

Skill level	0	0.5	1	2	3	4
Multiples	Single		Double	Triples and quads	Quints and sextuples	Septuplets and octuplets
Power			Mountain climber, power without jumping the rope (ex: up the ladder push-up), piggyback	Frog, push-up, crabs, butt bounces, back jump, splits, leap frog, kip	Hand hops, two-foot frogs, v kick, backbends/bridges	
Gymnastics			Cartwheel, round-off, 360-degree rotation of body	Handsprings, suicide	Flips	
Turner involvement	Basic turning (backwards and forwards)	Synchronized Wheel	Pinwheel, Wheel, turner skills only involving one hand movement (ex: leg over)	Turner skills involving more than one hand movement (ex: restriction of both hands, power skills, and gymnastics)		
Releases			Helicopter, floaters	Mic, two handled release		
Switches		Basic switch (athlete does not enter with next turned rope)	Quick switch, Wheel switch, Exchange of handles during Wheel, any interaction between jumper and turner			
Footwork		Footwork				