

ARKANSAS

SPIRIT SQUADS

Required Stunts

Females - Strong focus on stunt technique with emphasis on body position, placement, and skill execution.

Males - Strong focus on stunt technique with emphasis on having the proper grips.

- Toss Chair
- Toss Hands - Full Around Down
- Toss Extension
- Toss Immediate Liberty
- Toss Platform Heel Stretch (Stretch must be pulled to the front)
- Full up (Preferred)

Preferred Elite Stunts

- All elite stunts should be performed with a Liberty/Heel Stretch/ Arabesque and end with a twisting (double down preferred) or flipping dismount.
- All elite stunts should hit to the top of the stunt with minimum movement.
- All dismounts should be performed with proper technique.
 - Pointed Toes
 - Legs should never come apart on any twisting dismount.
 - All spinning stunts should be performed with arms by your sides during the spin.
- Rewind
- Back Handspring Up
- Front handspring Up
- Hand in hand pop through (Extended preferred)

Required Tumbling

- Standing and non-twisting skills must be showcased on turf or grass, non-spring floor, gym floor.
- All twisting skills must be performed on turf, grass, or non-spring floor.
 - Standing tuck w/ poms
 - Standing back handspring back tuck
 - Cartwheel Tuck
 - Standing series to layout or higher (Full preferred)
 - Running series to layout or higher (Full preferred)

Males: No tumbling is required but is highly recommended. Minimum standing tuck preferred.



UNIVERSITY OF ARKANSAS SPIRIT SQUADS

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