

# Summary & Examples of Skills

based upon the ECU Rulebook as of 2022



<b>Tumbling</b>	Beginner	Novice	Intermediate	Median	Advanced	Elite	Premier
Rolls, Cartwheels, Handstands	allowed	allowed	allowed	allowed	allowed	allowed	allowed
Back / Front Walkovers	forbidden	allowed	allowed	allowed	allowed	allowed	allowed
Round-off	no combinations	no combinations	no restrictions	no restrictions	no restrictions	no restrictions	no restrictions
BHS standing	forbidden	forbidden	1 allowed	series allowed	allowed	allowed	allowed
BHS & jump skill	forbidden	forbidden	forbidden	no restrictions	no restrictions	no restrictions	no restrictions
Flip standing	forbidden	forbidden	forbidden	forbidden	1 allowed	allowed up to 1 twist	allowed up to 1 twist
Flip & jump skill	forbidden	forbidden	forbidden	forbidden	forbidden	allowed	allowed
BHS Running Tumbling	forbidden	forbidden	series allowed	allowed	allowed	allowed	allowed
Flip Running Tumbling	forbidden	forbidden	forbidden	1 tucked from RO or RO BHS aerial cartwheels & ¾ front flips allowed	allowed	allowed up to 1 twist	allowed up to 1 twist

<b>Stunts</b>	Beginner	Novice	Intermediate	Median	Advanced	Elite	Premier
Spotter needed	every top above ground level	at Prep Level & above, for all Floor Stunts	above Prep Level, for all Floor Stunts	above Prep Level	above Prep Level	above Prep Level	special skills
Prep (two-leg)	forbidden (only Waist Level stunts)	allowed	allowed	allowed	allowed	allowed	allowed
Single-leg stunts (e.g. Liberty)	Waist Level	Waist Level	Prep Level	Extended	Extended	Extended	Extended
Two-leg extended Stunts	forbidden	forbidden	allowed	allowed	allowed	allowed	allowed
Twisting during mounts & transitions	forbidden	¼	½	1 at Prep or below ½ to extended	1-½ to Prep 1 to extended two leg and liberty / platform ½ to other extended	2-¼	2-¼
Assisted Flipping	forbidden	forbidden	forbidden	allowed, see Inversions	allowed	allowed	allowed
Free Flipping	forbidden	forbidden	forbidden	forbidden	forbidden	forbidden	only from ground level 1 flipping + 1 ¼ twisting
Release Moves	forbidden	Dismounts only	Dismounts & Tosses only Exception: Log Roll	not above extended max = start at Waist and land at Prep Level	not above extended if to extended, begin at Waist Level	not above 46 cm above extended arm level	not above 46 cm above extended arm level
Release Moves with trick / twist	forbidden	forbidden	forbidden (Exception: Log Roll)	1 skill + 0 twists (Exception: Log Roll)	No twisting to / from extended	allowed	allowed
Example – Tic Toc	forbidden	forbidden when released	forbidden when released	only from Ground or Waist Level to Prep	allowed = at prep / from Ground or Waist Level to extended	no restrictions (low to high / high to high allowed)	no restrictions
Release from Inverted Position	forbidden	forbidden	forbidden	forbidden	no twisting	no twisting Exception: FHS ½ twist	no restrictions
Inversions	forbidden	forbidden	from ground level into an upright position	connect at Shoulder Level (except multi-based rolls) ½ twist to extended, 1 twist to prep	at Extended	at Extended	at Extended
Downward Inversions e.g. Pancake, BWO from cradle	forbidden	forbidden	forbidden	Waist Level – 2 bases	below Prep – 1 base Prep Level – 3 bases	Prep Level – 1 base above Prep – 3 bases	Prep Level – 1 base above Prep – 2 bases

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<b>Pyramids</b>	Beginner	Novice	Intermediate	Median	Advanced	Elite	Premier
Height	Waist level	2 high	2 high	2 high, Release allowed	2 high, Release allowed	2 high, Release allowed	2 ½ high, Release allowed
Two-leg extended stunts	forbidden	1 contact Hand to Arm	not as Brace for extended Stunt	not as Brace for extended single leg	no restrictions	no restrictions	no restrictions
One-leg stunts (e.g. Liberty)	Waist Level	only at Prep, 1 contact Hand to Arm	extended, 1 contact Hand to Arm	not as Brace for extended Stunt	not as Brace for extended single-leg	no restrictions	no restrictions
Release Moves without Inversion	forbidden	forbidden	forbidden	2 contacts one Hand to Arm (with exceptions) base change forbidden	1 contact travel over support & base change allowed	1 contact travel over support & base change allowed	base change allowed Second Layer base change forbidden
Inversions	forbidden	forbidden	forbidden	as Stunts; allowed if contact with 1 person on floor	as Stunts	as Stunts	up to 2-½ high
Release Moves with Braced Inversions	forbidden	forbidden	forbidden	forbidden	2 contacts on 2 sides 1-¼ flip + 0 twist base change forbidden	1 contact 1-¼ flip + ½ twist or ¾ flip + 1 twist base change allowed	1 contact 1-¼ flip + 1 twist base change allowed

<b>Dismounts</b>	Beginner	Novice	Intermediate	Median	Advanced	Elite	Premier
Single based	to the floor only	1 Spotter	1 Spotter	1 Spotter	1 Spotter	1 Spotter	Spotter if more than 1-¼ twist or flip
Multi-based	to the floor only	2 catchers & Spotter	2 catchers & Spotter	2 catchers & Spotter	2 catchers & Spotter	2 catchers & Spotter	no restrictions
Twisting	forbidden	forbidden	¼	¼ from single leg 1-¼ from two leg	1-¼ from single leg 2-¼ from two leg	2-¼	2-¼ from Stunts 1-½ from 2-½ Pyramids
Other Tricks (e.g. Kick)	forbidden	forbidden	forbidden	only 1 from two leg not from single leg	only if not more than 1-¼ twist	no restrictions	no restrictions
Free Flipping	forbidden	forbidden	forbidden	forbidden	forbidden	forbidden	1-¼ flip + ½ twist from Prep only ¾ front from Pyramids
Assisted Flipping	forbidden	forbidden	forbidden	with restrictions	allowed	allowed	allowed

<b>Tosses</b>	Beginner	Novice	Intermediate	Median	Advanced	Elite	Premier
Straight Ride	forbidden	forbidden	allowed	allowed	allowed	allowed	allowed
Arm variations (Legs, hips & body straight)	-	-	allowed	allowed	allowed	allowed	allowed
Twisting	-	-	forbidden	1	2-¼	2-½	3-½
Other Tricks (e.g. Kick)	-	-	forbidden	1 trick if no twist	2 tricks; no trick if more than 1-½ twist	no restrictions	no restrictions
Flipping	-	-	forbidden	forbidden	forbidden	forbidden	1-¼ flip + 2 skills

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