

<b>Stunts</b>	<b>Pyramids</b>	<b>Basket Tosses</b>	<b>Tumbling</b>	<b>Jumps</b>	<b>Motions/Dance</b>
5-6	5-6	5-6	5-6	5-6	5-7
EXTENSION PREPS OR ONE LEG VARIATIONS BELOW PREP LEVEL	PRYAMDIS AT PREP LEVEL OR BELOW		FORWARD/BACKWARD ROLLS OR FRONT/BACK WALKOVERS OR CARTWHEEL/ROUNDOFFS		LITTLE TO NO LEVEL CHANGES AND TRANSITIONS
6-7	6-7	6-7	6-7	6-7	
EXTENSIONS OR ONE LEG VARIATIONS AT PREP LEVEL	PYRAMDIS INVOLVING EXTENDED TWO LEG STUNTS	BASIC STRAIGHT RIDES	BACKHANDSPRING(S)	BASIC JUMPS OR LOWEST LEVEL OF EXECUTION	BELOW AVERAGE LEVEL OF EXECUTION
7-8	7-8	7-8	7-8	7-8	7-9
ADVANCED SKILLS	PYRAMIDS INVOLVING EXTENDED ONE LEG STUNTS	SINGLE SKILL TOSSES EX: SINGLE TWIST PIKE OPEN TOE TOUCH	STANDING SERIES JUMP-HANDSPRING COMBO RUNNING TUCKS (FRONT/BACK)	BELOW LEVEL JUMPS	MINIMAL LEVEL CHANGES AND TRANSITION
8-9	8-9	8-9	8-9	8-9	INCLUDES VARIETY OF FOOTWORK, MOVEMENT, FLOORWORK AVERAGE LEVEL OF EXECUTION AVERAGE ENTERTAINMENT VALUE
ADVANCED SKILLS REQUIRED DISMOUNT SINGLE TWIST FROM ONE LEG STUNT OR DOUBLE TWIST FROM TWO LEG STUNT	PYRAMIDS INVOLVING EXTENDED ONE LEG STUNTS AND AT LEAST ONE 2 1/2 HIGH TRANSITION	DOUBLE SKILL TOSSES EX: DOUBLE TWIST KICK FULL SWITCH KICK	STANDING TUMBLING: BACK TUCK OR BHS BACK TUCK RUNNING TUMBLING: LAYOUT- WHIPS-STEPOUT ANYTHING MORE THAN A TUCK THAT DOESN'T INVOLVE TWISTING SKILLS	LEVEL JUMPS THAT INVOLVE AT LEAST A 2 JUMP COMBINATION	
9-10	9-10	9-10	9-10	9-10	9-10
-ADVANCED SKILL REQUIRED DISMOUNT DOUBLE TWIST FROM ONE LEG STUNT OR -ELITE SKILL WITH A SINGLE TWIST FROM ONE LEG STUNT	-PYRAMIDS INVOLVING EXTENDED ONE LEG STUNTS AND AT LEAST ONE BRACED FLIP TRANSITION -MULTIPLE EXTENDED STRUCTURES	THREE SKILL TOSSES WITH AT LEAST ONE TWISTING SKILL EX: KICK DOUBLE HITCH KICK FULL SWITCH KICK FULL/DOUBLE	TUMBLING THAT INVLOVES TWISTING SKILLS EX: ARABIANS - FULLS - DOUBLE FULLS	HYPERS EXTENDED WELL EXECUTED JUMPS THAT INVOLVE AT LEAST A 3 JUMP COMBINATION WITH A HIGH VARIETY OF JUMPS	MULTIPLE: LEVEL CHANGES AND TRANSITIONS ABOVE AVERAGE LEVEL OF EXECUTION HIGH ENERGY AND ENTERTAINMENT VALUE