



ALL STAR Scoring System

BUILDING

STUNTS			PYRAMIDS			Building Quantity Chart		
3.0-3.5	Below	Skills performed do not meet low-range requirements	3.0-3.5	Below	Skills performed do not meet the low range requirements	# of Athletes	Maj	Most
3.5-4.0	Low	4 different level appropriate skills performed by most of team	3.5-4.0	Low	2 different level appropriate skills, 2 structures performed by by Most of team	5-11	1	1
4.0-4.5	Med	4 different level appropriate skills performed by most of team, 1 of which is elite level appropriate	4.0-4.5	Med	3 different level appropriate skills, 2 structures performed by Most of team	12-15	1	2
4.5-5.0	High	4 different level appropriate skills performed by most of team, 2 of which is elite level appropriate	4.5-5.0	High	4 different level appropriate skills, 2 structures performed by Most of team	16-19	2	3
						20-23	3	4
						24-27	4	5
						28-30	4	6
						31-38	5	7

STUNT QUANTITY <small>(BASED ON A TRADITIONAL GROUP OF 4, RIPPLE OR SYNCHRONIZED IN THE SAME SECTION)</small>	
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 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

Coed Quantity Chart	
# of Males	# of Stunts
1-3	1
4 OR MORE	2

- | 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 |

TOSSES 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

Coed Quantity - Level 3 & 4 Senior Teams <small>(BASED ON A GROUP OF 3, RIPPLE OR SYNCHRONIZED IN THE SAME SECTION)</small>		
	Coed style <u>ASSISTED</u>	Coed Style <u>UNASSISTED</u>
3.5	Skills performed do not meet 4.0 requirement	
4.0	Walk-in Hands - Toss Hands	Skills performed do not meet 4.4 requirement
4.2	Walk-in Hand press Extension Toss hands press extension	N/A
4.4	Walk-in 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 Hand press Extension Toss hands press extension
4.8	N/A	Walk-in 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
Includes the following divisions:
<ul style="list-style-type: none"> Senior Coed 3 International Senior Coed 3 Senior Coed 4 International Senior Coed 4 International Open Coed 4
<ul style="list-style-type: none"> Only the skills listed on the coed requirement grid will count for Coed Quantity.

- | 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. |



ALL STAR Scoring System

JUMPS/TUMBLING

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

BASIC JUMPS: Spread Eagle, Tuck Jump // ADVANCED JUMPS: Pike, Right/Left Hurdlers (front or side), Toe Touch

STANDING TUMBLING (level 1-5 Youth Junior & Restricted)		
3.0-3.5	Below	Skills performed do not meet the low range requirement
3.5-4.0	Low	Most of the team performs a level appropriate pass
4.0-4.5	Med	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 an Elite level appropriate pass which must be synchronized from initiation of the pass, plus Majority of the team performs and additional level appropriate pass

RUNNING TUMBLING (level 1-5 Youth Junior & Restricted)		
3.0-3.5	Below	Skills performed do not meet the low range requirement
3.5-4.0	Low	Less than a majority of the team performs a level appropriate pass
4.0-4.5	Med	Majority of the team performs a level appropriate pass
4.5-5.0	High	Most of the team performs a level appropriate pass

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
<ul style="list-style-type: none"> • DEGREE OF DIFFICULTY • PERCENT OF TEAM PARTICIPATION • COMBINATION OF SKILLS • SYNCHRONIZATION OF PASSES • VARIETY OF PASSES

Standing/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 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-Tuck).
- 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



ALL STAR Scoring System

OVERALL

STUNT CREATIVITY

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

2.0-2.5	Pyramid skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills.
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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 floor work. This includes technique, perfection, synchronization, pace and intricacy of dance moves performed.
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PERFORMANCE

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

TECHNIQUE/EXECUTION

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.
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Stunt/Pyramid Drivers	
Each driver may include but is not limited to, the below examples	
Top Person	Body Control Uniform Flexibility Motion Placement Legs Straight/locked and toes pointed
Bases/Spotters	Stability of the stunt Solid stance positioned shoulder width apart Feet stationary
Transitions	Entries Dismounts Speed/control/flow from skill to skill
Synchronization*	Timing
Obvious Mistakes	.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	Arm placement into a pass/skill Swing/prep Chest placement Flow from skill to skill in pass
Speed	Consistent or increases through pass/skills Connection of pass/skills
Body Control	Head placement Arm/shoulder placement in pass/skills Hips Leg placement in skills Pointed toes
Landings	Controlled Legs/feet together Chest placement Finished pass/skill Incomplete twisting skills
Synchronization*	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	Body Control Consistent execution of skill/trick Legs straight/toes pointed Arm placement
Bases/Spotters	Using arms/legs to throw together Solid stance Positioned Shoulder width apart Timing
Height	Relative to the size of the athletes performing the toss
Cradle	Arms up to catch high Legs used to absorb catch Group positioned no more than shoulder width apart Controlled
Obvious Mistakes	.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	Consistent entry Swing/prep
Arm Placement	Arm position(s) within jumps
Leg Placement	Straight Legs Pointed toes Hip placement/rotation Hyperextension Height
Landings	Legs/Feet together Chest placement
Synchronization	Timing



ALL STAR Scoring System

GENERAL INFO

Body Positions

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

Coed Quantity

- Level 3 - 5 Senior Coed and Level 5 - 6 International Open Coed must satisfy this requirement.
- Only the skills listed on the coed requirement grid will count for Coed Quantity.
- Performing the same skill includes performing the same entry into the skill. Stunts may be rippled or synchronized.

Coed Style

- Consists of a Base, Top Person and Spotter.
- Entry must be a Toss or Walk-In.
- 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.

STANDING TUMBLING/RUNNING TUMBLING/JUMPS

- Tumbling passes and jump skills 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, jumps that land on knee(s) or seat, etc. would not count).
- L1 – L5 Youth, Junior & Restricted 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.
- 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.

SAME SECTION

- Single portion of the routine where skills from a skill set (i.e. Standing Tumbling, Tosses, etc.) are performed. For Tosses and Stunt/Coed Quantity, athletes cannot be recycled in the same section.

DRIVERS - DIFFICULTY & TECHNIQUE

- Factors that judges will consider when determining an actual score within range.

LEVEL 1/LEVEL 2 MINI

- Tosses have been removed from the score sheet.
- Total possible score is out of 90 points.
- All scores will be converted to Percent of Perfection score out of 100%, then any deductions will be taken from that score.

ALL STAR PREP

- Stunts, Pyramids, Standing Tumbling and Running Tumbling Difficulty scores will cap out at the LOW range (4.0).
- Jump Difficulty will cap at 4.5.
- Tosses and Stunt Quantity have been removed from the score sheet.
- Total possible score is out of 80.5 points.
- All scores will be converted to Percent of Perfection score out of 100%, then any deductions will be taken from that score.

TINY NOVICE

- Standing Tumbling and Running Tumbling Difficulty scores will cap out at the LOW range (4.0).
- Jump Difficulty will cap at 4.5.
- Stunts, Pyramids, Tosses and Stunt Quantity have been removed from the score sheet.
- Total possible score is out of 57.5 points.
- All scores will be converted to Percent of Perfection score out of 100%, then any deductions will be taken from that score.

DIFFICULTY DRIVERS

- Difficulty of the skill
- Percent of team participation
- Combination of skills (level and non-level appropriate)
- Pace of skills performed

STUNTS/PYRAMIDS TECHNIQUE DRIVERS

- Top Person
- Bases/Spotters
- Transitions/Dismounts
- Perfection
- Synchronization

TOSSES TECHNIQUE DRIVERS

- Top Person
- Bases/Spotters
- Height
- Dismount/Cradle
- Synchronization/Timing

TUMBLING TECHNIQUE DRIVERS

- Approach
- Speed
- Body Control
- Landings
- Synchronization

JUMPS TECHNIQUE DRIVERS

- Arm Placement
- Leg Placement
- Hyperextension/Height
- Landings
- Synchronization

LEVEL APPROPRIATE EXAMPLES STUNTS 19-20

		INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
1 LEVEL APPROPRIATE		-INVERSION TO GROUND LEVEL	- 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)	- 1/4 TWISTING TRANSITION TO BELOW PREP LEVEL - 1/4 DOWN TO GROUND LEVEL - 1/4 TWISTING TRANSITION FROM PREP LEVEL	- STEP DOWN - STRAIGHT CRADLE	- 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		- TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION)	- 1/4 TWISTING TRANSITION TO PREP		- 1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH BRACER
2 LEVEL APPROPRIATE		- INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL - INVERSION FROM GROUND LEVEL TO PREP LEVEL	- SWITCH UP TO LIB PREP LEVEL - TIC TOC PREP LEVEL (LIB TO LIB) - TIC TOC PREP LEVEL (LIB TO BODY POSITION)	- 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL - 1/2 TWISTING TRANSITION TO PREP LEVEL - 1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT - 1/2 TWISTING TRANSITION TO PREP LEVEL BODY POSITION - 1/4 TWISTING TRANSITION TO EXTENDED STUNT	- STRAIGHT CRADLE FROM EXTENSION - STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION - 1/4 TWISTING DISMOUNT FROM PREP OR EXTENSION	- PRONE - PREP LEVEL 1 LEG STUNT - EXTENSION - BARREL ROLL - LEAP FROG VARIATIONS - 1/2 TWIST TO PRONE - WALK IN PREP LEVEL PRESS EXTENSION - COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
	ELITE LEVEL APPROPRIATE	- INVERSION FROM GROUND LEVEL TO EXTENDED STUNT	- TIC TOC PREP LEVEL (BODY POSITION TO BODY POSITION)	- 1/2 TWISTING TRANSITION TO EXTENDED STUNT		- 1/2 TWISTING INVERSION TO EXTENDED STUNT - 1/2 TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT - 1/2 TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT
3 LEVEL APPROPRIATE		- INVERTED BELOW PREP LEVEL - INVERTED AT PREP LEVEL - DOWNWARD INVERSION FROM BELOW PREP LEVEL	- 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)	- FULL UP BELOW PREP LEVEL - FULL UP PREP LEVEL STUNT - 1/4 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	- STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT - FULL DOWN FROM PREP - 1/4 TWISTING DISMOUNT FROM EXTENDED 1 LEG - FULL DOWN FROM EXTENSION - SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING)	- 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	- INVERSION TO EXTENDED 1 LEG STUNT	- 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	- FULL UP TO PREP LEVEL BODY POSITION - 1/2 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT - PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION		- 1/2 TWISTING INVERSION TO EXTENDED 1 LEG STUNT - FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION)
4 LEVEL APPROPRIATE		- RELEASED INVERSION TO PREP LEVEL OR BELOW - RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL - DOWNWARD INVERSION FROM PREP LEVEL - EXTENDED INVERTED STUNT	- 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	- 1 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL - 3/4 TWISTING TRANSITION TO EXTENDED STUNT - FULL UP TO EXTENDED 2 LEG STUNT - 1 1/2 TWISTING TRANSITION TO PREP LEVEL - 1 1/2 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT	- FULL DOWN FROM EXTENDED 1 LEG STUNT - DOUBLE DOWN FROM PREP LEVEL - DOUBLE DOWN FROM EXTENDED STUNT - KICK FULL TWISTING DISMOUNT	- TOSS EXTENSION - TOSS 1 LEG EXTENDED STUNT - COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
	ELITE LEVEL APPROPRIATE	- RELEASED INVERSION FROM BELOW PREP LEVEL TO EXTENDED STUNT	- TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW BODY POSITION (HIGH TO LOW) - BALL UP, STRADDLE UP TO EXTENDED BODY POSITION - RELEASE TO EXTENDED BODY POSITION (NOT INCLUDING SWITCH UP)	- FULL UP TO EXTENDED LIB (NOT BODY POSITION) - 1 1/2 TWISTING TRANSITION TO PREP LEVEL BODY POSITION - EXTENDED FULL TWISTING TRANSITION TO EXTENDED STUNT		- 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 1/2 TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL 1 LEG STUNT

2

TOSSES

LEVEL APPROPRIATE

NON - TWISTING	TWISTING
STRAIGHT RIDE TOSS	

3

LEVEL APPROPRIATE

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

4

LEVEL APPROPRIATE

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

TUMBLING

1

LEVEL APPROPRIATE

STANDING TUMBLING SKILLS	RUNNING 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	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

2

LEVEL APPROPRIATE

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
STANDING BACK HANDSPRING • BACK HANDSPRING STEP OUT BACK EXTENSION ROLL BACK HANDSPRING • BACK WALKOVER BACK HANDSPRING	CARTWHEEL BHS • ROUND OFF BHS • ROUND OFF BHS STEP OUT ROUND OFF BHS SERIES • FRONT WALKOVER TO ROUND OFF BHS SERIES

3

LEVEL APPROPRIATE

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
BHS SERIES • JUMP TO BHS • JUMP TO BHS SERIES BHS SERIES JUMP BHS SERIES • BHS STEP OUT BHS COMBO	ARIELS • 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

4

LEVEL APPROPRIATE

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
STANDING BACK TUCK • BHS BACK TUCK • BHS SERIES TO BACK TUCK JUMP BHS BACK TUCK • JUMP BHS SERIES TO BACK TUCK	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