

# ALL STAR SCORING SYSTEM - STUNTS

## LEVEL 1

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	COED 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> </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> </ul>	<ul style="list-style-type: none"> <li>STEP DOWN</li> <li>STRAIGHT CRADLE</li> </ul>	<ul style="list-style-type: none"> <li>1 LEG STUNT BELOW PREP LEVEL</li> <li>SHOULDER SIT</li> <li>CHAIR</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>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 (LIB TO BODY POSITION)</li> <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/FROM PREP LEVEL</li> </ul>			

## LEVEL 2

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	COED 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> </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> </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>WALK IN PREP LEVEL</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>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 (LIB TO BODY POSITION)</li> <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 PREP LEVEL 1 LEG STUNT</li> <li><math>\frac{1}{2}</math> TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>		<ul style="list-style-type: none"> <li>WALK IN PREP LEVEL PRESS EXTENSION</li> </ul>	

## LEVEL 3

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	COED 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>LIB TO LIB TIC TOC</li> <li>SWITCH UP TO PREP LEVEL 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> UP TO EXTENDED 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>TOSS HANDS</li> <li>SINGLE BASED 1 LEG EXTENDED STUNTS (ASSISTED OR UNASSISTED)</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 FRONT FLIP FULL TWIST</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>LIB TO EXTENDED BODY POSITION TIC TOC</li> <li>SWITCH UP TO PREP LEVEL BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>FULL UP TO PREP LEVEL 1 LEG STUNT</li> <li><math>\frac{1}{2}</math> UP TO EXTENDED 1 LEG STUNT</li> <li>PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL STUNT</li> </ul>		<ul style="list-style-type: none"> <li>TOSS HANDS PAUSE PRESS EXTENSION</li> <li>WALK IN EXTENSION</li> </ul>	

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## LEVEL 4

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	COED STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>RELEASED INVERSION TO PREP LEVEL OR BELOW</li> <li>RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL</li> <li>DOWNWARD INVERSION FROM PREP LEVEL</li> <li>EXTENDED INVERTED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>RELEASE TO EXTENDED STUNT</li> <li>LIB TO LIB TIC TOC (HIGH TO LOW)</li> <li>HELICOPTER RELEASE MOVES</li> <li>RELEASE TO EXTENDED LIB</li> <li>SWITCH UP TO BODY POSITION</li> <li>FULL TWISTING RELEASE TO PREP LEVEL OR BELOW</li> <li>RELEASE FROM PREP LEVEL TO PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li>¾ TWISTING TRANSITION TO EXTENDED STUNT</li> <li>FULL UP TO EXTENDED STUNT</li> <li>1 ½ TWISTING TRANSITION TO PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>FULL DOWN FROM EXTENDED 1 LEG STUNT</li> <li>DOUBLE DOWN FROM PREP LEVEL</li> <li>DOUBLE DOWN FROM EXTENDED STUNT</li> <li>KICK FULL TWISTING DISMOUNT</li> </ul>		<ul style="list-style-type: none"> <li>COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>RELEASED INVERSION FROM BELOW PREP LEVEL TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>BODY POSITION TO BODY POSITION TIC TOC (HIGH TO LOW)</li> <li>RELEASE TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> <li>EXTENDED FULL TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>		<ul style="list-style-type: none"> <li>TOSS EXTENSION</li> <li>TOSS 1 LEG EXTENDED STUNT</li> </ul>	

## LEVEL 5

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	COED STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>DOWNWARD INVERSION FROM EXTENDED STUNT</li> <li>DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT</li> <li>RELEASED INVERSION FROM PREP LEVEL TO EXTENSION</li> <li>RELEASED INVERSION FROM PREP LEVEL TO LIB</li> </ul>	<ul style="list-style-type: none"> <li>¾ TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>LIB TO LIB TIC TOCS (HIGH TO HIGH)</li> <li>LIB TO LIB TIC TOCS (LOW TO HIGH)</li> <li>¾ TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>LIB TO BODY POSITION TIC TOC (HIGH TO HIGH)</li> <li>LIB TO BODY POSITION TIC TOC (LOW TO HIGH)</li> <li>TWISTING HELICOPTER RELEASE MOVES</li> </ul>	<ul style="list-style-type: none"> <li>FULL UP TO EXTENDED 1 LEG STUNT</li> <li>1 ¼ - 1 ¾ UP TO EXTENDED STUNT</li> <li>1 ¼ - 1 ¾ UP TO EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>DOUBLE DOWN FROM 1 LEG STUNT</li> <li>KICK DOUBLE TWISTING DISMOUNT</li> </ul>		<ul style="list-style-type: none"> <li>1 ½ - 2 TWIST TO PRONE</li> <li>COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>BODY POSITION TO BODY POSITION TIC TOC (HIGH TO HIGH)</li> <li>SWITCH UP FULL TURN</li> <li>½ BALL UP TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>DOUBLE UP TO EXTENDED STUNT</li> </ul>		<ul style="list-style-type: none"> <li>TOSS ¾ - ¾ TWIST TO EXTENDED STUNT</li> <li>TOSS EXTENDED 1 ARM STUNT</li> <li>TOSS FRONT HANDSPRING RELEASE ¾ TWIST TO EXTENDED STUNT</li> <li>TOSS FULL TWIST TO EXTENDED STUNT</li> </ul>	

## LEVEL 6

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	COED STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>FREE FLIPPING FROM GROUND LEVEL TO CRADLE</li> <li>FLIPPING FROM GROUND LEVEL TO PREP LEVEL</li> <li>FLIPPING FROM GROUND LEVEL TO EXTENSION</li> </ul>		<ul style="list-style-type: none"> <li>FREE FLIPPING WITH TWISTING FROM GROUND LEVEL TO CRADLE</li> <li>FLIPPING WITH TWISTING FROM GROUND LEVEL TO PREP LEVEL</li> <li>FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENSION</li> </ul>	<ul style="list-style-type: none"> <li>FRONT FREE FLIPPING TO GROUND LEVEL</li> <li>FREE FLIPPING FROM PREP LEVEL OR BELOW TO CRADLE</li> <li>FREE FLIPPING WITH TWISTING FROM PREP LEVEL OR BELOW TO CRADLE</li> </ul>		
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>FLIPPING FROM GROUND LEVEL TO EXTENDED SINGLE LEG</li> </ul>		<ul style="list-style-type: none"> <li>FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENDED SINGLE LEG</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.