

CHEERSTARS SKILL LIST – BUILDING



Updated 2022 (V3)

RESTRICTED 1					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE STUNT SKILLS		<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 	<ul style="list-style-type: none"> • BACK STAND • V-SIT • FLAT BACK • WAIST LEVEL 1 LEG STUNT • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
LEVEL APPROPRIATE PYRAMID SKILLS		<ul style="list-style-type: none"> • AS PER LEVEL APPROPRIATE STUNT SKILLS 	<ul style="list-style-type: none"> • AS PER LEVEL APPROPRIATE STUNT SKILLS 	<ul style="list-style-type: none"> • AS PER LEVEL APPROPRIATE STUNT SKILLS 	<ul style="list-style-type: none"> • PREP LEVEL SHOW AND GO • EXTENDED STRADDLE SIT • EXTENDED FLAT BACK • PREP LEVEL 2 FOOT STUNT
ELITE LEVEL APPROPRIATE	NO ELITE LEVEL APPROPRIATE SKILLS				

THE FOLLOWING SKILLS ARE NOT PERMITTED IN RESTRICTED 1:

- SHOULDER SIT
- PREP LEVEL TWO FOOT STUNT (ELEVATOR, CUIPE, PREP LEVEL SHOW & GO ETC)...Exception: These skills are allowed in Pyramids
- TRANSITIONS/DISMOUNTS TO PRONE POSITION
- DISMOUNTS TO CRADLE
- EXTENDED TWO FOOT STUNTS (PYRAMIDS)
- PREP LEVEL ONE LEG STUNTS (PYRAMIDS)

CHEERSTARS SKILL LIST – BUILDING



STAGE 1					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE STUNT SKILLS	<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 • EXTENDED V-SIT • WAIST LEVEL 1 LEG STUNT • EXTENDED FLAT BACK • PREP LEVEL 2 LEG STUNT • PREP LEVEL TO PRONE • SHOULDER SIT • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY • SHOULDER STAND • PREP LEVEL 1 LEG STUNT WITH REQUIRED HAND/ARM CONNECTION WITH A BASE • TRANSITION FROM WAIST LEVEL TO PREP LEVEL BODY POSITION WITH REQUIRED HAND/ARM CONNECTION WITH A BASE
ELITE LEVEL APPROPRIATE		<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 		<ul style="list-style-type: none"> • ¼ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH REQUIRED HAND/ARM CONNECTION WITH A BASE
LEVEL APPROPRIATE PYRAMID SKILLS	PLEASE REFER TO THE IASF LEVEL 1 PYRAMID RULES				

CHEERSTARS SKILL LIST – BUILDING



RESTRICTED 2					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE STUNT SKILLS	<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 • ¼ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT • ¼ TWISTING TRANSITION TO PREP LEVEL BODY POSITION • ¼ TWISTING TRANSITION TO EXTENDED STUNT • LOG ROLL 	<ul style="list-style-type: none"> • STRAIGHT CRADLE FROM EXTENSION • STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION • ¼ TWISTING DISMOUNT FROM PREP OR EXTENSION 	<ul style="list-style-type: none"> • PREP LEVEL 1 LEG STUNT • EXTENSION • LEAP FROG VARIATIONS • ½ TWIST TO PRONE • WALK IN PREP LEVEL PRESS EXTENSION • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE STUNT SKILLS	NO ELITE LEVEL APPROPRIATE SKILLS				
LEVEL APPROPRIATE PYRAMID SKILLS	PLEASE REFER TO THE IASF LEVEL 2 PYRAMID RULES				

CHEERSTARS SKILL LIST – BUILDING



STAGE 2					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE STUNT SKILLS	<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 • ¼ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT • ¼ TWISTING TRANSITION TO PREP LEVEL BODY POSITION • ¼ TWISTING TRANSITION TO EXTENDED STUNT • LOG ROLL 	<ul style="list-style-type: none"> • STRAIGHT CRADLE FROM EXTENSION • STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION • ¼ TWISTING DISMOUNT FROM PREP OR EXTENSION 	<ul style="list-style-type: none"> • PREP LEVEL 1 LEG STUNT • EXTENSION • LEAP FROG VARIATIONS • ½ TWIST TO PRONE • WALK IN PREP LEVEL PRESS EXTENSION • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE STUNT SKILLS	<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO EXTENDED 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 EXTENDED STUNT 		<ul style="list-style-type: none"> • ½ TWISTING INVERSION TO EXTENDED STUNT • ½ TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT • ½ TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT
LEVEL APPROPRIATE PYRAMID SKILLS	PLEASE REFER TO THE IASF LEVEL 2 PYRAMID RULES				

CHEERSTARS SKILL LIST – BUILDING



RESTRICTED 3					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE STUNT SKILLS	<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 EXTENDED 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 FROM EXTENDED 1 LEG STUNT • FULL TWISTING DISMOUNT FROM PREP • ¼ TWISTING DISMOUNT FROM EXTENDED 1 LEG • FULL DOWN FROM EXTENSION • SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING) 	<ul style="list-style-type: none"> • FULL TWIST TO PRONE FROM PREP LEVEL • EXTENDED 1 LEG STUNT • SUSPENDED FRONT FLIP • SPECIALTY SUSPENDED FRONT FLIP (NON-TWISTING) • SUSPENDED TWISTING FRONT FLIP • TOSS HANDS • SINGLE BASED 1 LEG EXTENDED STUNTS • TOSS HANDS PAUSE PRESS EXTENSION • WALK IN EXTENSION • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE STUNT SKILLS	NO ELITE LEVEL APPROPRIATE SKILLS				
LEVEL APPROPRIATE PYRAMID SKILLS	PLEASE REFER TO THE IASF LEVEL 3 PYRAMID RULES				

CHEERSTARS SKILL LIST – BUILDING



STAGE 3					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE STUNT SKILLS	<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 EXTENDED 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 FROM EXTENDED 1 LEG STUNT • FULL TWISTING DISMOUNT FROM PREP • ¼ TWISTING DISMOUNT FROM EXTENDED 1 LEG • FULL DOWN FROM EXTENSION • SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING) 	<ul style="list-style-type: none"> • FULL TWIST TO PRONE FROM PREP LEVEL • EXTENDED 1 LEG STUNT • SUSPENDED FRONT FLIP • SPECIALTY SUSPENDED FRONT FLIP (NON-TWISTING) • SUSPENDED TWISTING FRONT FLIP • TOSS HANDS • SINGLE BASED 1 LEG EXTENDED STUNTS • TOSS HANDS PAUSE PRESS EXTENSION • WALK IN EXTENSION • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE STUNT SKILLS	<ul style="list-style-type: none"> • INVERSION TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> • TIC TOC PREP LEVEL 1 LEG STUNT TO EXTENDED 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 EXTENDED 2 LEG STUNT • ½ TWISTING TRANSITION TO EXTENDED 1 LEG STUNT • PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION • EXTENDED FULL TWISTING TRANSITION TO EXTENDED 2 LEG STUNT 		<ul style="list-style-type: none"> • FULL TWISTING INVERSION TO EXTENDED STUNT • ½ TWISTING INVERSION TO EXTENDED 1 LEG STUNT • FULL TWISTING TIC TOC AT PREP LEVEL (1 LEG STUNT TO BODY POSITION)
LEVEL APPROPRIATE PYRAMID SKILLS	PLEASE REFER TO THE IASF LEVEL 3 PYRAMID RULES				

CHEERSTARS SKILL LIST – TUMBLING



RESTRICTED 1	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
FORWARD ROLL; STRADDLE ROLL; HANDSTAND; CARTWHEEL; BACKWARD ROLL; PUSH UP TO BRIDGE LOWER TO BACK (NO BRIDGING SKILLS FOR ATHLETES AGED UNDER 5 YEARS)	CARTWHEEL; FORWARD ROLL CARTWHEEL
STAGE 1	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
FORWARD ROLL; STRADDLE 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	CARTWHEEL; FRONT WALKOVER; ROUND OFF; CARTWHEEL BACKWALKOVER; FRONT WALKOVER TO CARTWHEEL/ROUND OFF; CARTWHEEL ½ TURN FRONT WALKOVER; CONNECTED SKILLS CARTWHEEL/BACKWALKOVER
RESTRICTED 2	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
STANDING BACK HANDSPRING (NO VARIATIONS ON CONNECTIONS TO OTHER SKILLS)	CARTWHEEL BACKHANDSPRING; ROUND OFF BACKHANDSPRING; ROUND OFF BACKHANDSPRING STEP OUT; FRONT HANDSPRING; FORWARD WALKOVER FRONT HANDSPRING; FRONT HANDSPRING ROUND OFF (PASSES ARE LIMITED TO TWO CONNECTED SKILLS)
STAGE 2	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
STANDING BACK HANDSPRING; BACK HANDSPRING STEP OUT; BACK EXTENSION ROLL BACK HANDSPRING; BACK WALKOVER BACK HANDSPRING	CARTWHEEL BACKHANDSPRING; ROUND OFF BACKHANDSPRING; ROUND OFF BACKHANDSPRING STEP OUT; ROUND OFF BACK HANDSPRING SERIES; FRONT WALKOVER TO ROUND OFF BACK HANDSPRING SERIES; FRONT HANDSPRING; FLY HANDSPRING; FORWARD WALKOVER FRONT HANDSPRING; FRONT HANDSPRING ROUND OFF BACK HANDSPRING
RESTRICTED 3	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
BACK HANDSPRING X 2 SERIES; T JUMP TO BACK HANDSPRING; (NO VARIATIONS AND PASSES ARE LIMITED TO TWO CONNECTED SKILLS)	AERIAL CARTWHEEL; PUNCH FRONT; ROUND OFF BACK HANDSPRING BACK TUCK; (NO VARIATIONS)
STAGE 3	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
BACK HANDSPRING SERIES; JUMP TO BACK HANDSPRING; JUMP TO BACK HANDSPRING SERIES; BACK HANDSPRING SERIES JUMP BACK HANDSPRING SERIES; BACK HANDSPRING STEP OUT BACK HANDSPRING COMBO	AERIAL CARTWHEEL; PUNCH FRONT; ROUND OFF TUCK; ROUND OFF BACK HANDSPRING BACK TUCK; ROUND OFF BACK HANDSPRING SERIES TO BACK TUCK; FRONT WALKOVER TO ROUND OFF BACK HANDSPRING BACK TUCK; FRONT WALKOVER TO ROUND OFF BACK HANDSPRING SERIES BACK TUCK

CHEERSTARS SKILL LIST – JUMPS



JUMPS	
BASIC JUMPS	ADVANCED JUMPS
T JUMP SPREAD EAGLE/ STAR JUMP TUCK JUMP	PIKE RIGHT/LEFT HURDLER (FRONT OR SIDE) TOE TOUCH

CHEERSTARS SKILL LIST – TOSSES



RESTRICTED 2	
NON-TWISTING	TWISTING
STRAIGHT RIDE TOSS – MUST SHOW A MINIMUM 4 COUNT PAUSE IN LOAD POSITION BEFORE INITIATING TOSS Note: Tosses are illegal in Mini division.	

STAGE 2	
NON-TWISTING	TWISTING
STRAIGHT RIDE TOSS Note: Tosses are illegal in Mini division.	

RESTRICTED 3	
NON-TWISTING	TWISTING
BALL ARCH; PRETTY GIRL ARCH; PIKE ARCH; KICK ARCH; BALL X; TOE TOUCH	NO TWISTING TOSSES ALLOWED

STAGE 3	
NON-TWISTING	TWISTING
BALL ARCH; PRETTY GIRL ARCH; PIKE ARCH; KICK ARCH; BALL X; TOE TOUCH	FULL TWIST