

Appendix F
COMPETITIVE CHEER - SKILLS QUICK REFERENCE SHEET
FOR SPECIAL OLYMPICS AND UNIFIED

ONE-PAGE

<u>Introductory</u>	<u>Beginner</u> (LEVEL 0)	<u>Novice</u> (LEVEL 1)	<u>Intermediate</u> (LEVEL 2)
STANDING / RUNNING TUMBLING			
Standing/Running tumbling is not allowed.	Ex: Forward roll, cartwheels, round offs, forward and back walkovers	Ex: Forward roll, cartwheels, round offs, forward and back walkovers	EX: STANDING: Back walkovers back handspring. Back handspring. RUNNING TUMBLING: Series front and back handsprings are allowed. Toe touch cartwheels.
STUNTS			
Stunting is not allowed.	WAIST LEVEL ONLY: Ex: Thigh stands, ground stunts, knee stunts (e.g. a knee table top) are examples of stunts above ground level.	PREP LEVEL: Ex: Suspended splits, flat-bodied positions and preps Extended arm stunts that are not in the upright position (e.g. v-sits, extended flats backs, etc.) Shoulder stand*	Single leg prep level, barrel roll.
	Single leg, waist level.	Single leg waist level, Single leg prep level connected.	
		1/4 twisting transition	1/2 twisting transition
STUNTS-INVERSIONS			
Inversions are not allowed.	Inversions are not allowed. Exception: Supported handstand	Inversions are not allowed. Exception: Supported handstand	Ex: Handstand to shoulder sit
PYRAMIDS			
Pyramids are not allowed.	Braced prep level stunt.	Braced extension, braced prep level single leg.	Braced extended single leg.
DISMOUNTS			
Dismounts are not allowed.	Straight pop downs	Straight pop downs, basic straight cradle	Straight pop downs, basic straight cradle, 1/4 turns
			Cradles from extended single-leg stunts in pyramids are allowed.