



2019 - 2020 ALL STAR SCORING SYSTEM - BUILDING LEVEL 1 – 5 & 6 JR

STUNT DIFFICULTY

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	4 different level appropriate skills performed by Most of the team
4.0 - 4.5	MID	4 different level appropriate skills performed by Most of the team, 1 of which is Elite level appropriate
4.5 - 5.0	HIGH	4 different level appropriate skills performed by Most of the team, 2 of which are Elite level appropriate

Stunt Skills will only receive full credit if they show control through the pop or transition to another skill.

BODY POSITIONS

- Lib and platform are not considered body positions
- Body positions include: Stretch, bow and arrow, arabesque, scale, scorpion.

BUILDING QUANTITY CHART

# OF ATHLETES	MAJORITY	MOST
5 - 11	1	1
12 - 15	1	2
16 - 19	2	3
20 - 23	3	4
24 - 27	4	5
28 - 30	4	6
31 - 38	5	7

STUNT QUANTITY

BASED ON A TRADITIONAL GROUP OF 4 OR MORE, RIPPLED OR SYNCHRONIZED IN THE SAME SECTION WITHOUT RECYCLING ATHLETES.

4.0	Less than a Majority of the team performs a level appropriate building skill
4.2	Majority of the team performs a level appropriate building skill
4.4	Most of the team performs a level appropriate building skill
4.6	Less than a Majority of the team performs the same Elite level appropriate building skill
4.8	Majority of the team performs the same Elite level appropriate building skill
5.0	Most of the team performs the same Elite level appropriate building skill

PYRAMID DIFFICULTY

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	2 different level appropriate skills and 2 structures performed by Most of the team
4.0 - 4.5	MID	3 different level appropriate skills and 2 structures performed by Most of the team
4.5 - 5.0	HIGH	4 different level appropriate skills and 2 structures performed by Most of the team

TOSS DIFFICULTY

4.0	Less than a Majority of the team performs a toss
4.5	Majority of the team performs a level appropriate toss
5.0	Majority of the team performs a level appropriate toss rippled or synchronized in the same section

Same Section - Athletes may not be recycled.

DIFFICULTY DRIVERS

- Degree of difficulty
- Percent of team participation
- Combination of skills (level and non-level appropriate)
- Pace of skills performed

COED QUANTITY - LEVEL 3 & 4 SENIOR/INTERNATIONAL TEAMS

BASED ON A GROUP OF 3, RIPPLED OR SYNCHRONIZED IN THE SAME SECTION WITHOUT RECYCLING ATHLETES. STUNTS MUST BE HELD FOR 4 COUNTS.

	Coed Style ASSISTED	Coed Style UNASSISTED
3.5	Skills performed do not meet 4.0 requirement	N/A
4.0	Walk-in Hands Toss Hands	Skills performed do not meet 4.4 requirement
4.2	Walk-in Hands press Extension Toss Hands press Extension	N/A
4.4	Walk-in Extended double leg stunt Toss Extended double leg stunt (Level 4 ONLY) Walk-in Hands press Extended single leg stunt/single arm stunt Toss Hands press Extended single leg stunt/single arm stunt	Walk-in Hands Toss Hands
4.6	Walk-in Extended single leg stunt/single arm stunt Toss Extended single leg stunt/single arm stunt (Level 4 ONLY)	Walk-in Hands press Extension Toss Hands press Extension
4.8	N/A	Walk-in Extended double leg stunt Toss Extended double leg stunt (Level 4 ONLY) Walk-in Hands press Extended single leg stunt/single arm stunt Toss Hands press Extended single leg stunt/single arm stunt
5.0	N/A	Walk-in Extended single leg stunt/single arm stunt Toss Extended single leg stunt/single arm stunt (Level 4 ONLY)

COED QUANTITY CHART

# OF MALES ON TEAM	# OF STUNTS
1 - 3	1
4 OR MORE	2

COED STYLE

- Consists of a Base, Top Person and Spotter.
- Entry must be a Toss or Walk-In.
- The same entry and skill must be used by all groups. If there is a mixture of unassisted and assisted stunts, credit will be given for the assisted version.
- Toss - Top person starts with both feet on performing surface. Base starts with hands on Top Persons' waist.
- Walk-In - Top person and Base start facing each other with one-foot loaded in.
- Base must be directly under the stunt.
- Base and Spotter may not be chest to chest.
- Coed stunts must have a controlled dismount /pop off to the performance surface to receive full Coed Quantity credit.

COED QUANTITY

Includes the following divisions:

- Senior Coed 3
- International Senior Coed 3
- Senior Coed 4
- International Senior Coed 4
- International Open Coed 4
- Only the skills listed on the coed requirement grid will count for Coed Quantity.



STUNT DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	4 different level appropriate skills performed by Most of the team
4.0 - 4.5	MID	4 different level appropriate skills performed by Most of the team, 1 of which is Elite level appropriate
4.5 - 5.0	HIGH	4 different level appropriate skills performed by Most of the team, 2 of which are Elite level appropriate

For Level 7 Stunts: All Level 6 & 7 level appropriate skills will be considered Level Appropriate for scoring purposes (at least 2 different Level 7 skills are required to score in High range).

Stunt Skills will only receive full credit if they show control through the pop or transition to another skill.

BODY POSITIONS

- Lib and platform are not considered body positions
- Body positions include: Stretch, bow and arrow, arabesque, scale, scorpion.

TOSS DIFFICULTY	
4.0	Less than a Majority of the team performs a toss
4.5	Majority of the team performs a level appropriate toss
5.0	Majority of the team performs a level appropriate toss rippled or synchronized in the same section

Same Section - Athletes may not be recycled.

PYRAMID DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	2 different level appropriate skills and 2 structures performed by Most of the team
4.0 - 4.5	MID	3 different level appropriate skills and 2 structures performed by Most of the team
4.5 - 5.0	HIGH	4 different level appropriate skills and 2 structures performed by Most of the team

All pyramid skills that are Level Appropriate in L5 will be given Level Appropriate credit in L6.

BUILDING QUANTITY CHART		
# OF ATHLETES	MAJORITY	MOST
5 - 11	1	1
12 - 15	1	2
16 - 19	2	3
20 - 23	3	4
24 - 27	4	5
28 - 30	4	6
31 - 38	5	7

DIFFICULTY DRIVERS
<ul style="list-style-type: none"> • Degree of difficulty • Percent of team participation • Combination of skills (level and non-level appropriate) • Pace of skills performed

STUNT DIVISION EXPECTATIONS

MUST BE PERFORMED BY GROUPS OF 3 OR MORE ATHLETES. RIPPLED OR SYNCHRONIZED IN THE SAME SECTION WITHOUT RECYCLING ATHLETES.

X SMALL (5-16)		SMALL (17-22)		MEDIUM/NON-TUMBLING (23-30)		LARGE (31-38)		INTERNATIONAL (16-24) and OPEN (5-30)	
4.0	1 group performs a level appropriate skill	4.0	1-2 groups perform a level appropriate skill	4.0	1-4 groups perform a level appropriate skill	4.0	1-6 groups perform a level appropriate skill	4.0	1-3 groups perform a level appropriate skill
4.2	2 groups perform a level appropriate skill	4.2	3 groups perform a level appropriate skill	4.2	5 groups perform a level appropriate skill	4.2	7 groups perform a level appropriate skill	4.2	4 groups perform a level appropriate skill
4.4	3 groups perform a level appropriate skill	4.4	4 groups perform a level appropriate skill	4.4	6 groups perform a level appropriate skill	4.4	8 groups perform a level appropriate skill	4.4	5 groups perform a level appropriate skill
4.6	4 groups perform a level appropriate skill	4.6	5 groups perform a level appropriate skill	4.6	7 groups perform a level appropriate skill	4.6	9 groups perform a level appropriate skill	4.6	6 groups perform a level appropriate skill
4.8	3 groups perform an ELITE level appropriate skill	4.8	4 groups perform an ELITE level appropriate skill	4.8	6 groups perform an ELITE level appropriate skill	4.8	8 groups perform an ELITE level appropriate skill	4.8	5 groups perform an ELITE level appropriate skill
5.0	4 groups perform an ELITE level appropriate skill	5.0	5 groups perform an ELITE level appropriate skill	5.0	7 groups perform an ELITE level appropriate skill	5.0	9 groups perform an ELITE level appropriate skill	5.0	6 groups perform an ELITE level appropriate skill



STUNT DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	4 different level appropriate skills performed by Most of the team
4.0 - 4.5	MID	4 different level appropriate skills performed by Most of the team, 1 of which is Elite level appropriate
4.5 - 5.0	HIGH	4 different level appropriate skills performed by Most of the team, 2 of which are Elite level appropriate

For Level 7 Stunts: All Level 6 & 7 level appropriate skills will be considered Level Appropriate for scoring purposes (at least 2 different Level 7 skills are required to score in High range).

Stunt Skills will only receive full credit if they show control through the pop or transition to another skill.

BODY POSITIONS

- Lib and platform are not considered body positions
- Body positions include: Stretch, bow and arrow, arabesque, scale, scorpion.

TOSS DIFFICULTY	
4.0	Less than a Majority of the team performs a toss
4.5	Majority of the team performs a level appropriate toss
5.0	Majority of the team performs a level appropriate toss rippled or synchronized in the same section

Same Section - Athletes may not be recycled.

COED QUANTITY - LEVEL 6 & 7 WORLDS/INTERNATIONAL TEAMS BASED ON A GROUP OF 3, RIPPLED OR SYNCHRONIZED IN SAME SECTION WITHOUT RECYCLING ATHLETES. STUNTS MUST BE HELD FOR 4 COUNTS.

	Coed Style ASSISTED	Coed Style UNASSISTED
3.5	Skills performed do not meet 4.0 requirement	N/A
4.0	Walk-in Extended double leg stunt Toss Extended double leg stunt Walk-in Hands press Extended single leg stunt/single arm stunt Toss Hands press Extended single leg stunt/single arm stunt	Skills do not meet 4.2 requirement
4.2	Walk-in Extended single leg stunt/single arm stunt Toss Extended single leg stunt	Walk-in Hands press Extension Toss Hands press Extension
4.4	Toss ¼ - ¾ Twist to Extended single leg stunt	Walk-in Extended double leg stunt Toss Extended double leg stunt Walk-in Hands press Extended single leg stunt/ single arm stunt Toss Hands press Extended single leg stunt/single arm stunt
4.6	Toss Extended single arm stunt Toss Full up to Extended Stunt Toss Front handspring 1/2 up to Extended stunt	Walk-in Extended single leg stunt/single arm stunt Toss Extended single leg stunt
4.8	N/A	Toss ¼ - ¾ Twist to Extended single leg Stunt
5.0	N/A	Toss Extended single arm stunt Toss Full up to Extended Stunt Toss Front handspring 1/2 up to Extended Stunt

BUILDING QUANTITY CHART		
# OF ATHLETES	MAJORITY	MOST
5 - 11	1	1
12 - 15	1	2
16 - 19	2	3
20 - 23	3	4
24 - 27	4	5
28 - 30	4	6
31 - 38	5	7

DIFFICULTY DRIVERS
<ul style="list-style-type: none"> • Degree of difficulty • Percent of team participation • Combination of skills (level and non-level appropriate) • Pace of skills performed

PYRAMID DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	2 different level appropriate skills and 2 structures performed by Most of the team
4.0 - 4.5	MID	3 different level appropriate skills and 2 structures performed by Most of the team
4.5 - 5.0	HIGH	4 different level appropriate skills and 2 structures performed by Most of the team

All pyramid skills that are Level Appropriate in L5 will be given Level Appropriate credit in L6.

COED STYLE
<ul style="list-style-type: none"> • Consists of a Base, Top Person and Spotter. • Entry must be a Toss or Walk-In. • The same entry and skill must be used by all groups. If there is a mixture of unassisted and assisted stunts, credit will be given for the assisted version. • Toss - Top person starts with both feet on performing surface. Base starts with hands on Top Persons' waist. • Walk-In - Top person and Base start facing each other with one-foot loaded in. • Base must be directly under the stunt. • Base and Spotter may not be chest to chest. • Coed stunts must have a controlled dismount/pop off to the performance surface to receive full Coed Quantity credit.

COED QUANTITY CHART

# OF MALES ON TEAM	# OF STUNTS
1 - 3	1
4 - 5	2
6 - 7	3
8 - 9	4
10 - 11	5
12 - 13	6
14 - 19	7

COED QUANTITY

Includes the following divisions:

- Senior XSmall Coed 6
- Senior Small Coed 6
- Senior Medium Coed 6
- Senior Large Coed 6
- Senior Open Small Coed 6
- Senior Open Large Coed 6
- International Senior Coed 6
- International Open Coed NT 6
- International Open Small Coed 6
- International Open Large Coed 6
- International Global Coed 6
- International Open Small Coed 7
- International Open Large Coed 7

• Only the skills listed on the coed requirement grid will count for Coed Quantity.



STANDING TUMBLING DIFFICULTY

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Most of the team performs a level appropriate pass
4.0 - 4.5	MID	Majority of the team performs the same level appropriate pass which must be synchronized from initiation of the pass
4.5 - 5.0	HIGH	Most of the team performs the same level appropriate pass which must be synchronized from initiation of the pass, plus Majority of the team performs an additional level appropriate pass

RUNNING TUMBLING DIFFICULTY

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Less than a Majority of the team performs a level appropriate pass
4.0 - 4.5	MID	Majority of the team performs a level appropriate pass
4.5 - 5.0	HIGH	Most of the team performs a level appropriate pass

JUMP DIFFICULTY

JUMPS MUST USE A WHIP APPROACH TO BE CONSIDERED CONNECTED.

3.5	Skills performed do not meet 4.0 requirement
4.0	Most of the team performs 1 advanced jump
4.5	Most of the team performs 2 connected advanced jumps. Must be synchronized and must include a variety. Tiny/Mini: Most of the team performs 2 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety.
5.0	Most of the team performs 3 connected advanced jumps or 2 connected advanced jumps, plus 1 additional advanced jump. Must be synchronized and include a variety. Tiny/Mini: Most of the team performs 3 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety.

TUMBLING/JUMP QUANTITY CHART

# OF ATHLETES	MAJORITY	MOST
5 - 7	2	3
8 - 9	4	5
10 - 11	5	6
12 - 14	6	7
15 - 16	7	9
17 - 19	8	10
20 - 22	10	12
23 - 25	11	13
26 - 27	13	15
28 - 30	14	16
31 - 38	15	18

DIFFICULTY DRIVERS

- Degree of difficulty
- Percent of team participation
- Combination of skills
- Synchronization of passes
- Variety of passes

STANDING TUMBLING DIFFICULTY

In an effort to reduce the number of Standing Tumbling passes performed in L1-L5 & 6 JR, the following criteria will be used when awarding higher scores within a range:

- Degree of Difficulty of the passes
- Variety of Passes
- Satisfies or exceeds the quantity requirement utilizing grouped or synchronized passes

STANDING TUMBLING/RUNNING TUMBLING

- Tumbling passes must land on feet to be considered level appropriate and receive difficulty credit (i.e. jump 3/4 front flip to seat, back handsprings which lands in a prone position, etc. would not count).
- L1 - L5 & 6 JR Standing Tumbling - Same level appropriate synchronized pass cannot be used to fulfill Majority pass requirement.
- No skills out of a RO that are ILLEGAL in L1 will count for level appropriate credit in L2.
- No skills out of a BHS step out ½ turn that are ILLEGAL in L2 will count for level appropriate credit in L3.
- No skills out of a Tuck, in Standing Tumbling, that are ILLEGAL in L4 will count for level appropriate credit in L5 (i.e. BHS-Tuck-BHS or Tuck-BHS).
- Punch front forward roll will not count for level appropriate credit in L4.
- Jumps within a pass will not break up the pass (i.e. Toe Touch BHS Toe Touch BHS is 1 pass in L3).
- T-Jumps are not considered a jump and will break up a pass into two separate passes.

JUMPS

- Variety - at least 2 different jumps. Performing the same jump with different legs doesn't constitute as variety. (i.e. left/right hurdler).
- Jump skills must land on feet to be considered level appropriate and receive difficulty credit (i.e. jumps that land on knee(s) or seat, etc. would not count).
- Basic Jumps: Spread Eagle, Tuck Jump
- Advanced Jumps: Pike, Right/Left Hurdlers (front or side), Toe Touch



STANDING TUMBLING DIFFICULTY

SAME SECTION - SINGLE PORTION OF THE ROUTINE WHERE SKILLS FROM A SKILL SET ARE PERFORMED.

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Most of the team performs a level appropriate pass
4.0 - 4.5	MID	Majority of the team performs an Elite level appropriate pass
4.5 - 5.0	HIGH	Most of the team performs an Elite level appropriate pass in the same section

RUNNING TUMBLING DIFFICULTY

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Majority of the team performs a level appropriate pass
4.0 - 4.5	MID	Most of the team performs a level appropriate pass
4.5 - 5.0	HIGH	Majority of the team performs an Elite level appropriate pass

JUMP DIFFICULTY

JUMPS MUST USE A WHIP APPROACH TO BE CONSIDERED CONNECTED.

3.5	Skills performed do not meet 4.0 requirement
4.0	Most of the team performs 1 advanced jump
4.5	Most of the team performs 2 connected advanced jumps. Must be synchronized and must include a variety.
5.0	Most of the team performs 3 connected advanced jumps or 2 connected advanced jumps, plus 1 additional advanced jump. Must be synchronized and include a variety.

TUMBLING/JUMP QUANTITY CHART

# OF ATHLETES	MAJORITY	MOST
5 - 7	2	3
8 - 9	4	5
10 - 11	5	6
12 - 14	6	7
15 - 16	7	9
17 - 19	8	10
20 - 22	10	12
23 - 25	11	13
26 - 27	13	15
28 - 30	14	16
31 - 38	15	18

STANDING TUMBLING/RUNNING TUMBLING

- Tumbling passes must land on feet to be considered level appropriate and receive difficulty credit (i.e. jump 3/4 front flip to seat, back handsprings which lands in a prone position, etc. would not count).
- Standing Tumbling skills ending in a layout that are LEGAL in L5 will not receive Level Appropriate credit for L6 and L7 (i.e. BHS-BHS-Layout).
- Jumps within a pass will not break up the pass (i.e. Toe Touch BHS Toe Touch BHS Full is 1 pass).
- T-Jumps are not considered a jump and will break up a pass into two separate passes.

DIFFICULTY DRIVERS

- Degree of difficulty
- Percent of team participation
- Combination of skills
- Synchronization of passes
- Variety of passes

JUMPS

- Variety - at least 2 different jumps. Performing the same jump with different legs doesn't constitute as variety. (i.e. left/right hurdler).
- Jump skills must land on feet to be considered level appropriate and receive difficulty credit (i.e. jumps that land on knee(s) or seat, etc. would not count).
- Basic Jumps: Spread Eagle, Tuck Jump
- Advanced Jumps: Pike, Right/Left Hurdlers (front or side), Toe Touch



STUNT CREATIVITY

2.0 - 2.5	Stunt skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills.
-----------	--

PYRAMID CREATIVITY

2.0 - 2.5	Pyramid skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills.
-----------	--

DANCE

9.0 - 10	A team's ability to demonstrate a high level of energy and entertainment value which incorporates multiple visual elements including a variety of levels, formation changes, partner work, footwork and floorwork. This includes technique, perfection, synchronization, pace and intricacy of dance moves performed.
----------	---

PERFORMANCE

9.0 - 10	A team's ability to demonstrate high levels of energy and excitement while maintaining genuine enthusiasm and showmanship. This will include appropriate athletic impression throughout the routine.
----------	--

ROUTINE COMPOSITION

9.0 - 10	A team's ability to demonstrate precise spacing in formations and seamless patterns of movement in transitions performed throughout the routine. This includes innovative, visual and intricate ideas, as well as, any additional skills performed to enhance overall appeal.
----------	---



EXECUTION

3.5 - 5.0	<p>Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill.</p> <ul style="list-style-type: none"> • Scores will start at a 5.0 and may be reduced by .1, .2 or .3 based on the lack of technical execution of each driver • .1 - Minor technique issues by the team, not just 1 athlete in Tumbling/Jumps or 1 athlete in Stunts/Pyramid/Tosses • .2 - Multiple technique issues by the team • .3 - Widespread technique issues by the team • No more than .3 will be taken off for a single driver. • Stylistic differences will not factor into a teams' Execution score.
-----------	--

STUNT/PYRAMID DRIVERS

Each driver may include, but is not limited to, the below examples:

Top Person	<ul style="list-style-type: none"> • Body control • Uniform flexibility • Motion placement • Legs straight/locked and toes pointed
Bases/Spotters	<ul style="list-style-type: none"> • Stability of the stunt • Solid stance • Positioned shoulder width apart • Feet stationary
Transitions	<ul style="list-style-type: none"> • Entries • Dismounts • Speed/control/flow from skill to skill
Synchronization*	<ul style="list-style-type: none"> • Timing
Obvious Mistakes	<ul style="list-style-type: none"> • .2 - 2 errors (Bobbles**, Building Falls, and/or Major Building Falls) • .3 - 3 or more errors (Bobbles**, Building Falls, and/or Major Building Falls)

*Teams that do not perform at least 1 level appropriate skill/transition by 2 or more groups in Stunts and Pyramids will automatically receive .3 off for Synchronization.

**Bobbles - Stunt/Pyramid skills that almost fall, but are saved.

STANDING/RUNNING TUMBLING DRIVERS

Each driver may include, but is not limited to, the below examples:

Approach	<ul style="list-style-type: none"> • Arm placement into a pass/skill • Swing/prep • Chest placement • Flow from skill to skill in a pass
Speed	<ul style="list-style-type: none"> • Consistent or increases through pass/skills • Connection of pass/skills
Body Control	<ul style="list-style-type: none"> • Head placement • Arm/shoulder placement in skills • Hips • Leg placement in skills • Pointed toes
Landings	<ul style="list-style-type: none"> • Controlled • Legs/feet together • Chest placement • Finished pass/skill • Incomplete twisting skills
Synchronization*	<ul style="list-style-type: none"> • Timing

*Teams that do not perform 2 or more passes synchronized in a group will automatically receive .3 off for Synchronization.

TOSS DRIVERS

Each driver may include, but is not limited to, the below examples:

Top Person	<ul style="list-style-type: none"> • Body control • Consistent execution of skill/trick • Legs straight/toes pointed • Arm placement
Bases/Spotters	<ul style="list-style-type: none"> • Using arms/legs to throw together • Solid stance • Positioned shoulder width apart • Timing
Height	<ul style="list-style-type: none"> • Relative to the size of the athletes performing the toss
Cradle	<ul style="list-style-type: none"> • Arms up to catch high • Legs used to absorb catch • Group positioned no more than shoulder width apart • Controlled
Obvious Mistakes	<ul style="list-style-type: none"> • .3 - Building Falls, and/or Major Building Falls

Teams with only 1 toss will always receive .3 off for each driver, regardless of the severity of the issue.

JUMP DRIVERS

Each driver may include, but is not limited to, the below examples:

Approach	<ul style="list-style-type: none"> • Consistent entry • Swing/prep
Arm Placement	<ul style="list-style-type: none"> • Arm position within jump(s)
Leg Placement	<ul style="list-style-type: none"> • Straight legs • Pointed toes • Hip placement/rotation • Hyperextension • Height
Landings	<ul style="list-style-type: none"> • Legs/feet together • Chest placement
Synchronization	<ul style="list-style-type: none"> • Timing



2019 - 2020 ALL STAR SCORING SYSTEM - STUNTS

LEVEL 1

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> INVERSION TO GROUND LEVEL 	<ul style="list-style-type: none"> SWITCH UP TO LIB BELOW PREP LEVEL SWITCH UP TO BODY POSITION BELOW PREP LEVEL TIC TOC BELOW PREP LEVEL (LIB TO LIB) TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION) 	<ul style="list-style-type: none"> $\frac{1}{2}$ TWISTING TRANSITION TO BELOW PREP LEVEL $\frac{1}{2}$ DOWN TO GROUND LEVEL $\frac{1}{2}$ TWISTING TRANSITION FROM PREP LEVEL 	<ul style="list-style-type: none"> STEP DOWN STRAIGHT CRADLE 	<ul style="list-style-type: none"> BACK STAND PREP LEVEL SHOW & GO STRADDLE SIT FLAT BACK EXTENDED STRADDLE SIT BELOW PREP LEVEL 1 LEG STUNT EXTENDED FLAT BACK PREP LEVEL 1 LEG STUNT WITH BRACER PREP LEVEL TO PRONE 1 LEG STUNT BELOW PREP LEVEL SHOULDER SIT CHAIR SHOULDER STAND COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER
ELITE LEVEL APPROPRIATE		<ul style="list-style-type: none"> TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION) 	<ul style="list-style-type: none"> $\frac{1}{2}$ TWISTING TRANSITION TO PREP 		<ul style="list-style-type: none"> $\frac{1}{2}$ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH BRACER

LEVEL 2

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL INVERSION FROM GROUND LEVEL TO PREP LEVEL 	<ul style="list-style-type: none"> SWITCH UP TO LIB PREP LEVEL TIC TOC PREP LEVEL (LIB TO LIB) TIC TOC PREP LEVEL (LIB TO BODY POSITION) 	<ul style="list-style-type: none"> $\frac{1}{2}$ TWISTING TRANSITION TO BELOW PREP LEVEL $\frac{1}{2}$ TWISTING TRANSITION TO PREP LEVEL $\frac{1}{2}$ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT $\frac{1}{2}$ TWISTING TRANSITION TO PREP LEVEL BODY POSITION $\frac{1}{2}$ TWISTING TRANSITION TO EXTENDED STUNT 	<ul style="list-style-type: none"> STRAIGHT CRADLE FROM EXTENSION STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION $\frac{1}{2}$ TWISTING DISMOUNT FROM PREP OR EXTENSION 	<ul style="list-style-type: none"> PRONE PREP LEVEL 1 LEG STUNT EXTENSION BARREL ROLL LEAP FROG VARIATIONS $\frac{1}{2}$ TWIST TO PRONE WALK IN PREP LEVEL PRESS EXTENSION COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> INVERSION FROM GROUND LEVEL TO EXTENDED STUNT 	<ul style="list-style-type: none"> TIC TOC PREP LEVEL (BODY POSITION TO BODY POSITION) 	<ul style="list-style-type: none"> $\frac{1}{2}$ TWISTING TRANSITION TO EXTENDED STUNT 		<ul style="list-style-type: none"> $\frac{1}{2}$ TWISTING INVERSION TO EXTENDED STUNT $\frac{1}{2}$ TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT $\frac{1}{2}$ TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT

LEVEL 3

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> INVERTED BELOW PREP LEVEL INVERTED AT PREP LEVEL DOWNWARD INVERSION FROM BELOW PREP LEVEL 	<ul style="list-style-type: none"> RELEASE TO PREP LEVEL OR BELOW SWITCH UP TO PREP LEVEL LIB BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL LIB TIC TOC BELOW PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB) TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB) 	<ul style="list-style-type: none"> FULL UP BELOW PREP LEVEL FULL UP PREP LEVEL STUNT $\frac{1}{2}$ TWISTING TRANSITION TO EXTENDED 1 LEG STUNT FULL UP TO PREP LEVEL 1 LEG STUNT PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT 	<ul style="list-style-type: none"> STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT FULL DOWN FROM PREP $\frac{1}{2}$ TWISTING DISMOUNT FROM EXTENDED 1 LEG FULL DOWN FROM EXTENSION SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING) 	<ul style="list-style-type: none"> FULL TWIST TO PRONE FROM PREP LEVEL EXTENDED 1 LEG STUNT SUSPENDED FRONT FLIP SPECIALTY SUSPENDED FRONT FLIP (NON-TWISTING) SUSPENDED TWISTING FRONT FLIP TOSS HANDS SINGLE BASED 1 LEG EXTENDED STUNTS TOSS HANDS PAUSE PRESS EXTENSION WALK IN EXTENSION COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> INVERSION TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> TIC TOC PREP LEVEL LIB TO EXTENDED BODY POSITION SWITCH UP TO PREP LEVEL BODY POSITION BALL UP OR STRADDLE UP TO PREP LEVEL BODY POSITION RELEASE TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> FULL UP TO PREP LEVEL BODY POSITION $\frac{1}{2}$ TWISTING TRANSITION TO EXTENDED 1 LEG STUNT PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION 		<ul style="list-style-type: none"> $\frac{1}{2}$ TWISTING INVERSION TO EXTENDED 1 LEG STUNT FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION)

LEVEL 4

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> RELEASED INVERSION TO PREP LEVEL OR BELOW RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL DOWNWARD INVERSION FROM PREP LEVEL EXTENDED INVERTED STUNT 	<ul style="list-style-type: none"> SWITCH UP TO EXTENDED 1 LEG STUNT RELEASE TO EXTENDED STUNT TIC TOC LIB TO LIB (HIGH TO LOW) HELICOPTER RELEASE MOVES RELEASE TO EXTENDED LIB SWITCH UP TO EXTENDED BODY POSITION FULL TWISTING RELEASE TO PREP LEVEL OR BELOW RELEASE FROM PREP LEVEL TO PREP LEVEL 	<ul style="list-style-type: none"> 1 $\frac{1}{2}$ TWISTING TRANSITION TO BELOW PREP LEVEL $\frac{3}{4}$ TWISTING TRANSITION TO EXTENDED STUNT FULL UP TO EXTENDED 2 LEG STUNT 1 $\frac{1}{2}$ TWISTING TRANSITION TO PREP LEVEL 1 $\frac{1}{2}$ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT 	<ul style="list-style-type: none"> FULL DOWN FROM EXTENDED 1 LEG STUNT DOUBLE DOWN FROM PREP LEVEL DOUBLE DOWN FROM EXTENDED STUNT KICK FULL TWISTING DISMOUNT 	<ul style="list-style-type: none"> TOSS EXTENSION TOSS 1 LEG EXTENDED STUNT COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> RELEASED INVERSION FROM BELOW PREP LEVEL TO EXTENDED STUNT 	<ul style="list-style-type: none"> TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW BODY POSITION (HIGH TO LOW) BALL UP OR STRADDLE UP TO EXTENDED BODY POSITION RELEASE TO EXTENDED BODY POSITION (NOT INCLUDING SWITCH UP) 	<ul style="list-style-type: none"> FULL UP TO EXTENDED LIB (NOT BODY POSITION) 1 $\frac{1}{2}$ TWISTING TRANSITION TO PREP LEVEL BODY POSITION EXTENDED FULL TWISTING TRANSITION TO EXTENDED STUNT 		<ul style="list-style-type: none"> FULL TWISTING INVERSION TO EXTENDED STUNT FULL TWISTING TIC TOC RELEASE TO PREP LEVEL 1 LEG STUNT FULL TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL BODY POSITION 1 $\frac{1}{2}$ TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL 1 LEG STUNT

This document includes examples of level appropriate skills. Coaches are still responsible for ensuring that any skills performed in their routine are compliant with the USASF Safety Rules. Please check back as this document may be updated throughout the season.



2019 - 2020 ALL STAR SCORING SYSTEM - STUNTS

LEVEL 5

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> DOWNWARD INVERSION FROM EXTENDED STUNT DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT RELEASED INVERSION FROM PREP LEVEL TO EXTENSION 	<ul style="list-style-type: none"> ¼ TURN SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO LIB (HIGH TO HIGH) TIC TOC LIB TO LIB (LOW TO HIGH) ½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO BODY POSITION (LOW TO HIGH) TWISTING HELICOPTER RELEASE MOVES 	<ul style="list-style-type: none"> 1 ¼ UP TO EXTENDED STUNT DOUBLE UP TO PREP LEVEL STUNT 	<ul style="list-style-type: none"> DOUBLE DOWN FROM 1 LEG STUNT 	<ul style="list-style-type: none"> 1 ½ - 2 TWIST TO PRONE TOSS ¼ - ¾ TWIST TO EXTENDED STUNT TOSS EXTENDED 1 ARM STUNT TOSS FULL TWIST TO EXTENDED STUNT COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> TIC TOC EXTENDED 1 LEG STUNT TO BODY POSITION (HIGH TO HIGH) SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT ½ TWISTING BALL UP TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> FULL UP TO EXTENDED BODY POSITION 1 ½ UP TO EXTENDED STUNT 		<ul style="list-style-type: none"> ¼ - ¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH) FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH) UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT

LEVEL 6

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> DOWNWARD INVERSION FROM EXTENDED STUNT DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB 	<ul style="list-style-type: none"> ¼ TURN SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO LIB (HIGH TO HIGH) TIC TOC LIB TO LIB (LOW TO HIGH) ½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) TIC TOC LIB TO BODY POSITION (LOW TO HIGH) TWISTING HELICOPTER RELEASE MOVES SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT ½ TWISTING BALL UP TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> FULL UP TO EXTENDED 1 LEG STUNT 1 ¼ - 1 ¾ UP TO EXTENDED STUNT 1 ¼ - 1 ¾ UP TO EXTENDED 1 LEG STUNT DOUBLE UP TO EXTENDED STUNT 	<ul style="list-style-type: none"> DOUBLE DOWN FROM 1 LEG STUNT KICK DOUBLE TWISTING DISMOUNT 	<ul style="list-style-type: none"> 1 ½ - 2 TWIST TO PRONE COED STYLE TOSS ¼ - ¾ TWIST TO EXTENDED STUNT ¼ - ¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH) COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> SWITCH UP FULL TWIST TO EXTENDED BODY POSITION TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) FULL TWISTING BALL UP TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> 1 ½ UP TO EXTENDED BODY POSITION 1 ¾ UP TO EXTENDED BODY POSITION DOUBLE UP TO EXTENDED 1 LEG STUNT 		<ul style="list-style-type: none"> UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT COED STYLE TOSS FRONT HANDSPRING RELEASE ½ TWIST TO EXTENDED STUNT UNASSISTED COED STYLE TOSS FULL TWIST TO EXTENDED STUNT FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (HIGH TO HIGH) TOSS FRONT HANDSPRING ½ UP RELEASE TO EXTENDED STUNT ½ TWISTING RELEASED INVERSION TO EXTENDED STUNT FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH)

LEVEL 7

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> FREE FLIPPING FROM GROUND LEVEL TO CRADLE (L7) FLIPPING FROM GROUND LEVEL TO PREP LEVEL (L7) FLIPPING FROM GROUND LEVEL TO EXTENSION (L7) DOWNWARD INVERSION FROM EXTENDED STUNT DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB 	<ul style="list-style-type: none"> ¼ TURN SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO LIB (HIGH TO HIGH) TIC TOC LIB TO LIB (LOW TO HIGH) ½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) TIC TOC LIB TO BODY POSITION (LOW TO HIGH) TWISTING HELICOPTER RELEASE MOVES SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT ½ TWISTING BALL UP TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> FREE FLIPPING WITH TWISTING FROM GROUND LEVEL TO CRADLE (L7) FLIPPING WITH TWISTING FROM GROUND LEVEL TO PREP LEVEL (L7) FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENSION (L7) FULL UP TO EXTENDED 1 LEG STUNT 1 ¼ - 1 ¾ UP TO EXTENDED STUNT 1 ¼ - 1 ¾ UP TO EXTENDED 1 LEG STUNT DOUBLE UP TO EXTENDED STUNT 	<ul style="list-style-type: none"> FRONT FREE FLIPPING TO GROUND LEVEL (L7) FREE FLIPPING FROM PREP LEVEL OR BELOW TO CRADLE (L7) FREE FLIPPING WITH TWISTING FROM PREP LEVEL OR BELOW TO CRADLE (L7) DOUBLE DOWN FROM 1 LEG STUNT KICK DOUBLE TWISTING DISMOUNT 	<ul style="list-style-type: none"> 1 ½ - 2 TWIST TO PRONE COED STYLE TOSS ¼ - ¾ TWIST TO EXTENDED STUNT ¼ - ¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> FLIPPING FROM GROUND LEVEL TO EXTENDED SINGLE LEG AND/OR SINGLE ARM STUNT (L7) RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> SWITCH UP FULL TWIST TO EXTENDED BODY POSITION TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) FULL TWISTING BALL UP TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENDED SINGLE LEG (L7) 1 ½ UP TO EXTENDED BODY POSITION 1 ¾ UP TO EXTENDED BODY POSITION DOUBLE UP TO EXTENDED 1 LEG STUNT 		<ul style="list-style-type: none"> BACKHANDSPRING FULL UP TO EXTENDED STUNT (L7) UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT FRONT HANDSPRING 1 ½ UP TO EXTENDED STUNT COED STYLE TOSS FRONT HANDSPRING RELEASE ½ TWIST TO EXTENDED STUNT COED STYLE TOSS FULL TWIST TO EXTENDED STUNT FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH) FRONT HANDSPRING ¾ UP TO EXTENDED STUNT



2019 - 2020 ALL STAR SCORING SYSTEM - TOSSES

LEVEL 2

NON - TWISTING	TWISTING
STRAIGHT RIDE TOSS	

LEVEL 3

NON - TWISTING	TWISTING
BALL ARCH • PRETTY GIRL ARCH • PIKE ARCH KICK ARCH • BALL-X • TOE TOUCH	FULL TWIST

LEVEL 4

NON - TWISTING	TWISTING
BALL KICK • PIKE-X • HITCH KICK • SWITCH KICK • DOUBLE TOE TOUCH	BALL FULL • PIKE FULL • KICK FULL TOE TOUCH FULL • FULL UP TOE TOUCH • DOUBLE FULL

LEVEL 5

NON - TWISTING	TWISTING
PIKE HITCH KICK • PIKE KICK PRETTY GIRL PIKE SWITCH KICK • HITCH KICK KICK	HITCH KICK FULL • SWITCH KICK FULL • KICK KICK FULL • PIKE KICK FULL KICK FULL KICK

LEVEL 6

NON - TWISTING	TWISTING
PIKE HITCH KICK • PIKE KICK PRETTY GIRL PIKE SWITCH KICK • HITCH KICK KICK	BALL DOUBLE FULL • PIKE DOUBLE FULL • KICK DOUBLE FULL TOE TOUCH DOUBLE FULL • DOUBLE UP TOE TOUCH • HITCH KICK DOUBLE FULL SWITCH KICK DOUBLE FULL • KICK FULL KICK FULL

LEVEL 7

NON - TWISTING	TWISTING
TUCK • X-OUT • PIKE • LAYOUT	LAYOUT FULL • LAYOUT DOUBLE FULL • X-OUT FULL SPLIT FULL • ARABIAN 1 1/2 • PIKE OPEN DOUBLE FULL



2019 - 2020 ALL STAR SCORING SYSTEM - TUMBLING

LEVEL 1

STANDING TUMBLING SKILLS

FORWARD ROLL • STRADDLE ROLL • HANDSTAND • HANDSTAND FORWARD ROLL • FRONT LIMBER
FRONT WALK OVER • CARTWHEEL • BACKWARD ROLL
BACK EXTENSION ROLL • PUSH UP TO BACKBEND • STANDING BACKBEND
BACKBEND KICK OVER • BACK WALKOVER

RUNNING TUMBLING SKILLS

CARTWHEEL • FRONT WALKOVER • ROUND OFF • CARTWHEEL BACK WALKOVER
FRONT WALKOVER TO CARTWHEEL/ROUND OFF
CARTWHEEL 1/2 TURN FRONT WALKOVER • CONNECTED SKILLS -CARTWHEEL/BACK WALKOVER

LEVEL 2

STANDING TUMBLING SKILLS

STANDING BACK HANDSPRING • BACK HANDSPRING STEP OUT
BACK EXTENSION ROLL BACK HANDSPRING • BACK WALKOVER BACK HANDSPRING

RUNNING TUMBLING SKILLS

CARTWHEEL BHS • ROUND OFF BHS • ROUND OFF BHS STEP OUT
ROUND OFF BHS SERIES • FRONT WALKOVER TO ROUND OFF BHS SERIES

LEVEL 3

STANDING TUMBLING SKILLS

BHS SERIES • JUMP TO BHS • JUMP TO BHS SERIES
BHS SERIES JUMP BHS SERIES • BHS STEP OUT BHS COMBO

RUNNING TUMBLING SKILLS

AERIALS • PUNCH FRONT • ROUND OFF TUCK • ROUND OFF BHS BACK TUCK
ROUND OFF BHS SERIES TO BACK TUCK • FRONT WALKOVER TO ROUND OFF BHS BACK TUCK
FRONT WALKOVER TO ROUND OFF BHS SERIES BACK TUCK

LEVEL 4

STANDING TUMBLING SKILLS

STANDING BACK TUCK • BHS BACK TUCK • BHS SERIES TO BACK TUCK
JUMP BHS BACK TUCK • JUMP BHS SERIES TO BACK TUCK

RUNNING TUMBLING SKILLS

CARTWHEEL BACK TUCK • ROUND OFF LAYOUT
ROUND OFF BHS LAYOUT/LAYOUT STEPOUT / X-OUT • ROUND OFF BHS SERIES TO LAYOUT
FRONT WALKOVER THROUGH TO LAYOUT • PUNCH FRONT STEPOUT TO LAYOUT
ROUND OFF BHS SERIES TO LAYOUT • ROUND OFF BHS WHIP BHS TO LAYOUT
PUNCH FRONT STEPOUT TO ROUND OFF BHS WHIP BHS TO BACK TUCK
FRONT HANDSPRING PUNCH FRONT
FRONT HANDSPRING PUNCH FRONT THROUGH TO ROUND OFF BHS BACK TUCK/LAYOUT

LEVEL 5

STANDING TUMBLING SKILLS

JUMP BACK TUCK • BHS SERIES TO WHIPS AND LAYOUTS • JUMP BHS SERIES TO WHIPS AND LAYOUTS
BHS WHIP BHS SERIES TO LAYOUT/LAYOUT STEPOUT/X-OUT

RUNNING TUMBLING SKILLS

ROUND OFF FULL • ROUND OFF BHS FULL • FRONT WALKOVER THROUGH TO FULL
PUNCH FRONT STEPOUT TO FULL • ROUND OFF WHIP BHS TO FULL

LEVEL 6 & 7

STANDING TUMBLING SKILLS

JUMP BACK TUCK

ELITE LEVEL APPROPRIATE

STANDING FULL • JUMP FULL • BHS FULL • JUMP BHS FULL • BHS SERIES TO FULL
JUMP BHS SERIES TO FULL • BHS WHIP TO BHS SERIES TO FULL • BHS SERIES TO DOUBLE FULL
JUMP BHS SERIES TO DOUBLE FULL • BHS WHIP TO BHS SERIES TO DOUBLE FULL

RUNNING TUMBLING SKILLS

CARTWHEEL FULL • ROUND OFF FULL • ROUND OFF BHS FULL • FRONT WALKOVER THROUGH TO FULL
SIDE AERIAL/FRONT AERIAL/ONODI THROUGH TO FULL • FRONT FULL

ELITE LEVEL APPROPRIATE

FRONT HANDSPRING FRONT FULL • PUNCH FRONT STEPOUT TO FULL • ROUND OFF BHS WHIP TO FULL
ROUND OFF ARABIAN ROUND OFF BHS FULL • ROUND OFF BHS FULL BHS SERIES TO FULL ROUND OFF DOUBLE FULL
ROUND OFF BHS DOUBLE FULL • FRONT WALKOVER THROUGH TO DOUBLE FULL
PUNCH FRONT STEPOUT TO DOUBLE FULL • ROUND OFF BHS WHIP TO DOUBLE FULL
ROUND OFF ARABIAN ROUND OFF BHS DOUBLE FULL • ROUND OFF BHS FULL BHS SERIES TO DOUBLE FULL
ROUND OFF BHS DOUBLE FULL BHS SERIES TO DOUBLE FULL