

LEVEL 2 DIFFICULTY

STUNTS

		TWISTING	INVERSIONS	RELEASE "STYLE"	COED	
Non listed non-level appropriate skills		1/2 twist to below prep level More than 1/4 twist to prep level Up to 1/4 twist to prep level single leg	Ground level inversion to prep level or below	Switch up to prep level single leg Any 1/4 twist dismount from prep level and below	Any coed style stunt to prep level or below	BRONZE
		A leap frog variation with up to a 1/4 twist More than 1/4 twist to prep level single leg Up to 1/4 twist to an extension	Ground level inversion with 1/2 twist to prep level or below Ground level inversion to prep level single leg	Log roll Any dismount from an extension Ball-up to prep level Prep level single leg tic-tock to prep level single leg with up to a 1/4 twist		SILVER
	Non listed level appropriate skills	A leap frog variation with more than a 1/4 twist More than 1/4 twist to prep level body position More than 1/4 twist to an extension	Ground level inversion with 1/2 twist to prep level single leg Ground level inversion to an extension	Prep level body position tic-tock to prep level body position Prep level single leg tic-tock to prep level single leg with a 1/2 twist	Any coed style stunt to extended level	GOLD
		Up to 1/2 twist to an extension from NON-upright Up to 1/2 twist to prep level body position from NON-upright	Ground level inversion with 1/2 twist to prep level body position Ground level inversion with 1/2 twist to an extension	Prep level body position tic-tock to prep level body position with a 1/2 twist		PLATINUM

PYRAMIDS

	TWISTING TRANSITIONS	INVERSIONS	RELEASED "STYLE" TRANSITIONS	
Any level appropriate structure	Any non level appropriate transition Up to 1/2 twist to below prep level	Any inversion to prep level or below (NO twist)	Any non level appropriate transition Up to 1/2 twist to prep level or below	SILVER
Non listed level appropriate skills	Up to 1/2 twist to prep level Up to 1/2 twist to prep level single leg	Up to 1/2 twist inversion to prep level or below Any inversion to extended level (NO twist)	Up to 1/2 twist to prep level single leg	GOLD
	Up to 1/2 twist to an extension Up to 1/2 twist to extended single leg	Up to 1/2 twist inversion to extended level	Up to 1/2 twist to extended level	PLATINUM

TOSSES

	SILVER
	GOLD
Straight ride	PLATINUM

DANCE

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

DANCE SKILLS include:

- Execution
- Body Movement
- Staging
- 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
Single back handspring
Single back handspring step-out 2 connected skills ending in a back handspring or back handspring variation
3 connected skills ending in a back handspring or back handspring variation

RUNNING TUMBLING

Any non listed level appropriate skills can be considered silver, gold, or platinum	
Non level appropriate skills	BRONZE
Round off or cartwheel connected to a single back handspring or back handspring variation	SILVER
Round off or cartwheel connected to multiple back handsprings	GOLD
Any combination of 3 or more different connected skills ending in a back handspring or back handspring variation	PLATINUM