

# ALL STAR SCORING SYSTEM - PYRAMIDS

## LEVEL 1

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
<ul style="list-style-type: none"> <li>BRACED STUNT SKILLS</li> </ul>	<ul style="list-style-type: none"> <li>BRACED STUNT SKILLS</li> <li>BRACED SWITCH UP TO PREP LEVEL</li> <li>BRACED PREP LEVEL TICK TOCKS</li> </ul>	<ul style="list-style-type: none"> <li>BRACED STUNT SKILLS</li> <li>BRACED <math>\frac{1}{4}</math> TWIST TO/FROM PREP LEVEL SINGLE LEG</li> <li>BRACED <math>\frac{1}{4}</math> TWIST TO/FROM EXTENDED DOUBLE LEG</li> </ul>	<ul style="list-style-type: none"> <li>STUNT SKILLS</li> <li>CRADLE FROM PREP LEVEL SINGLE LEG</li> </ul>	<ul style="list-style-type: none"> <li>BRACED STUNT SKILLS</li> <li>BRACED COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>

## LEVEL 2

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
<ul style="list-style-type: none"> <li>BRACED STUNT SKILLS</li> <li>BRACED INVERSION FROM GROUND LEVEL TO EXTENDED SINGLE LEG</li> </ul>	<ul style="list-style-type: none"> <li>BRACED STUNT SKILLS</li> <li>BRACED SWITCH UP TO EXTENDED SINGLE LEG</li> <li>BRACED PREP LEVEL TO EXTENDED SINGLE LEG TICK TOCK</li> </ul>	<ul style="list-style-type: none"> <li>BRACED STUNT SKILLS</li> <li>BRACED <math>\frac{1}{2}</math> TWISTING TRANSITION TO/FROM EXTENDED SINGLE LEG</li> </ul>	<ul style="list-style-type: none"> <li>STUNT SKILLS</li> <li>STRAIGHT CRADLE FROM EXTENDED SINGLE LEG POSITION</li> <li><math>\frac{1}{4}</math> CRADLE FROM EXTENDED SINGLE LEG POSITION</li> </ul>	<ul style="list-style-type: none"> <li>BRACED STUNT SKILLS</li> <li>BRACED COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>

## LEVEL 3

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
<ul style="list-style-type: none"> <li>BRACED STUNT SKILLS</li> </ul>	<ul style="list-style-type: none"> <li>BRACED STUNT SKILLS</li> <li>BRACED RELEASE TO EXTENDED 2 LEG, ARM BRACED ON 2 SIDES</li> <li>BRACED RELEASE TO EXTENDED SINGLE LEG, ARM BRACED ON 2 SIDES</li> </ul>	<ul style="list-style-type: none"> <li>BRACED STUNT SKILLS</li> <li>BRACED FULL UP TO EXTENDED 2 LEG</li> </ul>	<ul style="list-style-type: none"> <li>STUNT SKILLS</li> </ul>	<ul style="list-style-type: none"> <li>BRACED STUNT SKILLS</li> <li>BRACED COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</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.*

# ALL STAR SCORING SYSTEM - PYRAMIDS

## LEVEL 4

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
<ul style="list-style-type: none"> <li>BRACED STUNT SKILLS</li> <li>RELEASED BRACED INVERSIONS, BRACED ON 2 SIDES</li> </ul>	<ul style="list-style-type: none"> <li>BRACED STUNT SKILLS</li> <li>BRACED RELEASE TO EXTENDED POSITION, BRACE ON 1 SIDE</li> <li>BRACED RELEASES THAT INVOLVE CHANGING BASES</li> </ul>	<ul style="list-style-type: none"> <li>BRACED STUNT SKILLS</li> <li>BRACED FULL UP TO EXTENDED SINGLE LEG</li> <li>BRACED 1 ½ TWIST TO EXTENDED DOUBLE LEG</li> </ul>	<ul style="list-style-type: none"> <li>STUNT SKILLS</li> </ul>	<ul style="list-style-type: none"> <li>BRACED STUNT SKILLS</li> <li>BRACED COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>

## LEVEL 5

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
<ul style="list-style-type: none"> <li>BRACED STUNT SKILLS</li> <li>RELEASED BRACED INVERSIONS, BRACED ON 1 SIDE</li> <li>RELEASED BRACED 1 ¼ FLIPPING INVERSIONS WITH ½ TWIST</li> <li>RELEASED BRACE ¾ FLIPPING INVERSIONS WITH MORE THAN ½ TWIST</li> </ul>	<ul style="list-style-type: none"> <li>BRACED STUNT SKILLS</li> <li>RELEASED BRACED INVERSION THAT INVOLVE CHANGING BASES</li> <li>RELEASED BRACED TWISTING INVERSIONS THAT INVOLVE CHANGING BASES</li> </ul>		<ul style="list-style-type: none"> <li>STUNT SKILLS</li> </ul>	<ul style="list-style-type: none"> <li>BRACED STUNT SKILLS</li> <li>BRACED COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>

## LEVEL 6

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
<ul style="list-style-type: none"> <li>BRACED FLIPPING MOUNTS TO 2.5 HIGH STRUCTURES</li> <li>FLIPPING FREE-FLYING MOUNTS TO 2.5 HIGH STRUCTURES</li> </ul>	<ul style="list-style-type: none"> <li>NON-TWISTING RELEASE MOVES ABOVE 2.5 HIGH</li> <li>FREE FLYING MOUNTS (NON-FLIPPING) TO 2.5 HIGH STRUCTURES</li> </ul>	<ul style="list-style-type: none"> <li>TWISTING RELEASE MOVES ABOVE 2.5 HIGH</li> </ul>	<ul style="list-style-type: none"> <li>CRADLES AND POP OFFS FROM 2.5 HIGH STRUCTURES (NON-TWISTING)</li> <li>¾ FRONT FLIP DISMOUNT FROM 2.5 HIGH STRUCTURES</li> <li>TWISTING CRADLES AND POP OFFS FROM 2.5 HIGH STRUCTURES</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.*