

ELEVATING CHEERLEADING

BCSC

COACH EVALUATION

SPORT CHEER

SKILLS LIST

ELEVATING CHEERLEADING

Level 1

Flat Back
 Gut Stand
 Thigh Stand
 Straddle Sit
 Show and Go
 Prep
 Bump down from Prep
 Pop down from Prep
 Shoulder Sit
 Shoulder Stand
 Straight Cradle
 Forward Roll
 Backward Roll
 Handstand Step Down
 Cartwheel
 Back Walkover
 Front Walkover
 Hurdle
 Round Off

Level 3

Full Twisting Basket Toss
 Pike Open Basket Toss
 Toe Touch Basket Toss
 Ball up to Prep
 Back Handspring to Handstand @
 Floor level
 Full twist cradle from Prep+
 Full up to Prep
 Full up to Liberty @ Prep level
 Extended Liberty+
 ½ up to Liberty+
 Handstand to Prep
 Suspended Roll
 Suspended Roll with Full twist
 Switch up to Liberty @ Prep level
 Partner Stunt Toss Drill
 Partner Stunt Walk-in Drill
 Partner Stunt Toss Hands
 Partner Stunt Walk Hands
 Partner Stunt Hands Pop Down
 Partner Stunt Hands Cradle
 Partner Stunt Lift to Shoulder Sit
 Front Handspring Flyspring
 Front Tuck
 Jump, Back Handspring
 Round off Back Handspring Back
 Tuck
 Series Back Handspring
 Side Aerial

Level 2

Straight Basket Toss
 Barrel Roll
 ½ up to Prep
 Prep level Liberty
 Prep to Extension
 Sponge to Extension
 Cradle from Extension
 Dive Roll
 Back Handspring
 Round off Back Handspring
 Front Handspring
 Flyspring

Level 4

Double Twisting Basket Toss
 Pike X out Basket Toss
 Kick Full Basket Toss
 1 ½ up to Prep+
 1 ½ up to Liberty
 Ball up to Extension
 Back Handspring to Prep
 Braced Front Tuck to Cradle
 Double Twisting Cradle from
 Prep+
 Full up to Extension from Prep
 Full Twisting Cradle from
 extended level Body Position
 Full up to Liberty
 Hand in Hand @ Prep from
 Sponge
 Switch up to Liberty @
 extended level
 Tic Toc (Prep level to extended
 level and vice versa)
 Waterfall from Prep
 (Downward Inversion)
 Partner Stunt Front lift to
 Shoulder Stand (Purdue style)
 Partner Stunt Hands Extension
 Partner Stunt Hands Full
 Cradle
 Braced front flip to Cradle (2
 bracers)
 Partner Stunt Hands Liberty
 Partner Stunt Toss ½ up to
 Hands
 Partner Stunt Toss Extension
 Partner Stunt Walk Extension
 Front Handspring Front Tuck
 Front Tuck Step Out
 Standing Tuck

Level 5

Hitch Kick Full
Hand in Hand @ Prep, press to
Hand in Hand @ extended
level
1 ½ up to Liberty
2-foot Full around from
extended level to extended
level
Back Handspring to Extension
Double Twisting Cradle from
extended level Body Position
Full up to Liberty from Prep
Braced Back Tuck to Cradle
Tic Toc High to High
Switch ½ up to Liberty
Toss to Prep (Group Stunt)
Waterfall from Extension
(Downward Inversion)
Partner Stunt Back
Handspring to Handstand @
Floor level
Partner Stunt Reverse Hands
½ up to Extension
Partner Stunt Rewind Drills
Partner Stunt Shoulder Stand
to Hand in Hand @ Prep
Partner Stunt Toss Liberty+
Partner Stunt Hands Cupee
Partner Stunt Toss Full up to
Hands
Braced back flip to Cradle (2
bracers)
Jump to Tuck
Series Back Handspring Back
Layout
Round off Arabian
Barani
Front Full
Round off Back Handspring
Back Layout Full
Connecting Whips in
Standing Tumbling

Level 7

Back Tuck Basket Toss
Back Pike Basket Toss
Back Layout Basket Toss
Back Tuck X-out Basket Toss

Back Handspring Full up to
Extension
Back Handspring Full up to
Liberty
Rewind to Extension
Rewind to Lib +
Extended Hand-in-Hand pop
to Block
Extended Hand-in-Hand pop
to Lib +
Diamadov
Front Tuck Dismount
Front Pike Dismount
Back Tuck Dismount
Back Layout Dismount
Back Layout 1/2 Dismount
Arabian Dismount
Partner Stunt Block Full
around to Block
Partner Stunt Toss Full up to
Cupee
Partner Stunt Toss Double up
to Block
Partner Stunt Back
Handspring Full up to Block

Level 6

Kick Double Basket
Hitch Kick Double
Switch Kick Double
1-foot Full around from ext
level to ext level
Back Handspring to Liberty
Front Handspring 1/2 up to
Prep+
Hand in Hand @ Prep pop to
Extension
Hand in Hand @ Extension
Rewind to Prep
Switch Full up to Liberty
Toss Full up to Extension
Partner Stunt Toss Full up to
Hands
Partner Stunt Toss Full up to
Block
Partner Stunt Toss Cupee
Partner Stunt Front Lift to
Hand in Hand @ Prep
Partner Stunt Back
Handspring to Extension
Partner Stunt Hand in Hand
Press to Extension
Partner Stunt Rewind to Block
Standing Full
Series Back Handspring Back
Layout Full
Braced pyramid inversion with
twist (1 Bracer)
Round off Back Handspring
Back Layout Double Full
Running Tumbling pass
connecting twisting skills (i.e.
Full to Full)

Level 7

****Additional Certificate for Inverted Twisting Tosses**

Back Tuck X-out Full Basket
Toss
2.5 high pyramid (421)
Back Layout Full Basket Toss
Back Pike Open Full Basket
Toss
Back Layout Double Full
Basket Toss
Arabian Basket
Arabian 1/2 Basket Toss
Arabian Full Basket Toss
Arabian 1 and 1/2 Basket Toss
Back Pike Open Double Full
Basket Toss