

Level 5 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</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	2.009.5 Wall Back Flip w/ 360	Running up a wall and pushing backwards off feet to complete a flip with 360 twist onto both feet.
Tumbling Trick	3.014.5 Double Flip	A trick where the performer flips two times in the air before landing on feet.
Vault Trick	5.003.5 Dash Bomb	a dash vault that continues into a front flip.
Swing Trick	6.019.5 Cast Back	A support motion that casts up and pushes off the bar to do a back flip and land on the ground.
Swing Trick	6.020.5 Double Fly Away	A dismounting action that swings forward, let go of the bar and flips backward twice before landing on the ground.
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	7.035.5 Lotus Hollowback	A hollowback with the legs in a lotus/yoga position.
Freeze Trick	7.036.5 K-Kick	A kick with the legs and arm in a K shape. It is like a L-kick with the corresponding arm of the extended leg as the standing arm for the body to lean to that side, with the bent leg pointed up, and the free hand reaches either to its side or reaching downward almost touching the floor; its forms a leaning K.
Freeze Trick	7.037.5 L-kick/Aú Batido	A kick with the legs in an L shape, also seen in Capoeira.
Freeze Trick	7.038.5 Pike	A kick with both legs straight in the air and the free hand holding on to the feet.
Freeze Trick	7.039.5 Flag	A difficult freeze in which a one-hand handstand is maintained with both legs together leaning to one side...body resembles a flag.
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	7.047.5 Thread Flare	A flare that is done with by threading the legs with the free arm.
Circles & Flares	7.048.5 One-Legged Flare	A flare done with one leg over the breaker's head.

Level 5 FS		
Circles & Flares	7.049.5 Airflare	An advanced power move starting from a 1990 or windmill or halo or headspin position. The acrobat goes into a handstand with his body diagonal to the ground and legs spread out into a V-shape. The legs are swung, like windmills/halos, in a circular motion. Using the momentum, the acrobat switches from arm to arm as the body rotates in the air. The most difficult part of this move is the switching of the arms (while in the air) while the back of the acrobat is facing the ground (the circular leg swing is most important in a hand transfer). It is recommended that this move is tried on mats with a supervisor.
Circles & Flares	7.050.5 Piked Airflare	Airflare with the legs straight together, instead of V-shape.
Circles & Flares	7.051.5 Munch Airflare	Airflare with the legs tucking in and kicking out, creating a "munch" motion.
Circles & Flares	7.052.5 Lotus Airflare	Airflare done with the legs crossed over one another, in the lotus yoga position.
Circles & Flares	7.053.5 One Legged Airflare	Airflare with one the legs sticking out while the other leg is bent in, looking like an L-shape. Sometimes it is done with the bent leg tucked into the shirt of the acrobat.
Circles & Flares	7.054.5 One Handed Airflare	Airflare using one arm. One handed airflares are typically performed two different ways: one is when the body is completely vertical, which is easier, or performed with the body in a natural airflare position, which is more difficult and are occasionally called "real one-handed airflares". These can also be done on the shoulder or the elbow.
Circles & Flares	7.055.5 Elbow Airflare	Airflare with elbows.
Circles & Flares	7.056.5 Forearm Airflare	Airflare with forearms.
Circles & Flares	7.057.5 Wrist Airflare	Airflare with wrists.
Circles & Flares	7.058.5 Airflare 1.5	Instead of landing on your hands after doing one rotation of an airflare/airtrack, you keep your body rotating one half extra turn and land onto your back without the use of your hands. This is considered one of the most difficult and most dangerous of the airflare/airtrack moves. There are commonly performed on the elbow.
Circles & Flares	7.059.5 Shoulder Airflare/Caveman	Airflare with shoulders.
Windmills	7.074.5 Mummies	You do a windmill, but cross your arms over your chest.
Windmills	7.075.5 Nutcracker	A windmill with your hands on your groin area.
Windmills	7.076.5 Eggbeater	A windmill with hands to your thighs.
Windmills	7.077.5 Barrel	A windmill where your arms make a circle as if you are hugging a barrel.
Windmills	7.078.5 Confusions	A windmill with your hands on your ears or the side of your head
Windmills	7.079.5 Lotus Mills	Windmills done with the legs crossed over one another, in the lotus yoga position.
Windmills	7.080.5 Frankenstein Mills	Windmills with your hands in the air almost touching your toes like Frankenstein.
Windmills	7.081.5 Threading Mills	Threading while doing windmills.
Windmills	7.082.5 Halos	Similar to windmills, the only difference is the back roll on the ground but supported by arms while rotating, thus causing this move to also spin on the side of head, like a halo
Windmills	7.083.5 One-Handed Halo	Halos done on one hand.
Windmills	7.084.5 Double Halo	Doing two consecutive halos without touching your hands on the floor after one full rotation

Level 5 FS		
Windmills	7.085.5 Shoulder Halo	Halos done with the shoulders
Windmills	7.086.5 Threading Halo	Threading while doing Halos.
Windmills	7.087.5 Multiple Halos	Doing more than two spins while doing Halos.
Windmills	7.088.5 Toe Touch Halo	Doing Halos while touching your feet before landing a spin.
Headspins	7.096.5 1990/90	A spinning one-handed handstand.
Headspins	7.097.5 Dead Man 90's	Similar to the 1990, the Dead Man 1990 is done without alternating between hands before the spin. The acrobat spins on the same hand he initially places onto the ground, making the dead man 90 easier to balance but harder to create momentum.
Headspins	7.099.5 2000/00s/Thousands	A 1990 with the spare hand on the wrist of your supporting hand.
Headspins	7.100.5 3000's	A 2000 that is executed by pushing up while in a head spin.
Spins	7.109.5 Gatling Gun	A power move where you are in a handstand, swinging your legs around you in a circular motion kicking about.
Spins	7.110.5 Spinning Flag/Flag spin/Rivers 1990	A variation of 1990. An acrobat rotates on his hand, but his body is doing a flag freeze.
Spins	7.111.5 Hollow 2000/Rivers 2000	A variation of 2000. This is similar to the spinning flag, except using 2 hands
Handglides	7.113.3 Straight Leg Handglide:	A move that involves spinning around with the legs closed like a planche but supporting one's weight by positioning your elbow in the side pocket of abdominal section supporting one's weight with elbow and wrist strength.
Handglides	7.114.5 Sidechair Spin	Spinning while in a side chair
Handglides	7.115.5 Airchair Spin	Spinning while in an airchair.
Floats & Turtles		Both hands are walking in a circular motion and balancing the body straight and with control.
Floats & Turtles	7.125.5 Boomerangs	A power move done by spinning on your hands with your legs spread open.
Floats & Turtles	7.126.5 Inside Boomerangs	Hands down in front of you supporting you and propelling you in a circle.
Floats & Turtles	7.127.5 Outside Boomerangs	Hands down behind of you supporting you and propelling you in a circle.
Floats & Turtles	7.128.5 Gorillas	A power move that involves spinning around in a circular motion, using your body position in a tucked planche and you spin with your hands. It's a bit similar to the U.F.O. but instead of your legs going around, your whole body goes around.
Floats & Turtles	7.129.5 Buddhas	A power move walking/spinning around while arms are the holding the body up from behind and legs are in the tucked planche position.
Floats & Turtles	7.130.5 Gremlin Spins	A power move where you spin on only one hand down on the floor carrying body in a position with the knees bent. Trick can be done between and after flares.
Hand Hops/Elbow Hops/Other Hops	7.138.5 Pretzel Hops	Hopping with one leg behind your head
Hand Hops/Elbow Hops/Other Hops	7.139.5 Clap Hops	Hopping and clapping your hand while in midair.
Hand Hops/Elbow Hops/Other Hops	7.140.5 Wrist Hops	Hopping on your wrist. Acrobat Jun is famous for this move. <i>Note: Most One handed hand hops can be done on the elbow.</i>
Other Hops	7.143.5 Shoulder Hops	The Acrobat is in a shoulder freeze position and kicks up, thus hopping on the shoulder.

Level 5 FS		
Blow Ups/Rollbacks	7.148.5 Rollback 2000	An acrobat starts off on his back, rolls, than goes into handstand position. Sudden twist of the body creates mementum and allows the acrobat to perform 2000.
Drops	7.151.5 Head Drop	Dropping onto the head from another move
Drops	7.152.5 Shoulder Drop	Dropping onto the shoulder from another move.