

Starting level	0	0.5	1	2	3	4	5	6
<b>Multiplies</b>	Single		Double	Triple	Quad	Quintuple	Sextuple	Septuple
<b>Power</b>		Bubble (regardless of the number of wraps)	Basic power (not pulling rope): basic frog, basic push-up, butt bounce, back jump	Power pulling rope: frog exit, push-up, crab, two footed entry for frog	One handed power			Backwards power: examples- darkside, sunny D
<b>Gymnastics</b>			Cartwheel and round-off	Handsprings, kip, suicide	Flips			
<b>Rope Manipulation</b>	Side swing	Crosses, 180 on the ground	One hand restricted: toad (leg over cross), cougar (leg over), EB (one hand behind back)	Both hands restricted: AS, CL, TS, caboose, elephant, weave				
<b>Releases</b>			Basic release, inversed release, snake release, floater	Mic release, 2 handled rope release	Lasso (snake release above head, catching it out of the air)			
<b>Scoops / Interactions</b>			One jumper is scooped and basic wheel jumping, basic leap frog	Multiple jumpers are jumped by scoop, Multiple ropes moving during scoop, leap frog (scoop)	Multiple ropes + multiple athletes moving during scoop			
<b>Footwork</b>		Footwork						