



ALL STAR SKILLS CHART 2019-2020 FOR RUBRIC & COMPARATIVE SCORING

LEVEL 1 - BUILDING

	INVERSION STYLE	RELEASE STYLE/TRANSITION	TWISTING	DISMOUNT STYLE	OTHER STUNTS
AT LEVEL (LEVEL APPROPRIATE SKILL ON RUBRIC SCORING)	<ul style="list-style-type: none"> ● INVERSION AT GROUND LEVEL 	<ul style="list-style-type: none"> ● SWITCH UP STYLE BELOW PREP ● TIC TOC STYLE BELOW PREP ● TRANSITION MAINTAINING CONNECTION WITH AT LEAST 1 BASE AT PREP LEVEL OR BELOW 	<ul style="list-style-type: none"> ● ¼ TWISTING TRANSITION TO PREP LEVEL OR BELOW ● UP TO ½ TWISTING TRANSITION FLOOR TO FLOOR (CONNECTION AT WAIST) ● ½ WRAP AROUND ● REBOUND ½ TO PRONE 	<ul style="list-style-type: none"> ● STEP DOWN ● POP DOWN ● STRAIGHT CRADLE 	<ul style="list-style-type: none"> ● SHOW AND GO ● 2 LEG STUNT AT PREP LEVEL OR BELOW <ul style="list-style-type: none"> ○ EG. STRADDLE SIT OR V-SIT AT EXTENDED OR BELOW, FLAT BACK AT EXTENDED OR BELOW, SHOULDER SIT OR STAND ● 1 LEG STUNT BELOW PREP LEVEL ● PREP LEVEL TO PRONE ● CHAIR ● T-LIFT ● PREP LEVEL 1 LEG STUNT WITH CONNECTION ● COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE (ELITE LEVEL APPROPRIATE SKILL ON RUBRIC SCORING)		<ul style="list-style-type: none"> ● TIC TOC STYLE BELOW PREP LEVEL (BODY POSITION TO BODY POSITION) 	<ul style="list-style-type: none"> ● ¼ TWISTING TRANSITION TO PREP 		<ul style="list-style-type: none"> ● ¼ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH CONNECTION

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ALL STAR SKILLS CHART 2019-2020 FOR RUBRIC & COMPARATIVE SCORING

LEVEL 2 - BUILDING					
	INVERSION STYLE	RELEASE STYLE/TRANSITION	TWISTING	DISMOUNT STYLE	OTHER STUNTS
AT LEVEL (LEVEL APPROPRIATE SKILL ON RUBRIC SCORING)	<ul style="list-style-type: none"> ● INVERSION FROM GROUND LEVEL TO WAIST LEVEL ● INVERSION FROM GROUND LEVEL TO PREP LEVEL 	<ul style="list-style-type: none"> ● SWITCH UP STYLE TO PREP LEVEL ● TIC TOC STYLE PREP LEVEL 	<ul style="list-style-type: none"> ● ½ TWISTING TRANSITION TO PREP LEVEL OR BELOW ● UP TO ½ TWISTING TRANSITION TO/FROM PREP LEVEL 1 LEG STUNT ● ¼ TWISTING TRANSITION TO/FROM EXTENDED 2 LEG STUNT ● LOG ROLL 	<ul style="list-style-type: none"> ● STRAIGHT POP DOWN FROM EXTENSION ● STRAIGHT CRADLE FROM EXTENSION ● STRAIGHT CRADLE FROM PREP LEVEL 1 LEG STUNT ● ¼ TWISTING CRADLE 	<ul style="list-style-type: none"> ● PREP LEVEL 1 LEG STUNT ● EXTENSION ● EXTENSION TO PRONE ● LEAP FROG VARIATIONS ● ½ TWIST TO PRONE ● WALK IN PREP LEVEL (½ TWIST) ● COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE (ELITE LEVEL APPROPRIATE SKILL ON RUBRIC SCORING)	<ul style="list-style-type: none"> ● INVERSION FROM GROUND LEVEL TO EXTENDED STUNT 	<ul style="list-style-type: none"> ● TIC TOC STYLE PREP LEVEL (BODY POSITION TO BODY POSITION) 	<ul style="list-style-type: none"> ● ½ TWISTING TRANSITION TO EXTENDED STUNT ● WALK IN EXTENSION 		<ul style="list-style-type: none"> ● ½ TWISTING INVERSION TO EXTENDED STUNT ● ½ TWISTING TIC TOC STYLE TO PREP LEVEL 1 LEG STUNT ● ½ TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT

LEVEL 2 - TOSSES	
NON-TWISTING TOSSES	TWISTING TOSSES
STRAIGHT RIDE NOTE: Tosses are illegal in Mini divisions.	-

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ALL STAR SKILLS CHART 2019-2020 FOR RUBRIC & COMPARATIVE SCORING

LEVEL 3 - BUILDING					
	INVERSION STYLE	RELEASE STYLE/TRANSITION	TWISTING	DISMOUNT STYLE	OTHER STUNTS
AT LEVEL (LEVEL APPROPRIATE SKILL ON RUBRIC SCORING)	<ul style="list-style-type: none"> ● INVERTED AT WAIST OR PREP LEVEL ● DOWNWARD INVERSION FROM BELOW PREP LEVEL ● FULL TWIST INVERSION TO PREP LEVEL OR BELOW 	<ul style="list-style-type: none"> ● RELEASE FROM WAIST LEVEL OR BELOW TO PREP LEVEL OR BELOW <ul style="list-style-type: none"> ○ EG. SWITCH UP, STRADDLE UP, BALL UP, TIC TOC ETC. ● TIC TOC STYLE PREP LEVEL 1 LEG TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> ● FULL TWISTING TRANSITION TO PREP LEVEL OR BELOW ● ¼ TWISTING TRANSITION TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> ● STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT ● FULL DOWN FROM 2 LEG STUNT ● ¼ TWISTING CRADLE FROM EXTENDED 1 LEG ● SINGLE SKILL DISMOUNT FROM 2 LEG STUNT (NON-TWISTING) 	<ul style="list-style-type: none"> ● FULL TWIST TO PRONE ● EXTENDED 1 LEG STUNT ● SUSPENDED ROLL/FWD AND BACK ● SPECIALTY SUSPENDED FWD ROLL (NON-TWISTING) ● SUSPENDED TWISTING FRONT ROLL ● SINGLE BASED EXTENDED 1 LEG STUNT ● COED STYLE TOSS HANDS ● COED STYLE WALK IN EXTENSION ● COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE (ELITE LEVEL APPROPRIATE SKILL ON RUBRIC SCORING)	<ul style="list-style-type: none"> ● INVERSION TO EXTENDED 1 LEG STUNT ● ½ TWISTING INVERSION TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> ● <u>TIC TOC STYLE PREP LEVEL 1 LEG TO EXTENDED BODY POSITION</u> ● RELEASE FROM WAIST LEVEL OR BELOW TO PREP LEVEL BODY POSITION <ul style="list-style-type: none"> ○ EG. SWITCH UP, STRADDLE UP, BALL UP, TIC TOC ETC. 	<ul style="list-style-type: none"> ● FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION ● ½ TWISTING TRANSITION TO EXTENDED 1 LEG STUNT ● <u>FULL TWISTING TRANSITION TO EXTENDED 2 LEG STUNT</u> 		<ul style="list-style-type: none"> ● <u>FULL TWISTING INVERSION TO EXTENDED 2 LEG STUNT</u> ● <u>SUSPENDED BACKWARDS ROLL WITH TWIST</u> ● FULL TWISTING TIC TOC STYLE TRANSITION AT PREP LEVEL (LIB TO BODY POSITION)

LEVEL 3 - TOSSES	
NON-TWISTING TOSSES	TWISTING TOSSES
TRICK ARCH; BALL X; TOE TOUCH	UP TO FULL TWISTING

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ALL STAR SKILLS CHART 2019-2020 FOR RUBRIC & COMPARATIVE SCORING

LEVEL 4 - BUILDING					
	INVERSION STYLE	RELEASE STYLE/TRANSITION	TWISTING	DISMOUNT STYLE	OTHER STUNTS
CONSIDERED AT LEVEL (for 2019-2020)			<ul style="list-style-type: none"> ● FULL UP TO EXTENDED 2 LEG STUNT ● EXTENDED FULL TWISTING TRANSITION TO EXTENDED 2 LEG STUNT 		<ul style="list-style-type: none"> ● FULL TWISTING INVERSION TO EXTENDED 2 LEG STUNT
AT LEVEL (LEVEL APPROPRIATE SKILL ON RUBRIC SCORING)	<ul style="list-style-type: none"> ● RELEASED INVERSION TO PREP LEVEL OR BELOW ● DOWNWARD INVERSION FROM PREP LEVEL ● EXTENDED INVERTED STUNT ● 1 ½ TWISTING INVERSION TO PREP LEVEL OR BELOW 	<ul style="list-style-type: none"> ● RELEASE FROM PREP LEVEL TO PREP LEVEL ● RELEASE TO OR FROM EXTENDED STUNT <ul style="list-style-type: none"> ○ EG. TIC TOC LIB TO LIB (HIGH TO LOW), SWITCH UP, BALL UP, STRADDLE UP ETC. ● HELICOPTER RELEASE MOVES ● TWISTING RELEASE TO PREP LEVEL OR BELOW 	<ul style="list-style-type: none"> ● ¾ TWISTING TRANSITION TO EXTENDED 1 LEG STUNT ● 1 ½ TWISTING TRANSITION 	<ul style="list-style-type: none"> ● ½ - 1 ¼ DISMOUNT FROM 1 LEG STUNT ● DISMOUNT FROM INVERTED STUNT ● 1 TRICK (0 TWISTS) FROM 1 LEG ● 2 TRICK DISMOUNT 	<ul style="list-style-type: none"> ● TOSS EXTENDED STUNT ● COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE (ELITE LEVEL APPROPRIATE SKILL ON RUBRIC SCORING)	<ul style="list-style-type: none"> ● RELEASED INVERSION FROM <u>PREP LEVEL</u> OR BELOW TO EXTENDED STUNT ● FULL TWISTING INVERSION TO EXTENDED <u>1 LEG STUNT</u> ● <u>1 ½ TWISTING INVERSION TO EXTENDED STUNT</u> 	<ul style="list-style-type: none"> ● TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW BODY POSITION (HIGH TO LOW) ● RELEASE TO EXTENDED BODY POSITION (NOT INCLUDING SWITCH UP) ● <u>PREP LEVEL RELEASE TO EXTENDED 1 LEG</u> 	<ul style="list-style-type: none"> ● FULL UP TO EXTENDED 1 LEG STUNT ● <u>EXTENDED FULL TWISTING TRANSITION TO EXTENDED 1 LEG</u> ● 1 ½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION ● <u>1 ¼ - 1 ½ UP TO EXTENDED STUNT</u> 	<ul style="list-style-type: none"> ● <u>2 - 2 ¼ TWISTING DISMOUNT FROM EXTENDED 2 LEG STUNT</u> 	<ul style="list-style-type: none"> ● FULL TWISTING TIC TOC RELEASE TO PREP LEVEL 1 LEG STUNT ● FULL TWISTING RELEASE TO PREP LEVEL BODY POSITION ● 1 ½ TWISTING RELEASE TO PREP LEVEL 1 LEG STUNT ● <u>UNASSISTED TOSS EXTENDED 1 LEG SINGLE ARM STUNT</u>

LEVEL 4 - TOSSES	
NON-TWISTING TOSSES	TWISTING TOSSES
TRICK TRICK	TRICK FULL; FULL TRICK; DOUBLE FULL

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ALL STAR SKILLS CHART 2019-2020 FOR RUBRIC & COMPARATIVE SCORING

LEVEL 5 - BUILDING					
	INVERSION STYLE	RELEASE STYLE/TRANSITION	TWISTING	DISMOUNT STYLE	OTHER STUNTS
CONSIDERED AT LEVEL (for 2019-2020)	<ul style="list-style-type: none"> ● RELEASED INVERSION FROM PREP LEVEL TO EXTENDED STUNT 	<ul style="list-style-type: none"> ● TIC TOC 1 LEG STUNT TO BODY POSITION (LOW TO HIGH) ● LIB TO LIB TIC TOCS (LOW TO HIGH) 	<ul style="list-style-type: none"> ● 1 ¼ TO EXTENDED 1 LEG STUNT ● FULL UP TO EXTENDED BODY POSITION ● 1 ½ UP TO EXTENDED STUNT 		<ul style="list-style-type: none"> ● UNASSISTED TOSS EXTENDED 1 LEG SINGLE ARM STUNT
AT LEVEL (LEVEL APPROPRIATE SKILL ON RUBRIC SCORING)	<ul style="list-style-type: none"> ● DOWNWARD INVERSION FROM EXTENDED STUNT ● 2 TWIST INVERSION TO NON-INVERTED STUNT 	<ul style="list-style-type: none"> ● RELEASE FROM EXTENDED STUNT TO EXTENDED STUNT <ul style="list-style-type: none"> ○ EG. TIC TOC, EXTENSION BALL EXTENSION, ETC. ● TWISTING RELEASE TO/FROM EXTENDED STUNT ● 1 ¼ - 2 ¼ TWISTING RELEASE TO/FROM PREP OR BELOW ● TWISTING HELICOPTER RELEASE MOVES 	<ul style="list-style-type: none"> ● 1 ¼ - 2 ¼ TO PREP LEVEL OR BELOW ● 1 ¾ TO EXTENDED STUNT 	<ul style="list-style-type: none"> ● 3 TRICK DISMOUNT ● TRICK DOUBLE TWISTING DISMOUNT ● 1 ½ - 2 ¼ TWISTING DISMOUNT PREP LEVEL OR BELOW 1 LEG STUNT ● 1 ½ - 1 ¾ TWISTING DISMOUNT FROM EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> ● 1 ½ - 2 ¼ TWISTING RELEASE FROM EXTENDED STUNT TO PRONE ● 1 ¼ - 2 ¼ TWIST TO PRONE ● COED STYLE TOSS ¼ - 1 ¾ TWIST TO EXTENDED STUNT ● COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE (ELITE LEVEL APPROPRIATE SKILL ON RUBRIC SCORING)	<ul style="list-style-type: none"> ● RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED 1 LEG STUNT ● <u>RELEASED INVERSION FROM EXTENDED TO EXTENDED 2 LEG STUNT</u> 	<ul style="list-style-type: none"> ● TIC TOC EXTENDED 1 LEG STUNT TO BODY POSITION (HIGH TO HIGH) ● ½ BALL UP TO EXTENDED BODY POSITION ● 1 - 2 ¼ TWISTING RELEASE TO EXTENDED 1 LEG STUNT <ul style="list-style-type: none"> ○ EG. TIC TOC, SWITCH UP, BALL UP, STRADDLE UP ETC. ● 1 - 2 ¼ TWISTING RELEASE AT EXTENDED TO 1 LEG STUNT (HIGH TO HIGH) 	<ul style="list-style-type: none"> ● <u>1 ¾ TO EXTENDED BODY POSITION</u> ● <u>2 - 2 ¼ TO EXTENDED STUNT</u> 	<ul style="list-style-type: none"> ● <u>2 - 2 ¼ TWISTING DISMOUNT FROM EXTENDED 1 LEG STUNT</u> ● <u>KICK DOUBLE TWISTING DISMOUNT FROM EXTENDED 1 LEG</u> 	<ul style="list-style-type: none"> ● ¼ - ¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT ● <u>UNASSISTED COED STYLE TOSS 1 - 2 ¼ TWIST TO EXTENDED STUNT</u>

LEVEL 5 - TOSSES	
NON-TWISTING TOSSES	TWISTING TOSSES
TRICK TRICK TRICK	TRICK TRICK FULL; TRICK FULL TRICK

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ALL STAR SKILLS CHART 2019-2020 FOR RUBRIC & COMPARATIVE SCORING

LEVEL 6 - BUILDING					
	INVERSION STYLE	RELEASE STYLE/TRANSITION	TWISTING	DISMOUNT STYLE	OTHER STUNTS
CONSIDERED AT LEVEL (for 2019-2020)	<ul style="list-style-type: none"> ● RELEASED INVERSION FROM PREP LEVEL TO EXTENDED STUNT 	<ul style="list-style-type: none"> ● TIC TOC 1 LEG STUNT TO BODY POSITION (LOW TO HIGH) ● LIB TO LIB TIC TOCS (LOW TO HIGH) 	<ul style="list-style-type: none"> ● 1 ¼ TO EXTENDED 1 LEG ● FULL UP TO EXTENDED BODY POSITION ● 1 ½ UP TO EXTENDED 	<ul style="list-style-type: none"> ● 3 TRICK DISMOUNT ● TRICK DOUBLE TWISTING DISMOUNT ● 1 ½ - 2 ¼ TWISTING DISMOUNT FROM 1 LEG 	<ul style="list-style-type: none"> ● UNASSISTED TOSS EXTENDED 1 LEG SINGLE ARM STUNT
AT LEVEL (LEVEL APPROPRIATE SKILL ON RUBRIC SCORING)	<ul style="list-style-type: none"> ● DOWNWARD INVERSION FROM EXTENDED STUNT ● RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED 1 LEG ● RELEASED INVERSION FROM EXTENDED TO EXTENDED ● 2 TWIST INVERSION TO NON-INVERTED STUNT ● RELEASED INVERSION WITH UP TO ½ TWIST TO BELOW PREP LEVEL ● REWIND TO BELOW PREP 	<ul style="list-style-type: none"> ● RELEASE FROM EXTENDED STUNT TO EXTENDED STUNT <ul style="list-style-type: none"> ○ EG: TIC TOC, EXTENSION BALL EXTENSION, ETC. ● TWISTING RELEASE TO/FROM EXTENDED STUNT ● 1 ¼ - 2 ¼ TWISTING RELEASE TO/FROM PREP OR BELOW ● TWISTING HELICOPTER RELEASE MOVES 	<ul style="list-style-type: none"> ● 1 ¼ - 2 ¼ TWISTING TRANSITION 	<ul style="list-style-type: none"> ● 4 OR MORE TRICK DISMOUNT ● 1 ½ - 2 ¼ TWISTING DISMOUNT FROM 1 LEG STUNT ● DISMOUNT FROM AN INVERTED STUNT WITH ½ TWIST 	<ul style="list-style-type: none"> ● 1 ½ - 2 ¼ TWISTING RELEASE FROM EXTENDED STUNT TO PRONE ● 1 ¼ - 2 ¼ TWIST TO PRONE ● COED STYLE TOSS ¼ - 1 ¼ TWIST TO EXTENDED STUNT ● COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE (ELITE LEVEL APPROPRIATE SKILL ON RUBRIC SCORING)	<ul style="list-style-type: none"> ● RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION ● <u>RELEASED INVERSION FROM EXTENDED TO EXTENDED 1 LEG</u> ● <u>REWIND TO PREP LEVEL OR EXTENDED STUNT</u> ● <u>RELEASED INVERSION WITH UP TO ½ TWIST TO PREP OR ABOVE</u> <ul style="list-style-type: none"> ○ EG. HANDSPRING ½, ½ INVERTED SWITCH UP ETC. 	<ul style="list-style-type: none"> ● TIC TOC EXTENDED BODY POSITION TO BODY POSITION (HIGH TO HIGH) ● <u>¼ - ¾ TWISTING TIC TOC TO EXTENDED BODY POSITION (HIGH TO HIGH)</u> ● 1 - 2 ¼ TWISTING RELEASE TO EXTENDED TO BODY POSITION <ul style="list-style-type: none"> ○ EG. TIC TOC, SWITCH UP, BALL UP, STRADDLE UP ETC. 	<ul style="list-style-type: none"> ● 1 ¼ TO EXTENDED BODY POSITION ● 2 - 2 ¼ TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> ● <u>HITCH KICK DOUBLE OR SWITCH/KICK DOUBLE TWISTING DISMOUNT FROM EXTENDED 1 LEG STUNT</u> 	<ul style="list-style-type: none"> ● UNASSISTED COED STYLE TOSS 1 - 2 ¼ TWIST EXTENDED <u>1 LEG STUNT</u> ● <u>UNASSISTED COED STYLE TOSS 2 - 2 ¼ TWIST TO EXTENDED STUNT</u>

LEVEL 6 - TOSSES

NON-TWISTING TOSSES	TWISTING TOSSES
TRICK TRICK TRICK	TRICK DOUBLE FULL; DOUBLE FULL TRICK; FULL TRICK FULL; TRICK FULL TRICK FULL; TRICK TRICK DOUBLE FULL

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ALL STAR SKILLS CHART 2019-2020 FOR RUBRIC & COMPARATIVE SCORING

BUILDING SKILLS EXCLUSIVE TO LEVEL 7

INVERSION STYLE	RELEASE STYLE/TRANSITION	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<ul style="list-style-type: none"> ● TOE OR LEG PITCH TYPE TOSS INTO FREE FLIPPING SKILL ● FREE FLIPPING TRANSITIONS ORIGINATING FROM PREP LEVEL ● DOWNWARD INVERSION FROM ABOVE PREP LEVEL TO GROUND ● SIDE-SOMI TO STUNT ● FRONT FREE FLIPPING FROM GROUND LEVEL TO STUNT 	<ul style="list-style-type: none"> ● COED STYLE TOSS TO NEW BASE(S) ● HELICOPTER RELEASE MOVES WITH 2 BASES ● RELEASE FROM PREP LEVEL OR BELOW TO INVERTED PREP LEVEL STUNT <ul style="list-style-type: none"> ○ EG: GROUND LEVEL HANDSTAND RELEASED TO HAND IN HAND, ETC. 	<ul style="list-style-type: none"> ● FLIPPING WITH TWISTING FROM GROUND LEVEL TO STUNT 	<ul style="list-style-type: none"> ● FRONT FREE FLIPPING TO GROUND LEVEL ● FREE FLIPPING FROM PREP LEVEL OR BELOW TO CRADLE ● FREE FLIPPING WITH TWISTING FROM PREP LEVEL OR BELOW TO CRADLE 	<ul style="list-style-type: none"> ● UNASSISTED COED STYLE TOSS ¼ - 1 TWIST TO EXTENDED STUNT WITHOUT SPOTTER ● UNASSISTED COED STYLE TOSS EXTENDED SINGLE ARM STUNT WITHOUT A SPOTTER ● FRONT HANDSPRING 1 - 2 ¼ UP TO EXTENDED STUNT ● BACK HANDSPRING 1 - 2 ¼ UP TO EXTENDED STUNT ● BACK HANDSPRING REWIND TO EXTENDED STUNT

LEVEL 7 - TOSSES

NON-TWISTING TOSSES	TWISTING TOSSES
UP TO FULL FLIPPING	UP TO FULL FLIPPING DOUBLE TWISTING; TRICK TRIPLE (NON-FLIPPING)



ALL STAR SKILLS CHART 2019-2020 FOR RUBRIC & COMPARATIVE SCORING

LEVEL 2 - TOSSES	
NON-TWISTING TOSSES	TWISTING TOSSES
STRAIGHT RIDE NOTE: Tosses are illegal in Mini divisions.	-

LEVEL 3 - TOSSES	
NON-TWISTING TOSSES	TWISTING TOSSES
TRICK ARCH; BALL X; TOE TOUCH	UP TO FULL TWISTING

LEVEL 4 - TOSSES	
NON-TWISTING TOSSES	TWISTING TOSSES
TRICK TRICK	TRICK FULL; FULL TRICK; DOUBLE FULL

LEVEL 5 - TOSSES	
NON-TWISTING TOSSES	TWISTING TOSSES
TRICK TRICK TRICK	TRICK TRICK FULL; TRICK FULL TRICK

LEVEL 6 - TOSSES	
NON-TWISTING TOSSES	TWISTING TOSSES
TRICK TRICK TRICK	TRICK DOUBLE FULL; DOUBLE FULL TRICK; FULL TRICK FULL; TRICK FULL TRICK FULL; TRICK TRICK DOUBLE FULL

LEVEL 7 - TOSSES	
NON-TWISTING TOSSES	TWISTING TOSSES
UP TO FULL FLIPPING	UP TO FULL FLIPPING DOUBLE TWISTING; TRICK TRIPLE (NON-FLIPPING)



ALL STAR SKILLS CHART 2019-2020 FOR RUBRIC & COMPARATIVE SCORING

LEVEL 1 - TUMBLING	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
FORWARD ROLL; STRADDLE ROLL; HANDSTAND; HANDSTAND FORWARD ROLL; FRONT LIMBER; CARTWHEEL; 1 HANDED CARTWHEEL; BACKWARD ROLL; BACK EXTENSION ROLL; PUSH UP TO BRIDGE; STANDING TO BRIDGE; BRIDGE KICKOVER; FRONT WALKOVER; BACK WALKOVER	CARTWHEEL; 1 HANDED CARTWHEEL; FRONT WALKOVER; ROUND OFF; CARTWHEEL BACK WALKOVER; FRONT WALKOVER CARTWHEEL/ROUND OFF; CARTWHEEL ½ TURN FRONT WALKOVER; CONNECTED SKILLS CARTWHEEL/BACK WALKOVER
LEVEL 2 - TUMBLING	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
STANDING BACK HANDSPRING; BACK HANDSPRING STEP OUT; BACK EXTENSION ROLL BACK HANDSPRING; BACK WALKOVER BACK HANDSPRING	CARTWHEEL BACK HANDSPRING; ROUNDOFF BACK HANDSPRING; ROUND OFF BACK HANDSPRING STEP OUT; ROUND OFF BACK HANDSPRING SERIES; FRONT WALKOVER ROUND OFF BACK HANDSPRING SERIES; FRONT HANDSPRING; FLYSPRING; FRONT WALKOVER FRONT HANDSPRING FRONT HANDSPRING ROUNDOFF BACK HANDSPRING
LEVEL 2 TUMBLING NOTES: These skills will not be considered level appropriate in rubric style scoring: DIVE ROLL; SKILLS OUT OF ROUND OFF THAT ARE ILLEGAL IN LEVEL 1; SKILLS NOT LANDING EXCLUSIVELY ON FEET	
LEVEL 3 - TUMBLING	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
BACK HANDSPRING SERIES; JUMP TO BACK HANDSPRING; JUMP TO BACK HANDSPRING SERIES; BACK HANDSPRING SERIES JUMP BACK HANDSPRING SERIES; BACK HANDSPRING STEP OUT BACK HANDSPRING COMBO	AERIAL CARTWHEEL; PUNCH FRONT; ROUND OFF TUCK; ROUND OFF BACK HANDSPRING BACK TUCK; ROUND OFF BACK HANDSPRING SERIES THROUGH TO BACK TUCK; FRONT WALKOVER ROUND OFF BACK HANDSPRING BACK TUCK; FRONT WALKOVER ROUNDOFF BACK HANDSPRING SERIES BACK TUCK
LEVEL 3 TUMBLING NOTES: These skills will not be considered level appropriate in rubric style scoring: BACK HANDSPRING STEPOUT ½ TURN; SKILLS NOT LANDING EXCLUSIVELY ON FEET	



ALL STAR SKILLS CHART 2019-2020 FOR RUBRIC & COMPARATIVE SCORING

LEVEL 4 - TUMBLING	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
STANDING BACK TUCK; ONODI; BACK HANDSPRING BACK TUCK; BACK HANDSPRING SERIES TO BACK TUCK; JUMP BACK HANDSPRING BACK TUCK; BACK HANDSPRING WHIP BACK HANDSPRING SERIES THROUGH TO BACK TUCK/LAYOUT; BACK HANDSPRING SERIES LAYOUT BACK HANDSPRING BACK TUCK BACK HANDSPRING BACK TUCK/LAYOUT; JUMP BACK HANDSPRING SERIES THROUGH TO BACK TUCK/LAYOUT	CARTWHEEL BACK TUCK; FRONT HANDSPRING PUNCH FRONT; ROUNDOFF LAYOUT; ROUNDOFF BACK HANDSPRING LAYOUT; ROUND OFF BACK HANDSPRING SERIES THROUGH TO LAYOUT; FRONT WALKOVER THROUGH TO LAYOUT; PUNCH FRONT STEPOUT THROUGH TO LAYOUT/TUCK ROUND OFF BACK HANDSPRING WHIP BACK HANDSPRING THROUGH TO LAYOUT; FRONT TUCK STEPOUT ROUND OFF BACK HANDSPRING WHIP BACK HANDSPRING BACK TUCK; FRONT HANDSPRING PUNCH FRONT STEP OUT ROUND OFF BACK HANDSPRING BACK TUCK/LAYOUT; FRONT AERIAL, FLIP FLIP COMBO NOTE: ALL LAYOUTS MAY BE A LAYOUT, LAYOUT STEPOUT OR X-OUT
LEVEL 4 TUMBLING NOTES: These skills will not be considered level appropriate in rubric style scoring: JUMP FRONT $\frac{3}{4}$ FRONT FLIP; RUNNING PASS THAT IS NOT LISTED ABOVE WHICH ONLY CONTAINS 1 FLIPPING SKILL IN A TUCK POSITION; SKILLS NOT LANDING EXCLUSIVELY ON FEET	

LEVEL 5 - TUMBLING	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
JUMP BACK TUCK; BACK HANDSPRING SERIES THROUGH TO WHIPS AND/OR LAYOUT; JUMP BACK HANDSPRING SERIES THROUGH TO WHIPS AND/OR LAYOUT; BACK HANDSPRING SERIES WHIP BACK HANDSPRING SERIES THROUGH TO LAYOUT/LAYOUT STEPOUT/X-OUT; BACK HANDSPRING WHIP/TUCK/LAYOUT TO WHIP/TUCK/LAYOUT	ROUND OFF FULL; ROUND OFF BACK HANDSPRING FULL; FRONT WALKOVER THROUGH TO FULL; PUNCH FRONT STEPOUT TO FULL; ROUND OFF WHIP BACK HANDSPRING TO FULL
LEVEL 5 TUMBLING NOTES: These skills will not be considered level appropriate in rubric style scoring: SKILLS NOT LANDING EXCLUSIVELY ON FEET	



ALL STAR SKILLS CHART 2019-2020 FOR RUBRIC & COMPARATIVE SCORING

LEVEL 6 & 7 - TUMBLING	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
JUMP BACK TUCK	CARTWHEEL FULL; ROUND OFF BACK HANDSPRING FULL; FRONT FULL FRONT WALKOVER THROUGH TO FULL; SIDE AERIAL/FRONT AERIAL/ONODI THROUGH TO FULL
<p style="text-align: center;">ELITE</p> <p style="text-align: center;">STANDING FULL; JUMP FULL; BACK HANDSPRING FULL; JUMP BACK HANDSPRING FULL; BACK HANDSPRING SERIES TO FULL; JUMP BACK HANDSPRING SERIES TO FULL; BACK HANDSPRING WHIP TO BACK HANDSPRING SERIES TO FULL; BACK HANDSPRING SERIES TO DOUBLE FULL; JUMP BACK HANDSPRING SERIES TO DOUBLE FULL; BACK HANDSPRING WHIP TO BACK HANDSPRING SERIES TO DOUBLE FULL</p> <p style="text-align: center;">LEVEL 7 ONLY</p> <p style="text-align: center;">BACK HANDSPRING DOUBLE FULL</p>	<p style="text-align: center;">ELITE</p> <p style="text-align: center;">FRONT HANDSPRING FRONT FULL; PUNCH FRONT STEPOUT TO FULL; ROUNDOFF BACK HANDSPRING WHIP TO FULL; ROUND OFF ARABIAN ROUND OFF BACK HANDSPRING FULL; ROUND OFF BACK HANDSPRING FULL BACK HANDSPRING TO FULL; ROUND OFF DOUBLE FULL; ROUND OFF BACK HANDSPRING DOUBLE FULL; FRONT WALKOVER THROUGH TO DOUBLE FULL; PUNCH FRONT STEPOUT TO DOUBLE FULL; ROUND OFF BACK HANDSPRING WHIP TO DOUBLE FULL; ROUND OFF BACK HANDSPRING DOUBLE FULL BACK HANDSPRING TO DOUBLE FULL</p>
<p>LEVEL 6 & 7 TUMBLING NOTES: These skills will not be considered level appropriate in rubric style scoring: DIVE ROLLS IN ARCH OR SWAN POSITION; JUMP TO ARABIAN OR JUMP TO BARANI AS THE ONLY TWISTING SKILL; PASS TO LAYOUT ½ OR ARABIAN OR BARANI AS THE ONLY TWISTING SKILL; SKILLS NOT LANDING EXCLUSIVELY ON FEET</p>	

JUMPS – ALL LEVELS	
BASIC JUMPS	ADVANCED JUMPS
SPREAD EAGLE; STAR; TUCK	PIKE; TOE TOUCH; HURDLER (RIGHT/LEFT; FRONT/SIDE); HERKIE; DOUBLE NINE NOTE: Tuck and star jumps will receive credit as advanced jumps in Tiny and Mini Novice (Recreation) divisions.