

USASF GLOSSARY

- Aerial
- Airborne/Aerial
- Airborne Tumbling Skill
- All 4s
- Assisted-Flipping Stunt
- **Backbend**
- Backward Roll
- Ball-X
- Barrel Roll
- **Base**
- Basket Toss
- **Block Cartwheel**
- **Brace/Bracer**
- Braced Flip
- Cartwheel
- Catcher
- Chair
- Coed Style Toss
- **Cradle**
- Cupie
- **Dismount**
- Dive Roll
- Downward Inversion
- Drop
- Extended Arm Level
- **Extended Stunt**
- Flat Back
- **Flat Body**
- **Flip**
- Flipping Toss
- Floor Stunt
- Flyer
- Forward Roll
- Free Flipping Stunt
- Free Release Move
- Front Tuck
- Full
- Ground Level
- Hand/Arm Connection
- Handspring
- Handstand
- Helicopter
- Horizontal Axis
- Initiation/Initiating
- **Inversion/Inverted**
- Jump
- **Jump Skill**
- Kick Double
- Kick Full
- Layout
- Leap Frog
- Leg/Foot Connection
- Liberty
- Load In
- **Log Roll**
- Multi-based Stunt
- New Base(s)
- Non-Inverted Position
- Nugget
- Onodi
- Original Base(s)
- Pancake
- Paper Dolls
- Pike
- Platform Position
- **Prep Level**
- Primary Support
- Prone Position
- **Prop**
- Punch Front
- Pyramid
- Rebound
- **Release Move**
- **Rewind**
- Round Off
- Running Tumbling
- Second Level
- Series Front or Back
- Handsprings
- Shoulder Level
- Shoulder Sit
- Shoulder Stand
- Shushunova
- Single-Based Stunt
- Single-Leg Stunt
- **Split Catch**
- Sponge Toss
- **Spotter**
- Standing Tumbling
- Step Out
- Straddle Lift
- Straight Cradle
- Straight Ride
- **Stunt**
- **Suspended Roll**
- T-Lift
- Tension Roll/Drop
- Three Quarter (3/4) Front Flip (Stunt)
- Three Quarter (3/4) Front Flip (Tumble)
- Tic-Tock
- Toe/Leg Pitch
- Top Person
- **Toss**
- Tower Pyramid
- **Transitional Pyramid**
- Transitional Stunt
- Traveling Toss
- Tuck Position
- **Tumbling**
- **Twist/Twisting**
- Two-High Pyramid
- Two and One Half High Pyramid
- Upright
- V-Sit
- Vertical Axis
- Waist Level
- **Waist Level Cradle**
- **Walkover**
- Whip
- **Wrap Around**
- X-Out

Aerial (noun):

Cartwheel or walkover executed without placing hands on the ground.

Airborne/Aerial (adjective):

To be free of contact with a person or the performing surface.

Airborne Tumbling Skill:

An aerial maneuver involving hip-over-head rotation in which a person uses their body and the performing surface to propel himself/herself away from the performing surface.

All 4s:

An "All 4s Position" is when an athlete is on their hands and knees on the performing surface but not in a tucked (nugget) position. When this person is supporting a top person, the "All 4s" position is a waist level stunt.

Assisted-Flipping Stunt:

A stunt in which a top person performs a hip-over-head rotation while in direct physical contact with a base or top person when passing through the inverted position. (See "Suspended Roll", "Braced Flip")

Backbend (Stunting):

The athlete's body forms an arch by **stretching through the upper back**, typically supported by the hands and feet with the abdomen facing upward.

Backward Roll:

A non-aerial tumbling skill where the athlete rotates backward into/or through an inverted position by lifting the hips over the head and shoulders while curving the spine (a tucked position) to create a motion similar to a ball "rolling" across the floor.

Ball-X:

A body position (usually during a toss) where the top person goes from a tucked position to a straddle/x-position with the arms and legs or just the legs.

Barrel Roll:

See "Log Roll".

Base:

A person who provides support for a top person. The person(s) that holds, lifts, or tosses a top person into a stunt. Must be in direct physical contact with the performing surface. **If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base. A base /athlete in a backbend or inverted position on the performance surface may not be in contact with a top person.**

Basket Toss:

A toss involving 2 or 3 bases and a spotter -- 2 of the bases use their hands to interlock wrists.

Block Cartwheel:

A cartwheel which becomes airborne after the tumbler pushes through the shoulders against the performing surface during the skill.

Brace/Bracer:

A brace is the physical connection from one top person to another top person that helps provide stability. A top person's hair and/or uniform is not a legal body part to use while bracing a pyramid or pyramid transition. A bracer is a top person in direct physical contact with another top person that helps provide stability. A required bracer cannot pass through an inverted position during a transition.

Braced Flip:

A stunt in which a top person performs a hip-over-head rotation while in constant physical contact with another top person(s).

Cartwheel:

A non-aerial tumbling skill where the athlete supports the weight of their body with their arm(s) while rotating sideways through an inverted position landing on one foot at a time.

Catcher:

Person(s) responsible for the safe landing of a top person during a stunt/dismount/toss/release.

All catchers:

- must be attentive
- must not be involved in other choreography
- must not be involved in anything that could prevent them from catching.
Example: A required catcher holding a sign.
- must make physical contact with the top person upon catching
- must be on the performing surface when the skill is initiated

Chair:

A prep level stunt in which the base(s) supports the ankle of the top person with one hand and underneath the seat of the top person with the other hand. The supported leg must be in a vertical position underneath the torso of the top person.

Coed Style Toss:

A single base grabs the top person at the waist and tosses the top person from ground level.

Cradle:

A dismount in which the top person is caught in a cradle position (top person lands in a "V"/pike/hollow body position with face up, legs straight and together below prep level with bases supporting the top person by wrapping arms under the back and under the legs of the top person).

Cupie:

A stunt where a top person is in an upright (standing) position and has both feet together in the hand(s) of the base(s). Also referred to as an "Awesome."

Dismount:

The ending movement from a stunt or pyramid that is released to a cradle or released to the performing surface.

If released to the performing surface, top person must land on their feet.

No stunt, pyramid, individual or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals or props.

Dismounts:

- may not intentionally travel.
- must return to original base(s) unless dismounting single based stunts with multiple top persons.
- to the performance surface require assistance from the original base/spotter unless performing a straight drop/small hop off with no additional skills from waist level or below to the performing surface.

Top persons may not be, or come, in contact with each other while released from bases.

All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss and must follow toss rules.

Dive Roll:

An airborne tumbling skill with a forward roll where the athlete's feet leave the ground before the athlete's hands reach the ground.

Downward Inversion:

A stunt or pyramid in which an inverted person's center of gravity is moving towards the performing surface.

Drop:

Dropping to the knee, thigh, seat, front, back or split position onto the performing surface from an airborne position or inverted position without first bearing most of the weight on the hands/feet which breaks the impact of the drop.

Extended Arm Level:

The highest point of a base's arm(s) (not spotter's arms) when standing upright with the arm(s) fully extended over the head. Extended arms do not necessarily define an "extended stunt". See "Extended Stunt" for further clarification.

Extended Stunt:

When the entire body of the top person is above the head of the base(s). *If the primary base(s) squat, go to their knees or drop the overall height of the stunts while extending their arms (excluding floor stunts), the skill would be considered extended.*

Stunts where the base(s) arms are extended overhead but are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a prep level stunt are: chairs, torches, flat backs, straddle lifts, suspended rolls and leap frogs.

Flat Back:

A stunt in which the top person is laying horizontal, face-up, and is usually supported by two or more bases. This is considered a two-leg stunt.

Flat Body:

When the top person's torso is parallel to the performing surface.

Flip:

In stunting, a skill that passing through an inverted position with hip-over-head rotation without contact with a base or the performing surface. In tumbling, a skill that involves passing through an inverted position with hip-over-head rotation without contact with the performing surface.

Flipping Toss:

A toss where the top person rotates through an inverted position.

Floor Stunt:

Base lying on performance surface on their back with arm(s) extended. A "Floor Stunt" is a waist level stunt.

Flyer:

See "Top Person".

Forward Roll:

A non-airborne tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball "rolling" across the floor.

Free Flipping Stunt:

A Stunt Release Move in which the top person passes through an inverted position without physical contact with a base, brace, or the performing surface. This does not include Release Moves that start inverted and rotate to non-inverted.

Free Release Move:

A release move in which the top person becomes free of contact with all bases, bracers, or the performing surface.

Front Tuck:

A tumbling skill in which the athlete generates momentum upward to perform a forward flip.

Full:

A 360-degree twisting rotation.

Ground Level:

To be on the performing surface.

Hand/Arm Connection:

The physical contact between two or more athletes using the hand(s)/arm(s). The shoulder is not considered a legal connection when hand/arm connection is required.

Handspring:

An airborne tumbling skill in which an athlete starts from the feet and jumps forwards or backwards rotating through a handstand position. The athlete then blocks off the hands by putting the weight on the arms and using a push from the shoulders to land back on the feet, completing the rotation.

Handstand:

A straight body inverted position where the arms of the athlete are extended straight by the head and ears.

Helicopter:

A stunt where a top person in a horizontal position is tossed to rotate around a vertical axis (like helicopter blades) before being caught by original bases.

Horizontal Axis (Twisting in Stunts):

An invisible line drawn from front to back through belly button of a non-upright top person.

Initiation/Initiating:

The beginning of a skill; the point from which it originates. The point of initiation for a building skill(s): stunt, pyramid, transition, release move, dismount, or toss is the bottom of the dip from which the skill originates.

Inversion/Inverted:

Athlete has at least one foot above the head and shoulders are below the waist.

Jump:

An airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to push off the performance surface.

Jump Skill:

A skill which involves a change in body position during a jump. i.e. toe touch, pike, etc. A "straight jump" with a turn does not make the jump a "jump skill". If a jump is included in a tumbling pass, the jump will break up the pass.

Kick Double:

Skill, typically from a toss, which involves a kick and a 720-degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twists.

Kick Full:

Skill, typically from a toss, which involves a kick and a 360-degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twist.

Layout:

An airborne tumbling or toss skill which involves a hip over head rotation in a stretched, hollow body position.

Leap Frog:

A stunt in which a top person is transitioned from one set of bases to another, or back to the original bases, by passing over the torso and through the extended arms of the base. The top person remains upright and stays in continuous contact with the base while transitioning. Leap Frog Variations involve a top person transitioning over the torso of a base and/or another top person.

Leg/Foot Connection:

The physical contact between two or more athletes using the leg(s)/foot (feet). Any connection from the shin to the toe is considered a legal connection when leg/foot connection is allowed.

Liberty:

A stunt in which the base(s) hold one foot of the top person while the other foot is next to the knee by bending the leg.

Load-In:

A stunting position in which the top person has at least one foot in the base(s) hands. The base(s) hands are at waist level.

Log Roll:

A release move, that is initiated at waist level, in which the top person's body typically rotates 360 degrees while remaining parallel to the performing surface. An "Assisted Log Roll" would be the same skill, with assistance from a base that maintains contact throughout the transition.

Multi-based Stunt:

A stunt having 2 or more bases not including the spotter.

New Base(s):

Bases previously not in direct contact with the top person of a stunt.

Non-Inverted Position:

A body position in which either of the conditions below are met:

- The top person's shoulders are at or above their waist.
- The top person's shoulders are below their waist and both feet are below their head.

Nugget:

A body position in which an athlete is in a tucked position on their hands and knees on the performing surface. When an athlete in a nugget position is supporting a top person, they are considered a base of a waist level stunt.

Onodi:

Starting from a back hand-spring position after pushing off, the athlete performs a ½ twist to the hands, ending the skill as a front handspring step out.

Original Base(s):

Base(s) which is in contact with the top person during the initiation of the skill/stunt.

Pancake:

A downward inversion stunt in which both of the top person's legs/feet remain in the grip of a base(s) while performing a fold over/pike forward rotation to be caught on the top person's back.

Paper Dolls:

Single-leg stunts bracing each other while in the single leg position. The stunts may or may not be extended.

Pike:

Body bent forward at the hips with legs straight and together.

Platform Position:

A single leg stunt where the top person's non-supported leg is held straight next to the supporting leg. Also known as a "dangle" or "target position".

Prep Level:

The lowest connection between the base(s) and the top person is above waist level and below extended level. i.e. prep, shoulder level hitch, shoulder sit.

A stunt may also be considered at Prep-Level if the arm(s) of the base(s) are extended overhead but are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt. i.e. flat back, straddle lifts, chair, T-lift.

If the primary base(s) squat, go to their knees or drop the overall height of the stunt with the lowest connection being at prep level, the skill would be considered Prep Level.

A stunt is considered below Prep Level if at least one foot of the top person is at waist level, as determined by the height/positioning of the base. (Exception: chair, T-lift and shoulder sit are prep level stunts)

Primary Support:

Supporting a majority of the weight of the top person.

Prone Position:

A face down, flat body position.

Prop:

An object that can be manipulated. Flags, standard flat banners/signs, pom poms, megaphones, and pieces of cloth are the only props allowed. Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.

Punch Front:

See "Front Tuck".

Pyramid:

Two or more connected stunts.

Rebound:

An airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to propel off the performance surface -- typically performed from or into a tumbling skill.

Release Move:

The top person is free of contact with all athletes on the performing surface.

May not pass over, under or through other stunts, pyramids, individuals, or props. Top persons in separate release moves may not be, or come, in contact with each other.

To determine the height of a release move, at the highest point of the release, the distance from the top person's hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs (Level 3-4), or greater than the length of the top person's legs plus an additional 18 inches (Level 5-7), it will be considered a toss or dismount, and must follow the appropriate "Toss" or "Dismount" rules.

All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss and must follow toss rules.

Rewind:

A **backward** free-flipping release move from ground level used as an entrance skill into a stunt.

Round Off:

Similar to a cartwheel except the athlete lands with two feet placed together on the ground instead of one foot at a time, facing the direction from which they arrived.

Running Tumbling:

Tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.

Second Level:

Any person being supported above the performing surface by one or more bases.

Series Front or Back Handsprings:

Two or more front or back handsprings performed consecutively by an athlete.

Shoulder Level:

A stunt in which the connection between the base(s) and top person is at shoulder height of the base(s).

Shoulder Sit:

A stunt in which a top person sits on the shoulder(s) of a base(s). This is considered a prep level stunt.

Shoulder Stand:

A stunt in which an athlete stands on the shoulder(s) of a base(s).

Shushunova:

A straddle jump (toe touch) landing on the performing surface in a prone/push-up position.

Single Based Stunt:

A stunt using a single base for support.

Single Leg Stunt:

See "Stunt".

Split Catch:

A stunt with a top person who is in an upright position having knees forward. The base(s) is holding both inner thighs as the top person typically performs a high "V" motion, creating an "X" with the body. **Single based split catches are not allowed.**

Sponge Toss:

A stunt similar to a basket toss in which the top person is tossed from the "Load In" position. The top person has both feet in the bases' hands prior to the toss.

Spotter:

A person whose primary responsibility is to prevent injuries by protecting the head, neck, back and shoulders area of a top person during the performance of a stunt, pyramid or toss. All "Spotters" must be your own team's members and be trained in proper spotting techniques.

The spotter:

- Typically stands to the side or the back of the stunt, pyramid or toss to protect the head, neck, back and shoulder area of a top person
- must be standing on the performing surface.
- must be attentive to the stunt being performed.
- must not be involved in anything that could prevent them from spotting.
Example: A required spotter holding a sign.
- must be able to touch the base of the stunt in which they are spotting but does not have to be in direct physical contact with the stunt.
- cannot stand so that their torso is under a stunt.
- may grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all.
- may not have both hands under the sole of the top person's foot/feet or under the hands of the bases.
- may not be considered both a base and the required spotter at the same time. If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base.

Example: In a two-leg stunt, the base of one of the legs is not allowed to also be considered the required spotter (regardless of the grip).

If the spotter's hand is under the top person's foot it must be their front hand. Their (the spotter's) back hand may be placed at the back of the ankle/leg of the top person or on the back side of the back wrist of the base.

Standing Tumbling:

A tumbling skill (series of skills) performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is still defined as "standing tumbling."

Step Out:

A tumbling skill that lands on one foot at a time as opposed to landing on both feet simultaneously.

Straddle Lift:

See "V-Sit".

Straight Cradle:

A release move/dismount from a stunt to a cradle position where the top person keeps their body in a "Straight Ride" position -- no skill (i.e. turn, kick, twist, pretty girl, etc.) is performed.

Straight Ride:

The body position of a top person performing a toss or dismount that doesn't involve any trick in the air. It is a straight line position that teaches the top to reach and to obtain maximum height on toss.

Stunt:

Any skill in which a top person is supported above the performance surface by one or more persons. A stunt is determined to be "One Leg" or "Two Leg" by the number of feet that the top person has being supported by a base(s). If the top person is not supported under any foot, then the number of legs in which the top person is supported will determine if it is a "One Leg" or a "Two Leg" stunt. Exception: If a top person is in a V-sit, pike position or flat body position the stunt will be considered a "Two Leg" stunt.

Suspended Roll:

A stunt skill that involves hip over head rotation from the top person while connected with hand/wrist to hand/wrist of the base(s) that is on the performing surface. The base(s) will have their arms extended and will release the feet/legs during the rotation of the skill. The rotation of the top person is limited to either forward or backward. This is considered a prep level stunt.

T-Lift:

A stunt in which a top person with arms in a t-motion is supported on either side by two bases that connects with each of the hands and under the arms of the top person. The top person remains in a non-inverted, vertical position while being supported in the stunt.

Tension Roll/Drop:

A pyramid/stunt in which the base(s) and top(s) lean forward in unison until the top person(s) leaves the base(s) without assistance. Traditionally the top person(s) and/or base(s) perform a forward roll after becoming free from contact from each other. **Tension rolls/drops of any kind are not allowed.**

Three Quarter (3/4) Front Flip (stunt):

A forward hip-over-head rotation in which a top person is released from an upright position to a cradle position.

Three Quarter (3/4) Front Flip (tumble):

A forward hip-over-head rotation from an upright position to a seated position on the ground, with the hands and/or feet landing first.

Tic-Tock:

A stunt that is held in a static position on one leg, base(s) dip and release top person in an upward fashion, as the top person switches their weight to the other leg and lands in a static position on their opposite leg.

Toe/Leg Pitch:

A single or multi-based stunt in which the base(s) toss upward traditionally using a single foot or leg of the top person to increase the top person's height.

Top Person:

The athlete(s) being supported above the performance surface in a stunt, pyramid or toss.

Toss:

An airborne stunt where base(s) execute a throwing motion initiated from waist level to increase the height of the top person. The top person becomes free from all contact of bases, bracers and/or other top persons.

The top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss). **Top person must have both feet in/on hands of bases at initiation of toss. Top persons in separate tosses may not come in contact with each other.**

Requires a minimum of 3, maximum of 4 tossing bases. All bases must have feet on the performing surface and remain stationary during toss. Tosses must be caught in cradle position by at least 3 bases one of which is positioned at the head and shoulder area of the top person.

No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, individuals or props. Only a single top person is allowed during a toss.

All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss and must follow toss rules.

(continued on the next page)

Twisting Tosses: Twisting is cumulative. All twisting up to 1 1/4 is considered 1 skill, exceeding 1 1/4 up to 2 1/4 is two skills. ie. A 1/2 twist, X, 1/2 twist is considered 2 skills: 1 full twist and 1 additional skill.

Tower Pyramid:

A stunt on top of a waist level stunt.

Transitional Pyramid:

A top person moving from one position to another in a pyramid. The transition may involve changing bases provided at least one athlete at prep level or below maintains constant contact with the top person. **Each point of initiation is used in determining the beginning of a transition. The end of a transition is defined as a new point of initiation, a stop of movement, and/or the top person making contact with the performance surface.**

Transitional Stunt:

Top person or top persons moving from one stunt position to another thereby changing the configuration of the beginning stunt. Each point of **initiation** is used in determining the beginning of a transition. The end of a transition is defined as a new point of **initiation**, a stop of movement, and/or the top person making contact with the performance surface.

Traveling Toss:

A toss which intentionally requires the bases or catchers to travel in a certain direction to catch the top person. (This does not include a quarter or half turn by the bases in tosses such as a "Kick Full").

Tuck Position:

A position in which the body is bent at the waist/hips with the knees drawn into the torso.

Tumbling:

Any hip-over-head skill that is not supported by a base that begins and ends on the performing surface.

When no tumbling is allowed after a particular tumbling skill, at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a skill is considered a continuation of the same tumbling pass and an additional step is needed to separate the passes. If the athlete finishes the skill with both feet together, only one step is needed to create a new tumbling pass.

Twist/Twisting:

An athlete performing a rotation around their body's vertical axis. (vertical axis=head to toe axis).

Twisting tumbling skills involve hip-over-head rotation around athlete's vertical axis.

Twisting in stunts is counted on two separate axes, the vertical and horizontal axis. Simultaneous twisting on both axis will be counted separately and not cumulatively. **The degree of twist is determined by the total cumulative rotation of the top person's hips in relation to the performing surface (Once a stunt is hit, and the top person shows a clear and definite stop, they may continue to walk the stunt in additional rotation).** A new twisting transition begins with a dip by the bases and/or change in direction of the twisting rotation.

Two – High Pyramid:

A pyramid in which all top persons are primarily supported by a base(s) who is in direct weight-bearing contact with the performing surface. Any time a top person is released from their base(s) in a "Pyramid Release Move", *regardless of the height of the release*, this top person would be considered "passing above two persons high". "Passing above two persons high" does not relate to the actual height of the top person but to the number of layers to which they are connected.

Two and One Half (2½) – High Pyramid:

A pyramid in which the top person(s) has weight bearing support (not braced) by at least one other top person and is free of contact from the base(s). Pyramid height for a "Two and One Half High Pyramid" is measured by body lengths as follows: chairs, thigh stands and shoulder straddles are 1½ body lengths; shoulder stands are 2 body lengths; extended stunts (i.e. extension, liberty, etc.) are 2½ body lengths.

"Above Two and One Half (2 1/2) High Pyramid" is a partially/fully upright prep level Middle Layer holding a fully upright prep level stunt. Exception: 2 1/2 high chairs are considered 2 1/2 high pyramids.

Upright:

A body position of a top person in which the athlete is in a standing or sitting position while being supported by a base(s). ie. star, liberty, v-sit.

V-Sit:

A top person's body position when sitting in a stunt with straight legs parallel to the performing surface in a "V" position. This is considered a two-leg stunt.

Vertical Axis (Twisting in Stunts or Tumbling):

An invisible line drawn from head to toe through the body of the tumbling athlete or top person.

Waist Level:

A stunt in which the lowest connection between the base(s) and the top person is above ground level and below prep level and/or at least one foot of the top person is below prep level, as determined by the height/positioning of the base. Examples of stunts that are considered waist level: All 4s position-based stunts, a nugget-based stunt. A chair and a shoulder sit are considered prep level stunts, not waist level.

Waist Level Cradle:

A release move that initiates below prep level and is caught in a cradle position. All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss and must follow toss rules.

Walkover:

A non-airborne tumbling skill where the athlete leans forward to a handstand and brings the legs over and back down to the floor one at a time (front walkover) or by stretching through the upper back, going backwards, similar to a handstand and lands on the feet one at a time (back walkover) with support of one or both hands.

Whip:

A non-twisting, backward-traveling, aerial tumbling skill in which the athlete's feet rotate over their head and body, while the body remains in a stretched upper back position. A "Whip" has the look of a back handspring without the hands contacting the ground.

Wrap around:

A stunt transition that involves a single base holding a top person in a cradle position releasing the legs of the top person and swings the legs around the back of the base. The base then wraps their free arm around the legs of the top person with the top person's body wrapped around the back of the base.

X-Out:

A tumbling skill or toss in which an athlete performs a flip while spreading the arms and legs into an "x" fashion during the rotation of the flip.