG: Set		FG & MG: Sponge BG: Dip	
2	1 Toe Touch BT 1 Front Flip 360	FG & MG Tops: Connect BG: Dip		MG: Prep FG: Sponge BG: Throw		FG: Throw		FG: Cradle	
3	1 Corkscrew Dismount	MG Top: Clean Arms MG: Dip				MG: Set FG & BG: Set Out		Clean Arms	
4		Move				Set		Dip	
5	3 Full Twist BT	Dip		Throw					
6	Reload	Dip		Load				SG: Move MG: Dip	
7	360 Extended Level Pyramid			SG: Dip MG: Prep			SG: Target		
8	2 Braced Flips	Tops: Connect SG Tops: Outside Half High V		SG: Dip		SG: Sponge SG Tops: Outside Tabletop		SG: Throw	
9		SG: Cradle & Dip		MG Top: Clean Arms SG: Load				Dip	
End	3 Liberty Paper Dolls	Liberty Tops: Connect SG Tops: Outside Hips							

# 2024 STUNT ROUTINES

## Q3 – Jumps & Tumbling Formation (All Routines)



FRONT

Last Updated 12/12/23

# 2024 STUNT ROUTINES

High School		Jumps & Tumbling						Routine: 1	
	Skill	1	2	3	4	5	6	7	8
1	3 CW 4 BWR			Clasp		Middle 3: Set & High V Outside 4: Nugget		All Initiate	
2		Land		Clean		Front 3: Step		Front 3: Turn	
3	All Toe Touch	Clasp		High V			TT	Land	
4		Stand		Move		Front: Step		Middle 4: Clasp Front: Turn	
5	4 FWR	Front 5: Nugget		Middle 4: Initiate		Outside: Set & High V Middle: Land		Middle 4: Stand Outside 2: Initiate	
6	2 HS FWR			Back 2: Move	Back 2: Land	Front: Stand Middle 2: Move		Front: Set & High V Middle 2: Turn	
7	1 CW BWO 2 BWO	Front: Initiate Back 4: Right Knee Down & Clasp		Back 4: High V		Middle 3: Set		Middle 3: Initiate Back 4: Clean Arms	
8				Middle 3: Land		Stand & Clean		Move	
9	All Front Hurdler			Cone & Turn			FH	Land	
End		Middle: Knee & High V Back 4: Pop Out & Outside Half High V Front Outside 2: Knee & Outside Half High V							

# 2024 STUNT ROUTINES

High School		Jumps & Tumbling						Routine: 2	
	Skill	1	2	3	4	5	6	7	8
1	2 BER			Front Outside 2: Sit					Front Outside 2: Stand
2	2 RO 2 BHS			Outside 4 & Middle: Knee & Clean Arms Back Middle 2: Initiate					
3	5 FWR			Outside 4 & Middle: Stand Back Middle 2: Land		Back 5: Nugget Front 2: Knee to Back & Clean Arms		Back 5: Initiate	
4		Back 5: Stand Front 2: Stand		Middle 3: Move				Front Middle 2: Clean to Front	
5	All Toe Touch	Clasp		High V			TT	Land	
6	2 ST BHS	Outside 6: Stand Middle: Stand & Move		Outside Middle 2: Sit		Outside Middle 2: Land		Outside Middle 2: Stand	
7	PH FWO RO BHS (see note below) 4 SR	Middle: Initiate		Front Middle 4: Initiate SR				Front Middle 4: Stand	
8		Middle: Land		Front 5: Move					
9	All Right Front Hurdler	Bend & Clasp to Front		Cone & Turn			FH	Land	
End		Pop Out & Right Punch							

*\* The 'PH FWO RO BHS' should follow the counts provided in the video glossary and the 8-count document. How this pass is marked in the video is incorrect.*

# 2024 STUNT ROUTINES

High School		Jumps & Tumbling						Routine: 3	
	Skill	1	2	3	4	5	6	7	8
1	All Front Hurdler			Clasp & Dip	Cone & Turn		FH	Land	
2	2 BER 2 BHS	Stand to Front		Back 4: Seat Roll Middle: Move Outside Front 2: Sit		Back 4: Move		Outside Front 2: Sit	
3	4 RO BHS	Outside Front 2: Sit		Outside Front 2: Land Front 4 & Middle: Step		Front 4: Turn Back 3: Stand		Back 3: Nugget Front 4: Initiate	
4						Front 4: Land		Stand	
5	All Toe Touch	Clasp		High V			TT	Land	
6	1 RO BHS Tuck	Stand		Outside 6: Knee & Outside Half High V Middle: Initiate				Outside 6: Hips	
7				Middle: Land		Stand		Outside 5: Nugget Middle 2: Step	
8	3 FWR 2 ST BHS Step Out	Front 3: Initiate Middle 2: Turn		Front 3: Nugget Middle 2: Sit				Middle 2: Land	
9		Stand		Move		Middle: Turn to Front		Clasp	
End		Middle: Pop Out & High V Outside 6: Pop Out & Outside Half High V							

# 2024 STUNT ROUTINES

High School		Jumps & Tumbling						Routine: 4	
	Skill	1	2	3	4	5	6	7	8
1	2 RO BHS Tuck			Right Punch		Outside 2: Initiate Middle 5: Bend Down			
2		Middle 5: Knee & Low V		Middle 5: High V		Outside 2: Land Middle 5: Clean		Outside 2: Knee & Hips Middle 5: Clasp	Middle 5: Cone & Turn
3	5 Combo Right Front Hurdler Toe Touch		Middle 5: FH		Middle 5: TT	Middle 5: Land Outside 2: Clean to Middle Back Diagonal		Middle 5: Stand Outside 2: Initiate	
4	2 PH FWO All Toe Touch	Front 3: Move			Outside 2: Land	High V to Front			TT
5	1 RO Tuck	Land		Outside 6: Nugget Middle: Initiate					
6	2 HS FWR	Middle: Land		Middle: Stand to Front Middle 4: Move		Middle 5: Nugget Outside 2: Step Back & High V		Outside 2: Initiate	
7	1 ST BHS Tuck			Outside 2: Initiate FWR		Outside 2: Nugget Middle: Stand		Middle: Sit	
8		Middle: Sit		Middle: Land Outside 6: Stand to Bend Down & Clean Arms		Pop Out & High V		Middle 3: Bend Down & Wrap Arms Middle 4: Clasp & Feet Together	
9	4 Toe Touch BHS	Middle 4: High V			Middle 4: TT	Middle 4: Sit Middle 3: Move Back		Middle 4: Land	
End		Back 2: Pop Out & Outside Half High V Front 4: Knee & Outside Half High V Middle: Pop Out & High V							



# 2024 STUNT ROUTINES

High School		Jumps & Tumbling						Routine: 5	
	Skill	1	2	3	4	5	6	7	8
1	All Combo Front Hurdler Toe Touch			Bend & Clasp	Cone & Turn		FH		TT
2		Land		Stand		Right 3: Bend Left 3: Step Middle: Move	Left 3: Turn	Right 3: Stand	
3	6 ST BHS 1 RO BHS LO	Outside 6: Sit		Outside 6: Land		Outside 6: Knee & Hips Middle: Initiate			
4				Outside 6: Stand		Middle: Land Right 3: Step Left 3: Step		Middle: Stand Right 3: Clean Left 3: Turn	
5	2 CW BHS	Front 2: Set & High V Middle 2: Move Outside 2: Nugget		Front 2: Initiate				Front 2: Land Back Left: Initiate	
6	2 PH FWO RO Tucks	Front 2: Initiate		Back Right: Initiate	Front 2: Nugget			Back Left: Land	
7				Back Right: Land		Stand		Move	
8	All Double Toe Touch			High V			TT		TT
9	1 ST Tuck	Land		Middle: Stand		Middle: Sit		Middle: Land	
End		Pop Out & High V							

# 2024 STUNT ROUTINES

High School		Jumps & Tumbling						Routine: 6	
	Skill	1	2	3	4	5	6	7	8
1	1 FWR 4 SR			Outside 6: Pop Out & Hips Middle: Nugget		Outside 2: Move Middle 5: Initiate		Middle 4: Knee & Clean Arms Middle: Nugget	
2	All Combo Right Front Hurdler Toe Touch	Back 2: Clean Middle 5: Stand		Clasp	Cone & Turn		FH		TT
3	3 ST Tuck	Land		Stand		Back 4: Nugget Front 3: Sit		Front 3: Land	
4	2 Toe Touch 2 Toe Touch BHS	Stand Back 4: High V		Front 3: Nugget	Back 4: TT	Back 2: Land Outside 2: Sit		Outside 2: Land	
5	2 SR 2 RO BHS	Back 4 & Middle: Stand Front 2: Initiate		Outside 2 & Middle: Move		Front 2: Nugget Back 2: Initiate		Middle: Turn to Back	
6	2 RO BHS LO	Middle: Nugget		Back 2: Land		Middle 2: Stand		Back 2: Initiate	
7	1 RO BHS Full	Middle 2: Nugget				Middle: Stand		Back 2: Land Middle: Initiate	
8		Front 2: Stand		Front 2: Turn & Knee & Clean Arms				Middle: Land Back 4: Stand	
9	2 ST BHS Tuck	Middle: Stand Middle 2: Turn & Knee & Clean Arms Outside 2: Sit		Outside 2: Sit		Outside 2: Land		Clasp Outside 2: Stand	
End		Middle: Pop Out & High V Outside 2: Pop & Outside Half High V Front 4: Outside Half High V							

*\* The 'Clasp' does not have a bend. How one is marked in the video is incorrect.*

# 2024 STUNT ROUTINES

## Tumbling Glossary

	Skill	1	2	3	4	5	6	7	8
	<b>ST BHS/Tuck</b>	Sit	Hands	Land					
	<b>ST 2 BHS/BHS T ST BHS Layout/Full</b>	Sit	Hands	Sit	Tuck	Land			
	<b>RO/PH</b>	Initiate			Hands Down	Land			
	<b>RO BHS/Tuck</b>	Initiate			Hands Down	Feet Down	BHS	Land	
	<b>RO BHS T/LO/Full</b>	Initiate			Hands Down	Feet Down	BHS	Feet Down	Tuck
		Land							
	<b>BER</b>	Sit		Handstand		1 <sup>st</sup> Foot	Stand		
	<b>CW Tuck</b>	Step & High V		Initiate				Land	
	<b>FWO</b>	Initiate		Hands Down	1 <sup>st</sup> Foot	2 <sup>nd</sup> Foot	Step Together		
	<b>PH FWO RO BHS</b>	Initiate		Hands Down	1 <sup>st</sup> Foot	2 <sup>nd</sup> Foot/Reach	Hands Down	Feet Down	BHS
		Land							
	<b>HS FWR</b>	Initiate		Handstand		Nugget			