

# 2022-2023 Cheer City Community Level 1 Level Appropriate Building Skills List

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION SKILLS	DISMOUNT STYLE
<b>LEVEL APPROPRIATE</b>				
	<ul style="list-style-type: none"> <li>• SWITCH UP TO LIB BELOW PREP LEVEL</li> <li>• TIC TOC BELOW PREP LEVEL (LIB TO LIB)</li> </ul>	<ul style="list-style-type: none"> <li>• 1/4 TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li>• 1/4 DOWN TO GROUND LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>• BACK STAND</li> <li>• STRADDLE SIT</li> <li>• FLAT BACK</li> <li>• BELOW PREP LEVEL 1 LEG STUNT</li> <li>• SHOULDER SIT</li> </ul>	
<b>ADANCED LEVEL APPROPRIATE</b>				
	<ul style="list-style-type: none"> <li>• SWITCH UP TO BODY POSITION BELOW PREP LEVEL</li> <li>• TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li>• 1/4 SWITCH UP TO BODY POSITION BELOW PREP LEVEL</li> <li>• ¼ TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION)</li> </ul>		
<b>ELITE LEVEL APPROPRIATE</b>				
<ul style="list-style-type: none"> <li>• INVERSION STYLE TO GROUND LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>• 0 TWISTING TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li>• ¼ TWISTING TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION)</li> </ul>		

# 2022-2023 Cheer City Community Level 1 Level Appropriate Tumbling Skills List

LEVEL APPROPRIATE SKILLS	ADVANCED LEVEL APPROPRIATE SKILLS
<b>STANDING TUMBLE</b>	
<ul style="list-style-type: none"> <li>• FORWARDS ROLL</li> <li>• STRADDLE ROLL</li> <li>• BACKWARD ROLL</li> <li>• PUSH UP TO BRIDGE</li> <li>• HANDSTAND</li> <li>• STANDING BACK BEND</li> <li>• CARTWHEEL</li> </ul>	<ul style="list-style-type: none"> <li>• HANDSTAND BRIDGE</li> <li>• HANDSTAND BRIDGE (PAUSE FOR 4 COUNTS MINIMUM) STAND UP</li> <li>• BACK BEND (PAUSE FOR 4 COUNTS MINIMUM) AND KICK OVER</li> </ul>
<b>RUNNING TUMBLE</b>	
<ul style="list-style-type: none"> <li>• CARTWHEEL</li> <li>• CARTWHEEL BACKWARD ROLL</li> </ul>	<ul style="list-style-type: none"> <li>• ROUNDOFF</li> <li>• CARTWHEEL ROUNDOFF</li> </ul>

## 2022-2023 Cheer City Community Level 1 Rules & Exceptions

STUNT SKILLS	PYRAMID SKILLS	
<p>No Extended allowed: Example:</p> <p>Prep extension,</p> <p>Suspended Splits or straddles</p> <p>Suspended Flat bodied positions</p> <p>No Two Leg preps allowed unless in a pyramid.</p> <p>Twisting stunts and transitions are allowed (but limited to 1/4 Turn)</p>	<p>No Extended stunts allowed even with a bracer</p> <p>No tic toc type skills allowed at prep height</p> <p>Preps are allowed with one bracer (bracer must be a flyer from an additional stunt group and not an athlete on the performance surface.</p> <p>Single leg stunts allowed with 2 bracers. (2 x bracer must be 2 x flyers from 2 additional stunt groups on two separate sides of the prep lib flyers body</p>	<p>Forward and Backwards walkovers not allowed.</p> <p><u>Exception</u> – Handstand Bridge, Handstand Bridge (pause for 4 counts minimum) stand up is allowed</p> <p>Back bend (pause for 4 counts minimum) kick over is allowed</p>
<p>Community Level 1 follows IASF Safety Rules</p> <p>Community Level 1 adheres to Allstar elite requirements and routine length</p> <p>Community Level 1 is considered an entry level division to cheer.</p> <p>Alongside Prep divisions, athletes will not be able to crossover into Allstar cheer divisions.</p>		

# 2022-2023 Cheer City Community Level 1 Notes

BUILDING SKILLS	TUMBLING SKILLS
<p data-bbox="562 448 719 475">Please Note:</p> <ul data-bbox="210 523 1122 911" style="list-style-type: none"><li data-bbox="210 523 1122 587">- The permitted skills above can be connected and or repeated to form longer standing or running tumble passes.</li><li data-bbox="210 635 1122 699">- No Skills to follow after a round off, unless including a definitive minimum 4 count pause after the round off</li><li data-bbox="210 746 1122 810">- Forward and Backwards walkovers, Front and back switch walkovers and Valdez are NOT allowed.</li><li data-bbox="210 858 1122 911">- No Elite level standing and running tumblers from the Unified Scoring System are allowed as they break the Cheer City community Rules</li></ul>	<p data-bbox="1563 448 1720 475">Please Note:</p> <ul data-bbox="1234 523 2092 911" style="list-style-type: none"><li data-bbox="1234 523 2092 587">- The permitted skills above can be connected and or repeated to form longer standing or running tumble passes.</li><li data-bbox="1234 635 2092 699">- No Skills to follow after a round off, unless including a definitive minimum 4 count pause after the round off</li><li data-bbox="1234 746 2092 810">- Forward and Backwards walkovers, Front and back switch walkovers and Valdez are NOT allowed.</li><li data-bbox="1234 858 2092 911">- No Elite level standing and running tumblers from the Unified Scoring System are allowed as they break the Cheer City community Rules</li></ul>