

# **2017-2018 ACE Recommended Stunt Skills Checklist**

## **LEVEL 1 STUNT ELEMENTS**

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**Please note: Elements are judged on execution, perfection & technique.**

Prep  
Single leg knee stunts  
Single leg belly stunts  
¼ twisting stunt transitions  
Cradle Dismount  
Prep level & extended level “Teddy Beat” style stunt  
Show-n-Go

## **LEVEL 2 STUNT ELEMENTS**

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**Please note: Elements are judged on execution, perfection & technique.**

Prep Level Tic Toc Transition to 1-Leg Body Position  
Extension  
Cradle dismount  
½ up to 1-leg at prep level body position (both legs)  
½ up to extension  
Barrel Roll  
Basket toss

## **LEVEL 3 STUNT ELEMENTS**

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**Please note: Elements are judged on execution, perfection & technique.**

Switch up to prep level 1-leg body position  
Extended 1-leg stunt with body position  
Full up to prep  
Full twist cradle from prep / extension  
Full up to prep level 1-leg body position  
½ up to extended 1-leg body position  
Full twist basket toss

## **LEVEL 4 STUNT ELEMENTS**

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**Please note: Elements are judged on execution, perfection & technique.**

Switch up to extended 1-leg body position  
Full twist cradle from 1'leg body position  
Full up extension  
1 ½ up to prep  
Tic-Toc from extended 1 leg to prep level 1-leg  
Ball up to extended 1-leg body position  
Kick full / Double full / 2 Skill Basket Toss

## **LEVEL 5 STUNT ELEMENTS**

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**Please note: Elements are judged on execution, perfection & technique.**

Tic-Toc Variation to extended 1-leg body position  
Double down from extended 1-leg body position  
1 ½ up to extended  
Full up immediate extended body position  
Twisting release moves  
Double up to extended  
Kick/ Hitch-Kick/ Kick-Kick Double Basket Toss

## **TOP GIRL REQUIREMENTS**

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**Top girls must demonstrate superior flexibility!**

Heel Stretch  
Bow & Arrow  
Scorpion  
Scale