



2025 Future Flyer Faceoff

Scoring, Skills and Judging Rubric

July 2025

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Routine Requirements:

- A skill is defined as a stunt or a dismount. No more than 20 total skills can be completed in a routine and skills can be executed in any combination or sequence of stunts and dismounts. Transitions are not scored skills.
- 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. In the Bonus Category Zones you are only allowed to perform on level skills.
- 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 begins and the judging stops 60 seconds thereafter. If time ends mid skill that single skill may be completed. Any skill that begins after the time expires will be judged as a No Score “NS”.
- 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 toss cupie executed to the right hand and another to the left hand would be categorized as a duplicate skill, since the flyer does not need to alter their actions to perform the skill
- 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. There will also be a head judge available to assist Judge 1 and Judge 2 and to review any challenges.
 - Judge 1 will judge the Overall Execution of the Skill / Dismount by the Partnership / Base based on the Judge #1 Deductions Rubric
 - Judge 2 will judge the Overall Execution of the Skill / Dismount by the Flyer 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 believe it should be, you may submit your request via email to admin@futureflyerfaceoff.com, with a video for the skill to be reviewed to potentially be added to the rubric for the next competition. 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 scores will be made available prior to the end of the competition to allow for coaches to inquire or challenge any deductions or scores. 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.



Roles of Judges: Judge #1

Judge 1 Role:

The role of judge #1 is to assess necessary applicable deductions to the Partner Stunt group as a whole, while looking at the execution of the skills and dismounts relative to the base combined with their partner execution together.

Judge 1 Tasks - Filling out the Scoresheet:

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 are 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. The score sheet allows for a maximum deduction of 4 points on a single skill. If multiple deductions do occur on a single skill, no combination of deductions shall exceed the 4 point maximum deduction for a single error or skill.

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. Even if the partnership re-attempts the missed skill, it shall not be recorded, however, it will count towards the total number of skills attempted for the Quantity Bonus Categories.

If a Skill is performed from a higher level division than they are competing in according to the skills rubric, 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.

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.



Roles of Judges: Judge #2

Judge 2 Role:

The role of judge #2 is to assess necessary applicable deductions to the flyer only, looking at the execution of the skills and dismounts relative to only to the flyer. Judge 2 Tasks - Filling out the Scoresheet:

Judge 2 Tasks - Filling out the Scoresheet:

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.

The Flyer can earn multiple deductions, up to the maximum deduction allowed of 4 points, on a single skill. Multiple deductions can occur on a single skill, but no single deduction or combination of deductions shall exceed the maximum 4 point deduction for a single skill.

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. Even if the partnership re-attempts the missed skill, it shall not be recorded, however, it will count towards the total number of skills attempted for the Quantity Bonus Categories

If a Skill is performed from a higher level division than they are competing in according to the skills rubric, 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.

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.



Routine Scoring:

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

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 per Judge 1 and 2.
- All routines have a STANDARD SKILLS CATEGORY Zone of 7 skills and will enter the bonus category on the 8th skill (Dismount do NOT count towards the skills in the bonus categories)
 - STANDARD SKILLS 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 may be scored as a “A” skill but will NOT count towards your number to achieve Bonus Skills Category Zones. If you Whiff a skill and do not successfully reattempt it it does not count towards your numbers to achieve the Bonus Skills Category Zones.
- 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 this zone are as follows:
 - Lib/Torch earn a bonus of 0 points per skill
 - Heel Stretch/Arabesque earn a bonus of .5 points
 - Scale, Paperclip, and Bow & Arrow earn a bonus of 1 points
 - Needle, Free Stretch & Scorpion earn a bonus of 1.5 points
- If a body position is pulled after the stunt is performed (Not Immediate) You will receive the difficult bonus points for that body position but it will NOT be counted as an individual skill.



BONUS SKILLS CATEGORY 1 Zone:

- All routines enter the BONUS SKILLS CATEGORY 1 zone at the 8th skill through the 11th skill.
- Teams will earn a 2 point bonus for reaching the BONUS SKILLS 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 Skills Category 2. “ALL Off Level” skills will receive a No Score “NS” No Score “NS” and do not count towards your numbers to achieve Bonus Skills Category 2 Zone.If you Whiff a skill and do not successful reattempt it, it does not count towards your numbers to achieve the next Bonus Skills Category Zones.
- • All skills thrown in the BONUS SKILLS CATEGORY 1 zone will receive NO start value for Stunts or Dismounts. Dismounts still receive a bonus score but are not counted as a skill for Bonus Skills Category 2 Zone.The only points that can be earned in the bonus zones are difficulty bonuses per skill thrown. The difficulty bonus values are increased for the BONUS SKILLS CATEGORY 1 zone and are as follows:
 - A Skills earn a bonus of .5 points per skill
 - B Skills earn a bonus of 1 points per skill
 - C Skills earn a bonus of 2 points per skill
 - D Skills earn a bonus of 3 points per skill
- • All skills thrown in the BONUS SKILLS 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:
 - For every skill thrown in the Bonus Zone that is a miss or “whiff”, no skills bonus points will be awarded for a missed skill. However, the Team will still receive a Max Deduction of 4 points from Judge 1 and a NS from Judge 2 for the missed skill as a Max drop.



BONUS SKILLS CATEGORY 2 Zone:

- All routines enter the BONUS SKILLS CATEGORY 2 zone at the 12th skill.
- Teams will earn a 2 point bonus for reaching the BONUS SKILLS CATEGORY 2 zone and completing at least 1 skill in the zone
 - “ALL Off Level” skills will receive a No Score “NS”
- • All skills thrown in the BONUS SKILLS CATEGORY 2 zone will receive NO start value for Stunts or Dismounts. Dismounts still receive a bonus score. The only points that can be earned in the bonus zones are difficulty bonuses per skill thrown. The difficulty bonus values are increased for the BONUS SKILLS CATEGORY 2 zone and are as follows:
 - A Skills earn a bonus of .5 points per skill
 - B Skills earn a bonus of 1 points per skill
 - C Skills earn a bonus of 2 points per skill
 - D Skills earn a bonus of 3 points per skill
- • All skills thrown in the BONUS SKILLS 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:
 - For every skill thrown in the Bonus Zone that is a miss or “whiff”, no skill bonus points will be awarded for a missed skill. However, the Team will still receive a Max Deduction of 4 points from Judge 1 and a NS from Judge 2 for the missed skill as a Max drop.



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

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 extension/platform	-Toss Minus
-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

Beginner

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 braces 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

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

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)		

Beginner

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 toss full 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

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

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 toss full 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

			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

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 toss full 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

-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 (purdues 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

Intermediate

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 toss full 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

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	-½ Prone	-2 Feet Full Down to Prone
	-Continuous Cartwheel Out	-Continuous Front Walkover Out	
	-½ Corkscrew	-Full Corkscrew -½ 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”)

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

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)		

Advance

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 Power Press Front Snap

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

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 3/4 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 skills 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 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 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:

Elite

A Skill	B Skill	C Skill	D Skill
-Spinning Halo (one way)	-Cartwheel Immediate Halo -Cartwheel Double Up -Spinning Halo Both Ways (on the way down and on the way up)	-Cartwheel Immediate Full Twisting Halo	-Haileys Comet (Cartwheel Full Up Immediate Full Twisting Halo) -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 ½ -Onodi 1 1/2	-Front 2 ½	-Shooting Star (Front 1 ½ Immediate Full Twisting Halo) -Front Aerial 2 ½ -Onodi Whip 1 1/2
-Hand to Hand Power Press Full to Feet	-Extended Full to to Feet	-Power Press straddle full to feet	-Double Full to Feet -Extended straddle 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

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 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

			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 level)	-Wildcard (Handski high to high full around)
-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

Elite

-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)
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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 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

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)	-High to High Shotgun (front or back)	-Full Twisting Shotgun	-Bazooka (Cupie to Cupie High to High shotgun) -Machine Gun (High to high Full Twisting Shot Gun)
	-One to One -Full Twisting Rewind	-Right to Left One to One	-Double Twisting Rewind -Right to left One to One Twisting
	-Side Sumi	-Full Twist Side Sumi	-The Sauce (full twisting side sumi full twisting halo)

Elite

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

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 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

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
-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 3/4 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)	

JUDGE 1 DEDUCTIONS

Overall Execution of the Skill / Dismount by the Partnership / Base

- No Single skill shall receive combined deductions that exceed 4 combined points per skill, Therefore The MAX Combined Deductions Per Skill is 4 Points.

Deduction Name:	Point Deduction	Deduction Code	Deduction Description:
BOBBLE			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.
Minimum deduction	0.75	BMN	For a bobble that quickly regains control
Max deduction	1.5	BMX	For a bobble that has no explicit finish and never regains control but stays in the air
FALLS			A fall deduction occurs when a stunt group fails to execute the stunt properly, resulting in the flyer losing their position and descending below chest level or to the floor. For any skill that is intended to land or remain at the top in full extension, a fall is defined as anything that descends to or below chest level. Even if an applicable stunt is caught at or descends to the chest (breaks plain) and is pressed back up to the top, that action is still considered a minimum deduction FALL.
Minimum deduction	3	FMN	For a fall that catches feet and then drops to chest level
Medium Deduction	4	FMD	For a fall that catches feet and then drops below chest level or to the floor
Max deduction	NS	FMX	A NO SCORE will be awarded for a fall in which the skill never connects with the flyers feet. Also known as a "Whiff" or a "Miss"
STEPS			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. 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 the stunt. 2 STEPS FOR STABILIZATION IS ALLOWED without deduction, anything greater will lead to a deduction.
Minimum deduction	1	SMN	For 3 steps while still showing control of the skill
Max deduction	2	SMX	For 4 or more steps or any large uncontrolled base movement that shows lack of stability/control of the skill
ARM MOVEMENT			A deduction for Arm Movement refers to the points subtracted from a team's score when the base must drop their arms to or below eye level to stabilize or adjust a stunt intended to land or remain at the top in full extension. This typically happens if the base lowers their arms and hands from the stunts landing or extended position to regain balance or reposition the flyer, it indicates instability in the stunt. Bases may make slight stunt adjustments above eye level with no deduction, as long as the adjustment is not large enough to constitute a bobble deduction.
Minimum deduction	0.75	ARN	For a stunt that comes down to eye level but adjusts back up to the top
Medium Deduction	1.5	ARD	For a stunt that goes below the eye level but presses back up to the top
Max deduction	2	ARX	For a stunt that goes below eye level and is unable to regain control of the stunt and stays below eye level



GRIPS			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 or is unable to adjust to correct grips, and must hold the skill incorrectly to keep the stunt in the air. Correct grips are where the left hand is in front of the right hand, and still maintains control of the stunt by pop adjusting
Minimum deduction	0.75	GMN	For a stunt caught in incorrect grips with proper adjustment
Max deduction	1.5	GMX	For a stunt caught in incorrect grips that is unable to pop adjust and must hold to keep the stunt in the air
ARM PLACEMENT			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
Minimum deduction	0.75	APN	For wide elbows or a Cupie arm that does not have a solid line or foundation
ONE ARM SKILLS			A deduction for One Arm Skills refers to the points subtracted from a team's score when the base is executing a one arm skill but must use their other arm to ensure that the stunt stays in the air.
Minimum deduction	1	OAN	For a one arm skill that is "capped" where the other arm assists the catch to ensure the stunt is in the air.
DISMOUNTING TECHNIQUE			A Dismounting Technique Deduction for the Partnership refers to a penalty given when the execution of the dismount from a stunt is not performed with proper technique or control. 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.
Minimum deduction	0.75	DTN	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
Medium Deduction	1.5	DTD	Taking 3 or more steps to catch the dismount or more extreme variations of the Minimum Deduction
Max deduction	2	DTX	Engaging the spotter in catching a dismount that doesn't require spotter support or the most extreme variations of the Minimum Deduction



JUDGE 2 DEDUCTIONS

Overall Execution of the Skill / Dismount by the Flyer

- No Single skill shall receive combined deductions that exceed 4 combined points per skill, Therefore The MAX Combined Deductions Per Skill is 4 Points.

Deduction Name:	Point Deduction	Deduction Code	Deduction Description:
FLYER BOBBLE			A bobble deduction for the Flyer 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. 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.
Minimum deduction	0.75	BMN	For a bobble where the flyer quickly regains control
Max deduction	1.5	BMX	For a bobble where the flyer never fully regains control but stays in the air
FLYER FALLS			A fall deduction for the Flyer occurs when the flyer fails to connect their feet to the base and the attempted skill is a complete miss, and the flyer goes right back to the ground. This results in a "No Score" for that skill. If the attempted skill breaks the plain of the bases chest or travels and is pressed back up, the flyer should be evaluated in other categories based on their body positions, arm and leg placements, and technique in the air while the base adjusts to save the stunt.
Min deduction	NS	FMN	A NO SCORE will be awarded for a fall in which the skill never connects with the flyers feet. Also known as a "Whiff" or a "Miss"
BODY POSITIONS			A Body Position Deduction for the Flyer refers refers to a penalty given when a flyer or base does not maintain the correct or expected body alignment and position during a stunt. This can include misalignments such as: Bent legs when they should be straight, 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 positioning, and/or Hips not being squared or aligned properly.
Minimum deduction	0.75	BPN	For a body position that has a bent leg or flexed foot but maintains control and shows that the leg is within 30 degrees of axis point of the stunt, or at level for arabesques. If 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
Max deduction	1.5	BPX	For a body position that looks unstable, a lib leg that is not connected to the base leg, shows balance checks, and shows a lack of flexibility with the leg being below 30 degrees of the axis point of the stunt, or below 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)
DISMOUNTING TECHNIQUE			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. 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.
Minimum deduction	0.75	DTN	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
Medium Deduction	1.5	DTD	For over rotation on flipping/spinning elements or more extreme variations of the Minimum Deduction
Max deduction	2	DTX	For incomplete double spinning elements or the most extreme variations of the Minimum Deduction



ARM PLACEMENT			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. This can include issues such as simple balance checks to arms moving excessively or wobbling when they should be steady.
Minimum deduction	1	APN	For improperly bent arms or arms that show balance check but quickly go back to the sides of the flyer
Max deduction	2	APX	For arms that wave away from the body for an extended period of time displaying lack of control of the skill
LEG PLACEMENT			A deduction for Leg Placement for the Flyer refers to a penalty given when the flyer's legs are not positioned correctly during a stunt. This can include issues such as: Bent legs not being fully extended when they should be straight, legs moving excessively or wobbling when they should be steady or legs separating when they should be together.
Minimum deduction	0.75	LPN	For leg bends, leg wobbles, or unnecessary leg separation in skills
GRIPS			A deduction for Grips for the Flyer refers to a penalty given when the flyer's hand placement or grips are not executed correctly during a stunt. This can include issues such as: 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 re-gripping during the stunt, indicating instability or lack of control.
Minimum deduction	0.75	GMN	For grips in hand in hand variations that are not in line with bases hands or completely stacked for handski variations, and/or excessive adjustments or re-gripping
BODY LINES			A deduction for Body Lines for the Flyer refers to a penalty given 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, which can include 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.
Minimum deduction	0.75	BLN	For a bent or non straight body line that overly pikes or arch's the back, poor posture which includes slouching, excessive movement or wobbling
CHEST PLACEMENT IN DISMOUNTS			A deduction for Chest Placement in Dismounts for the Flyers refers refers to a penalty given 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 which can affect balance, stability and overall clean execution during the dismount.
Minimum deduction	0.75	CPN	For chest falls below horizontal in dismounts that land on back or prone
Max deduction	1.5	CPX	For a waterfall dismount that is caught with chest below horizontal
FEET IN AIR			A deduction for Feet in the Air for the Flyer refers to a penalty given when the flyer's feet are not positioned correctly while they are airborne during a stunt. This can include issues such as: Feet not being fully extended or pointed as required, or being flexed inappropriately and feet not being placed or aligned as specified for the stunt (e.g., feet not together, not in the correct position for landing on the base).
Minimum deduction	0.75	FAN	For non pointed toes in inverted spinning elements or hand in hand variations, or feet that are not flexed upon landing in bases hands or "toeing"
LANDINGS			A deduction for Landings for the Flyer refers to a penalty given when the flyer does not land correctly on their base while executing the stunt. This can include issues such as: Uncontrolled or unstable landings where the flyer landed with noticeable wobbling, imbalance, or legs that aren't locked in the correct position for completing required elements of the skill
Minimum deduction	1	LMN	For legs that are not locked out entirely upon making contact with bases hand for inversions, hand in hands, or tossing skills, or legs are not locked out after the "roll up" into a locked out position for flipping elements



Bonus Opportunities All bonuses will apply unless specifically stated in the skills list (Ex. A release from ground level to prep level lib will not be rewarded a bonus for landing in body position because it is listed as a B level skill, but a backhandspring up to bow & arrow 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	Skill Specific Bonus: "Two feet" or prep level- No additional Points Lands in body position (one leg), or starts & lands extended (if not stated specifically) =.5 bonus

Beginner:

Release Skills

A Skill	B Skill	C Skill	D Skill
Switch up to lib below prep level	Release from ground level to prep level lib	Release from ground to prep level body position	Tic toc prep level (body position to body position)
Tic toc below prep level (lib to lib)	Release from waist level to prep level lib	Release from waist to prep level body position	½ twisting release from ground or waist level to prep level lib/body position (I.e, half ball up to BP)
Straight up to prep level 2 feet	Straight up to prep BP	Tic toc prep level (lib to lib)	½ twisting tic toc to prep level 1 leg stunt/body position

Connected Skills

A Skill	B Skill	C Skill	D Skill
Back stand (Flat back to prep)	¼ twisting transition to prep level	¼ twisting transition to extended level	¼ twisting transition to prep level lib/BP
Teddy bear sit	Prep level 1-leg stunt	½ twisting transition to prep	½ twisting transition to extension or prep level 1-leg stunt
Shoulder sit	Prep level show & go	Inversion from ground to prep	Inversion from ground to extension or prep level 1-leg stunt

Dismounts

A Skill	B Skill	C Skill	D Skill
Step down	Straight cradle from prep stunt	Straight cradle from prep body position or extension	½ twisting cradle from extension to cradle
	Pop off	¼ twisting dismount from prep or extension	½ twisting cradle from prep lib/BP

Group Stunt Intermediate

Bonus Opportunities All bonuses will apply unless specifically stated in the skills list (Ex. A release from ground level to prep level lib will not be rewarded a bonus for landing in body position because it is listed as a B level skill, but a backhandspring up to bow & arrow 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	Skill Specific Bonus: "Two feet" or prep level- No additional Points Lands in body position (one leg), or starts & lands extended (if not stated specifically) =.5 bonus

Intermediate:

Release Skills

A Skill	B Skill	C Skill	D Skill
Release from ground level (switch up) to prep level lib	Switch up to extended lib/BP	Full up switch up to prep level lib	Full up switch up to prep level BP
Release from waist level (ball up, straddle up) to prep level 2 feet	Release from waist or prep level (ball up, straddle up) to prep level lib/BP	Release from waist or prep level (ball up, straddle up) to extended lib	Release from waist or prep level (ball up, straddle up) to extended BP
Tic Toc prep to prep (lib to lib)	Tic toc extended lib to prep level lib (high to low)	Tic toc extended BP to prep level lib (high to low)	Tic toc extended lib to extended lib (high to high)

Connected Skills

A Skill	B Skill	C Skill	D Skill
Full up to extended lib/ BP	1 ½ up to prep lib/ BP (belly to prep)	1 ½ up to extended 2 feet	1 ½ up to extended lib/ BP
Full around prep (2 feet to 2 feet)	1 ½ around prep 2 feet to prep lib	1 ½ around prep lib to BP	Full around extended to extended 2 feet

Group Stunt Intermediate

Inversions

A Skill	B Skill	C Skill	D Skill
Back Handspring up to below prep level	Back Handspring up to prep 2 feet	Back Handspring up to prep lib/BP	Back Handspring up to 2 feet extended
Inversion from waist level to prep level 2 feet	Prep level hand in hand to prep 2 feet	Prep level hand in hand to prep lib/ BP	Prep level hand in hand to extended
Prep inverted stunt to prep 2 feet	Prep inverted stunt to prep lib/BP	Prep inverted stunt to extended (prep needle to extended lib)	Extended inversion stunt to extended (extended needle to lib)

Dismounts

A Skill	B Skill	C Skill	D Skill
Full down from prep 2 feet	Full down from prep BP	Full down from extended 2 feet	Full down from extended BP
Full down prone from prep 2 feet	Double down from prep 2 feet	Double down from prep BP	Double down from extended 2 feet (cradle/ prone)
			Kick full

Bonus Opportunities All bonuses will apply unless specifically stated in the skills list (Ex. A release from ground level to prep level lib will not be rewarded a bonus for landing in body position because it is listed as a B level skill, but a backhandspring up to bow & arrow 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	Skill Specific Bonus: "Two feet" or prep level- No additional Points Lands in body position (one leg), or starts & lands extended (if not stated specifically) =.5 bonus

Advanced:

Release Skills

A Skill	B Skill	C Skill	D Skill
Switch up full up to prep lib	Switch up full up to prep BP	Switch up full up to extended lib	Switch up full up to extended BP
Low to high full around to lib	Low to high full around to BP	High to high tic full around lib to lib	High to high tic full around BP to BP
Half twisting release from waist level to extended lib (half twisting ball up)	Half twisting release from waist level to extended lib (half twisting ball up)	Full twisting release from waist level to extended 2 feet (full twisting ball up)	Full twisting release from waist level to extended lib (full twisting ball up)

Connected Skills

A Skill	B Skill	C Skill	D Skill
1 ½ up to extended 2 feet	1 ½ up to extended lib	Double up to extended 2 feet	Double up to extended lib
1 ½ around extended to extended (2 feet to 2 feet)	1 ½ around extended to extended (2 feet to lib)	Double around extended to extended (2 feet to 2 feet)	1 ½ around extended to extended (lib to lib) Double around extended to extended (2 feet to lib)
1 ½ around prep to extended (2 feet to 2 feet)	1 ½ around prep to extended (2 feet to lib)	Double up from prep to extended 2 feet (2 feet to 2 feet)	Double up from prep to extended lib (2 feet to lib)

Inversions

Group Stunt Advance

A Skill	B Skill	C Skill	D Skill
Rewind to prep level 2 feet	Rewind to prep level lib	Rewind to extended 2 feet	Rewind to extended lib
Prep hand in hand to extension 2 feet	Prep hand in hand to extended lib	Extended hand in hand to 2 feet	Extended hand in hand to lib
Back handspring up to extended 2 feet	Back handspring up to extended lib	Back handspring full up to extended 2 feet	Back handspring full up to extended lib
Front handspring up to extended 2 feet	Front handspring up to extended lib	Front 1 ½ up to extended 2 feet	Front 1 ½ up to extended lib

Dismounts

A Skill	B Skill	C Skill	D Skill
Full down from extended lib	Double down from extended 2 feet	Kick double	Hitch kick double
Full twisting corkscrew	Kick full	Hitch kick full	Full kick full
Full down from extended lib to prone	Waterfall out	Double down from extended BP	

Bonus Opportunities All bonuses will apply unless specifically stated in the skills list (Ex. A release from ground level to prep level lib will not be rewarded a bonus for landing in body position because it is listed as a B level skill, but a backhandspring up to bow & arrow 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	Skill Specific Bonus: "Two feet" or prep level- No additional Points Lands in body position (one leg), or starts & lands extended (if not stated specifically) =.5 bonus

Elite (level 7+)

Release Skills

A Skill	B Skill	C Skill	D Skill
Switch up full up to prep BP	Switch up full up to extended lib	Switch up full up to extended BP	Switch up 1 ½ up to extended BP
Low to high full around to BP	High to high tic full around lib to lib	High to high tic full around BP to BP	High to high tic 1 ½ around BP to BP
Half twisting release from waist level to extended lib (half twisting ball up)	Full twisting release from waist level to extended 2 feet (full twisting ball up)	Full twisting release from waist level to extended lib (full twisting ball up)	1 ½ twisting release from waist level to extended lib (1 ½ twisting ball up)

Connected Skills

A Skill	B Skill	C Skill	D Skill
1 ½ up to extended lib	Double up to extended 2 feet	Double up to extended lib	2 ½ up to extended lib
1 ½ around extended to extended (2 feet to lib)	Double around extended to extended (2 feet to 2 feet)	1 ½ around extended to extended (lib to lib) Double around extended to extended (2 feet to lib)	Double around extended to extended (lib to lib) 2 ½ around extended to extended (2 feet to lib)
1 ½ around prep to extended (2 feet to lib)	Double up from prep to extended 2 feet (2 feet to 2 feet)	Double up from prep to extended lib (2 feet to lib)	2 ½ up from prep to extended (2 feet to 2 feet)

Inversions

A Skill	B Skill	C Skill	D Skill
Rewind to extended 2 feet	Rewind to extended lib	Full twisting rewind to extended 2 feet	Full twisting rewind to extended lib
Extended hand in hand to 2 feet	Extended hand in hand to lib	Hand in hand full to feet (prep to extended)	Hand in hand full to feet (extended to extended)
		Hand in hand front pop (prep to extended)	Hand in hand front pop (extended to extended)
Back handspring full up to extended 2 feet	Back handspring full up to extended lib	Back handspring double up to extended 2 feet	Back handspring double up to extended lib
Front handspring up to extended lib	Front 1 ½ up to extended 2 feet	Front 1 ½ up to extended lib	Front 2 ½ up to extended

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
-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

Bonus Opportunities All bonuses will apply unless specifically stated in the skills list (Ex. A release from ground level to prep level lib will not be rewarded a bonus for landing in body position because it is listed as a B level skill, but a backhandspring up to bow & arrow 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	Skill Specific Bonus: "Two feet" or prep level- No additional Points Lands in body position (one leg), or starts & lands extended (if not stated specifically) =.5 bonus

	-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 3/4 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)	