



2025-2026 Future Flyer Faceoff

Scoring, Skills, and Judging Rubric

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Routine Requirements:

- A skill (S) is defined as a stunt. A mount or dismount (D) is defined as a transitional SKILL that leads into the execution of the next skill. No more than 20 total skills can be completed in a routine. Skills can be executed in any combination or sequence of stunts and dismounts. Transitional ELEMENTS are not scored skills.
 - Ex. A purdue up hand in hand is NOT scored as 2 skills as a purdue up is a transitional element leading into the skill of the hand in hand. A diamodav hand in hand IS scored as 2 skills as the diamodav is a transitional mount and is specifically stated, along with a hand in hand, as a skill in the skills rubric.
- All routines must contain 75% skills that are “on level” as outlined by the scoring and skills rubric for each division. Any higher level skills than the division you are competing in will be judged as a No Score “NS” and will not count towards any bonus categories. Any lower level skills than the division you are competing in will be judged as an “A” level skill.
- All routines must show variety in “on level” categories of skills, with a minimum of 3 variations (ex. Flipping, tossing, inversion, etc.).
- All routines must have a minimum of 2 variations of “on level” dismounts (ex. flipping and spinning dismount).
- All routines must show variety in body positions, minimum of 2.
- Routines must be 60 seconds long. The judging starts when the first skill or the music, whichever comes first, begins and the judging stops 60 seconds thereafter. If time or music ends mid-skill, that single skill may be completed. Any skill that begins after the music is over, or time expires will be judged as a No Score “NS”.
- An EXACT skill is defined as where the base AND flyer are performing the same motion. A skill with variation is defined as a skill where either the base and/or flyer does a different variation of said skill. No “exact same skill” can be repeated in a routine. Multiple variations of an “on level” skill may be competed in sequence, but if the exact same skill is competed during the routine, the exact repetition will be judged as a No Score “NS”.



Example: A tosslib and a toss minus are 2 DIFFERENT skills because even though the flyer is displaying the SAME technical motion, the base has either 2 hands on or one hand on making the skill, as defined, NOT a repeat skill. A toss cupie executed to the right hand and a toss cupie executed to the left hand would be categorized as a duplicate skill, since the flyer AND base stay with BOTH feet together standing on ONE hand, neither alternating their actions to perform the skill. This IS A DUPLICATE skill and will receive a NS, no score, for whatever skill is performed 2nd. However, a cupie popover and a lib to lib tick tock are specifically listed as skills in the scoring rubric as skills and are not considered two separate skills, but rather one skill as a whole.

- All REPEAT skills do NOT count towards your numbers to achieve Bonus Skills Category.
- All teams are required to have a spotter during their routine. A spotter is defined as an additional athlete whose primary responsibility is to watch the stunt and to assist if a stunt falls. They also assist with catching dismounts including assisting in power presses of dismounts. Assisting beyond the described duties such as assisting the base with completing a skill will result in a No Score "NS".



Routine Judging:

- All Routines will be judged by two different judges on a panel.
 - Judge 1 will judge the Overall Execution of the Skill / Dismount of the FLYER based on the Judge #1 Deductions Rubric
 - Judge 2 will judge the Overall Execution of the Skill / Dismount of the BASE based on the Judge #2 Deductions Rubric
- All Athletes / Coaches will have the most current rubric made available to them for building their routines. If a skill is not on the rubric and you are planning to perform it, it **MUST** be submitted via video to 3256500759, with a video and the requested difficulty value/name. If approved, it may be added to the rubric for future competitions. **ALL** skills not labeled in the rubric specifically that are performed **WITHOUT** prior approval from Hailey will be scored as an “A.” An updated rubric will be made available on the website 30 Days prior to every competition, with any additional skills that can be worked into a routine noted.
- All scoresheets with the written routine must be submitted to Hailey no later than 5 days prior to the competition to get skill difficulty verified on top of getting your official and verified raw score so you know what score range to expect.
- If a skill written on the scoresheet is performed at a lower or higher difficulty than what was indicated on the scoresheet, it **IS THE JUDGES RESPONSIBILITY** to review the skill and assign it with its correct letter value based on what was performed.
- All scores will be made available prior to the end of the competition to allow for coaches **ONLY** to inquire or challenge any deductions, difficulty values, or bonuses. Further, only the scores of your athlete will be conveyed to their coach. Scores of other athletes will not be discussed by any member of the F3 team with anyone other than the specific athlete / coach or fellow judge.



- No Parent (unless the parent is the coach) is allowed to interact or discuss the scoring or decision making process of ANYTHING in the competition before, during, or after competition with the judging panel. Further, no athlete, coach or parent is allowed in the judges tabulation area. Failure to adhere to these two policies may result in disqualification. If there are ANY inquiries from the parents, please contact Hailey ONLY via 3256500759 or in person at the competition.
- IT IS the COACHES RESPONSIBILITY to verify that the scores, deductions, bonuses, and bonus brackets are CORRECT for raw scores prior to the awards ceremony and they must verify this prior to bringing scoresheets back to the judges table. Failure to verify and double check this information, with the return of the scoresheet to the judges tabulation area, that score becomes FINAL and cannot be changed after awards are over. Parents, please ensure your coach understands this scoresheet and accepts this policy going forward.
- All REPEAT skills do NOT count towards your numbers to achieve Bonus Skills Category!



Roles of Judges: Judge #1

Judge 1 Role:

The role of judge #1 is to assess necessary applicable deductions to the FLYER, while looking at the execution of the skills and dismounts of the partner stunt team together.

Judge 1 Tasks - Filling out the Scoresheet:

The judge will begin by writing their judge # in the “Raw Score for Current Judge” column. Here, they will write down THEIR OWN tabulated scores for that routine. Then, they will collaborate with their co-judge and write down the other judges scores under the “Raw Score for other Judge” column to make tabulating easier.

As the team performs, the Judge will verify whether the skill is a stunt “S” or dismount “D” in the appropriate column per skill and then enter any applicable deduction values with their applicable deduction code on the scoresheet per skill or dismount performed. A full breakdown of the Judge 1 Deductions will be provided for reference.

If there is more than one deduction on a single skill, the Judge shall add them up and total them on the line for each individual skill or dismount performed. If multiple deductions do occur on a single skill, no combination of deductions shall exceed the skills worth and give a “negative” score value. The lowest score possible with deductions is a total row score of 0.

If a skill is attempted and completely misses or “whiffs”, it shall be recorded as a “No Score” or “NS” and zero points will be awarded for that skill from both judges. There are NO re-attempts of the missed skill, and if performed it shall not be recorded. Any skill given an NS will NOT count towards the total number of skills attempted for the Quantity Bonus Brackets.



If a Skill is performed from a higher level division than they are competing in according to the skills rubric, an illegal skill, it shall be recorded as a “No Score” or “NS” and zero points will be awarded for that skill. If a skill is performed from a lower level division it will be listed as an “A” skill. All skills not already on the rubric that are not pre-approved by Hailey will be rewarded as an “A” at the competition.

If a skill written on the scoresheet is performed at a lower or higher difficulty than what was indicated on the scoresheet, it IS THE JUDGES RESPONSIBILITY to review the skill and assign it with its correct letter value based on what was performed.

If the judge feels that there are any notes that they would like to share with either the athlete or coach, they will be free to do so at the bottom of their score sheet. The score sheet will be shared with the athletes and their coaches prior to the end of the competition.

Bobbles and Falls are now on BOTH judges' deductions sheets and should be subtracted from both judges' scores.

For example, an FMD is -4 each judge so a row total deduction of -8.

Roles of Judges: Judge #2



Judge 2 Role:

The role of judge #2 is to assess necessary applicable deductions to the BASE, while looking at the execution of the skills and dismounts of the partner stunt team together.

Judge 2 Tasks - Filling out the Scoresheet:

The judge will begin by writing their judge # in the “Raw Score for Current Judge” column. Here, they will write down THEIR OWN tabulated scores for that routine. Then, they will collaborate with their co-judge and write down the other judges scores under the “Raw Score for other Judge” column to make tabulating easier.

As the team performs, the Judge will verify whether the skill is a stunt “S” or dismount “D” in the appropriate column per skill and then enter any applicable deduction values with their applicable deduction code on the scoresheet per skill or dismount performed. A full breakdown of the Judge 2 Deductions will be provided for reference.

If there is more than one deduction on a single skill, the Judge shall add them up and total them on the line for each individual skill or dismount performed. If multiple deductions do occur on a single skill, no combination of deductions shall exceed the skills worth and give a “negative” score value. The lowest score possible with deductions is a total row score of 0.

If a skill is attempted and completely misses or “whiffs”, it shall be recorded as a “No Score” or “NS” and zero points will be awarded for that skill from both judges. There are NO re-attempts of the missed skill, and if performed it shall not

be recorded. Any skill given an NS will NOT count towards the total number of skills attempted for the Quantity Bonus Brackets.

If a Skill is performed from a higher level division than they are competing in according to the skills rubric, an illegal skill, it shall be recorded as a “No Score” or “NS” and zero points will be awarded for that skill. If a skill is performed at a lower level division it will be listed as an “A” skill. All skills not already on the rubric that are not pre-approved by Hailey will be rewarded as an “A” at the competition.



If a skill written on the scoresheet is performed at a lower or higher difficulty than what was indicated on the scoresheet, it IS THE JUDGES RESPONSIBILITY to review the skill and assign it with its correct letter value based on what was performed.

If the judge feels that there are any notes that they would like to share with either the athlete or coach, they will be free to do so at the bottom of their score sheet. The score sheet will be shared with the athletes and their coaches prior to the end of the competition.

Bobbles and Falls are now on BOTH judges' deductions sheets and should be subtracted from both judges' scores.

For example, an FMD is -4 each judge so a row total deduction of -8.

Routine Scoring:

- All Routines will be scored in 3 skills categories
 - STANDARD Bracket CATEGORY
 - BONUS Bracket CATEGORY Zone 1
 - BONUS Bracket CATEGORY Zone 2

Standard Skills Category Zone:

- All skills thrown in the STANDARD SKILLS CATEGORY Zone will receive a start value of 5 points for Stunts and 3 points for Dismounts for each Judge 1 and 2.
- All routines have a STANDARD Bracket CATEGORY Zone of 7 skills and will enter the bonus category on the completion of the 8th skill (Dismounts do NOT count towards the skills)
 - STANDARD Bracket CATEGORY: All skills (NOT dismounts) performed that are “on level” according to the Skills Rubric will count towards the bonus category. “Off Level” skills performed from a higher division will receive a No Score “NS” and do not count towards your numbers to achieve Bonus Skills Category Zones. “Off Level” skills performed from a lower division will be scored as an “A” skill and will count towards your number to achieve Bonus Skills Category Zones. If you Whiff a skill, or receive an NS for a skill, it does NOT count towards your numbers to achieve the Bonus Skills Category Zones. All REPEAT skills do NOT count towards your numbers to achieve Bonus Skills Category.

- All skills thrown in the STANDARD SKILLS CATEGORY Zone will be subject to all full deductions as outlined in the Deductions Rubric for Judge 1 and Judge 2.
- All skills including dismounts thrown in the STANDARD SKILLS CATEGORY Zone will be subject to a difficulty bonus based on the values outlined in the Skills Rubric. The difficulty bonus values for this zone are as follows:
 - A Skills earn a bonus of 0 points per skill
 - B Skills earn a bonus of .5 points per skill
 - C Skills earn a bonus of 1 points per skill
 - D Skills earn a bonus of 1.5 points per skill
- All Body Positions in the STANDARD AND BONUS SKILLS CATEGORY Zone will be subject to a difficulty bonus based on the values outlined in the Skills Rubric. The difficulty bonus values for body positions are as follows:
 - Lib/Torch earn a bonus of 0 points per skill
 - Heel Stretch/Arabesque earn a bonus of .5 points per skill
 - Scale, Paperclip, and Bow & Arrow earn a bonus of 1 points per skill
 - Needle, Free Stretch & Scorpion earn a bonus of 1.5 points per skill
- All Skill Variations Bonus in the STANDARD AND BONUS SKILLS CATEGORY Zone will be subject to a difficulty bonus based on the values outlined in the Skills Rubric. The difficulty bonus values for skill variations are as follows:
 - “Two feet” or prep level earn a bonus of 0 points per skill
 - Lands in body position or cupie (one leg or one arm), or starts & lands extended (if not stated specifically) earn a bonus of .5 points per skill
 - Lands in minus (one arm and one leg) earn a bonus of 1 point per skill
- If a body position is pulled after the stunt is performed (Not Immediate) You will receive the difficulty bonus points ONLY for that body position but it will NOT be counted as a lands in bp skill.
- All bonuses will apply unless specifically stated in the skills list (Ex. in the elite division only, a body position high to high full around will not be rewarded a bonus for landing in body position because it is listed as a D



level skill, but a triple up to minus would be rewarded as a D skill with 1 point bonus)

BONUS BRACKET CATEGORY 1 Zone:



- All routines enter the BONUS BRACKET CATEGORY 1 zone at the completion of the 8th skill through the 11th skill.
- Competitors will earn a 2 point bonus to total score for reaching the BONUS BRACKET CATEGORY 1 zone and completing at least 1 skill in the zone
 - All skills (NOT dismounts) performed that are “on level” according to the Skills Rubric will count towards Bonus Bracket Category 1. “ALL Off Level” skills will receive a No Score “NS” and do not count towards your numbers to achieve Bonus Bracket Category 1 Zone. If you “whiff” a skill, or receive a NS for a skill, it does not count towards your numbers to achieve the next Bonus Bracket Category Zones. All REPEAT skills do NOT count towards your numbers to achieve Bonus Skills Category.
 - You only enter bonus bracket after skill #8 is performed, so even if a dismount is directly after skill #7 you are still in standard range until skill #8
- All skills thrown in the BONUS Bracket CATEGORY 1 zone will receive NO start value for Stunts or Dismounts. The only points that can be earned in the bonus zones are difficulty bonuses per skill thrown.
- The values for the BONUS BRACKET SKILLS and DISMOUNTS CATEGORY 1 are as follows:
 - A- earn .5 points
 - B- earn 1 points
 - C- earn 2 points
 - D- earn 3 points

- Dismounts still receive a score but are not counted as a skill that qualifies you into Bonus Skills Category 2 Zone.
- All skills thrown in the BONUS BRACKET CATEGORY 1 zone will be subject to all full deductions as outlined in the Deductions Rubric for Judge 1 and Judge 2 with 1 exception as follows:
 - ANY SKILL or DISMOUNT receiving a deduction that is worth more than the bonus skill (putting your row score at what would be a negative value), like a fall, whiff, or bobble, will bring the total row score to “0,” not a negative value
 - Ex. Sally performed an A skill that had an FMD deduction from both judges. An A skill in the bonus range is worth .5 from each judge so 1 point total. She received an FMD deduction from both judges making her routine valued at 1 point total-8points in deductions= -7points for her skill. In this case this is a negative row total so it will just be written as 0 total row points instead of subtracting -7 from her total score.



BONUS SKILLS CATEGORY 2 Zone:



- All routines enter the BONUS SKILLS CATEGORY 2 zone at the completion of the 12th skill.
- Competitors will earn an additional 2 point bonus to total score for reaching the BONUS BRACKET CATEGORY 2 zone and completing at least 1 skill in the zone
 - All skills (NOT dismounts) performed that are “on level” according to the Skills Rubric will count towards Bonus Bracket Category 2. “ALL Off Level” skills will receive a No Score “NS” and do not count towards your numbers to achieve Bonus Bracket Category 2 Zone. If you “whiff” a skill, or receive a NS for a skill, it does not count towards your numbers to achieve the next Bonus Bracket Category Zones. All REPEAT skills do NOT count towards your numbers to achieve Bonus Skills Category.
 - You only enter bonus bracket after skill #12 is performed, so even if a dismount is directly after skill #11 you are still in standard range until skill #12
- All skills thrown in the BONUS Bracket CATEGORY 2 zone will receive NO start value for Stunts or Dismounts. The only points that can be earned in the bonus zones are difficulty bonuses per skill thrown.
- The values for the BONUS BRACKET SKILLS and DISMOUNTS CATEGORY 2 are as follows:
 - A- earn .5 points
 - B- earn 1 points
 - C- earn 2 points
 - D- earn 3 points

- Dismounts still receive a score but are not counted as a skill that qualifies you into Bonus Skills Category 2 Zone.
- All skills thrown in the BONUS BRACKET CATEGORY 2 zone will be subject to all full deductions as outlined in the Deductions Rubric for Judge 1 and Judge 2 with 1 exception as follows:
 - ANY SKILL or DISMOUNT receiving a deduction that is worth more than the bonus skill (putting your row score at what would be a negative value), like a fall, whiff, or bobble, will bring the total row score to “0,” not a negative value
 - Ex. Sally performed an A skill that had an FMD deduction from both judges. An A skill in the bonus range is worth .5 from each judge so 1 point total. She received an FMD deduction from both judges making her routine valued at 1 point total-8points in deductions= -7points for her skill. In this case this is a negative row total so it will just be written as 0 total row points instead of subtracting -7 from her total score.



Beginner:

Tossing Skills (The base releases the flyer) :



A Skill	B Skill	C Skill	D Skill
-Toss Hands	-Toss Extension -Toss Target -Toss Platform -genie hands	-Toss Cupie -Toss body position -genie platform, extension, or target	-Toss Minus - genie cupie -genie body position
-Press to Extension -Press to Platform	-Press to Lib -Press to Torch -Press to Cupie	-Press to Minus	
-Toss Shoulder Sit		-Toss Full Up to Shoulder Sit	
-Low to High Tiktok -High to Low Tiktok	-Low to High TikTok to Cupie or Immediate BP	-High to High Tiktok	-Low to High Minus

Connected Skills (The base and flyer are connected from the beginning of the skill) :

A Skill	B Skill	C Skill	D Skills

-Walk In Hands	-Walk In Extension/target	-Walk In to Cupie Immediate BP	-Walk In Minus -Walk in Reverse Hands 1/2 Pop to Front
-J Up to Hands -J Up to Chair	-J Up to Extension	-J Up to Cupie or Immediate BP	-J Up to Minus
	-Purdue to Shoulder Sit	-Purdue to Should Stand	

Inverted Skills (The flyers head is below waist but the foot is braced by the base while flyer's hands are still on the ground)



A Skill	B Skill	C Skill	D Skill
-Pooper Scooper Hands	-Pooper Scooper up to Extension or Platform or Target	-Pooper Scooper to Cupie/BP	-Pooper Scooper to Minus
-Handstand up to Hands	-Handstand up to Extension or platform or Target	-Handstand to Cupie or BP	-Handstand to Minus
-Cannonball Up to Hands	-Cannonball up to Extension or Platform or Target	-Cannonball up to Cupie or BP	-Cannonball up to Minus

Connected Dismounts (The base and flyer stay connected) :

A Dismount	B Dismount	C Dismount	D Dismount
-Walk Down From Hands	-Walk Down From Extension	-Walk Down from Lib	-Walk Down from BP
-J Down From Hands	-J Down From Extension	-J Down from Lib	-J Down from BP
	-Braced Cradle (base must		

	remain contact with flyers feet or hands throughout) -Braced Prone (base must remain contact with flyers feet or hands throughout)		
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Released Dismounts:

A Dismount	B Dismount	C Dismount	D Dismount
-Pop Off from Hands -Pop Off from Shoulder Sit	-Pop off from Extension -Pop off from Target -Pop off from Platform	-Pop Off From BP or Cupie	
		-Prone -Cradle	

Important reminders:

-No released spinning skills that go from the ground up to hands (or higher)

-No braced inverted skills that the flyer fully flips in (for example a handstand up is OKAY because it is a half flip because her feet start in the air in the bases hands and settles after a half flip onto the bases hands) a braced one arm is ILLEGAL

Bonus Opportunities All bonuses will apply unless specifically stated in the skills list (Ex. A toss minus will not be rewarded a bonus for landing in minus because it is listed as a D level skill, but a genie to minus would be rewarded as a C skill with 1 point bonus)	Body Positions: (Shows flexibility) Lib/Torch- No additional Points Heel Stretch/Arabesque=.5 bonus Scale, Paperclip, and Bow & Arrow= 1 point bonus Needle, Free Stretch & Scorpion= 1.5 bonus
Glossary: BP= Body Position Minus= One Arm AND One Leg Cupie= One Arm	Skill Specific Bonus: “Two feet” or prep level- No additional Points Lands in body position or cupie (one leg or one arm), or starts & lands extended (if not stated specifically) =.5 bonus Lands in minus (one arm and one leg) = 1 point bonus

Intermediate:

Tossing Skills:



A Skill	B Skill	C Skill	D Skill
-Toss prep -Toss to prep press to BP (connected or not is still rewarded as 2 A level skills) -Press to Cupie or BP	-Toss Extension/Platform/Target -Toss to Platform pull BP -Toss Reverse Hands (flyer starts facing base)	-Cupie Popovers -Toss Reverse Hands (flyer starts facing AWAY from base) -Toss immediate BP or Cupie -Press minus	-Toss Minus -Toss Reverse extension (flyer starts facing AWAY from base)
- Step in Reverse Hands ½ Around to Front - ½ Full Around (2 feet)	-Hands Full Around (2 feet)	-Hands Full Around to Cupie or Immediate BP -High to High Full Around (2 feet)	- High to High Full Around to Cupie or Immediate BP (2 feet to 1 foot) -Toss Full Up to Target or Platform
		-Low Lib to High Full Around (2 feet)	-High Lib to High Full Around (2 feet)
		-Power Press Cupie Full Around	-Power Press Lib Full Around (Same Leg) -High to High Cupie Full Around

-Genie Pop to Prep -Superman Pop to Prep	-Genie Pop to Extension or Genie Target or Platform -Superman Pop to Extension or Superman to Target or Platform	-Genie to Cupie or Immediate BP -Superman to Cupie or Immediate BP	-Genie Full Up -Superman Full Up
-Low to High TikTok -High to Low TikTok	-Low to High that lands in Cupie or BP	-High to High Tik Tok (one leg to the other)	-Low to High Minus (starts and ends on one arm, one leg) -High to High Tik Tok (one BP to another such as a stretch to bow and arrow)

Inversion Skills:

A Skill	B Skill	C Skill	D Skill
		-Braced Front Handspring Up to 2 Feet (flyer kicks into handstand where the base has one hand on flyers back and another on feet)	-Front Handspring Up to 2 Feet
		-Braced Cartwheel Up to 2 Feet	-Cartwheel Up to 2 Feet
-Handstand up to Extension, Platform or Target	-Handstand to Cupie or BP	-Handstand up to Minus -Braced Back Walkover Up to 2 Feet	-Back Walkover Up to 2 Feet
		-Braced Back Handspring Up to 2 Feet	-Back Handspring Up to 2 Feet
		-Purdue up to shoulders then prep hand in hand pop through (purdue up to both of flyers feet on bases shoulder(s) then flyer either straddles or balls or pikes up to the prep hand in hand and pops through)	-Purdue up to Prep Hand in Hand pop through



Dismounts:

A Dismount	B Dismount	C Dismount	D Dismount
-Pop off	-Pop Off to Star	-Pop Off to Side Star Cartwheel Out Connected (left hand of base is under left thigh of flyer, right hand of base is bracing flyers hips on the right side of her body: hands split her body and star is angled)	
-Cradle	-Ball, Pike, or Straddle Cradle	-1/2 Cradle	-2 Feet Full Down
-Prone	-Ball, Pike, or Straddle Prone	-1/2 Prone	-2 Feet Full Down to Prone
	-Continuous Cartwheel Out	-Continuous Front Walkover Out	
	-1/2 Corkscrew	-Full Corkscrew -1/2 Corkscrew to Star	

**Important Reminders:**

-full down dismounts are ONLY legal from two feet

-low to high lib to lib full arounds are NOT legal in intermediate and are ONLY allowed if it starts on 2 feet and lands on one (ex. High to high full around to immediate bp where the flyer is in a platform on two feet and does a full around that lands on one foot in body position), OR

starts on one foot and lands on 2 (ex. Low to high full around to two feet where the “low lib” spins to two feet on the way up to the “high position”)

<p>Bonus Opportunities</p> <p>All bonuses will apply unless specifically stated in the skills list (Ex. A toss minus will not be rewarded a bonus for landing in minus because it is listed as a D level skill, but a toss full up to minus would be rewarded as a D skill with 1 point bonus)</p>	<p>Body Positions: (Shows flexibility)</p> <p>Lib/Torch- No additional Points Heel Stretch/Arabesque=.5 bonus Scale, Paperclip, and Bow & Arrow= 1 point bonus Needle, Free Stretch & Scorpion= 1.5 bonus</p>
<p>Glossary:</p> <p>BP= Body Position Minus= One Arm AND One Leg Cupie= One Arm</p>	<p>Skill Specific Bonus:</p> <p>“Two feet” or prep level- No additional Points Lands in body position or cupie (one leg or one arm), or starts & lands extended (if not stated specifically) =.5 bonus Lands in minus (one arm and one leg) = 1 point bonus</p>



Advanced:

Tossing Skills:

A Skill	B Skill	C Skill	D Skill
-Genie Pop to Prep	-Genie to extended	-Genie Full Up	
-Cupie Popovers		-Power Press Cupie Full Around	-High to High Cupie Full Around
-Toss Target	-Full Up		-Double Up (the only double spinning skill allowed in advanced)
	-Hands Full Around (2 feet)	-1 ½ Full Around	
	-High to High Full Around (2 feet)	-Power Press Lib Full Around (Same Leg)	-High to High Lib Full Around (Same Leg)
-Low Lib to High Full Around (2 feet)	High Lib to High Full Around (2 feet)	-Low to High TikTok Full Around (one foot to other foot)	-High to High Tik Tok Full Around (one foot to another foot)
-High to High TikTok (lib to lib)	-High to High Tik Tok (one BP to another like stretch to bow and arrow)		

Inverted Skills:

A Skill	B Skill	C Skill	D Skill
-Cartwheel Up to 2 Feet	-Cartwheel Full Up	-Side Aerial -Halo	-Side Aerial Full Up -Halo Full Up
-Back Walkover Up to 2 Feet		-Backwalkover Full Up	
-Front Handspring Up to 2 Feet	-Front Handspring to Reverse Hands -Front Ariel		-Front Handspring 1 1/2

-Back Handspring Up to 2 Feet		-Back Handspring Full Up	
-Prep Hand to Hand	-Extended Hand to Hand	-Toss hand in Hand -Back Handspring to hand in hand -Poptart hand in hand	-Handski -Diamodav -Hand to Hand Power Press Full to Feet -Hand to Hand Front Snap



Flipping :

A Skill	B Skill	C Skill	D Skill
	-Rewind		-One to One -Side Sumi
		-Fast Forward lands in Reverse Hands	-Fast Forward lands to Front (quarter/half turn)
		-Superman Rewind	

Dismounts:

A Dismount	B Dismount	C Dismount	D Dismount
-Full Down	-Ball Full Down	-Body position Full Down	-2 Feet Double Down
	-Front Full Down to Prone	-Front 1 ½ to Cradle (Feet to back starts facing the front)	-2 Feet Double Down to Prone -Front 1 ¾ to Prone from BP, Scale, Arabesque or Needle where base leg is pointing at the quarter
-Corkscrew Down	-Ball Corkscrew	-Body Position Corkscrew Down	
	-Front Flip to Cradle	-Front Flip to Ground -Brandy to Back (front half feet sweep through to back)	-Front Flip to Prone
	-Back Layout to Prone	-Layout Half to Cradle	-Shotgun to Cradle
	-Waterfall (Fall to Prone on bases shoulder to		

	Immediate Walkover Out)		
		-Kick Full Down	-Hitch Kick Full Down

Important reminders:

-ONLY a toss double up or a two feet double down are legal. NO inverted double spinning or a double down from one leg is allowed in advanced

-note that handskis AND one arms are now LEGAL for this division :)

-note that the only inversion spinning more than one spin is a front handspring 1 1/2




Bonus Opportunities All bonuses will apply unless specifically stated in the skills list (Ex. A power press lib full around will not be rewarded a bonus for landing in lib because it is listed as a C level skill, but a double up to minus would be rewarded as a D skill with 1 point bonus)	Body Positions: (Shows flexibility) Lib/Torch- No additional Points Heel Stretch/Arabesque=.5 bonus Scale, Paperclip, and Bow & Arrow= 1 point bonus Needle, Free Stretch & Scorpion= 1.5 bonus
Glossary: BP= Body Position Minus= One Arm AND One Leg Cupie= One Arm	Skill Specific Bonus: “Two feet” or prep level- No additional Points Lands in body position or cupie (one leg or one arm), or starts & lands extended (if not stated specifically) =.5 bonus Lands in minus (one arm and one leg) = 1 point bonus

Elite:**Tossing Skills:**

A Skill	B Skill	C Skill	D Skill
Genie Full up		Genie Double Up	
	Double Up		Triple Up
Extended Full Around	Hands 1 ½ around	Hands Double Around	-High to High double around -Triple Around
		Body Position Power Press Full Around	Body position High To High Full Around
Low to High TikTok Full Around (lib to lib one foot to other foot)	High to High TikTok Full Around (lib to lib one foot to other foot)	High to High Tik Tok Full Around Body Position Variation (ex. stretch to stretch or stretch to bow and arrow)	
Power Press Cupie full around	Cupie to Cupie Full Around	Cupie to Cupie Full Over (right to left or left to right)	

Inverted Skills:

A Skill	B Skill	C Skill	D Skill
-Spinning Halo (one way)	-Cartwheel Immediate Halo -Cartwheel Double Up -Spinning Halo Both	-Cartwheel Immediate Full Twisting Halo	-Haileys Comet (Cartwheel Full Up Immediate Full Twisting Halo)

	Ways (on the way down and on the way up)		-Double Spinning Halo
-Backhandspring Full Up	-Back Handspring Double Up -Superman Back Handspring Full Up	-Dead Toss Back Double Up -Back Whip Double Up -Superman Back Handspring Double Up	-The Rizzy (Poptart to Immediate Back Double Up) -Back Handspring Triple Up
			
-Front 1 1/2	-Front Ariel 1 1/2 -Onodi 1 1/2	-Front 2 1/2	-Shooting Star (Front 1 1/2 Immediate Full Twisting Halo) -Front Aerial 2 1/2 -Onodi Whip 1 1/2
-Hand to Hand Power Press Full to Feet	-Extended Full to to Feet -Power Press straddle full to feet	-Extended straddle full to feet	-Double Full to Feet
-Handski - Diamidov	-Diamski (diamodav to handski)	-Handski Pop Over	-No Hand Diamski
-Poptart to Hand in Hand	-Poptart to Handski -Toss to Hand in Hand Extended	-Toss to Handski	-Reverse Pop Tart to Hand in Hand (start in hands and Back Handspring to hand in hand) -Cupie to Handski Pop Tart
-Hand to Hand Power Press Front Snap	-Hand in Hand Extended Front Snap	-Hand to Hand Full Twisting Front Snap	-Handski Front Snap
-Pirouette Braced (prep hand in hand pirouette to extension)	-Pirouette Braced to Handski (prep hand in hand pirouette to handski)	-Pirouette from the Ground up (starts before the purdue up happens where one hand is in reverse grip) -Free Released Pirouette to Handski (starts at prep	-Wildcard (Handski high to high full around)

		level)	
-Back Hand to hand in Hand	-Back Handspring to Handski -Back Whip to Hand in hand	-Back Hand Full Up to Handski -Back Whip to Handski	-Back Whip Full Up to Handski
		-Milky Way (Cartwheel Full Up half turn Hand in hand)	-Milky Way to Handski
-Reverse Hand in Hand	-Front hand sweep through to reverse hand in hand regular pop through to the back, or side snap (pop through to the front from reverse hand in hand)	-Reverski	-Front Hand Sweep through to Reverse Handski pop through to the back, or side snap (pop through to the front from reverski)



Flipping :

A Skill	B Skill	C Skill	D Skill
		-Miller Light (BHS Entry with Immediate Rewind Prior to Catch)	-Back Whip Miller Light (Back whip Entry with Immediate Rewind Prior to Catch) -Full Twisting Miller Light (BHS entry with immediate full twist prior to catch)
-Power Press Shot Gun (front or back)	-power press arabian shotgun or back half shotgun	-High to High Shotgun (front or back)	-Full Twisting Shotgun
	-One to One -Full Twisting Rewind	-Right to Left One to One -one arm half	-Right to left One to One twisting -one arm full twist
	-Side Sumi	-Full Twist Side Sumi	-The Sauce (full twisting side sumi full twisting halo)
Superman Rewind		-Superman Full Twisting Rewind	

	-Fast Forward lands in Reverse Hands	-Fast Forward lands to front (quarter/half turn)	-Full Twisting Fast Forward

Dismounts:

A Dismount	B Dismount	C Dismount	D Dismount
-Kick Full Down BP Full Down	-Front Stretch Kick Full -Hitch Kick Full Down	-Kick Kick Full Down -Front Stretch Kick Double	-Kick Double -Hitch Kick Double
-Shotgun to Cradle	-Ball x Half to Back -Ball Split Half to Back	-Ball X Full To Prone -Ball or pike Split Full To Prone -Pike Split Half to Back -Straddle Half to Cradle	-Straddle Full to Prone -Double Back to Cradle -double front to prone
-Front Flip to Ground	-Front Flip Star to Ground -Front Flip to Prone		
-2 Feet Double Down	-Double Down from Stretch, Scale, or Arabesque	-Double Down from other BP (free stretch, bow and arrow, etc.)	-Triple Down
	-Full to Side Swipe Cradle Back Walkover Out		
	-Front Full to Cradle	-Front Split Full to Cradle	
	-Front 1 ½ to Cradle (Feet to back starts facing the front)	-Front 1 ¾ to Prone from Scale, Arabesque, Needle where base leg is pointing at the quarter	-Double to Prone (spins opposite way of a regular double down)

	-Arabian To Back	-Arabian To Prone -Brandy to Back (front half feet sweep through to back)	-Arabian Half to Back (feet sweep through and half turn to back upon catch)
-Corkscrew Down	-Ball Corkscrew	-Double Corkscrew Down	
		- Kick Full to Prone	-Kick 1 ½ to Back
	-Waterfall (Fall to Prone on bae shoulder to Immediate Walkover Out)	-Full Twist Waterfall (full twist then Fall to Prone on bae shoulder to Immediate Walkover Out)	



Bonus Opportunities All bonuses will apply unless specifically stated in the skills list (Ex. A body position high to high full around will not be rewarded a bonus for landing in body position because it is listed as a D level skill, but a triple up to minus would be rewarded as a D skill with 1 point bonus)	Body Positions: (Shows flexibility) Lib/Torch- No additional Points Heel Stretch/Arabesque=.5 bonus Scale, Paperclip, and Bow & Arrow= 1 point bonus Needle, Free Stretch & Scorpion= 1.5 bonus
Glossary: BP= Body Position Minus= One Arm AND One Leg Cupie= One Arm	Skill Variations Bonus: “Two feet” or prep level- No additional Points Lands in body position or cupie (one leg or one arm), or starts & lands extended (if not stated specifically) =.5 bonus Lands in minus (one arm and one leg) = 1 point bonus

Judge 1 Deductions

Overall execution of the Skill / Dismount of the Flyer




No single skill shall receive deductions that get them into the negative scoring range. There is an unlimited amount of deductions a skill can now receive totaling up to at most a row total of 0 after deductions are accumulated and calculated into row score.

Deduction:	Deduction Code:	Point Deduction:	Deduction Description:
Bobbles-			A bobble deduction refers to a minor mistake or instability in a stunt, where the flyer loses balance or position momentarily but the stunt does not fall completely. The base manages to regain control and stabilize the flyer, preventing a fall. Bobbles can include wobbles, slips, or small adjustments that disrupt the smooth execution of the stunt but are corrected quickly enough to maintain overall stability.
Min. Deduction	BMN	2	For a bobble that quickly regains control. For a stunt that comes down to eye level but adjusts back up to the top

Max Deduction	BMX	3	<p>For a bobble that has no explicit finish and never regains control but stays in the air.</p> <p>For a stunt that goes below the eye level but presses back up to the top</p>
Falls-			<p>A fall deduction occurs when a stunt group fails to execute the stunt properly, resulting in the flyer losing their position and descending below shoulder level or to the floor.</p> <p>For any skill that is intended to land or remain at the top in full extension, a fall is defined as anything that descends below shoulder level. Even if an applicable stunt is caught at or descends to the shoulder (breaks plain) and is pressed back up to the top, that action is still considered a minimum deduction FALL.</p>
Min. Deduction	FMN	3	<p>For a fall that catches feet and then drops below shoulder level</p>
Med. Deduction	FMD	4	<p>For a fall that catches feet and then drops below shoulder level to the floor</p>
Max Deduction	FMX	NS	<p>A NO SCORE will be given for a fall in which the skill never connects with the flyer's feet. Also known as a "Whiff" or a "Miss"</p>
Body Positions-			<p>A Body Position Deduction for the Flyer refers to a penalty given when a flyer does not maintain the correct or expected body alignment and position during a stunt. This can include misalignments such as:</p> <p>Bent legs when they should be straight or are not locked out entirely upon making contact with bases hand for inversions, hand in hands, or tossing skills, and legs not locked out after the "roll up" for flipping elements.</p> <p>Incorrect angles in the flyer's body (e.g., leaning too far forward or backward), misplaced arms or hands, lack of pointed toes or incorrect foot</p>



			positioning, and/or hips not being squared or aligned properly, and when the flyer's body position and alignment are not maintained correctly during a stunt. This can include issues such as: poor posture where the flyer is not maintaining a straight and aligned body, slouching or arching the back, and lack of control where the flyer is not holding a stable body line resulting in excessive movement or wobbling
Min. Deduction	BPN	1	<p>For a body position that has a lib leg that is not connected to base leg, bent leg, leg separation, or flexed foot in inverted spinning elements or hand in hand variations, feet that are not flexed upon landing in bases hands or "toeing" but maintains control, and for legs that are not locked out after the "roll up" for flipping elements.</p> <p>For a bp leg that is within 30 degrees of the axis point of the stunt, or at level for arabesques.</p> <p>If the chest in arabesques drops in order to appear more flexible and is more than 30 degrees from the vertical axis point then a minimum deduction will be given. (Axis point is defined as a vertical line up and down for stretches, bow and arrows, scales, etc. Axis point is defined as horizontal for arabesques)</p>
Max Deduction	BPX	2	<p>For a bent or non straight body line that overly pikes or arches the back, poor posture which includes slouching, excessive movement or wobbling.</p> <p>For a body position that looks unstable, shows balance checks, and shows a lack of flexibility, the leg being below 30 degrees of the axis point of the stunt, or at level for arabesques. (Axis point is defined as a vertical line up and down for stretches, bow and arrows, scales, etc. Axis point is defined as horizontal for arabesques)</p>
Arm Placement-			<p>A deduction for Arm Placement for the Flyer refers to a penalty given when the flyer's arms are not positioned correctly during a stunt.</p> <p>This can include issues such as simple balance checks where the arms leave the side of the body to arms moving excessively or wobbling when they should be steady, incorrect hand placement where hands are not being placed correctly on the bases' hands, wrists, or other body parts as required by the stunt and excessive adjustments or</p>

			re-gripping during the stunt, indicating instability or lack of control.
Min. Deduction	APN	1	For improperly bent arms or arms that show balance check, but quickly go back to the sides of the flyer. For grips in hand in hand variations that are not in line with base hands or completely stacked for handski variations.
Max Deduction	APX	2	For arms that leave sides of the body for an extended period of time displaying lack of control of the skill, and/or excessive adjustments or re-gripping,
Dismounting Technique-			<p>A Dismounting Technique Deduction for the Flyer refers to a penalty given when the execution by the flyer of the dismount from a stunt is not performed with proper technique or control.</p> <p>This can include issues such as: unsteady or wobbly execution during the dismount, poor form, such as bent legs when they should be straight, incorrect or incomplete rotation by the flyer, failure to maintain a clean body line or posture during the descent, rough or uncontrolled landings.</p> 
Min. Deduction	DTN	1	For feet separation, wobbly execution, minor leg bends, non hollow body lines or failure to maintain a clean posture during the descent, or rough or uncontrolled landings
Max Deduction	DTX	2	For over rotation and incomplete spinning on flipping/spinning elements or more extreme variations of the Minimum Deductions.

Judge 2 Deductions



Overall execution of the Skill / Dismount of the Flyer

No single skill shall receive deductions that get them into the negative scoring range. There is an unlimited amount of deductions a skill can now receive totaling up to at most a row total of 0 after deductions are accumulated and calculated into row score.

Deduction:	Deduction Code:	Point Deduction:	Deduction Description:
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Bobbles-			<p>A bobble deduction refers to a minor mistake or instability in a stunt, where the flyer loses balance or position momentarily but the stunt does not fall completely. The base manages to regain control and stabilize the flyer, preventing a fall. Bobbles can include wobbles, slips, or small adjustments that disrupt the smooth execution of the stunt but are corrected quickly enough to maintain overall stability.</p>
Min. Deduction	BMN	2	<p>For a bobble that quickly regains control.</p> <p>For a stunt that comes down to eye level but adjusts back up to the top.</p>
Max Deduction	BMX	3	<p>For a bobble that has no explicit finish and never regains control but stays in the air.</p> <p>For a stunt that goes below the eye level but presses back up to the top.</p>
Falls-			<p>A fall deduction occurs when a stunt group fails to execute the stunt properly, resulting in the flyer losing their position and descending below shoulder level or to the floor.</p> <p>For any skill that is intended to land or remain at the top in full extension, a fall is defined as anything that descends below shoulder level. Even if an applicable stunt is caught at or descends to the shoulder (breaks plain) and is pressed back up to the top, that action is still considered a minimum deduction FALL.</p>
Min. Deduction	FMN	3	<p>For a fall that catches feet and then drops below shoulder level</p>
Med. Deduction	FMD	4	<p>For a fall that catches feet and then drops below shoulder level to the floor</p>
Max Deduction	FMX	NS	<p>A NO SCORE will be given for a fall in which the skill never connects with the flyer's feet. Also known as a "Whiff" or a "Miss"</p>
Steps-			<p>A deduction for steps refers to the points subtracted from a team's score when the base takes unnecessary steps to stabilize or adjust the stunt.</p> <p>This typically happens if the base moves their feet from the stunts starting position to regain balance or reposition themselves while holding the flyer, it indicates instability in</p>

			the stunt. 2 STEPS FOR STABILIZATION IS ALLOWED without deduction, anything greater will lead to a deduction.
Min. Deduction	STN	1	For 3-4 steps while still showing control of the stunt
Max Deduction	STX	2	For 4 or more steps or any large uncontrolled base movement that shows lack of stability/control of the skill
Arm Movement, Placement, and Grips			<p>A deduction for Grips refers to the points subtracted from a team's score when the base catches the stunt with incorrect grips and must adjust multiple times or is unable to adjust to correct grips, and must hold the skill incorrectly to keep the stunt in the air.</p> <p>Correct grips are where the left hand is in front of the right hand, and still maintains control of the stunt by pop adjusting.</p> <p>A deduction for Arm Placement refers to the points subtracted from a team's score when the base has elbows that exceed the frame of the shoulders or incorrect lines / foundations.</p> <p>Or when the base is executing a one arm skill but must use their other arm to ensure that the stunt stays in the air (capped skill)</p>
Min. Deduction	AMN	1	<p>For a stunt caught in incorrect grips with multiple pop adjusts to get into proper adjustment</p> <p>For wide elbows or a Cupie arm that does not have a solid line or foundation</p>
Max Deduction	AMX	2	<p>For a stunt caught in incorrect grips that is too unstable to pop adjust and must hold to keep the stunt in the air</p> <p>For a one arm skill that is "capped" where the other arm assists the catch to ensure the stunt is in the air.</p>



Dismounting Technique-			<p>A Dismounting Technique Deduction for the Flyer refers to a penalty given when the execution by the flyer of the dismount from a stunt is not performed with proper technique or control.</p> <p>This can include issues such as: taking unnecessary steps by the base to catch a flyer, having to engage a spotter to catch a dismount that doesn't require spotter support, lack of control in guiding the flyer smoothly and safely to the ground or performing the dismount in a way that causes a rough or unsteady landing for the flyer, and when the flyer's chest is not positioned correctly during the dismount phase of a stunt due to the flyer leaning or pushing their chest below horizontal.</p>
Min. Deduction	DMN	1	<p>Taking 2 steps to catch the dismount, demonstrating lack of control of the flyer during dismount, performing the dismount in a way that causes a rough or unsteady landing for the flyer</p>
Max Deduction	DMX	2	<p>Taking 3 or more steps to catch the dismount or the most extreme variations of the Minimum Deduction.</p> <p>Engaging the spotter in catching a dismount that doesn't require spotter support.</p> <p>For a chest that falls below horizontal in dismounts that land on back or prone, or for a chest that catches below horizontal in a waterfall dismount.</p>

