

LEVEL 5 DIFFICULTY

STUNTS

		TWISTING	INVERSIONS	RELEASES	COED	
Non listed non-level appropriate skills	Non listed appropriate skills	2 twists to below prep level More than 1 twist to an extension	Downward inversion from extended level	Up to 1/2 twist switch up to extended single leg Up to 1/4 twist tic-tock to extended single leg	Any coed style stunt to prep level or below	BRONZE
		2 twists to prep level More than 1/2 twist to extended single leg	Prep level released inversion to an extension	Switch up to extended single leg with 1 twist Extended level release to prone position with up to a 1/2 twist Up to 1/2 twist, release to extended body position 2 twist dismount to cradle from extended stunt A helicopter with up to 180 degree rotation and 1 twist		SILVER
	Non listed level appropriate skills	More than 1 twist to extended level single leg More than 1 twist to extended body position 1.5 transition to an extension	Prep level released inversion to extended single leg	Helicopter with up to 180 degree rotation and more than 1 twist Extended lib tic-tock to extended body position More than 1/2 twist release to extended single leg Switch up to extended body position with 1 twist	Any coed style stunt to extended level	GOLD
		Extended level to extended level body position with 1 twist Extended level to an extension with a 1.5 twist	NON-released inversion to extended body position with more than a 1/2 twist NON-released inversion to an extension with more than 1 twist Prep level released inversion to extended level body position Extended level released inversion to extended level	Extended body position tic-tock to extended body position More than 1/2 twist to extended body position Extended single leg tic-tock to extended single leg with more than a 1/2 twist		PLATINUM

PYRAMIDS

	TWISTING TRANSITIONS	INVERSIONS	RELEASED TRANSITIONS	
Any level appropriate structure	Non level appropriate transition Up to 2 1/4 twist to below prep level	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	Up to 2 1/4 twist to prep level	Less than 3/4 braced flip Any gold level stunt inversion	Any gold level stunt release 2.5 high transition with more than 1.5 twist	GOLD
	Up to 2 1/4 twist to an extension Up to 2 1/4 twist to extended single leg	Any braced flip changing bases More than 3/4 braced flip Any platinum level stunt inversion	Any platinum level stunt release 2.5 high transition with more than 1.5 twist changing bases	PLATINUM

TOSSES

Non level appropriate toss	SILVER
3 trick toss with NO twist	GOLD
3 tricks including minimum 1 twist	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

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

STANDING TUMBLING

Any non listed level appropriate skills can be considered silver, gold, or platinum
Non level appropriate skills
Multiple back handsprings ending in a layout
Advanced jump connected to a back tuck Single back handspring ending in a layout Any combination of 3 or more connected skills including an elite skill - ending in a back tuck (ELITE SKILLS include: advanced jump, whip, back handspring step-out)
Any combination of connected skills including multiple flipping skills Any combination of 3 or more connected skills including an elite skills - ending in a layout (ELITE SKILLS include: advanced jumps, whip, back handspring step-out)

RUNNING TUMBLING

Any non listed level appropriate skills can be considered silver, gold, or platinum	
Non level appropriate skills	BRONZE
Round off back handspring full Round off / Cartwheel full	SILVER
Front walkover - roundoff - back handspring - full Arabian	GOLD
Any combination of 3 or more connected skills including an elite skill - ending in a full (ELITE SKILLS include: punch front step-out, whip, Onodi)	PLATINUM