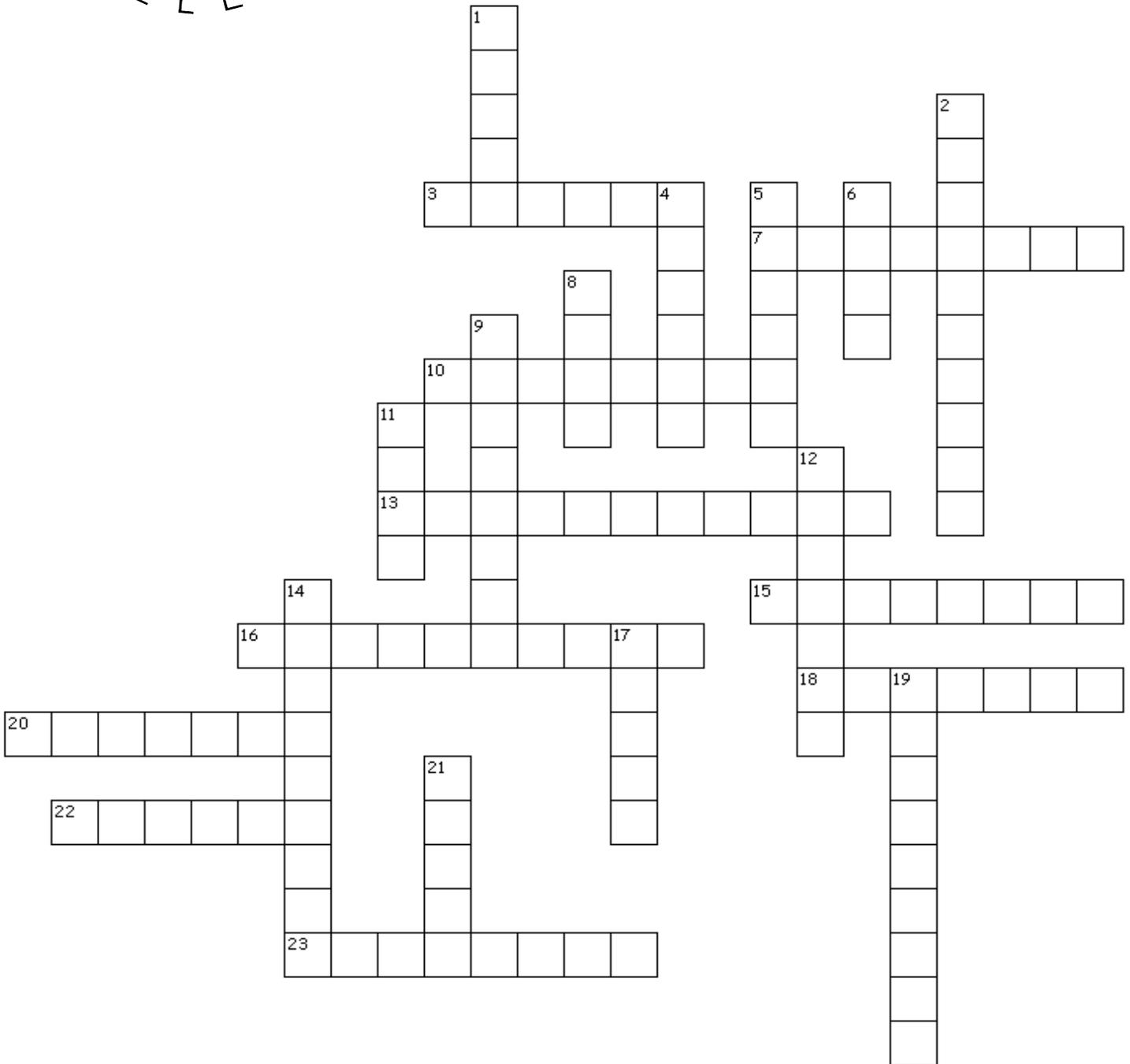




USASF Glossary Cross Word



Across

3. Cartwheel or walkover executed without placing hands on the ground.
7. 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.
10. Skill, typically from a toss, which involves a kick and a 360-degree twisting rotation.
13. A stunt in which a top person sits on the shoulder(s) of a base(s).
15. 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.
16. A toss involving 2 or 3 bases and a spotter 2 of the bases use their hands to interlock wrists.
18. 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.
20. Two or more connected stunts.
22. 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.
23. An airborne tumbling skill with a forward roll where the athlete's feet leave the ground before the athlete's hands reach the ground.

Down

1. 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."
2. 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.
4. An airborne tumbling or toss skill which involves a hip over head rotation in a stretched, hollow body position.
5. A dismount in which the top person is caught in a cradle position
6. 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.
8. Body bent forward at the hips with legs straight and together.
9. The ending movement from a stunt or pyramid that is released to a cradle or released to the performing surface.
11. A person who provides support for a top person. The person(s) that holds, lifts, or tosses a top person into a stunt.
12. 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.
14. A straight body inverted position where the arms of the athlete are extended straight by the head and ears.
17. Any skill in which a top person is supported above the performance surface by one or more persons.
19. 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.
21. A face down, flat body position.