

Level 4 FS		
Division	Trick No	Description
Traditional Gymnastics Tricks		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 Tricks	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	2.003.4 Flag Stand	A version of the handstand but usually done on a pole and horizontally.
Tumbling Trick	3.011.4 360 Flip	A trick where the performer jumps up and rotates 360° along the sagittal plane (or about the x-axis) as well as rotating 360° along the transverse plane(or about the y-axis), before returning to his feet.
Tumbling Trick	3.013.4 Back Flip	A trick where the performer jumps up and rotates 360° forwards along the sagittal plane (or about the x-axis) as well as rotating 540° along the transverse plane(or about the y- axis), before returning to his feet.
Martial Trick	4.009.4 540 Gyro	The 540 Gyro is essentially a 540 tornado kick, followed by a 180° vertical spin before landing. Unlike the traditional 540, the gyro doesn't really allow you to land on your kicking leg in the same manner, and so landing on both legs or even the non-kicking leg is fair practice.
Martial Trick	4.011.4 Kick the Moon	A back flip variation initiated by a kick.
Swing Trick	6.018.4 Giant	A swinging trick that swings so big it goes over the bar and through a handstand.
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.
Freeze Trick	7.025.4 Planche/Jimmy Fingers	A position from gymnastics which involves both hands being on the ground, straight arms, and the rest of your body is held off the ground completely horizontally. A planche requires extreme strength and balance.
Freeze Trick	7.026.4 Elbow Freeze	Breaker using one of his or her arm and elbow support the position.
Freeze Trick	7.027.4 Dead Freeze	Any freeze done lying flat on your back or stomach without your legs or arms holding you up. This is usually done after a power move or suicide. Your hands and legs can be in any formation but the typical Dead Freeze has the body flat and straight with the hands across the chest like a corpse in a coffin.
Freeze Trick	7.028.4 Air Anchor	A freeze where the ball of your foot supports the weight of your body. Your hand is latched onto your ankle and elbow is stabbed into your back. (This move is very contortionist like).

Level 4 FS		
Freeze Trick	7.029.4 Spider/Frog Splash	A freeze where you start like in a push up position, but with your legs on and supported by your arms. This move can also be jumped onto. (This move is very contortionist like).
Freeze Trick	7.030.4 G-Kick	A kick with the legs and arm forming a G shape by reaching behind your back and grabbing the leg on the side of your arm on the ground.
Freeze Trick	7.031.4 Headhollow/Scorpio/Master Sausage	A headstand where the body is leaned over in an extreme back arch with the heels almost touching the floor.
Freeze Trick	7.032.4 Hollowback	A freeze that involves leaning backwards from a handstand position in an extreme back arch. In a true hollowback, the legs are together. Imagine "The Bridge" Position (see above), however feet don't touch the ground.
Freeze Trick	7.033.4 Scorpion	A variant of Hollowback where one leg reaches back farther than the other resembling the tail of a scorpion.
Freeze Trick	7.034.4 Invert/Ponk	A variant of the hollowback that involves bending the legs forward instead of backwards. An inverted hollowback.
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".
Circles & Flares	7.043.4 Chair Flare	A Flare starting and ending with an airchair position, much like king flares but with bent arms.
Circles & Flares	7.044.4 Double Chair Flare	A flare with both arms stabbed in the back creating a rotating Double Airchair.
Circles & Flares	7.045.4 Sandwich Flare	A flare with both legs in a piked position.
Circles & Flares	7.046.4 Lotus Flare	A flare with both legs crossed over each other in lotus/yoga position.
Windmills	7.069.4 Airplane mills/Highrisers/Highrises	A windmill but your arms high as possible and spread out.
Windmills	7.070.4 Babymills/Cork screws/Munchmills	Windmills performed with tucked legs.
Windmills	7.071.4 Germanmills/Tappingmills/Webs	Windmills performed with one leg tucked on top of the other leg, the lower leg taps the ground while the upper torso rolls over similar to munchmills/babymills. The tap leg should be the opposite of the direction the windmill is rotating.
Windmills	7.072.4 Tombstone mills/Frankensteins	Windmills performed with piked legs.
Windmills	7.073.4 Handcuffs	Windmills performed with your hands behind your back imitating being handcuffed. This must be performed high up on ones back to avoid injury.
Headspins	7.092.4 Headspins	A continuous spin done while balancing only on the head, the legs can vary indefinitely.
Headspins	7.093.4 Hurricanes	A headspin done with both arms around the head.
Headspins	7.094.4 HeadSlide/Gromeks	A combination of a head spin and a head slide where the acrobat rotates around using a headspin/halo technique whilst sliding forward upon his forehead. Usually achieving between .5 and 1.5 rotations and catching it in another head move.
Headspins	7.095.4 Head Slide:*	From a stand push off with your feet while your head on the ground and sliding forward.
Spins	7.107.4 Slush/Elbow Spin	A spin performed on the tip of the elbow.

Level 4 FS		
Spins	7.108.4 Reverse-Slush/Counterclockwise Elbow spin	A spin performed on forearm or elbow. This move rotates counterclockwise if you are right-handed.
Floats & Turtles		Both hands are walking in a circular motion and balancing the body straight and with control.
Floats & Turtles	7.121.4 Super Jackhammer	Jumping really high while doing a jackhammer.
Floats & Turtles	7.122.4 Darkhammer	A move where you hop from one side to the other with elbows in side of abdominal section hand to hand with balance.
Floats & Turtles	7.123.4 Hopping Turtles/Scratching Turtles	A variation of dark hammers that involves putting you elbow in the pocket of the abdominal side and hop on one hand at a time while the other reaches out in front of you. Taping your opponent on his foot was the first versions.
Floats & Turtles	7.124.4 UFO	A power move and (air move) combined the 1st version is an unsupported float but with the legs drawn in to pick up speed and the momentum spinning around on your hands with the illusion of a space ship.
Hand Hops/Elbow Hops/Other Hops	7.136.4 Bicycle Hops	Rapidly kicking (or Bicycling) your legs multiple times in between hops.
Hand Hops/Elbow Hops/Other Hops	7.137.4 Super Hops	Hopping and bending your elbow up while in the air to hop as high as possible.
Other Hops	7.141.4 Airchair Hops/Sidechair Hops	The acrobat is in an Airchair or Side Chair freeze position and kicks up continuously, thus hopping on one hand.
Other Hops	7.142.4 Head Hops	Hopping on your head.
Blow Ups/Rollbacks	7.146.4 Rollback Airchair	An acrobat starts off on his back or sitting down and rolls back to an airchair.
Blow Ups/Rollbacks	7.147.4 Elbow Rollback	An acrobat starts off on his back or sitting down and rolls back on to his forearm freezing him in the air.
Drops	7.149.4 Drop Airchair	Usually starting from a handstand move and dropping into an airchair.