



2025-2026 ELITE SCORING SYSTEM

LEVEL 1 SKILLS

LEVEL APPROPRIATE SKILLS

STANDING TUMBLING

- FORWARD ROLL
- STRADDLE ROLL
- PUSHUP TO BACKBEND
- BACKWARD ROLL
- HANDSTAND
- BACKBEND KICKOVER
- STANDING BACKBEND
- FRONT LIMBER/BACKLIMBER

RUNNING TUMBLING

- CARTWHEEL (CW)
- CARTWHEEL - BACKWARD ROLL
- HANDSTAND FORWARD ROLL

TOSS

NON-TWISTING

- NO TOSSES ALLOWED

ELITE LEVEL APPROPRIATE SKILLS

STANDING TUMBLING

- BWO SERIES
- BWO SWITCH LEG
- BACK EXTENSION ROLL-BWO/BWO SERIES
- VALDEZ

RUNNING TUMBLING

- CARTWHEEL-BWO SERIES
- FWO CARTWHEEL/ROUND OFF
- FWO-CW-BWO/BWO SERIES
- FWO-CW-BWO SWITCH LEG
- HANDSTAND-FORWARD ROLL-CARTWHEEL BWO/BWO SERIES

TOSS

NON-TWISTING

- NO TOSSES ALLOWED



2025-2026 ELITE SCORING SYSTEM

LEVEL 1 SKILLS

LEVEL APPROPRIATE SKILLS

STUNT INVERSION	STUNT RELEASE STYLE	STUNT TWISTING	STUNT-OTHER	STUNT-DISMOUNT
<ul style="list-style-type: none"> • NO INVERSIONS ALLOWED 	<ul style="list-style-type: none"> • RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO LIB BELOW PREP LEVEL • TIC TOC BELOW PREP LEVEL (LIB TO LIB) • RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO BODY POSITION BELOW PREP LEVEL • TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION) 	<ul style="list-style-type: none"> • ¼ TWISTING TRANSITION TO BELOW PREP LEVEL • ¼ TWISTING TRANSITION TO GROUND LEVEL • ¼ TWISTING TRANSITION FROM PREP LEVEL • ¼ TWISTING TRANSITION AT PREP LEVEL TO PREP STUNT 	<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 • SHOULDER SIT • CHAIR • SHOULDER STAND • PRONE 	<ul style="list-style-type: none"> • STEP DOWN

** Stunts can not be released from all bases and spotter unless going to a cradle.*

ELITE LEVEL APPROPRIATE SKILLS

STUNT INVERSION	STUNT RELEASE STYLE	STUNT TWISTING	STUNT-OTHER	STUNT-DISMOUNT
<ul style="list-style-type: none"> • NO INVERSIONS ALLOWED 	<ul style="list-style-type: none"> • RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION WITH BRACER • TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION) • TIC TOC AT PREP LEVEL (BODY POSITION TO BODY POSITION) WITH BRACER • RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL BODY POSITION WITH BRACER 	<ul style="list-style-type: none"> • ¼ TWISTING TRANSITION TO PREP STUNT FROM BELOW PREP LEVEL • 1/4 TWISTING TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION WITH BRACER • ¼ TWISTING TRANSITION FROM BELOW PREP TO PREP LEVEL LIB WITH BRACER 	<ul style="list-style-type: none"> • 1/4 TWISTING TIC TOC AT PREP LEVEL (LIB TO LIB) WITH BRACER • 1/4 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB WITH BRACER • 1/4 TWISTING RELEASE FROM WAIST LEVEL TO PREP LEVEL LIB WITH BRACER • 1/4 TWISTING TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION) 	<ul style="list-style-type: none"> • STRAIGHT CRADLE FROM PREP STUNT

** Stunts can not be released from all bases and spotter unless going to a cradle.*



2025-2026 ELITE SCORING SYSTEM

LEVEL 2 SKILLS

LEVEL APPROPRIATE SKILLS

STANDING TUMBLING

- BACK HANDSPRING (BHS)
- BHS STEP OUT

RUNNING TUMBLING

- CARTWHEEL (CW) - BHS
- ROUND OFF (RO) - BHS

TOSS

NON-TWISTING

- STRAIGHT RIDE TOSS

ELITE LEVEL APPROPRIATE SKILLS

STANDING TUMBLING

- BACK WALKOVER (BWO) - BHS
- BWO - BHS STEP OUT
- BWO - BHS STEP OUT - BWO
- BWO SWITCH LEG - BHS
- BHS STEP OUT - BWO - BHS
- BHS STEP OUT - BWO
- VALDEZ - BWO - BHS
- VALDEZ - BHS / BHS STEP OUT
- BACK EXTENSION ROLL - BHS / BHS STEP OUT

RUNNING TUMBLING

- FHS SERIES
- BOUNDER / FLYSPRING
- CW - BHS SERIES
- RO - BHS SERIES
- FWO - RO - BHS / BHS SERIES
- CW - BHS STEP OUT - BWO - BHS / BHS SERIES

TOSS

NON-TWISTING

- STRAIGHT RIDE TOSS



2025-2026 ELITE SCORING SYSTEM

LEVEL 2 SKILLS

LEVEL APPROPRIATE SKILLS

STUNT INVERSION	STUNT RELEASE STYLE	STUNT TWISTING	STUNT-OTHER	STUNT-DISMOUNT
<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL • INVERSION FROM GROUND LEVEL TO PREP LEVEL • INVERSION FROM GROUND LEVEL TO PREP LEVEL 1 LEG STUNT 	<ul style="list-style-type: none"> • TIC TOC AT PREP LEVEL (LIB TO LIB) • TIC TOC AT PREP LEVEL (LIB TO BODY POSITION) • RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB • RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL LIB 	<ul style="list-style-type: none"> • ½ TWISTING TRANSITION TO BELOW PREP LEVEL • ½ TWISTING TRANSITION TO PREP LEVEL • ¾ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT • 1/4 TWISTING TRANSITION TO EXTENDED STUNT • 1/2 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT 	<ul style="list-style-type: none"> • EXTENSION • BARREL ROLL • LEAP FROG VARIATIONS • WALK IN PREP LEVEL PRESS EXTENSION • 1/2 TWISTING TRANSITION TO PRONE 	<ul style="list-style-type: none"> • STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION • STRAIGHT CRADLE FROM EXTENSION

** Stunts can not be released from all bases and spotter unless going to a cradle.*

ELITE LEVEL APPROPRIATE SKILLS

STUNT INVERSION	STUNT RELEASE STYLE	STUNT TWISTING	STUNT-OTHER	STUNT-DISMOUNT
<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO EXTENSION • INVERSION FROM GROUND LEVEL TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • TIC TOC AT PREP LEVEL (BODY POSITION TO BODY POSITION) • RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION • RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • ½ TWISTING TRANSITION TO EXTENSION • ½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • 1/2 TWISTING INVERSION FROM GROUND LEVEL TO EXTENSION • 1/2 TWISTING INVERSION FROM GROUND LEVEL TO PREP LEVEL BODY POSITION • 1/2 TWISTING TIC TOC AT PREP LEVEL 1 LEG STUNT TO BODY POSITION • 1/2 TWISTING INVERSION FROM GROUND LEVEL TO PREP LEVEL STUNT • 1/2 TWISTING TIC TOC AT PREP LEVEL 1 LEG STUNT 	<ul style="list-style-type: none"> • 1/4 TWISTING DISMOUNT FROM PREP STUNT OR EXTENSION TO CRADLE

** Stunts can not be released from all bases and spotter unless going to a cradle.*



2025-2026 ELITE SCORING SYSTEM

LEVEL 3 SKILLS

LEVEL APPROPRIATE SKILLS

STANDING TUMBLING

- BHS / BHS STEP OUT - BHS / BHS STEP OUT
- ADVANCED JUMP - BHS / BHS STEP OUT
- BHS / BHS SERIES - ADVANCED JUMP
- BWO - BHS SERIES
- ADVANCED JUMP - BHS SERIES

RUNNING TUMBLING

- RO - TUCK
- AERIAL
- PUNCH FRONT (PF)

TOSS

NON-TWISTING

- BALL ARCH
- LIB
- PIKE
- KICK
- BALL-X
- TOE TOUCH

ELITE LEVEL APPROPRIATE SKILLS

STANDING TUMBLING

- BHS - BHS - BHS OR MORE
- BHS - BHS STEP OUT - BHS
- BHS / BHS SERIES - ADVANCED JUMP - BHS / BHS SERIES
- ADVANCED JUMP - BHS - ADVANCED JUMP - BHS
- BHS STEP OUT - BHS SERIES
- BHS STEP OUT - BWO - BHS SERIES
- BWO - BHS - ADVANCED JUMP - BHS / BHS SERIES

RUNNING TUMBLING

- FWO - AERIAL
- BOUNDER / FLYSPRING - AERIAL
- RO - BHS - TUCK
- RO - BHS STEP OUT - 1/2 TURN - RO - TO - TUCK
- FWO - RO - TO - TUCK
- BOUNDER / FLYSPRING - RO - TO - TUCK
- FHS - PF

TOSS

TWISTING

- FULL TWIST



2025-2026 ELITE SCORING SYSTEM

LEVEL 3 SKILLS

LEVEL APPROPRIATE SKILLS

STUNT INVERSION	STUNT RELEASE STYLE	STUNT TWISTING	STUNT-OTHER	STUNT-DISMOUNT
<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 • 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"> • 3/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT • FULL TWISTING TRANSITION BELOW PREP LEVEL • FULL TWISTING TRANSITION TO PREP LEVEL • FULL TWISTING TRANSITION TO / AT PREP LEVEL LIB • 1/4 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> • SUSPENDED FORWARD ROLL • FULL TWISTING TRANSITION FROM PREP LEVEL TO PRONE • EXTENDED LIB 	<ul style="list-style-type: none"> • STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT • 1/4 TWISTING DISMOUNT FROM EXTENDED 1 LEG STUNT

ELITE LEVEL APPROPRIATE SKILLS

STUNT INVERSION	STUNT RELEASE STYLE	STUNT TWISTING	DISMOUNT/COED	STUNT-OTHER
<ul style="list-style-type: none"> • INVERSION TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> • RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION • RELEASE FROM WAIST LEVEL (BALL UP, STRADDLE UP, ETC.) TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • FULL TWISTING TRANSITION AT PREP LEVEL (BODY POSITION TO BODY POSITION) • FULL TWISTING TRANSITION TO EXTENSION • 1/2 TWISTING TRANSITION TO EXTENDED STUNT • FULL UP TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • FULL TWISTING DISMOUNT FROM PREP TO CRADLE OR FULL TWISTING DISMOUNT FROM EXTENSION TO CRADLE <p>-----STUNT COED-----</p> <p>UNASSISTED:</p> <ul style="list-style-type: none"> • WALK IN HANDS PRESS EXTENDED 1 LEG STUNT • TOSS HANDS PRESS EXTENDED 1 LEG STUNT • WALK IN EXTENDED 1 LEG / 1 ARM STUNT • EXTENDED 2 LEG STUNT 	<ul style="list-style-type: none"> • FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION) • FULL TWISTING INVERSION FROM PREP LEVEL OR BELOW TO PREP LEVEL 1 LEG STUNT • 1/2 TWISTING INVERSION FROM GROUND LEVEL TO EXTENDED BODY POSITION • FULL TWISTING SUSPENDED FORWARD ROLL



2025-2026 ELITE SCORING SYSTEM

LEVEL 4 SKILLS

LEVEL APPROPRIATE SKILLS

STANDING TUMBLING

- ONODI
- BACKWARD ROLL - TUCK
- BHS SERIES - TUCK
- BWO - TUCK
- BACK EXTENSION ROLL - TUCK
- VALDEZ - TUCK

RUNNING TUMBLING

- CARTWHEEL - TUCK
- FWO - CW - TUCK
- RO - LAYOUT
- RO - ONODI
- FRONT AERIAL
- FRONT AERIAL - RO - TO - TUCK
- FRONT HANDSPRING - PF
- RO/RO BHS-WHIP-BHS-TUCK

TOSS

NON-TWISTING

- BALL KICK
- PIKE X
- HITCH KICK
- SWITCH KICK
- DOUBLE TOE TOUCH

ELITE LEVEL APPROPRIATE SKILLS

STANDING TUMBLING

- BACK TUCK
- BHS / BHS STEP OUT - TUCK
- ADVANCED JUMP - BHS SERIES - TUCK
- ADVANCED JUMP - BHS - TUCK

RUNNING TUMBLING

- RO-BHS-LAYOUT/LAYOUT STEP OUT/X OUT/SWITCH LEG
- RO/RO BHS-WHIP PUNCH TUCK
- ANY LEGAL PASS THAT ENDS WITH A BHS LAYOUT

TOSS

TWISTING

- BALL FULL
- LIB FULL
- PIKE FULL
- KICK FULL
- TOE TOUCH FULL
- FULL UP TOE TOUCH
- DOUBLE FULL



2025-2026 ELITE SCORING SYSTEM

LEVEL 4 SKILLS

LEVEL APPROPRIATE SKILLS

STUNT INVERSION	STUNT RELEASE STYLE	STUNT TWISTING	STUNT-OTHER	STUNT-DISMOUNT
<ul style="list-style-type: none"> EXTENDED INVERTED STUNT RELEASED INVERSION FROM WAIST LEVEL TO EXTENDED STUNT BACK HANDSPRING UP TO PREP STUNT 	<ul style="list-style-type: none"> RELEASE FROM WAIST OR PREP LEVEL TO EXTENDED LIB TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW LIB (HIGH TO LOW) RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION BACK HANDSPRING UP TO PREP STUNT 	<ul style="list-style-type: none"> 1 ½ TWISTING TRANSITION TO / AT PREP LEVEL LIB 1 ½ TWISTING TRANSITION AT PREP LEVEL (LIB TO BODY POSITION) FULL TWISTING TRANSITION TO EXTENSION 	<ul style="list-style-type: none"> FULL TWISTING RELEASE FROM WAIST LEVEL (TIC TOC, BALL UP OR STRADDLE UP) TO PREP LEVEL LIB FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB FULL TWISTING RELEASE AT PREP LEVEL (TIC TOC) TO PREP LEVEL LIB 1 ½ TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB 	<ul style="list-style-type: none"> FULL TWISTING DISMOUNT FROM EXTENDED 1 LEG STUNT TO CRADLE

ELITE LEVEL APPROPRIATE SKILLS

STUNT INVERSION	STUNT RELEASE STYLE	STUNT TWISTING	STUNT-OTHER	DISMOUNT/COED
<ul style="list-style-type: none"> RELEASED INVERSION FROM PREP LEVEL OR PREP LEVEL HAND IN HAND TO EXTENDED STUNT BACK HANDSPRING UP TO EXTENDED STUNT 	<ul style="list-style-type: none"> RELEASE FROM WAIST LEVEL TO EXTENDED BODY POSITION TIC TOC EXTENDED BODY POSITION TO PREP LEVEL BODY POSITION (HIGH TO LOW) RELEASE FROM PREP LEVEL TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> 1 ½ TWISTING TRANSITION TO / AT PREP LEVEL BODY POSITION 1 ½ TWISTING TRANSITION AT PREP LEVEL (BODY POSITION TO BODY POSITION) 1 ½ TWISTING TRANSITION TO EXTENSION FULL TWISTING TRANSITION TO EXTENDED 1 LEG STUNT FULL TWISTING TRANSITION AT EXTENDED LEVEL 	<ul style="list-style-type: none"> FULL TWISTING RELEASE FROM WAIST LEVEL (TIC TOC, BALL UP OR STRADDLE UP) TO PREP LEVEL BODY POSITION FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION FULL TWISTING RELEASE AT PREP LEVEL (TIC TOC) TO PREP LEVEL BODY POSITION 1 ½ TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION 1 ½ TWISTING RELEASE FROM WAIST OR PREP LEVEL (TIC TOC, BALL UP OR STRADDLE UP) TO PREP LEVEL LIB FULL TWISTING INVERSION TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> DOUBLE TWISTING DISMOUNT FROM PREP STUNT / EXTENSION TO CRADLE KICK FULL TWISTING DISMOUNT <p>-----COED-----</p> <p>UNASSISTED:</p> <ul style="list-style-type: none"> WALK IN HANDS PRESS EXTENDED 1 LEG STUNT TOSS HANDS PRESS EXTENDED 1 LEG STUNT WALK IN EXTENDED 1 LEG / 1 ARM STUNT TOSS EXTENDED 1 LEG / 1 ARM STUNT



2025-2026 ELITE SCORING SYSTEM

LEVEL 5 SKILLS

LEVEL APPROPRIATE SKILLS

STANDING TUMBLING

- ADVANCED JUMP - FRONT / BACK TUCK
- BHS SERIES - WHIP / TUCK - BHS - TUCK
- BHS - WHIP / TUCK - BHS - TUCK
- ADVANCED JUMP - BHS SERIES - WHIP - BHS - TUCK
- ADVANCED JUMP - BHS SERIES - WHIP - TUCK
- BHS SERIES - LAYOUT
- BHS SERIES - WHIP - TUCK

RUNNING TUMBLING

- FHS - BARANI
- RO - BHS SERIES - FULL
- ROUND OFF - ARABIAN
- SIDE AERIAL - TO - FULL
- BARANI - TO - LAYOUT
- BARANI
- RO - HALF
- RO - FULL

TOSS

NON-TWISTING

- PIKE HITCH KICK
- PIKE KICK LIB
- PIKE SWITCH KICK
- HITCH KICK KICK

ELITE LEVEL APPROPRIATE SKILLS

STANDING TUMBLING

- BHS - WHIP - TUCK
- BHS - LAYOUT
- ADVANCED JUMP - BHS / BHS SERIES - LAYOUT
- ADVANCED JUMP - BHS - WHIP - TUCK
- BHS - WHIP / TUCK - LAYOUT
- BHS SERIES - WHIP - LAYOUT / LAYOUT STEP OUT
- ADVANCED JUMP - BHS / BHS SERIES - WHIP - TO - LAYOUT

RUNNING TUMBLING

- FRONT FULL
- RO - BHS - FULL
- FWO - RO - TO - FULL
- BARANI - TO - FULL
- FRONT AERIAL - TO - FULL
- PF STEP OUT - RO - TO - FULL
- FRONT HANDSPRING - PF STEP OUT - RO - TO - FULL
- RO - TO - WHIP - TO - FULL
- FHS - FRONT FULL
- PF STEP OUT - RO - TO - WHIP - TO - FULL
- FHS - PF STEP OUT - RO - TO - WHIP - TO - FULL
- RO - ARABIAN / HALF STEP OUT - TO - LAYOUT / FULL

TOSS

TWISTING

- HITCH KICK FULL
- SWITCH KICK FULL
- KICK KICK FULL
- PIKE KICK FULL
- KICK FULL KICK



2025-2026 ELITE SCORING SYSTEM

LEVEL 5 SKILLS

LEVEL APPROPRIATE SKILLS

STUNT INVERSION	STUNT RELEASE STYLE	STUNT TWISTING	STUNT-OTHER	STUNT-DISMOUNT
<ul style="list-style-type: none"> DOWNWARD INVERSION FROM EXTENDED STUNT DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT RELEASED INVERSION FROM PREP LEVEL OR PREP LEVEL HAND IN HAND TO EXTENDED STUNT BACK HANDSPRING UP TO EXTENDED STUNT 	<ul style="list-style-type: none"> TIC TOC LIB TO LIB (HIGH TO HIGH) TIC TOC LIB TO LIB (LOW TO HIGH) TIC TOC LIB TO BODY POSITION (LOW TO HIGH) 	<ul style="list-style-type: none"> 1 ¼ TWISTING TRANSITION TO EXTENDED STUNT FULL TWISTING TRANSITION TO EXTENDED LIB 1 ½ TWISTING TRANSITION TO EXTENSION DOUBLE TWISTING TRANSITION TO / AT PREP LEVEL STUNT 	<ul style="list-style-type: none"> ¼ TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED 1 LEG STUNT TWISTING HELICOPTER RELEASE MOVES 1 ½ - 2 TWIST TO PRONE 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED LIB 1/4 - 3/4 TWISTING TIC TOC TO EXTENDED LIB 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION 1/2 TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED LIB FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED LIB FULL TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED LIB 	<ul style="list-style-type: none"> DOUBLE TWISTING DISMOUNT FROM PREP LEVEL 1 LEG STUNT TO CRADLE DOUBLE TWISTING DISMOUNT FROM EXTENDED LIB TO CRADLE

ELITE LEVEL APPROPRIATE SKILLS

STUNT INVERSION	STUNT RELEASE STYLE	STUNT TWISTING	STUNT-OTHER	DISMOUNT/COED
<ul style="list-style-type: none"> RELEASED INVERSION FROM PREP LEVEL OR PREP LEVEL HAND IN HAND TO EXTENDED LIB BACK HANDSPRING UP TO EXTENDED LIB RELEASED INVERSION FROM EXTENDED HAND IN HAND TO EXTENSION 	<ul style="list-style-type: none"> TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) 	<ul style="list-style-type: none"> FULL TWISTING TRANSITION TO EXTENDED BODY POSITION 1 ½ TWISTING TRANSITION TO EXTENDED 1 LEG STUNT DOUBLE TWISTING TRANSITION TO EXTENSION 	<ul style="list-style-type: none"> 1/4 - 3/4 TWISTING TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) 1/2 TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED BODY POSITION FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION FULL TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED BODY POSITION FULL TWISTING TIC TOC TO EXTENDED LIB (LOW TO HIGH) FULL TWISTING TIC TOC TO EXTENDED LIB (HIGH TO HIGH) 	<ul style="list-style-type: none"> DOUBLE TWISTING DISMOUNT FROM EXTENDED BODY POSITION TO CRADLE <p>-----COED-----</p> <ul style="list-style-type: none"> UNASSISTED: WALK IN HANDS PRESS EXTENDED 1 LEG STUNT TOSS HANDS PRESS EXTENDED 1 LEG STUNT WALK IN EXTENDED 1 LEG / 1 ARM STUNT TOSS EXTENDED 1 LEG / 1 ARM STUNT



2025-2026 ELITE SCORING SYSTEM

LEVEL 6 SKILLS

LEVEL APPROPRIATE SKILLS

STANDING TUMBLING

- ADVANCED JUMP BACK TUCK
- BHS SERIES - FULL
- ADVANCED JUMP - BHS SERIES - FULL
- BHS - WHIP - BHS SERIES - FULL
- BHS SERIES - WHIP - FULL
- BHS - WHIP - TO - FULL

RUNNING TUMBLING

- CARTWHEEL - FULL
- RO - FULL
- RO - BHS / BHS SERIES - FULL
- FWO - TO - FULL
- SIDE AERIAL / FRONT AERIAL - FULL
- RO - TO - ONODI - TO - FULL
- FRONT FULL
- RO - BHS - KICK FULL / FULL STEP OUT
- PF STEP OUT - TO - FULL
- RO - WHIP - FULL
- RO - TO - WHIP - TO - FULL
- 1.5 TWISTING FRONT LAYOUT

TOSS

NON-TWISTING

- PIKE HITCH KICK
- PIKE KICK LIB
- PIKE SWITCH KICK
- HITCH KICK KICK

ELITE LEVEL APPROPRIATE SKILLS

STANDING TUMBLING

- BHS - FULL
- ADVANCED JUMP - BHS - FULL
- STANDING FULL
- ADVANCED JUMP - FULL
- BHS - WHIP - FULL
- ADVANCED JUMP - BHS - WHIP - FULL
- BHS SERIES - DOUBLE FULL
- ADVANCED JUMP - BHS SERIES - DOUBLE FULL
- BHS - WHIP - BHS SERIES - DOUBLE FULL
- BHS SERIES - WHIP - DOUBLE FULL
- BHS - WHIP - DOUBLE FULL
- ADVANCED JUMP - BHS/BHS SERIES - WHIP - DOUBLE FULL
- BHS SERIES - FULL / DOUBLE FULL - WHIP - FULL / DOUBLE FULL

RUNNING TUMBLING

- RO - ARABIAN/HALF STEP OUT - RO - TO - FULL
- FRONT HANDSPRING - FRONT FULL
- FRONT HANDSPRING - PF - RO - TO - FULL
- RO - BHS - FULL - TO - FULL
- RO - TO - FULL - FULL
- RO - TO - 1.5 STEP OUT - TO - FULL
- 1.5 TWISTING FRONT LAYOUT - TO - FULL / DOUBLE FULL
- RO - DOUBLE FULL
- RO - TO - DOUBLE FULL
- FWO - TO - DOUBLE FULL
- PF STEP OUT - TO - DOUBLE FULL
- RO - TO - WHIP - TO - DOUBLE FULL
- RO - WHIP - DOUBLE FULL
- RO - ARABIAN - TO - DOUBLE FULL
- RO - TO - FULL - TO - DOUBLE FULL
- RO - TO - 1.5 STEP OUT - TO - DOUBLE FULL
- RO - TO - DOUBLE - BHS SERIES - TO - DOUBLE FULL
- RO - TO - FULL - TO - WHIP - DOUBLE FULL
- PF STEP OUT - RO - TO - WHIP - TO - DOUBLE FULL
- RO - TO - DOUBLE FULL - WHIP - DOUBLE FULL
- PF STEP OUT - RO - ARABIAN - RO - TO - WHIP - DOUBLE FULL

TOSS

TWISTING

- 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



2025-2026 ELITE SCORING SYSTEM

LEVEL 6 SKILLS

LEVEL APPROPRIATE SKILLS

STUNT INVERSION	STUNT RELEASE STYLE	STUNT TWISTING	STUNT-OTHER	STUNT-DISMOUNT
<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 REWIND TO WAIST LEVEL STUNT REWIND TO PREP STUNT RELEASED INVERSION FROM PREP LEVEL HAND IN HAND TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> TIC TOC LIB TO LIB (HIGH TO HIGH) TIC TOC LIB TO LIB (LOW TO HIGH) TIC TOC LIB TO BODY POSITION (LOW TO HIGH) TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) 	<ul style="list-style-type: none"> FULL TWISTING TRANSITION TO EXTENDED BODY POSITION 1 ¼ - 1 ¾ TWISTING TRANSITION TO EXTENSION 1 ½ TWISTING TRANSITION TO / AT EXTENDED LIB 1 ¾ TWISTING TRANSITION TO / AT EXTENDED LIB DOUBLE TWISTING TRANSITION TO / AT EXTENSION 2 ¼ TWISTING TRANSITION TO / AT EXTENSION 	<ul style="list-style-type: none"> 1 ¼ - 2 TWIST TO PRONE TWISTING HELICOPTER RELEASE MOVES 1/4 - 3/4 TWISTING TIC TOC TO EXTENDED 1 LEG STUNT 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED 1 LEG STUNT 1/2 TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED 1 LEG STUNT 1/4 - 1/2 TWISTING BACK HANDSPRING UP TO PREP STUNT 1/4 - 1/2 TWISTING RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION FULL TWISTING TIC TOC TO EXTENDED LIB (LOW TO HIGH) FULL TWISTING RELEASE FROM GROUND LEVEL TO EXTENDED LIB 1/4 TWISTING BACK HANDSPRING UP TO EXTENDED SINGLE LEG STUNT 1/4 - 1/2 TWISTING RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED 1 LEG STUNT 1 ½ TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED LIB FULL TWISTING RELEASE FROM WAIST LEVEL TO EXTENDED LIB 	<ul style="list-style-type: none"> DOUBLE TWISTING DISMOUNT FROM EXTENDED LIB TO CRADLE DOUBLE TWISTING DISMOUNT FROM EXTENDED BODY POSITION TO CRADLE

ELITE LEVEL APPROPRIATE SKILLS

STUNT INVERSION	STUNT RELEASE STYLE	STUNT TWISTING	STUNT-OTHER	DISMOUNT/COED
<ul style="list-style-type: none"> RELEASED INVERSION FROM PREP LEVEL HAND IN HAND TO EXTENDED BODY POSITION RELEASED INVERSION FROM EXTENDED HAND IN HAND TO EXTENSION REWIND TO EXTENDED STUNT 	<ul style="list-style-type: none"> TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) 	<ul style="list-style-type: none"> 1 ½ TWISTING TRANSITION TO / AT EXTENDED BODY POSITION 1 ¾ TWISTING TRANSITION TO / AT EXTENDED BODY POSITION DOUBLE TWISTING TRANSITION TO / AT EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> FULL TWISTING TIC TOC TO EXTENDED LIB (HIGH TO HIGH) 1/2 TWISTING BACK HANDSPRING UP TO EXTENDED STUNT 1/4 - 1/2 TWISTING RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION ½ TWISTING RELEASED INVERSION FROM GROUND LEVEL (FHS UP) TO EXTENDED STUNT 1 - 1 ½ TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION 1/4 - 3/4 TWISTING TIC TOC EXTENDED BODY POSITION TO BODY POSITION (HIGH TO HIGH) FULL TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED BODY POSITION FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH) 1/4 - 1/2 TWISTING RELEASED INVERSION FROM EXTENDED HAND IN HAND TO EXTENDED STUNT 1/4 TWISTING BACK HANDSPRING UP TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> FULL KICK FULL TWISTING DISMOUNT TO CRADLE KICK DOUBLE TWISTING DISMOUNT TO CRADLE <p>-----COED-----</p> <p>UNASSISTED:</p> <ul style="list-style-type: none"> TOSS EXTENDED 1 LEG STUNT TOSS EXTENDED 1 ARM STUNT TOSS FULL UP TO EXTENDED STUNT <p>THE FOLLOWING SKILLS WILL RECEIVE COED STYLE CREDIT AS LONG AS THE SKILL IS UNASSISTED FROM INITIATION TO THE DISMOUNT TO THE PERFORMANCE SURFACE OR A CRADLE POSITION</p> <p>UNASSISTED:</p> <ul style="list-style-type: none"> REWIND TO EXTENDED STUNT ½ TWISTING RELEASED INVERSION FROM GROUND LEVEL (FHS UP) TO EXTENDED STUNT EXTENDED HAND IN HAND TO EXTENDED STUNT