

Level 1 FS		
Division	Trick No	Description
Traditional Gymnastics Trick		Any Skill Listed in the current International Gymnastics Federation Code of Points (FIG) may be used so long as the skills are in the difficulty category C (Level 5), B (Level 4) or A (Level 2). Skills categorized in the FIG Code as "D", "E", "F" or "G" difficulty levels may not be performed in Freestyle Acrobatics.
Traditional Gymnastics Trick	Any Skill listed in the current AAU National Gymnastics Rules for Compulsory athletes or in the USA Gymnastics Rules for Compulsory athletes may be used and will be given a difficulty Level of:	<p>Level 1 – All traditional elements which do not include salto's, giants or back handsprings</p> <p>Level 2 – Any back handspring skill, kipping skill, or "A" level strength skill</p> <p>Level 3 – Any salto skill, giant skill</p> <p>Level 4 – All traditional elements which in the current rules which are rated at a "B" level</p>
Free Running	2.001.1 Balance	Walking/running/standing on or across a small obstacle; demonstrates control of body; basics.
Free Running	2.002.1 Cat Balance	The quadrupedal movement across any surface/obstacle like a cat; usually used to cross rails or thin walls.
Free Running	2.004.1 Handstand	Supporting the body vertically upside down on just ones arms/hands.
Free Running Exit Trick	2.010.1 Drop	Any dismount from height off any piece of equipment.
Free Running Exit Trick	2.011.1 Roll	The dispersing of mass and energy across the body and solid ground; a way of exiting a trick or drop.
Free Running Kangaroo Trick	2.015.1 Precision Jump	Jumping onto a small object usually a rail or edge and maintaining balance and support.
Free Running Kangaroo Trick	2.017.1 Gap Jump	Jumping across any gap; jump from one obstacle to the next with a drop off in between the two obstacles.
Tumbling Tricks	3.001.1 Cartwheel	Is carried out when one moves sideways (in the motion the wheel of a cart would follow) in a straight line keeping the back straight placing the hand of the same side on the ground followed by the other hand as the legs are passed over the body and then come down as the hands and body come up to standing.
Tumbling Tricks	3.002.1 Round off	Is a move in gymnastics similar to a cartwheel. In a round-off, you land with your two feet together on the ground, facing the direction you arrived from. This is achieved by twisting the hands and shoulders as the hands are placed on the ground. The two hands are generally placed down one after the other, so that the first hand is twisted by 90 degrees and the second hand by almost 180 degrees from the direction of travel.
Tumbling Tricks	3.003.1 Front Handspring	A frontwards rotation, where the person plants both hands on the ground and "springs" off on to his feet "springs" off on to his feet
Tumbling Tricks	3.004.1 Back Handspring	A backwards rotation, where the person plants both hands on the ground and "springs" off his feet.

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Martial Arts Trick	4.001.1 360 Front Kick	The 360 front kick is essentially a tornado kick in which you swap the inside crescent for a front kick. This kick is slightly more difficult than a standard tornado kick because you have to make it appear that you have stopped your momentum while you execute the kick. Your momentum won't actually stop, but rather your stance will open up and the momentum will continue to travel through your lead/landing leg
Martial Arts Tricks	4.006.1 Pop 360	The Pop 360 Wheel Kick is a trick in which the performer jumps off of both feet, from a ready position, turns 360° while delivering an outside spin kick to the target before landing on the ground.
Vault Trick	5.001.1 Squat on	Beginner level type of vault where the legs are used for additional support to the arms in order to make it easier to clear the obstacle.
Vault Trick	5.006.1 Speed Vault	A running vault meant to maintain speed of approach throughout the trick. Usually used with one hand, the rest of the body remains relatively parallel to the obstacle in order to maintain horizontal trajectory.
Swing Trick	6.001.1 Swing	A motion in which one literally swings their body back and forth to create momentum or to maintain momentum through the obstacle.
Swing Trick	6.002.1 Pull Over	A motion used to move from a hanging position to a support position on top of the bar. Can be done with a swing or from a hang.
Swing Trick	6.003.1 Underbar	A motion used from getting from a support position to a swinging/hanging position under the bar.
Swing Trick	6.004.1 Cast	A support swinging motion used to push one's body away from the bar.
Swing Trick	6.005.1 Cast off	A cast that pushes backward away from the bar and lands on the ground
Swing Trick	6.006.1 Back Hip circle	A support motion that flips/rolls backward around the bar and ends back in support position.
Swing Trick	6.007.1 ½ turn	A swinging motion that changes the direction of the swing by letting go of the bar in the front of the swing with one hand and turns around.
Break Dancing Footwork		Footwork is a broad term for the moves that are done mainly on the ground. Most footwork is a product of an acrobat's imagination or creativity, and therefore is not named. Footwork is one of the main bases of style and one of the key aspects of break dancing.
Break Dancing Tricks	7.001.1 Four step	Is the basic sequence of breakdance footwork. The acrobat uses his arms to support his body above the floor while his legs walk around in a circle in four steps.
Break Dancing Tricks	7.002.1 Six Step	Is the basic sequence of breakdance footwork. The acrobat uses his arms to support his body above the floor while his legs walk around in a circle in six steps.
Power Move		A power move is any type of move in break dancing which requires spinning and/or rotating in a way that can be done so in multiple rounds. All power moves (or series of a type of power move) can be connected in combos to form a "power combo".