

LEVEL 1 DIFFICULTY

STUNTS

TWISTING

RELEASE "STYLE"

All prep level single leg stunts must be connected to an athlete on the performance floor

Any non listed skills	A lift from performance surface to performance surface with no more than a 1/2 twist Any transition to below prep level with up to a 1/4 twist	Any dismount from below prep level Below prep level single leg tic-toc to below prep level single leg with up to a 1/4 twist	BRONZE
	Any transition passing through extension to below prep level with no more than a 1/4 twist A transition from a NON-upright position to prep level with NO twist Any transition to prep level with NO twist Up to 1/2 twist wrap around	Below prep level single leg tic-toc to prep level body position with up to a 1/4 twist Prep level single leg tic-toc to prep level single leg with NO twist	SILVER
	Up to 1/4 twist transition to prep level Any transition to a prep level single leg with up to a 1/4 twist	Prep level single leg tic-toc to prep level body position with NO twist Prep level body position tic-toc to prep level body position with NO twist	GOLD
	Any transition to prep level body position with up to a 1/4 twist	Prep level body position tic-toc to prep level body position with up to a 1/4 twist	PLATINUM

PYRAMIDS

TWISTING TRANSITIONS

RELEASED "STYLE" TRANSITIONS

Any structure	Up to 1/4 twist to below prep level	Any release style to below prep level	SILVER
Non listed skills	Up to 1/4 twist to prep level	Any release style to prep level	GOLD
	Up to 1/4 twist to an extension	Any release style to prep level body	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.

STANDING TUMBLING

Any non listed level appropriate skills can be considered silver, gold, or platinum
Forward / backward roll Handstand OR handstand variation Backbend OR backbend variation
Back extension roll Back walkover OR back walkover variation Cartwheel OR cartwheel variation Front walkover OR front walkover variation
2 different connected skills ending in a back walkover or back walkover variation 2 consecutive back walkovers Valdez
3 consecutive back walkovers 3 or more connected skills ending in a back walkover or back walkover variation

RUNNING TUMBLING

Any non listed level appropriate skills can be considered silver, gold, or platinum	
Cartwheel OR cartwheel variation Front walkover OR front walkover variation	BRONZE
Round off 2 connected skills ending in a back walkover or back walkover variation	SILVER
3 connected skills ending in a back walkover or back walkover variation	GOLD
4 connected skills ending in a back walkover or back walkover variation	PLATINUM

For skill submission, questions and further education, please visit:
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