

STUNTS AND TRANSITIONS

White Stunts	Red Stunts	Blue Stunts
Back Stand/nugget	2- legged extension	Extended 1-leg variations
Double/single based Thigh Stand	1-leg prep level skills not braced	Inverted stunts that don't start from the performing surface
Waist level stunts	Inverted skills from the performance surface	Express up
Shoulder Sit		Tic Toc
Swedish Falls		Helicopter
Extended T-lift		
Flat back prep or extension		
Straddle sit at prep/extended		
2-legged prep		
1-leg prep with a bracer		
White level Transitions	Red level Transitions	Blue level Transitions
Straight cradle	Back walkover out of cradle	Forward or backward suspended roll within a stunt group
¼ load- in	2-legged extended show n' go	1- leg show n' go extended
Split stunt in pyramid	Forward roll out of Superman	1 twist cradle from extended stunt
Prep level show n' go	Straight cradle from 1-leg prep/ 2- leg extension	1 twist load-in to prep/extension
Superman dismount with step off	Log/barrel roll	Cradle release to prone catch
¼ twist cradle	Basket toss with 1 skill	Helicopter
	Extended lib to split stunt braced by prep	Pancake/downward inversions
	½ twisting load-in	Braced front and back flips – pyramid transition
	Reverse cradle	Vault over a bracer at prep level – or below - pyramid transition
	Full twist cradle from prep	Basket toss with 2 skills
	Leap frog/vaults -with bracer on ground	Double twist from prep

Not all allowed skills are listed. Review White, Red, and Blue skill sheets for Division 8 restrictions.

For partner stunts; transitions count as “Skills” on the rubric