

Starting level	0	0.5	1	2	3	4	5	6
Power Multiples	Single	Bubble (regardless of the number of wraps)	Double Basic power (not pulling rope): basic frog, basic push-up, butt bounce, back jump	Triple Power pulling rope: frog, push-up, crab, two footed entry for frog	Quad One handed power	Quintuple	Sextuple	Backwards power: examples- darkside, sunny D (if done by both athletes simultaneously)
Gymnastics			Cartwheel and round-off	Handsprings, kip, suicide	Flips			
Rope Manipulation	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				
Releases			Basic release, Inversed release, snake release, floater	Mic release, 2 handled rope release	Lasso (snake release above head, catching it out of the air)			
Scoops / Interactions		Switching places	One jumper is scooped	Multiple jumpers are jumped by scoop, Multiple ropes moving during scoop, leap frog	Multiple ropes + multiple athletes moving during scoop			
Footwork		Footwork						