

LEVEL 4 DIFFICULTY

STUNTS

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

PYRAMIDS

		TWISTING TRANSITIONS	INVERSIONS	RELEASED TRANSITIONS	
Any level appropriate structure		Any non level appropriate transition Up to 1.5 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 1.5 twist to prep level Up to 1.5 twist to prep level single leg	Less than 3/4 braced flip Any gold level stunt inversion	Any gold level stunt release Low to high OR high to high release Any released transition changing bases Any 2.5 high release	GOLD
		Up to 1.5 twist to an extension Up to 1.5 twist to extended single leg	More than 3/4 braced flip Any platinum level stunt inversion	Any platinum level stunt release Low to high OR high to high twisting release Any released twisting transition changing bases Any twisting 2.5 high transition	PLATINUM

TOSSES

Non level appropriate toss	SILVER
2 trick toss with NO twist	GOLD
2 twist toss 1 trick and with 1 twist toss	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
Non level appropriate skills
Multiple back handsprings connected to a back tuck
Standing back tuck Single back handspring connected to a back tuck
Single back handspring step-out OR back walkover connected to a back tuck 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
Carthwheel back tuck Round off - back handspring - layout	SILVER
Front walkover - round off - back handspring - layout Front handspring connected to a punch front Any combination of 3 or more connected skills including an elite skill - ending in a back tuck (ELITE SKILLS include: punch front step-out, whip, Onodi)	GOLD
Any combination of 3 or more connected skills including an elite skill - ending in a layout (ELITE SKILLS include: punch front step-out, whip, Onodi)	PLATINUM

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

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