

	<b>Dismounts</b>	<b>Spotter Requirements</b>	<b>Tumbling</b>	<b>Jumps</b>
<b>Basic</b>	hand to hand, shrug, shove wrap, pencil down	Required on all stunts; spotters must have physical contact at all times.	rolls, cartwheels	pencil, tuck, spread eagle No connections
<b>Intermediate</b>	cradle	Required on all stunts except for thigh stands, shoulder sits, prep level V-sits, T-lifts, triple base Swedish Fall and triple based suspended splits	roundoff, back walkover, standing back hand spring	Front Hurdler / Side Hurdler/ Toe Touch / Double Nine / Pike No connections
<b>Advanced</b>	twist, pancake	N/A	running or connected back handspring	Front Hurdler / Side Hurdler/ Toe Touch / Double Nine / Pike May connect 2 jumps
<b>Elite</b>	N/A	N/A	standing back tuck, running back tuck or better	Front Hurdler / Side Hurdler/ Toe Touch / Double Nine / Pike May connect 3 jumps