



# Level Guide

## WHAT LEVEL AM I READY FOR?

### How do I know if I am ready?

Below is a guide to help you understand which level you might be ready for & guidelines we use when creating Teams.

We currently have a tumbling video on our website to demonstrate each level skill to a high standard, so you can see what they should look like;

<https://www.outlawsallstars.com.au/cheerleading>

### CHEERSPORT

- \* Anyone is welcome!
- \* Grouped by age

### NOVICE

- \* Cartwheels
- \* 1 back walkover

### LEVEL 1

- \* Multiple FWO done to a high standard
- \* Multiple BWO done to a high standard

Most Importantly, a great attitude & team mate; listens well, respectful, applies corrections, kind to others.

### LEVEL 2

- \* Strong Level 1 Stunting technique
  - \* Confident in Level 2 tumbling
- Can do the following skills to a high standard, 3 times in a row, to 8 counts:
- \* BWO BHS
  - \* BHS
  - \* RO BHS

Most Importantly, a great attitude & team mate; listens well, respectful, applies corrections, kind to others.

### LEVEL 3

- \* Very strong level 2 Stunting
  - \* Confident in all level 3 tumbling
- Can do the following skills to a high standard, 3 times in a row, to 8 counts:
- \* Jump BHS
  - \* Standing 2 BHS
  - \* RO BHS Tuck

Most Importantly, a great attitude & team mate; listens well, respectful, applies corrections, kind to others.

### LEVEL 4.2

- \* Some Level 2 Tumbling
- \* Strong Level 3 Stunting

Most Importantly, a great attitude & team mate; listens well, respectful, applies corrections, kind to others.

### LEVEL 4

- \* Very strong Level 3 Stunting
  - \* Confident in level 4 tumbling
- Can do the following skills to a high standard, 3 times in a row, to 8 counts:
- \* Standing Tuck,
  - \* Standing BHS Tuck,
  - \* RO BHS Lay
- \* BHS series to level appropriate skill

Most Importantly, a great attitude & team mate; listens well, respectful, applies corrections, kind to others.

### LEVEL 5

- \* Strong Level 4 Stunting
  - \* Confident in level 5 tumbling
- Can do the following skills to a high standard, 3 times in a row, to 8 counts:
- \* Jumps to Tuck,
  - \* Standing BHS to Layout,
  - \* RO BHS Full

Most Importantly, a great attitude & team mate; listens well, respectful, applies corrections, kind to others.

### LEVEL 6

- \* Strong Level 5 Stunting
  - \* Confident in Level 6 tumbling
- Can do the following skills to a high standard, 3 times in a row, to 8 counts:
- \* Jumps to Tuck,
  - \* Standing BHS to Full,
  - \* Specialty to Full/Double

Most Importantly, a great attitude & team mate; listens well, respectful, applies corrections, kind to others.



For NON TUMBLE teams - Please read the level appropriate box above, but ignore the tumble requirements.

If a team requires a strong stunter to complete a stunt group etc, we do take athletes who do not have all level appropriate skills into consideration for these positions.