

The following grid outlines point ranges for specific skills performed by the MAJORITY of the team. Skills performed by less than the majority will be scored in the next lower range. Difficulty and variety will be considered as well as execution/technique. Advanced and Elite skills are listed below.

MOTIONS/DANCE	BASKET TOSSES	STUNTS	PYRAMIDS	JUMPS	TUMBLING
5-6	5-6	5-6	5-6	5-6	5-6
BASIC MOTIONS AND DANCE TECHNIQUE WITH LOW LEVEL OF ENERGY AND ENTERTAINMENT		EXTENSION PREPS OR ONE LEG VARIATIONS BELOW PREP LEVEL	PREP LEVEL PYRAMIDS OR PYRAMIDS INVOLVING EXTENDED TWO LEG STUNTS		FORWARD/BACKWARD ROLLS OR FRONT/BACK WALKOVERS OR CARTWHEEL/ROUNDOFFS
6-7	6-7	6-7	6-7	6-7	6-7
MINIMAL TRANSITIONS, LEVEL CHANGES AND FORMATION CHANGES	BASIC STRAIGHT RIDES	EXTENSIONS OR ONE LEG VARIATIONS AT PREP LEVEL	PYRAMIDS INVOLVING EXTENDED ONE LEG STUNTS	BASIC JUMPS OR ADVANCED JUMPS WITH LOW EXECUTION	BACKHANDSPRING(S)
7-8	7-8	7-8	7-8	7-8	7-8
FAST PACE VARIETY OF MOVEMENT WITH MULTIPLE LEVEL CHANGES AND FORMATION CHANGES	SINGLE SKILL TOSSES EX: SINGLE TWIST PIKE OPEN TOE TOUCH	EXTENDED ONE LEG STUNTS OR TWO LEG STUNTS THAT SINGLE TWIST DISMOUNT	PYRAMIDS INVOLVING EXTENDED ONE LEG STUNTS AND AT LEAST ONE 2 1/2 HIGH TRANSITION	JUMPS THAT INVOLVE AT LEAST A 2 JUMP COMBINATION	STANDING SERIES JUMP-HANDSPRING COMBO RUNNING TUCKS (FRONT/BACK)
8-9	8-9	8-9	8-9	8-9	8-9
FAST PACE VARIETY OF MOVEMENT WITH MULTIPLE LEVEL CHANGES AND FORMATION CHANGES AND ABOVE AVERAGE LEVEL OF ENERGY	DOUBLE SKILL TOSSES EX: DOUBLE TWIST KICK FULL SWITCH KICK	REQUIRED DISMOUNT SINGLE TWIST FROM ONE LEG STUNT OR DOUBLE TWIST FROM TWO LEG STUNT	PYRAMIDS INVOLVING EXTENDED ONE LEG STUNTS AND AT LEAST ONE BRACED FLIP TRANSITION -MULTIPLE EXTENDED STRUCTURES	JUMPS THAT INVOLVE AT LEAST A 3 JUMP COMBINATION WITH A HIGH VARIETY OF JUMPS	STANDING TUMBLING: BACK TUCK OR BHS BACK TUCK RUNNING TUMBLING: LAYOUT-WHIPS-STEP-OUT ANYTHING MORE THAN A TUCK THAT DOESN'T INVOLVE TWISTING SKILLS
9-10	9-10	9-10	9-10	9-10	9-10
FAST PACE VARIETY OF MOVEMENT WITH MULTIPLE LEVEL CHANGES AND FORMATION CHANGES AND A HIGH LEVEL OF ENERGY	THREE SKILL TOSSES WITH AT LEAST ONE TWISTING SKILL EX: KICK DOUBLE HITCH KICK FULL SWITCH KICK FULL/DOUBLE	-ADVANCED SKILL REQUIRED DISMOUNT DOUBLE TWIST FROM ONE LEG STUNT OR -ELITE SKILL WITH A SINGLE TWIST FROM ONE LEG STUNT	PYRAMIDS INVOLVING EXTENDED ONE LEG STUNTS AND AT LEAST ONE SINGLE BRACED FLIP TRANSITION OR DOUBLE BRACED FLIP & TWIST TRASITION	HYPER EXTENDED WELL EXECUTED JUMPS THAT INVOLVE AT LEAST A 3 JUMP COMBINATION WITH A HIGH VARIETY OF JUMPS	TUMBLING THAT INVLOVES TWISTING SKILLS EX: ARABIANS - FULLS - DOUBLE FULLS

ADVANCED SKILLS – Examples: Extended one leg stunts, minor releases that land at prep level or below, minor tick tock variations, inverted transitions to prep level and below, walking/turning stunts, ½ of single twisting transitions, power presses and other unique mounts and transitions of similar difficulty

ELITE SKILLS – Examples: Full up to extended position, major releases that land in an extended position, major tick tock variations, inverted transitions to an extended position, 1 ½ - 2 twisting transitions, toss extended stunts and other unique mounts and transitions of similar difficulty.