



# YCADA SKILL LEVEL CHECKLIST

Use this tool (per stunt group) to access your team's skill level and determine which level you will perform/declare.

Legal Starting at Level	Athlete's Name: _____	Athlete's Name: _____	Athlete's Name: _____	Athlete's Name: _____	Athlete's Name: _____
	Date Completed	Date Completed	Date Completed	Date Completed	Date Completed

<b>STUNTS</b>	Double Based Knee Stand	1L				
	Knee Stand Liberty	1L				
	Double Base Thigh Stand	1L				
	Waist Level Two Leg Stunt	1L				
	Shoulder Sit	1L				
	Extension Prep	1L				
	Thigh Stand Liberty	1				
	Waist Level Double Based Liberty	1				
	Waist Level Single Based Liberty	1				
	Ground Level Inversion to Ground Level	1				
	1/4 Up Extension Prep	1				
	Prep Liberty	2				
	1/2 Up Extension Prep	2				
	1/4 Up Prep Liberty	2				
	Prep Level Stretch or Arabesque	2				
	Extension Prep Press To Extension	2				
	Extension	2				
	1/4 Up Extension	2				
	1/2 Up Extension	2				
	Ground Level Inversion to Load-In/Sponge	2				
	Extended Liberty	3				
	Handstand to Below Prep Level Stunt	3				
	Extended Stretch or Arabesque	3				
	Ground Level Inversion to Prep Level Stunt	3				
	Switch Up Prep Liberty	3				
	Full Up Extension Prep	3				
	1/2 Up Extended Liberty	3				
	Switch Up Extended Liberty	4				
	Full Up Extension	4				
	Full Up Extended Liberty	4				
Tic-Toc Extended Liberty	4					
Ground Level Inversion to Extended Level Stunt	4					



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Date Completed

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**DISMOUNTS**

Step Off	1L
Bump Down	1L
Prep Level Pop Off	1L
Straight Ride Cradle from Extension Prep	1
1/4 Turn Cradle from Extension Prep	1
Straight Ride Cradle from Extension	2
Straight Ride Cradle from Prep Level Liberty	2
1/4 Turn Cradle from Extension	2
1/4 Turn Cradle from Prep Arabesque	2
(i.e. Toe Touch, Kick, Ball, Pike etc.)	2
1/4 Turn Cradle from Extended Arabesque	3
Single Twist Cradle from Extension Prep	3
Single Twist Cradle from Extension	3
Single Twist Cradle from Prep Level Liberty or Stretch	3
(i.e. Hitch Kick, Ball X, Pike X, etc.)	3
Single Twist Cradle from Extended Liberty or Stretch	4
Kick Full Cradle from Extension Prep	4

**TUMBLING**

Forward/Backward Roll	1L
Handstand	1L
Cartwheel	1L
Round Off	1L
Back Limber to Back Walkover	1
Front/Back Walkover	1
Valdez	1
Dive Roll	2
Single Front/Back Handspring	2
Toe Touch to Back Handspring	2
Round Off Back Handspring Series	2
Consecutive Handspring Series	3
Toe Touch Back Handspring Series	3
Round Off Back Tuck	3
Round Off Back Handspring Back Tuck	3
Side Aerial	3
Running Front Tuck	3
Standing Back Tuck	4
Toe Touch Back Tuck	4
Toe Touch Back Handspring Back Tuck	4
Front Aerial	4
Round Off Back Handspring Layout or Pike	4
Round Off Back Handspring X-Out	4
Round Off Back Handspring Full Twisting Layout	4

**TOSSES**

Straight Ride Toss	2
Single Trick Non-Twisting Toss	3
Full Twist Toss	3
Non-Twisting Two Trick Toss	4
Trick with Single Twist Combinations (Kick Full)	4