

LEVEL 6 DIFFICULTY

STUNTS

		TWISTING	INVERSIONS	RELEASES	COED	
Non listed non-level appropriate skills		More than 1 twist to extended single leg More than 1.5 twist to an extension	Downward inversion from extended stunt Any released inversion from prep level to an extension Any released inversion to prep level or below with up to a 1/2 twist	Up to 1/2 release twist to extended single leg 2 twist dismount from extended single leg	Any coed style stunt to prep level or below	BRONZE
		More than 1 twist to extended body position More than 1.5 twist to extended single leg 2 or 2 1/4 twist to an extension	Prep level released inversion to extended single leg Any released inversion to an extension with up to a 1/2 twist Any released inversion to extended single leg up to a 1/4 twist	1 twist, switch up to extended single leg Extended lib tic-tock to extended body position with up to a 1/4 twist Extended level release to prone position with more than 1 twist		SILVER
	Non listed level appropriate skills	More than 1.5 twist to extended body position 2 or 2 1/4 twist to extended single leg	Any released inversion to extended body position with up to a 1/4 twist Any released inversion to extended single leg with up to a 1/2 twist Prep level released inversion to extended body position Extended level released inversion to extended level	Extended lib tic-tock to extended body position 1 twist switch up to extended body position Extended level release to prone position with more than 1.5 twist From above ground level release to extended single leg with 1 twist Extended lib tic-tock to extended body position with more than 1/2 twist	Any coed style stunt to extended level	GOLD
		2 or 2 1/4 twist to extended body position	Any released inversion to extended body position with up to a 1/2 twist Extended level released inversion to extended level single leg	Any release to extended body position with more than 1 twist Extended single leg tic-tock to extended single leg with more than 1 twist		PLATINUM

PYRAMIDS

		TWISTING TRANSITIONS	INVERSIONS	RELEASED TRANSITIONS	
Any level appropriate structure	Any non level appropriate transition	Any non level appropriate inversion Any silver level stunt inversion	Any non level appropriate release Any silver level stunt release	SILVER	
Non listed level appropriate skills	More than 1 twist to extended single leg More than 1.5 to an extension	Any gold level stunt inversion Up to 3/4 braced flip with up to 1/2 twist Up to 1 twist braced flip with changing	Any gold level stunt release	GOLD	
	Up to 2 1/4 twist to an extension More than 1.5 twist to extended single leg	Any platinum level stunt inversion More than 3/4 braced flip with up to 1/2 twist Any braced flip with a full twist	Any platinum level stunt release	PLATINUM	

TOSSES

Non level appropriate toss	SILVER
3 tricks toss including 2 twists 4 trick toss including 1 twist	GOLD
4 or more trick toss including 2 twists	PLATINUM

DANCE

Perform 2 skills	SILVER
Perform 3 skills	GOLD
Perform 4 skills	PLATINUM

DANCE SKILLS include:
 1. Execution 2. Body Movement
 3. Staging 4. Level Work

STANDING TUMBLING

Any non listed level appropriate skills can be considered silver, gold, or platinum
Non level appropriate skills
Any combination of skills ending in a full
Back handspring full Standing full Any combination of connected skills including multiple flipping skills - ending in a full Any combination of 3 or more connected skills including an elite skill - ending in a full Multiple handsprings ending in a double full (ELITE SKILLS include: advanced jumps, whip, full)
Any combination of connected skills including multiple flipping skills - ending in a double full Any combination of 3 or more connected skills including an elite skills - ending in a double full (ELITE SKILLS include: advanced jumps, whip, full, double)

RUNNING TUMBLING

Any non listed level appropriate skills can be considered silver, gold, or platinum	
Non level appropriate skills	BRONZE
Any combination of skills ending in a full	SILVER
Any combination of 3 or more connected skills including an elite skill- ending in a full Any pass ending in a double full (ELITE SKILLS include: punch front step-out, whip, any twisting flip, Onodi)	GOLD
Any combination of 3 or more connected skills including an elite skill - ending in a double full (ELITE SKILLS include: punch front step-out, whip, any twisting flip, Onodi)	PLATINUM

JUMPS

ADVANCED JUMPS include:
 - Toe Touch - Right / Left Hurdler
 - Pike - Double Nine

*Other jumps can be considered advanced, but must be submitted through the Pro Score website.

For skill submission, questions and further education, please visit:
WWW.PROSCORESYSTEM.COM