



2018 - 2019 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"> 1/4 TWISTING TRANSITION TO BELOW PREP LEVEL 1/4 DOWN TO GROUND LEVEL 1/4 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 |
| 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"> 1/4 TWISTING TRANSITION TO PREP | | <ul style="list-style-type: none"> TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER 1/4 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"> 1/4 TWISTING TRANSITION TO BELOW PREP LEVEL 1/4 TWISTING TRANSITION TO PREP LEVEL 1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT 1/4 TWISTING TRANSITION TO PREP LEVEL BODY POSITION 1/4 TWISTING TRANSITION TO EXTENDED STUNT | <ul style="list-style-type: none"> STRAIGHT CRADLE FROM EXTENSION STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION 1/4 TWISTING DISMOUNT FROM PREP OR EXTENSION | <ul style="list-style-type: none"> 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 | <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"> 1/4 TWISTING TRANSITION TO EXTENDED STUNT | | <ul style="list-style-type: none"> 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 |

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 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 | <ul style="list-style-type: none"> STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT FULL DOWN FROM PREP 1/4 TWISTING DISMOUNT FROM EXTENDED 1 LEG STUNT 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, STRADDLE UP AND/OR RELEASE TO PREP LEVEL BODY POSITION | <ul style="list-style-type: none"> FULL UP TO PREP LEVEL BODY POSITION 1/4 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION | | <ul style="list-style-type: none"> 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 1/4 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 1/4 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, STRADDLE UP AND/OR RELEASE TO EXTENDED BODY POSITION (NOT INCLUDING SWITCH UP) | <ul style="list-style-type: none"> FULL UP TO EXTENDED LIB (NOT BODY POSITION) 1 1/4 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 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.



2018 - 2019 ALL STAR SCORING SYSTEM - STUNTS

LEVEL 5 YOUTH, JUNIOR RESTRICTED & SENIOR RESTRICTED

| | 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) LIB TO LIB TIC TOCS (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"> FULL UP TO EXTENDED 1 LEG STUNT 1 ¼ UP TO EXTENDED STUNT DOUBLE UP TO PREP LEVEL 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 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 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"> ¾ - ¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH) |

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 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 ¾ - 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 ¾ TWIST TO EXTENDED STUNT 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 FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH) |

LEVEL 6

| | INVERSION STYLE | RELEASE STYLE | TWISTING | DISMOUNT STYLE | OTHER STUNTS |
|--------------------------------|---|---|---|---|---|
| LEVEL APPROPRIATE | <ul style="list-style-type: none"> FREE FLIPPING FROM GROUND LEVEL TO CRADLE (L6) FLIPPING FROM GROUND LEVEL TO PREP LEVEL (L6) FLIPPING FROM GROUND LEVEL TO EXTENSION (L6) 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 (L6) FLIPPING WITH TWISTING FROM GROUND LEVEL TO PREP LEVEL (L6) FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENSION (L6) 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 (L6) FREE FLIPPING FROM PREP LEVEL OR BELOW TO CRADLE (L6) FREE FLIPPING WITH TWISTING FROM PREP LEVEL OR BELOW TO CRADLE (L6) 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 ¾ - 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 (L6) 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 (L6) 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 (L6) UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT FRONT HANDSPRING 1 ½ UP TO EXTENDED STUNT COED STYLE TOSS FRONT HANDSPRING RELEASE ¾ 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 |



2018 - 2019 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 |
|--|---|
| 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 YOUTH

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

LEVEL 5 JUNIOR RESTRICTED & SENIOR RESTRICTED

| 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 • FULL KICK FULL • PIKE DOUBLE FULL • KICK DOUBLE FULL TOE TOUCH DOUBLE FULL • DOUBLE UP TOE TOUCH |

LEVEL 5

| 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 6

| 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 |



2018 - 2019 ALL STAR SCORING SYSTEM - TUMBLING

8.20.18

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 YOUTH, JUNIOR RESTRICTED & SENIOR RESTRICTED

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 5 & 6

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

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