

# USASF LEVEL GUIDELINES FOR FLYING\*

## LEVEL 1

Elevators (preps), one legged stunts below prep level, extensions when braced on both sides.

## LEVEL 2

All skills listed in Level 1 and extensions, one legged stunts at prep level and must be flexible-heel stretch, scorpion, scale, etc.

## LEVEL 3

All skills listed in Levels 1 and 2 and must be capable of pulling one legged stunts at an extended position, be capable of fulling from 2 legged stunts in a cradle and must have high degree of flexibility, heel stretch, scorpion, scale, etc.

## LEVEL 4

All skills listed in Levels 1, 2 and 3 and one legged stunts with great flexibility, full down out of one legged stunts, full up stop at the top, double down from 2 legged stunts, and kick full basket tosses.

## LEVEL 5

All skills listed in Levels 1, 2, 3 and 4 and extreme flexibility, full up stop at the top, double down from 1 legged stunts, kick double or hitch kick double baskets.

***\*The guidelines listed above are the requirements set by USASF that determine the levels for the cheerleading world. The stated guidelines are for your information, to determine what skills you may need to work on before placements.***

***At Odyssey we would love to have everyone on a designated level meet all the requirements; however that is not always possible. At placements, we will form teams that best fit these levels.***

***Please direct all questions concerning basing to Erin.***