

LEVEL 3 DIFFICULTY

STUNTS

		TWISTING	INVERSIONS	RELEASES	COED	
Non listed non-level appropriate skills		Up to 1 twist to prep level or below	Any inverted transition at shoulder level or below Forward or backward suspended roll with NO twist Downward inversion starting at waist level	1 twist cradle from prep level Any released transition to below prep level	Any coed style stunt to prep level or below	BRONZE
		1 twist from prep level to prep level Up to 1/4 twist to extended single leg 1 twist to prep level single leg	Any inverted transition to below prep level with 1 twist Forward suspended roll with 1 twist	Up to 1/4 twist cradle from extended single leg 1 twist cradle from extension Switch up to prep level Any released transition from waist level or below to prep level		SILVER
	Non listed level appropriate skills	1 twist from prep level to prep level single leg More than 1/4 twist to extended single leg 1 twist to prep level body position	Up to 1 twist inverted transition to prep level Any inverted transition to extended single leg	From NON-upright waist level or below release to prep level From a cradle to prep level flat back with 1 twist Switch up to prep level body position Any released transition from waist level or below to prep level body position Up to 1/4 twist tic-tock transition to extended single leg	Any coed style stunt to extended level	GOLD
		1 twist from prep level to prep level body position	Up to 1/2 twist inverted transition to extended single leg Up to 1 twist inverted transition to prep level body position	Up to 1/4 twist tic-tock transition to extended body position From NON-upright waist level or below release to prep level body position More than 1/4 twist tic-tock transition to extended single leg		PLATINUM

PYRAMIDS

		TWISTING TRANSITIONS	INVERSIONS	RELEASED TRANSITIONS	
Any level appropriate structure	Any non level appropriate transition Up to 1 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 1 twist to prep level Up to 1 twist to prep level single leg	Any "flip" transition Any gold level stunt inversion	Any gold level stunt release Low to high OR high to high release Any 2.5 high release	GOLD	
	Up to 1 twist to an extension Up to 1 twist to extended single leg	Any "flip" transition changing bases Any platinum level stunt inversion	Any platinum level stunt release Low to high OR high to high twisting release Any 2.5 high twisting release	PLATINUM	

TOSES

Non level appropriate toss	SILVER
1 trick toss with NO twist	GOLD
1 twist toss	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
2 consecutive back handsprings Advanced jump connected to a single back handspring
3 or more consecutive back handsprings
Any combination of 3 or more connected skills including an elite skill (ELITE SKILLS include: advanced jumps, back extension roll, 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 back tuck Round off back tuck	SILVER
Aerial Punch front Front walkover - roundoff - back handspring - back tuck	GOLD
Any combination of 4 or more connected skills.	PLATINUM