

# 2018 - 2019 ALL STAR PREP SCORING SYSTEM - STUNTS

## LEVEL 1

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>INVERSION TO GROUND LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>SWITCH UP TO LIB BELOW PREP LEVEL</li> <li>SWITCH UP TO BODY POSITION BELOW PREP LEVEL</li> <li>TIC TOC BELOW PREP LEVEL (LIB TO LIB)</li> <li>TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li><math>\frac{1}{2}</math> TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li><math>\frac{1}{2}</math> DOWN TO GROUND LEVEL</li> <li><math>\frac{1}{2}</math> TWISTING TRANSITION FROM PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>STEP DOWN</li> <li>STRAIGHT CRADLE</li> </ul>	<ul style="list-style-type: none"> <li>BACK STAND</li> <li>PREP LEVEL SHOW &amp; GO</li> <li>STRADDLE SIT</li> <li>FLAT BACK</li> <li>EXTENDED STRADDLE SIT</li> <li>BELOW PREP LEVEL 1 LEG STUNT</li> <li>EXTENDED FLAT BACK</li> <li>PREP LEVEL 1 LEG STUNT WITH BRACER</li> <li>PREP LEVEL TO PRONE</li> <li>1 LEG STUNT BELOW PREP LEVEL</li> <li>SHOULDER SIT</li> <li>CHAIR</li> <li>SHOULDER STAND</li> <li>COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>
ELITE LEVEL APPROPRIATE		<ul style="list-style-type: none"> <li>TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li><math>\frac{1}{2}</math> TWISTING TRANSITION TO PREP</li> </ul>		<ul style="list-style-type: none"> <li>TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER</li> <li><math>\frac{1}{2}</math> TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH BRACER</li> </ul>

## LEVEL 2

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL</li> <li>INVERSION FROM GROUND LEVEL TO PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>SWITCH UP TO LIB PREP LEVEL</li> <li>TIC TOC PREP LEVEL (LIB TO LIB)</li> <li>TIC TOC PREP LEVEL (LIB TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li><math>\frac{1}{2}</math> TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li><math>\frac{1}{2}</math> TWISTING TRANSITION TO PREP LEVEL</li> <li><math>\frac{1}{2}</math> TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> <li><math>\frac{1}{2}</math> TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> <li><math>\frac{1}{2}</math> TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>STRAIGHT CRADLE FROM EXTENSION</li> <li>STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION</li> <li><math>\frac{1}{2}</math> TWISTING DISMOUNT FROM PREP OR EXTENSION</li> </ul>	<ul style="list-style-type: none"> <li>PRONE</li> <li>PREP LEVEL 1 LEG STUNT</li> <li>EXTENSION</li> <li>BARREL ROLL</li> <li>LEAP FROG VARIATIONS</li> <li><math>\frac{1}{2}</math> TWIST TO PRONE</li> <li>WALK IN PREP LEVEL PRESS EXTENSION</li> <li>COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>INVERSION FROM GROUND LEVEL TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>TIC TOC PREP LEVEL (BODY POSITION TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li><math>\frac{1}{2}</math> TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>		<ul style="list-style-type: none"> <li><math>\frac{1}{2}</math> TWISTING INVERSION TO EXTENDED STUNT</li> <li><math>\frac{1}{2}</math> TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT</li> <li><math>\frac{1}{2}</math> TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT</li> </ul>

## LEVEL 3

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>INVERTED BELOW PREP LEVEL</li> <li>INVERTED AT PREP LEVEL</li> <li>DOWNWARD INVERSION FROM BELOW PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>RELEASE TO PREP LEVEL OR BELOW</li> <li>SWITCH UP TO PREP LEVEL LIB</li> <li>BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL LIB</li> <li>TIC TOC BELOW PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB)</li> <li>TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB)</li> </ul>	<ul style="list-style-type: none"> <li>FULL UP BELOW PREP LEVEL</li> <li>FULL UP PREP LEVEL STUNT</li> <li><math>\frac{1}{2}</math> TWISTING TRANSITION TO EXTENDED 1 LEG STUNT</li> <li>FULL UP TO PREP LEVEL 1 LEG STUNT</li> <li>PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT</li> <li>FULL DOWN FROM PREP</li> <li><math>\frac{1}{2}</math> TWISTING DISMOUNT FROM EXTENDED 1 LEG</li> <li>FULL DOWN FROM EXTENSION</li> <li>SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING)</li> </ul>	<ul style="list-style-type: none"> <li>FULL TWIST TO PRONE FROM PREP LEVEL</li> <li>EXTENDED 1 LEG STUNT</li> <li>SUSPENDED FRONT FLIP</li> <li>SPECIALTY SUSPENDED FRONT FLIP (NON-TWISTING)</li> <li>SUSPENDED TWISTING FRONT FLIP</li> <li>TOSS HANDS</li> <li>SINGLE BASED 1 LEG EXTENDED STUNTS</li> <li>TOSS HANDS PAUSE PRESS EXTENSION</li> <li>WALK IN EXTENSION</li> <li>COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>INVERSION TO EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>TIC TOC PREP LEVEL LIB TO EXTENDED BODY POSITION</li> <li>SWITCH UP TO PREP LEVEL BODY POSITION</li> <li>BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>FULL UP TO PREP LEVEL BODY POSITION</li> <li><math>\frac{1}{2}</math> TWISTING TRANSITION TO EXTENDED 1 LEG STUNT</li> <li>PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> </ul>		<ul style="list-style-type: none"> <li><math>\frac{1}{2}</math> TWISTING INVERSION TO EXTENDED 1 LEG STUNT</li> <li>FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION)</li> </ul>

This document includes examples of level appropriate skills. Coaches are still responsible for ensuring that any skills performed in their routine are compliant with the USASF Safety Rules. Please check back as this document may be updated throughout the season.

# 2018 - 2019 ALL STAR PREP SCORING SYSTEM - TUMBLING

## LEVEL 1

### STANDING TUMBLING SKILLS

FORWARD ROLL • STRADDLE ROLL • HANDSTAND • HANDSTAND FORWARD ROLL • FRONT LIMBER  
 FRONT WALK OVER • CARTWHEEL • BACKWARD ROLL  
 BACK EXTENSION ROLL • PUSH UP TO BACKBEND • STANDING BACKBEND  
 BACKBEND KICK OVER • BACK WALKOVER

### RUNNING TUMBLING SKILLS

CARTWHEEL • FRONT WALKOVER • ROUND OFF • CARTWHEEL BACK WALKOVER  
 FRONT WALKOVER TO CARTWHEEL/ROUND OFF  
 CARTWHEEL 1/2 TURN FRONT WALKOVER • CONNECTED SKILLS -CARTWHEEL/BACK WALKOVER

## LEVEL 2

### STANDING TUMBLING SKILLS

STANDING BACK HANDSPRING • BACK HANDSPRING STEP OUT  
 BACK EXTENSION ROLL BACK HANDSPRING • BACK WALKOVER BACK HANDSPRING

### RUNNING TUMBLING SKILLS

CARTWHEEL BHS • ROUND OFF BHS • ROUND OFF BHS STEP OUT  
 ROUND OFF BHS SERIES • FRONT WALKOVER TO ROUND OFF BHS SERIES

## LEVEL 3

### STANDING TUMBLING SKILLS

BHS SERIES • JUMP TO BHS • JUMP TO BHS SERIES  
 BHS SERIES JUMP BHS SERIES • BHS STEP OUT BHS COMBO

### RUNNING TUMBLING SKILLS

AERIALS • PUNCH FRONT • ROUND OFF TUCK • ROUND OFF BHS BACK TUCK  
 ROUND OFF BHS SERIES TO BACK TUCK • FRONT WALKOVER TO ROUND OFF BHS BACK TUCK  
 FRONT WALKOVER TO ROUND OFF BHS SERIES BACK TUCK