

LEVEL 1 STUNTS & PYRAMIDS

Version 01.23.19

LEVEL 1 - STUNTS					
	Inversion Style	Release Style	Twisting	Dismount Style	Other Stunts
Level Appropriate	<ul style="list-style-type: none"> • Inversion at Ground Level 	<ul style="list-style-type: none"> • Fake Switch up to Lib Below Prep Level • Fake Switch up to Body Position Below Prep Level • Fake Tic Toc Below Prep Level (Lib to Lib; Lib to Body Position; Body Position to Lib) • Other Transition Maintaining Contact with at Least 1 Base 	<ul style="list-style-type: none"> • ¼ Twisting Transition to Below Prep Level • ¼ Down to Ground Level • ¼ Twisting Transition from Prep Level 	<ul style="list-style-type: none"> • Step Down • Pop Down • Straight Cradle 	<ul style="list-style-type: none"> • Back Stand • Prep Level Show & Go • Straddle Sit or Extended Straddle Sit • Flat Back or Extended Flat Back • 1 Leg Stunt Below Prep Level • 2 Leg Stunt at Prep Level or Below • Prep Level 1 Leg stunt with Bracer • Prep Level to Prone • Combo of 2 or More Skills Performed Simultaneously • Shoulder Sit / Shoulder Stand • Chair • Other Level Appropriate skills (i.e. 1/2 Wrap Around, etc)
Elite Level Appropriate		<ul style="list-style-type: none"> • Fake Tic Toc Below Prep Level (Body Position to Body Position) 	<ul style="list-style-type: none"> • ¼ Twisting Transition to Prep 		<ul style="list-style-type: none"> • Transition from Below Prep Level to Prep Level Body Position Stunt with Bracer • ¼ Twisting Transition to Prep Level 1 Leg Stunt with Bracer

LEVEL 1 - PYRAMIDS					
	Inversion Style	Release Style	Twisting	Dismount Style	Other Style
Level Appropriate	<ul style="list-style-type: none"> • Braced Stunt Skills 	<ul style="list-style-type: none"> • Braced Stunt Skills • Braced Fake Switch Up to Prep Level • Braced Fake Prep Level Tic Tocs 	<ul style="list-style-type: none"> • Braced Stunt Skills • Braced ¼ Twlst to/from Prep Level 1 Leg • Braced ¼ Twlst to/from Extended 2 Legs 	<ul style="list-style-type: none"> • Stunt Skills • Cradle from Prep Level 1 Leg 	<ul style="list-style-type: none"> • Braced Stunt Skills • Other Level Appropriate (i.e. Paperdolls Below Prep) • Braced Prep Level 1 Leg • Braced Extended 2 Leg • All Transitions Changing Level or Position • Braced Combination of Two or more Level Appropriate skills performed simultaneously

PLUS TWO STRUCTURES performed by MOST of the team for Top 3 Ranges

STUNT 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, ripple or synchronized in the same section)	
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

LEVEL 2 STUNTS & PYRAMIDS

Version 01.23.19

LEVEL 2 - STUNTS					
	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"> Fake Switch up to 1 Leg (Lib) Prep Level Fake Tic Tock at Prep Level (Lib to Lib / Lib to Body Position) Leap Frog Variations Other Transition Maintaining Contact with 1 Base 	<ul style="list-style-type: none"> ½ Twisting Transition to Below Prep Level ½ Twisting Transition to Prep Level ½ Twist to Prone Log Roll/Barrel Roll ¼ Twisting Transition to Prep 1 Leg ½ Twisting Transition to Prep Level 1 Leg / Body Position ¼ Twisting Transition to Extended Stunt 	<ul style="list-style-type: none"> Straight Cradle from Extension Straight Cradle from Prep Level Body Position (1 Leg) ¼ Twisting Dismount from Prep or Extension Pop Down from 1 Leg Stunt at Prep Level or from Extended Stunt 	<ul style="list-style-type: none"> Prone (ex: Pendulum to Prone) Prep Level 1 Leg Stunt Extension Combination of Two or More Level Appropriate Skills performed simultaneously Walk in Prep Level Press Extension Other Level Appropriate Skills
Elite Level Appropriate	<ul style="list-style-type: none"> Inversion from Ground Level to Extended Stunt 	<ul style="list-style-type: none"> Fake Tic Toc Prep Level (Body Position to Body Position) 	<ul style="list-style-type: none"> ½ Twisting Transition to Extended Stunt 		<ul style="list-style-type: none"> ½ Twisting Inversion to Extended Stunt ½ Twisting Fake Tic Toc to Prep Level 1 Leg Stunt ½ Twisting Inversion to Prep Level 1 Leg Stunt

LEVEL 2 - PYRAMIDS					
	Inversion Style	Release Style	Twisting	Dismount Style	Other Style
Level Appropriate	<ul style="list-style-type: none"> Braced Stunt Skills Braced Inversion from Ground Level to Extended Single Leg 	<ul style="list-style-type: none"> Braced Stunt Skills Braced Switch Up (Fake) to Extended Single Leg Braced Prep Level to Extended Single Leg Tic Toc (Fake) 	<ul style="list-style-type: none"> Braced Stunt Skills Braced ½ Twisting Transition to/from Extended Single Leg 	<ul style="list-style-type: none"> Stunt Skills Straight Cradle from Extended Single Leg Position ¼ Cradle from Extended Single Leg Position 	<ul style="list-style-type: none"> Braced Stunt Skills Braced Combination of Two or more Level Appropriate skills performed simultaneously Connected 1 Leg Skills at Prep Level Braced 1 Leg Extended Skill Other Level Appropriate Pyramid Skills

PLUS TWO STRUCTURES performed by MOST of the team for Top 3 Ranges

STUNT 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, ripple or synchronized in the same section)	
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

LEVEL 3 STUNTS & PYRAMIDS

Version 01.23.19

LEVEL 3 - STUNTS

	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 Suspended Front/Back Flip Specialty Suspended Front Flip (Non-Twisting) Suspended Front Flip (up to 1 twist) 	<ul style="list-style-type: none"> Release to Prep Level or Below Ball Up, Straddle Up, Switch Up or Release to Prep Level Lib Fake Lib to Extended Lib Tic Toc Below Prep Level to Below Prep Level Tic Toc (Lib to Lib) Below Prep Level to Prep Level Tic Toc (Lib to Lib) 	<ul style="list-style-type: none"> Log Rog Not Starting/Landing in Cradle ¼ - 1 Twist Transition to/from Prep or Below Full Up Below Prep Level Full Up Prep Level Stunt ¼ Up to/from Extended 1 Leg Full Up to Prep Level 1 Leg Prep Level Full Twist Transition to Prep Level 1 Leg Stunt 	<ul style="list-style-type: none"> Straight Cradle from Extended 1 Leg Stunt Full Down from Prep ¼ 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 Combo of 2 or more Level Appropriate Skills Performed Simultaneously Toss Hands Single Based 1 Leg Extended Stunts Toss Hands pause Press Extension Walk in Extension Assisted Flipping Mount or Transition Other Level Appropriate Skill (i.e. Extended Double Cupie, etc)
ELITE Level Appropriate	<ul style="list-style-type: none"> Inversion to Extended 1 Leg Stunt 	<ul style="list-style-type: none"> Fake Tic Toc Prep Level Lib to Extended Body Position Ball Up, Straddle Up, Switch Up AND/OR Release to Prep Level Body Position 	<ul style="list-style-type: none"> Full Up to Prep Level Body Position ½ Twist to Extended 1 Leg Prep Level Full Twisting Transition to Prep Level Body Position 		<ul style="list-style-type: none"> ½ Twisting Inversion to Extended 1 Leg Stunt Full Twisting Tic Toc at Prep Level (Lib to Body Position)

LEVEL 3 - PYRAMIDS

**** PLUS 2 STRUCTURES by MOST of team for Top 3 Ranges ****

	Inversion Style	Release Style	Twisting	Dismount Style	Other Style
Level Appropriate	<ul style="list-style-type: none"> Braced Stunt Skills Inversion with Brace and Ground Connection) 	<ul style="list-style-type: none"> Braced Stunt Skills (i.e. Braced Release to Prep or Below, etc) Braced Release to Extended 2 Leg, Arm braced on 2 sides Braced Release to Extended 1 Leg, Arm braced on 2 sides 	<ul style="list-style-type: none"> Braced Stunt Skills Braced Full Up to Extended 2 Leg 	<ul style="list-style-type: none"> Stunt Skills 	<ul style="list-style-type: none"> Braced Stunt Skills Connected 2 Leg Extensions Braced Combo of 2 or more At Level skills performed simultaneously Other Level Appropriate Skills (i.e. 1 Leg Extended Stunt (without Hand-Arm Brace)

STUNT 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, ripple or synchronized in the same section)

4.0	Less than Majority 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 Majority performs the same Elite building skill
4.8	Majority of the team performs the same Elite building skill
5.0	Most of the team performs the same Elite building skill

COED QUANTITY CHART

# OF MALES	# OF STUNTS
1 - 3	1
4 - 5	2
6 - 7	3
8 - 9	4
10 - 11	5
12 - 13	6
14 - 15	7
16 - 17	8
18 - 19	9

Coed stunts must be performed at the same time with same entry (toss or walk-in) and skill for quantity credit. Bases may be male or female. For unassisted credit, the entire skill must be performed unassisted, up through the actual dismount of the skill to a cradle or the performance surface.

COED QUANTITY (SENIOR COED LEVEL 3 & 4)

	Coed Style ASSISTED Load Must be Toss or Walk-In	Coed Style UNASSISTED Load Must be Toss or Walk-In
4.0	Hands	N/A
4.2	Hands Press Extension	N/A
4.4	Extended Double Leg Stunt (Toss = L4 Only) OR Hands Press Extended 1 Leg / 1 Arm Stunt	Hands
4.6	Extended Single Leg stunt / Single Arm Stunt (Toss = L4 Only)	Hands Press Extension
4.8	N/A	Extended Double Leg Stunt (Toss = L4 Only) OR Hands Press Extended 1 Leg / 1 Arm Stunt
5.0	N/A	Extended Single Leg stunt / Single Arm Stunt (Toss = L4 Only)

* A score of 3.5 will be given if the skills performed do not meet 4.0 requirement. **Co-Ed Quantity is based on a group of 3, ripple or synchronized in the same section

LEVEL 4 STUNTS & PYRAMIDS

Version 01.23.19

LEVEL 4 - STUNTS

	Inversion Style	Release Style	Twisting	Dismount Style	Other Stunts
Level Appropriate	<ul style="list-style-type: none"> • L4 Multi-Base Roll (i.e. landing in stunt, not connected by 2 hands, back flip w twist, etc) • 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 • Release to Extended Stunt • Lib to Lib Tic Toc (High to Low) • Helicopter Release Move • Release to Extended Lib • Switch Up to Body Position • $\frac{1}{4}$ - $1\frac{1}{2}$ 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 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"> • Dismount with 2 or more Skills & 0 twists (i.e. kick kick) • Dismount from Inverted Stunt • 1 Twist / Trick from 1 Leg Prep Level or Below • 1 Twist / Trick from Extended 1 Leg Stunt • Double Down from Prep Level • Double Down from Extended Stunt • Two Skill Dismount fr 2 Leg Stunt (i.e. Kick Full) 	<ul style="list-style-type: none"> • Combo of 2 or more At Level Skills Performed Simultaneously • Toss Extension • Toss 1 Leg Extended Stunt • Other Level Appropriate Skill
ELITE Level Appropriate	<ul style="list-style-type: none"> • Released Inversion from Below Prep Level to Extended Stunt 	<ul style="list-style-type: none"> • Extended Body Position to Prep Level or Below Body Position Tic Toc (High to Low) • Ball Up, Staddle Up AND/OR Release to Extended Body Position (not 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 Tic Toc to Prep Level 1 Leg Stunt • Full Twisting Ball Up, Staddle Up AND/OR Switch Up to Prep Level Body Position • $1\frac{1}{2}$ Twisting Ball Up, Staddle Up AND/OR Switch Up to Prep Level 1 Leg

LEVEL 4 - PYRAMIDS

**** PLUS 2 STRUCTURES by MOST of team for Top 3 Ranges ****

	Inversion Style	Release Style	Twisting	Dismount Style	Other Style
Level Appropriate	<ul style="list-style-type: none"> • Braced Stunt Skills • Braced Downward Inversion from Extended Level • Released Braced Inversions, Braced on 2 sides 	<ul style="list-style-type: none"> • Braced Stunt Skills • Braced Release to Extended position, braced on 1 side • Braced Releases that involve Changing Bases 	<ul style="list-style-type: none"> • Braced Stunt Skills • Braced Full Up to Extended 1 Leg • Braced $1\frac{1}{2}$ Twist to Extended 2 Leg 	<ul style="list-style-type: none"> • Stunt Skills 	<ul style="list-style-type: none"> • Braced Stunt Skills • Braced Combo of 2+ At Level Skills Performed Simultaneously • Other Level Appropriate Skills (i.e. Paperdoll: Extended 1 Leg connected to extended 2 Leg)

STUNT 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, ripple or synchronized in the same section)

4.0	Less than Majority 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 Majority performs the same Elite building skill
4.8	Majority of the team performs the same Elite building skill
5.0	Most of the team performs the same Elite building skill

COED QUANTITY CHART

# OF MALES	# OF STUNTS
1 - 3	1
4 - 5	2
6 - 7	3
8 - 9	4
10 - 11	5
12 - 13	6
14 - 15	7
16 - 17	8
18 - 19	9

Coed stunts must be performed at the same time with same entry (toss or walk-in) and skill for quantity credit. Bases may be male or female. For unassisted credit, the entire skill must be performed unassisted, up through the actual dismount of the skill to a cradle or the performance surface.

COED QUANTITY (SENIOR COED LEVEL 3 & 4)

	Coed Style ASSISTED Load Must be Toss or Walk-In	Coed Style UNASSISTED Load Must be Toss or Walk-In
4.0	Hands	N/A
4.2	Hands Press Extension	N/A
4.4	Extended Double Leg Stunt (Toss = L4 Only) OR Hands Press Extended 1 Leg / 1 Arm Stunt	Hands
4.6	Extended Single Leg stunt / Single Arm Stunt (Toss = L4 Only)	Hands Press Extension
4.8	N/A	Extended Double Leg Stunt (Toss = L4 Only) OR Hands Press Extended 1 Leg / 1 Arm Stunt
5.0	N/A	Extended Single Leg stunt / Single Arm Stunt (Toss = L4 Only)

* A score of 3.5 will be given if the skills performed do not meet 4.0 requirement. ** Co-Ed Quantity is based on a group of 3, ripple or synchronized in the same section

LEVEL 5 YOUTH, JUNIOR & SENIOR RESTRICTED STUNTS & PYRAMIDS

01.23.19

LEVEL 5 Youth, Junior and Senior Restricted - STUNTS

	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 • Lib to Lib Tic Toc (High to High) • Lib to Lib Tic Toc (Low to High) • ½ Turn Switch Up to Extended 1 Leg Stunt • Lib to Body Position Tic Toc (Low to High) • Twisting Helicopter Release Moves 	<ul style="list-style-type: none"> • Full Up (or ¼ up) to 1 Leg Extended • 1 ¼ Up to Extended Stunt • Double Up to Prep Level • 1 ¾ - 2 ¼ Twist Transition 	<ul style="list-style-type: none"> • Double Down from 1 Leg • Skill(s) plus Double Dismount (i.e. Kick Double Twist) 	<ul style="list-style-type: none"> • 1 ½ - 2 Twists to Prone • Combo of 2 or more At Level Skills Performed Simultaneously • Toss ¼ - ¾ Twist to Extended Stunt • Toss Extended 1 Arm Stunt • Other Release Moves with Twist to Extended Position • Other Level Appropriate Skill (i.e. Release move above extended arm level (besides Tic Toc))
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"> • 1 Leg to Body Position Tic Toc (High to High) • Switch Up full twist to Ext. 1 Leg • ½ Ball Up to Extended Body Position 	<ul style="list-style-type: none"> • Full Up to Extended Body Position • 1½ Up to Extended Stunt 		<ul style="list-style-type: none"> • ¼ - ¾ Twisting Tic Toc to Extended 1 Leg Stunt • Full Twisting Tic Toc to Extended 1 Leg Stunt (Low to High)

LEVEL 5 Youth, Junior and Senior Restricted - PYRAMID

** PLUS 2 STRUCTURES by MOST of team for Top 3 Ranges **

	Inversion Style	Release Style	Twisting	Dismount Style	Other Style
Level Appropriate	<ul style="list-style-type: none"> • Braced Stunt Skills • Released Braced Inversions, Braced on 1 side 	<ul style="list-style-type: none"> • Braced Stunt Skills • Released Braced Inversions that involve Changing Bases 	<ul style="list-style-type: none"> • 2 ¼ Twist to Extended if Connected to 1 Bracer 	<ul style="list-style-type: none"> • Stunt Skills 	<ul style="list-style-type: none"> • Braced Stunt Skills • Braced Combo of 2+ At Level Skills Performed Simultaneously • Other Level Appropriate Skills (i.e. Paperdolls - Connected Extended 1 Leg Stunts)

STUNT 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, ripple or synchronized in the same section)

4.0	Less than Majority 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 Majority performs the same Elite building skill
4.8	Majority of the team performs the same Elite building skill
5.0	Most of the team performs the same Elite building skill

LEVEL 5 STUNTS & PYRAMIDS

Version 01.23.19

LEVEL 5 - STUNTS

	Inversion Style	Release Style	Twisting	Dismount Style	Other Stunts
	<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 Extended Lib 	<ul style="list-style-type: none"> ¼ Turn Switch Up to Extended 1 Leg Lib to Lib Tic Toc (High to High) Lib to Lib Tic Toc (Low to High) ½ Turn Switch Up to Extended 1 Leg Lib to Body Position Tic Toc (High to High) Lib to Body Position Tic Toc (Low to High) Twisting Helicopter Releases Moves Switch Up Full Twist to Extended 1 Leg ½ Twisting Ball Up to Extended Body Position 	<ul style="list-style-type: none"> Full Up (or ¼ up) to 1 Leg Extended 1 ¼ - 1 ¾ Up to Extended 1 ¼ - 1 ¾ Up to Extended 1 Leg Stunt 1 ¾ - 2 ¼ Twist Transition Double Up to Extended Stunt 	<ul style="list-style-type: none"> Double Down from 1 Leg Skill(s) plus Double Twist (i.e. Kick Double Twist) 	<ul style="list-style-type: none"> 1 ½ - 2 Twists to Prone Combo of 2+ At Level Skills Performed Simultaneously COED Style Toss ¼ - ¾ Twist to Extended Stunt COED Style Toss to Extended 1 Arm Stunt (assisted) ¼ - ¾ Twisting Tic Toc to Extended 1 Leg Stunt Full Twisting Tic Toc to Extended 1 Leg Stunt (Low to High) Other Release Moves with Twist to Extended Position Other Level Appropriate Skill (i.e. Release move above extended arm level (besides Tic Toc))
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 Body Position to Body Position Tic Toc (High to High) Full Twisting Ball Up to Extended Body Position 	<ul style="list-style-type: none"> 1 ½ Twist Up to Extended Body Position 1 ¾ Twist Up to Extended Body Position Double Up to Extended 1 Leg 		<ul style="list-style-type: none"> Unassisted COED Style Toss to Extended 1 Arm 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 1 Leg (High to High) Toss Front Handspring ½ Twist Up Release to Extended Stunt Full Twisting Tic Toc to Extended Body Position (Low to High)

LEVEL 5 - PYRAMIDS

** PLUS 2 STRUCTURES by MOST of team for Top 3 Ranges **

	Inversion Style	Release Style	Twisting	Dismount Style	Other Style
Level Appropriate	<ul style="list-style-type: none"> Braced Stunt Skills Released Braced Inversions, Braced on 1 side Released Braced 1 ¼ Flipping Inversions with ½ Twist Released Braced ¾ Flipping Inversions with more than ½ Twist 	<ul style="list-style-type: none"> Braced Stunt Skills Released Braced Inversions that involve Changing Bases Released Braced Twisting Inversions that Involve Changing Bases 		<ul style="list-style-type: none"> Stunt Skills 	<ul style="list-style-type: none"> Braced Stunt Skills Braced Combo of 2 or more At Level Skills Performed Simultaneously Other Level Appropriate Skills (i.e. Paperdolls - Connected Extended 1 Leg Stunts)

STUNT 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, ripple or synchronized in the same section)

4.0	Less than Majority 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 Majority performs the same Elite building skill
4.8	Majority of the team performs the same Elite building skill
5.0	Most of the team performs the same Elite building skill

COED QUANTITY CHART

# OF MALES	# OF STUNTS
1 - 3	1
4 - 5	2
6 - 7	3
8 - 9	4
10 - 11	5
12 - 13	6
14 - 15	7
16 - 17	8
18 - 19	9

Coed stunts must be performed at the same time with same entry (toss or walk-in) and skill for quantity credit. Bases may be male or female. For unassisted credit, the entire skill must be performed unassisted, up through the actual dismount of the skill to a cradle or the performance surface.

COED QUANTITY (Level 5 & 6 Worlds Teams)

	Coed Style ASSISTED Load Must be Toss or Walk-In	Coed Style UNASSISTED Load Must be Toss or Walk-In
4.0	Extended Double Leg Stunt OR Hands Press Extended 1 Leg / 1 Arm Stunt	Hands
4.2	Extended Single Leg Stunt OR Walk In Extended 1 Arm Stunt	Hands Press Extension
4.4	Toss ¼ - ¾ Twist to Extended Single Leg Stunt	Extended Double Leg Stunt OR Hands Press Extended 1 Leg / 1 Arm Stunt
4.6	Toss 1 Arm Extended; Toss Full Up to Extended or Toss Front Handspring ½ up to Extended	Extended Single Leg Stunt OR Walk In Extended 1 Arm Stunt
4.8	N/A	Toss ¼ - ¾ Twist to Extended Single Leg Stunt
5.0	N/A	Toss 1 Arm Extended; Toss Full Up to Extended or Toss Front Handspring ½ up to Extended

* A score of 3.5 will be given if the skills performed do not meet 4.0 requirement. **Co-Ed Quantity is based on a group of 3, ripple or synchronized in the same section

LEVEL 6 STUNTS & PYRAMIDS

01.23.19

LEVEL 6 - STUNTS

	Inversion Style	Release Style	Twisting	Dismount Style	Other Stunts
	<ul style="list-style-type: none"> Free Flipping fr. Ground to Cradle (L6) Flipping from Ground Level to Prep Level or Below (L6) Flipping from Ground Level to Extension (L6) Downward Inversion from Extended Downward Inversion from Extended 1 Leg Stunt Released Inversion from Prep Level or Above to Extension Released Inversion from Prep Level or Above to Extended Lib 	<ul style="list-style-type: none"> Release Move from Inverted to Non-Inverted with Twist (L6) 1/4 Turn Switch Up to Extended 1 Leg Lib to Lib Tic Toc (High to High) Lib to Lib Tic Toc (Low to High) 1/2 Turn Switch Up to Extended 1 Leg Lib to Body Position Tic Toc (High to High) Lib to Body Position Tic Toc (Low to High) Twisting Helicopter Releases Moves Switch Up Full Twist to Extended 1 Leg 1/2 Twisting Ball Up to Extended Body Position 	<ul style="list-style-type: none"> Free Flip with Twist from Ground to Cradle (L6) Flip with Twist fr. Ground to Prep Lvl or Below (L6) Flip with Twist fr. Ground Level to Extension (L6) Full Up to Extended 1 Leg 1 1/4 - 1 3/4 Up to Extended 1 1/4 - 1 3/4 Up to Extended 1 Leg Stunt 1 3/4 - 2 1/4 Twist Transition Double Up to Extended 	<ul style="list-style-type: none"> Front Free Flip to Ground Level (L6) Free Flip from Prep Level or Below to Cradle (L6) Free Flip with Twist from Prep Level or Below to Cradle (L6) Double Down from 1 Leg Skill(s) plus Double Twist (i.e. Kick Double Twist) 	<ul style="list-style-type: none"> Coed Style Toss to New Bases (L6) Other Level 6 Appropriate Skills (i.e. (Base in a back bend or inverted position, downward inversion landing inverted, etc)(L6) Twisting Dismount from Inverted Stunt (L6) 1 1/2 - 2 Twists to Prone Combo of 2+ At Level Skills Performed Simultaneously COED Style Toss 1/4 - 3/4 Twist to Extended Stunt Assisted COED Style Toss to Extended 1 Arm Stunt 1/4 - 3/4 Twisting Tic Toc to Extended 1 Leg Stunt Full Twisting Tic Toc to Extended 1 Leg Stunt (Low to High) Other L 5 Appropriate Skill (i.e. Release move above extended arm level (besides Tic Toc), etc)
ELITE Level Appropriate	<ul style="list-style-type: none"> Flipping from Ground to Extended 1 Leg OR Extended 1 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 Body Position to Body Position Tic Toc (High to High) Full Twisting Ball Up to Extended Body Position 	<ul style="list-style-type: none"> Flip with Twist fr. Ground to Extended 1 Leg (L6) 1 1/4 Twist Up to Extended Body Position 1 3/4 Twist Up to Extended Body Position Double Up to Extended 1 Leg 		<ul style="list-style-type: none"> Back Handspring Full Up to Stunt (L6) Unassisted COED Style Toss to Extended 1 Arm Stunt Front Handspring 1 1/2 Up to Extended Stunt (L6) COED Style Toss Front Handspring Release 1/2 Twist to Extended COED Style Toss Full Twist to Extended Stunt Full Twisting Tic Toc to Extended 1 Leg (Lib to Body Position) Full Twisting Tic Toc to Extended Body Position (Low to High) Front Handspring 1/2 Up to Extended Stunt

LEVEL 6 - PYRAMIDS

** PLUS 2 STRUCTURES by MOST of team for Top 3 Ranges **

	Inversion Style	Release Style	Twisting	Dismount Style	Other Style
Level Appropriate	<ul style="list-style-type: none"> Braced Flipping Mounts to 2 1/2 High Δ Flipping Free-Flying Mounts to 2 1/2 High 2 1/2 High Inversion Downward Inversion from 2 1/2 High Δ Connected Downward Inversions 	<ul style="list-style-type: none"> Non-Twisting Release Moves Above 2 1/2 High (i.e. Tic Toc) Free Flying Mounts (Non-Flipping) to 2 1/2 High Δ (with or without twist) 	<ul style="list-style-type: none"> Twisting Release Moves Above 2 1/2 High 	<ul style="list-style-type: none"> Cradles and Pop Offs from 2 1/2 High Δ (Non-Twisting) 3/4 Front Flip fr. 2 1/2 High Twist Cradles & Pop Offs from 2 1/2 High Δ 	<ul style="list-style-type: none"> Other Level Appropriate Skills (i.e. Braced 1 1/4 Flip w 1 twist, etc) 2 1/2 High Δ Straight or Twisting Mount / Transition (Non-Released)

STUNT 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, ripple or synchronized in the same section)	
4.0	Less than Majority 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 Majority performs the <u>same</u> Elite building skill
4.8	Majority of the team performs the <u>same</u> Elite building skill
5.0	Most of the team performs the <u>same</u> Elite building skill

COED QUANTITY CHART

# OF MALES	# OF STUNTS
1 - 3	1
4 - 5	2
6 - 7	3
8 - 9	4
10 - 11	5
12 - 13	6
14 - 15	7
16 - 17	8
18 - 19	9

Coed stunts must be performed at the same time with same entry (toss or walk-in) and skill for quantity credit. Bases may be male or female. For unassisted credit, the entire skill must be performed unassisted, up through the actual dismount of the skill to a cradle or the performance surface.

COED QUANTITY (Level 5 & 6 Worlds teams)

	Coed Style ASSISTED	Coed Style UNASSISTED
	Load Must be Toss or Walk-In	Load Must be Toss or Walk-In
4.0	Extended Double Leg Stunt OR Hands Press Extended 1 Leg / 1 Arm Stunt	Hands
4.2	Extended Single Leg Stunt OR Walk In Extended 1 Arm Stunt	Hands Press Extension
4.4	Toss 1/4 - 3/4 Twist to Extended Single Leg Stunt	Extended Double Leg Stunt OR Hands Press Extended 1 Leg / 1 Arm Stunt
4.6	Toss 1 Arm Extended; Toss Full Up to Extended or Toss Front Handspring 1/2 up to Extended	Extended Single Leg Stunt OR Walk In Extended 1 Arm Stunt
4.8	N/A	Toss 1/4 - 3/4 Twist to Extended Single Leg Stunt
5.0	N/A	Toss 1 Arm Extended; Toss Full Up to Extended or Toss Front Handspring 1/2 up to Extended

* A score of 3.5 will be given if the skills performed do not meet 4.0 requirement. **Co-Ed Quantity is based on a group of 3, ripple or synchronized in the same section

TUMBLING - Levels 1-3

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Level 1

Standing Tumbling	Running Tumbling
Forward Roll * Straddle Roll Hand Stand * Hand Stand Forward Roll Front Walkover * Front Limber Cartwheel Backward Roll * Back Extension Roll Push Up to Backbend * Standing Backbend Back Walkover * Backbend Kick Over <b style="color: red;">Other Level Appropriate Passes	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 <b style="color: red;">Other Level Appropriate Passes

Level 2

Standing Tumbling	Running Tumbling
Standing Back Handspring Back Handspring Step Out Back Extension Roll Back Handspring Back Walkover Back Handspring <b style="color: red;">Other Level Appropriate Passes	Cartwheel BHS Round Off BHS Round Off BHS Step Out Round Off BHS Series Front Walkover to Round Off BHS Series <b style="color: red;">Other Level Appropriate (Front Handsprings, etc)

Level 3

Standing Tumbling	Running Tumbling
BHS Series Jump to BHS Jump to BHS Series BHS Series Jump BHS Series BHS Step Out BHS Combo <b style="color: red;">Other Level Appropriate Passes	Aerials Punch Front Round Off Tuck Round Off BHS Back Tuck RO BHS Series to Back Tuck FWO to RO BHS Back Tuck FWO to RO BHS Series Back Tuck <b style="color: red;">Other Level Appropriate Passes

JUMP / TUMBLE QUANTITY TABLE		
# 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

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

LEVEL 1-5R HIGH RANGE DIFFICULTY GRID			
	0.1	0.2	0.3
Degree of Difficulty			
Variety	YES = 0.1		
Quantity Requirement			
Quantity Requirement - team satisfies or exceeds the quantity requirement utilizing grouped or synchronized passes			

TUMBLING - Levels 4-6

01.23.19

Level 4

Standing Tumbling	Running Tumbling
Standing Back Tuck BHS Back Tuck BHS Series to Back Tuck Jump BHS Back Tuck Jump to BHS Series to Back Tuck <b style="color: red;">Other Level Appropriate Passes	Cartwheel Back Tuck Round Off Layout Round Off BHS Layout / Layout Step Out / 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 RO BHS Whip BHS to Back Tuck Front Handspring Punch Front Front Handspring Punch Front to RO BHS Back Tuck / Layout <b style="color: red;">Other Level Appropriate Passes

Level 5 Youth, Junior Restricted & Senior Restricted

Standing Tumbling	Running Tumbling
Jump Back Tuck BHS Series to Whips and Layouts Jump BHS Series to Whips and Layouts BHS Whip to BHS Series to Layout/Layout Stepout/X-Out <b style="color: red;">Other Level Appropriate Passes	Round Off Full Round Off BHS Full Front Walkover Through to Full Punch Front Stepout to Full RO Whip BHS to Full <b style="color: red;">Other Level Appropriate Skills

Level 5 & 6

Jump Back Tuck <b style="color: red;">Other Level Appropriate Passes (i.e. BHS Series to Arabian, Jump Punch Front, etc).	Cartwheel Full * Round Off Full * RO BHS Full FWO through to Full * Side Aerial/Front Aerial/Onodi to Full Front Full <b style="color: red;">Other Level Appropriate Skills (i.e Arabians, Front 1/2 turn, X Out Full, etc)
<b style="color: red;">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 <b style="color: red;">Other L6 Appropriate Passes for Level 6 only (i.e. Double Full / Jump Double Full / Jump BHS Double Full / Full-Double Full Double Full-Full Combo, etc)	<b style="color: red;">ELITE LEVEL APPROPRIATE Front Handspring Front Full * Punch Front Stepout to Full RO BHS Whip to Full * RO Arabian RO BHS Full RO BHS Full BHS Series to Full RO Double Full RO BHS Double Full * FWO through to Double Full Punch Front Stepout to Double Full * RO BHS Whip to Double Full RO Arabian RO BHS Double * RO BHS Full BHS Series to Double RO BHS Double Full BHS Series to Double Full <b style="color: red;">Other Level 6 Appropriate Passes for Level 6 only (i.e. Full - Double Full Combo / Double Full - Full Combo, etc)

JUMP / TUMBLE QUANTITY TABLE

# 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

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LEVEL 1-5R HIGH RANGE DIFFICULTY GRID

	0.1	0.2	0.3
Degree of Difficulty			
Variety	YES = 0.1		
Quantity Requirement			
Quantity Requirement - team satisfies or exceeds the quantity requirement utilizing grouped or synchronized passes			

TUMBLING - Levels 2-3 (Nova Scotia School Teams)

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Level 2	
Standing Tumbling	Running Tumbling
Standing Back Handspring Back Handspring Step Out Back Extension Roll Back Handspring Back Walkover Back Handspring Other Level Appropriate Passes	Cartwheel BHS Round Off BHS Round Off BHS Step Out Round Off BHS Series Front Walkover to Round Off BHS Series Other Level Appropriate (Front Handsprings, etc)
Level 3	
Standing Tumbling	Running Tumbling
BHS Series Jump to BHS Jump to BHS Series BHS Series Jump BHS Series BHS Step Out BHS Combo Other Level Appropriate Passes	Aerials Punch Front Round Off Tuck Round Off BHS Back Tuck RO BHS Series to Back Tuck FWO to RO BHS Back Tuck FWO to RO BHS Series Back Tuck Other Level Appropriate Passes

JUMP / TUMBLE QUANTITY TABLE		
# 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

HIGH RANGE DIFFICULTY GRID			
	0.1	0.2	0.3
Degree of Difficulty			
Variety	YES = 0.1		
Quantity Requirement			

Quantity Requirement - team satisfies or exceeds the quantity requirement utilizing grouped or synchronized passes

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TOSSES

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Level 2		
Non-Twisting	Twisting	
Straight Ride Toss	N/A	
Level 3		
Non-Twisting	Twisting	
Ball Arch - Pretty Girl Arch - Pike Arch Kick Arch - Ball-X - Toe Touch Other Level Appropriate Toss (1 Skill)	Full Twist	
Level 4		
Non-Twisting	Twisting	
Pike-X - Hitch Kick - Switch Kick Double Toe Touch Other Level Appropriate Toss (2 Skills)	Ball Full - Pike Full - Kick Full - Toe Touch Full Full Up Toe Touch - Double Full Other Level Appropriate Toss (Twist with Skill)	
Level 5 YOUTH		
Non-Twisting	Twisting	
Pike Hitch Kick - Pike Kick Pretty Girl Pike Switch Kick - Hitch Kick Kick Other Level Appropriate Toss (3 Skills)	Kick Full - Double Full - Hitch Kick Full Switch Kick Full - Kick Kick Full Pike Kick Full - Kick Full Kick - Other YOUTH L5 Level Appropriate Toss	
Level 5 JUNIOR RESTRICTED & SENIOR RESTRICTED		
Non-Twisting	Twisting	
Pike Hitch Kick - Pike Kick Pretty Girl Pike Switch Kick - Hitch Kick Kick Other Level Appropriate Toss (3 Skills)	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 Other J5R & S5R Level Appropriate Toss	
Level 5		
Non-Twisting	Twisting	
Pike Hitch Kick - Pike Kick Pretty Girl Pike Switch Kick - Hitch Kick Kick Other Level Appropriate Toss (3+ Skills)	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 Other Level Appropriate Toss (1 Twist with 2 or more skills OR 2 Twists with Skill(s))	
Level 6		
Non-Twisting	Twisting	
Tuck (Flip) - X-Out (Flip) - Pike (Flip) Layout (Flip) Other Appropriate Toss (Group to Group, etc)	Layout Full - Layout Double Full - X-Out Full Split Full - Arabian 1 1/2 - Pike Open Double Full Other Appropriate Toss (i.e. 3-1/2 Twists, Arabian, etc)	
TOSS 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

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