



2022 - 2023 SCORING GUIDE- LEVEL 1

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION SKILLS	DISMOUNT STYLE
LEVEL APPROPRIATE				
	<ul style="list-style-type: none"> SWITCH UP TO LIB BELOW PREP LEVEL TIC TOC BELOW PREP LEVEL (LIB TO LIB) 	<ul style="list-style-type: none"> 1/4 TWISTING TRANSITION TO BELOW PREP LEVEL 1/4 DOWN TO GROUND LEVEL 1/4 TWISTING TRANSITION FROM PREP LEVEL 	<ul style="list-style-type: none"> BACK STAND PREP LEVEL SHOW & GO STRADDLE SIT FLAT BACK EXTENDED STRADDLE SIT BELOW PREP LEVEL 1 LEG STUNT EXTENDED FLAT BACK PREP LEVEL 1 LEG STUNT WITH BRACER 1 LEG STUNT BELOW PREP LEVEL SHOULDER SIT CHAIR SHOULDER STAND 	<ul style="list-style-type: none"> STEP DOWN
ADVANCED LEVEL APPROPRIATE				
<ul style="list-style-type: none"> INVERSION TO GROUND LEVEL 	<ul style="list-style-type: none"> SWITCH UP TO BODY POSITION BELOW PREP LEVEL TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION) TIC TOC LIB TO BODY POSITION WITH BRACER 	<ul style="list-style-type: none"> 1/4 TWISTING TRANSITION TO PREP LEVEL LIB WITH BRACER FROM BELOW PREP LEVEL 	<ul style="list-style-type: none"> TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER 1/4 TWISTING TIC TOC AT PREP LEVEL WITH BRACER (LIB TO LIB) 	<ul style="list-style-type: none"> STRAIGHT CRADLE PRONE
ELITE LEVEL APPROPRIATE				
	<ul style="list-style-type: none"> PREP LEVEL TIC TOC (BODY POSITION TO BODY POSITION) WITH BRACER 0-1/4 TWISTING TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION) 	<ul style="list-style-type: none"> 1/4 TWISTING TRANSITION TO PREP FROM BELOW PREP LEVEL 1/4 TWISTING TRANSITION TO PREP LEVEL BODY POSITION WITH BRACER FROM BELOW PREP LEVEL 	<ul style="list-style-type: none"> 1/4 TWISTING TIC TOC AT PREP LEVEL WITH BRACER (BODY POSITION TO BODY POSITION) 1/4 TWISTING SWITCH UP, RELEASE FROM BELOW PREP LEVEL TO PREP LEVEL 1 LEG STUNT WITH BRACER 	

STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> Forward Roll Straddle Roll Pushup to Backbend Backward Roll (BWR) Handstand Backbend Kick Over Standing Backbend Front Limber/Back Limber Cartwheel (CW) 	<ul style="list-style-type: none"> Handstand Forward Roll Back Extension Roll Front Walkover (FWO) Back Walkover (BWO) BWO - BWR - BWO 	<ul style="list-style-type: none"> Back Walkover Series Back Walkover Switch Leg Back Extension Roll - BWO/BWO Series Valdez

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> Cartwheel (CW) Cartwheel - Backward Roll 	<ul style="list-style-type: none"> Round Off (RO) Front Walkover (FWO)/ FWO Series Cartwheel - BWO 	<ul style="list-style-type: none"> Cartwheel - BWO Series FWO - Cartwheel/Round Off FWO - CW - BWO/BWO Series FWO - CW - BWO Switch Leg