



## SCHOLASTIC SKILLS CHART 2019-2020 FOR RUBRIC SCORING

BEGINNER - BUILDING				
INVERSION STYLE	RELEASE STYLE/TRANSITION	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<ul style="list-style-type: none"> <li>INVERSIONS AT GROUND ARE LEGAL BUT NOT CONSIDERED A STUNT</li> </ul>	<ul style="list-style-type: none"> <li>SWITCH UP STYLE AT WAIST LEVEL</li> <li>TIC TOC STYLE AT WAIST LEVEL</li> <li>TRANSITION MAINTAINING CONNECTION WITH AT LEAST 1 BASE AND GROUND LEVEL BRACER AT WAIST LEVEL OR BELOW</li> </ul>	<ul style="list-style-type: none"> <li>1/2 REBOUND TO PRONE</li> </ul>	<ul style="list-style-type: none"> <li>STEP DOWN</li> <li>STRAIGHT POP DOWN</li> </ul>	<ul style="list-style-type: none"> <li>THIGH STAND</li> <li>FLOOR STUNT</li> <li>KNEE STUNT</li> <li>ALL FOURS STUNT</li> <li>NUGGET BASED STUNT</li> <li>STUNTS AT WAIST HEIGHT OR BELOW WITH A BRACER ON THE PERFORMING SURFACE</li> </ul>

NOVICE - BUILDING				
INVERSION STYLE	RELEASE STYLE/TRANSITION	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<ul style="list-style-type: none"> <li>INVERSIONS AT GROUND LEVEL ARE LEGAL BUT NOT CONSIDERED A STUNT</li> </ul>	<ul style="list-style-type: none"> <li>SWITCH UP STYLE BELOW PREP</li> <li>TIC TOC STYLE BELOW PREP</li> <li>TRANSITION MAINTAINING CONNECTION WITH AT LEAST 1 BASE AT PREP LEVEL OR BELOW</li> </ul>	<ul style="list-style-type: none"> <li>1/4 TWISTING TRANSITION TO PREP LEVEL OR BELOW</li> <li>UP TO 1/2 TWISTING TRANSITION FLOOR TO FLOOR (CONNECTION AT WAIST)</li> <li>1/2 WRAP AROUND</li> <li>1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH BRACER</li> </ul>	<ul style="list-style-type: none"> <li>STRAIGHT CRADLE</li> <li>STRAIGHT POP DOWN FROM PREP</li> </ul>	<ul style="list-style-type: none"> <li>SHOW &amp; GO AT PREP LEVEL</li> <li>2 LEG STUNT AT PREP LEVEL OR BELOW               <ul style="list-style-type: none"> <li>EG. STRADDLE SIT OR V-SIT AT EXTENDED OR BELOW, FLAT BACK AT EXTENDED OR BELOW, SHOULDER SIT OR STAND</li> </ul> </li> <li>T-LIFT</li> <li>1 LEG STUNT BELOW PREP</li> <li>PREP LEVEL 1 LEG STUNT WITH CONNECTION</li> <li>PREP LEVEL TO PRONE</li> <li>CHAIR</li> <li>COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>

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INTERMEDIATE- BUILDING				
INVERSION STYLE	RELEASE STYLE/TRANSITION	TWISTING	DISMOUNT STYLE & TOSS	OTHER STUNTS
<ul style="list-style-type: none"> <li>● INVERSION FROM GROUND LEVEL TO WAIST LEVEL</li> <li>● INVERSION FROM GROUND LEVEL TO PREP LEVEL</li> <li>● INVERSION FROM GROUND LEVEL TO EXTENDED STUNT</li> <li>● 1/2 TWISTING INVERSION TO EXTENDED STUNT OR PREP LEVEL 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>● SWITCH UP STYLE TO PREP LEVEL</li> <li>● TIC TOC STYLE PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>● 1/2 TWISTING TRANSITION TO PREP LEVEL OR BELOW</li> <li>● UP TO 1/2 TWISTING TRANSITION TO/FROM PREP LEVEL 1 LEG STUNT</li> <li>● 1/4 TWISTING TRANSITION TO/FROM EXTENDED 2 LEG STUNT</li> <li>● 1/2 TWISTING TRANSITION TO EXTENDED STUNT</li> <li>● WALK IN EXTENSION</li> <li>● LOG ROLL</li> </ul>	<ul style="list-style-type: none"> <li>● STRAIGHT POP DOWN FROM EXTENSION</li> <li>● STRAIGHT CRADLE FROM EXTENSION</li> <li>● STRAIGHT CRADLE FROM PREP LEVEL 1 LEG STUNT</li> <li>● 1/4 TWISTING CRADLE</li> <li>● STRAIGHT RIDE TOSS</li> </ul>	<ul style="list-style-type: none"> <li>● PREP LEVEL 1 LEG STUNT</li> <li>● EXTENSION</li> <li>● LEAP FROG VARIATIONS</li> <li>● 1/2 TWIST TO PRONE</li> <li>● WALK IN PREP LEVEL (½ TWIST)</li> <li>● 1/2 TWISTING TIC TOC STYLE TO PREP LEVEL 1 LEG STUNT</li> <li>● EXTENSION TO PRONE</li> <li>● COMBINATION OF TWO MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>

MEDIAN - BUILDING				
INVERSION STYLE	RELEASE STYLE/TRANSITION	TWISTING	DISMOUNT STYLE & TOSS	OTHER STUNTS
<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> <li>● INVERSION TO EXTENDED 1 LEG STUNT</li> <li>● 1/2 TWISTING INVERSION TO EXTENDED 1 LEG STUNT</li> <li>● FULL TWISTING INVERSION TO PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>● RELEASE FROM WAIST LEVEL OR BELOW TO PREP LEVEL OR BELOW               <ul style="list-style-type: none"> <li>● EG. SWITCH UP, STRADDLE UP, BALL UP, TIC TOC ETC.</li> </ul> </li> <li>● TIC TOC STYLE PREP LEVEL 1 LEG TO EXTENDED 1 LEG STUNT (LOW TO HIGH)</li> </ul>	<ul style="list-style-type: none"> <li>● FULL TWISTING TRANSITION TO PREP LEVEL OR BELOW</li> <li>● 1/4 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT</li> <li>● 1/2 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>● STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT</li> <li>● 1/2 - 1 1/4 TWISTING DISMOUNT FROM 2 LEG STUNT</li> <li>● 1/4 TWISTING DISMOUNT FROM EXTENDED 1 LEG</li> <li>● SINGLE SKILL DISMOUNT FROM 2 LEG STUNT (NON-TWISTING)</li> <li>● SINGLE TRICK TOSS</li> <li>● TRICK ARCH TOSS</li> <li>● BALL-X TOSS</li> <li>● UP TO 1 1/4 FULL TWISTING TOSS</li> </ul>	<ul style="list-style-type: none"> <li>● FULL TWIST TO PRONE</li> <li>● EXTENDED 1 LEG STUNT</li> <li>● SUSPENDED ROLL/FWD AND BACK</li> <li>● SPECIALTY SUSPENDED FRONT ROLL (NON-TWISTING)</li> <li>● SUSPENDED TWISTING FRONT ROLL</li> <li>● COED STYLE TOSS HANDS</li> <li>● SINGLE BASED 1 LEG EXTENDED STUNTS</li> <li>● COED STYLE WALK IN EXTENSION</li> <li>● FULL TWISTING TIC TOC STYLE TRANSITION AT PREP LEVEL</li> <li>● COMBINATION OF TWO MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>

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SCHOOL ADVANCED - BUILDING				
INVERSION STYLE	RELEASE STYLE/TRANSITION	TWISTING	DISMOUNT STYLE & TOSS	OTHER STUNTS
<ul style="list-style-type: none"> <li>● NON-TWISTING RELEASED INVERSION</li> <li>● UP TO 1/2 TWISTING RELEASED INVERSION TO LOAD BELOW PREP</li> <li>● 3/4 OR MORE TWISTING INVERSION TO EXTENSION OR EXTENDED ONE LEG STUNT</li> <li>● 1 1/4 OR MORE TWISTING INVERSION TO PREP LEVEL</li> <li>● DOWNWARD INVERSION FROM PREP LEVEL</li> <li>● FOLDOVER STUNT</li> </ul>	<ul style="list-style-type: none"> <li>● SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>● HELICOPTER RELEASE MOVES</li> <li>● RELEASE FROM PREP LEVEL OR ABOVE TO ANY LEVEL (NON-TWISTING)               <ul style="list-style-type: none"> <li>● EG. STRADDLE UP, BALL UP, TIC TOC, ETC.</li> </ul> </li> <li>● TIC TOC ONE LEG STUNT (LOW TO HIGH, HIGH TO LOW, HIGH TO HIGH)</li> </ul>	<ul style="list-style-type: none"> <li>● 3/4 OR MORE TWISTING TRANSITION TO EXTENDED STUNT</li> <li>● 1 1/4 OR MORE TWISTING TRANSITION TO PREP LEVEL OR BELOW</li> </ul>	<ul style="list-style-type: none"> <li>● KICK FULL TWISTING DISMOUNT</li> <li>● 1/2 - 1 1/4 DISMOUNT FROM EXTENDED 1 LEG STUNT</li> <li>● DISMOUNT FROM INVERTED STUNT UP TO ½ TWIST</li> <li>● TRICK TRICK TOSS</li> <li>● TRICK FULL TOSS</li> <li>● FULL TRICK TOSS</li> <li>● TRICK TRICK TRICK</li> <li>● TRICK TRICK FULL</li> <li>● TRICK FULL TRICK</li> </ul>	<ul style="list-style-type: none"> <li>● TOSS EXTENSION</li> <li>● TOSS 1 LEG EXTENDED STUNT</li> <li>● UP TO 1 1/4 TWIST RELEASE FROM PREP LEVEL TO PREP LEVEL               <ul style="list-style-type: none"> <li>● EG. STRADDLE UP, BALL UP, TIC TOC, ETC.</li> </ul> </li> <li>● UP TO 1/4 TWIST RELEASE FROM EXTENDED TO EXTENDED</li> <li>● COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>

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PREMIER - BUILDING				
INVERSION STYLE	RELEASE STYLE/TRANSITION	TWISTING	DISMOUNT STYLE & TOSS	OTHER STUNTS
<ul style="list-style-type: none"> <li>● UP TO 1 1/4 TWISTING FREE FLIPPING FROM GROUND LEVEL TO CRADLE OR STUNT AT ANY LEVEL</li> <li>● UP TO 1 1/4 TWISTING ASSISTED FLIPPING STUNT OR TRANSITION</li> <li>● 1 TO 2 1/4 TWISTING INVERSION TO EXTENDED STUNT</li> <li>● 1 1/2 TO 2 1/4 TWISTING INVERSION TO PREP LEVEL</li> <li>● DOWNWARD INVERSION FROM EXTENDED STUNT</li> <li>● RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>● 1/4 - 2 1/4 TWISTING SWITCH UP TO EXTENDED</li> <li>● TWISTING HELICOPTER RELEASE MOVES</li> <li>● TWISTING RELEASE TO/FROM EXTENDED STUNT</li> <li>● RELEASE FROM EXTENDED</li> <li>● STUNT TO EXTENDED STUNT               <ul style="list-style-type: none"> <li>● EG: TIC TOC, EXTENSION, BALL EXTENSION, ETC</li> </ul> </li> <li>● 1/2 TO 2 1/4 TWISTING RELEASE FROM EXTENDED TO EXTENDED</li> </ul>	<ul style="list-style-type: none"> <li>● 1 TO 2 1/4 TWISTING TRANSITION TO EXTENDED</li> <li>● 1 1/2 TO 2 1/4 TWISTING TRANSITION TO PREP LEVEL OR BELOW</li> <li>● EXTENDED TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>● FRONT FREE FLIPPING TO GROUND LEVEL</li> <li>● UP TO 1 1/4 FREE FLIPPING FROM PREP LEVEL OR BELOW TO CRADLE</li> <li>● FREE FLIPPING WITH UP TO 1/2 TWIST FROM PREP LEVEL OR BELOW TO CRADLE</li> <li>● 1 1/2 TO 2 1/4 TWIST CRADLE</li> <li>● KICK DOUBLE TWISTING DISMOUNT</li> <li>● FLY AWAY TOSS/GROUP TO GROUP TOSS</li> <li>● UP TO 1 1/4 TWISTING AND UP TO 2 ADDITIONAL SKILLS TOSS</li> <li>● 1 1/2 TO 3 1/2 TWISTING TOSS</li> <li>● SINGLE FLIPPING TOSS</li> </ul>	<ul style="list-style-type: none"> <li>● FRONT/BACK HANDSPRING WITH 1/4 TO 2 1/4 TWIST UP TO PREP LEVEL OR ABOVE</li> <li>● UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT</li> <li>● COED STYLE TOSS TO EXTENDED STUNT</li> <li>● COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>

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## SCHOLASTIC SKILLS CHART 2019-2020 FOR RUBRIC SCORING

BEGINNER - TUMBLING	
STANDING TUMBLING	RUNNING TUMBLING
<ul style="list-style-type: none"> <li>• FORWARD ROLL</li> <li>• STRADDLE ROLL</li> <li>• HANDSTAND</li> <li>• HANDSTAND FORWARD ROLL</li> <li>• CARTWHEEL</li> <li>• 1 HANDED CARTWHEEL</li> <li>• BACKWARD ROLL</li> <li>• BACK EXTENSION ROLL</li> <li>• PUSH UP TO BACKBEND</li> <li>• STANDING TO BRIDGE</li> <li>• BACKBEND KICK OVER</li> </ul>	<ul style="list-style-type: none"> <li>• CARTWHEEL</li> <li>• 1 HANDED CARTWHEEL</li> <li>• ROUND OFF</li> </ul>

NOVICE - TUMBLING	
STANDING TUMBLING	RUNNING TUMBLING
<ul style="list-style-type: none"> <li>• FORWARD ROLL</li> <li>• STRADDLE ROLL</li> <li>• HANDSTAND</li> <li>• HANDSTAND FORWARD ROLL</li> <li>• CARTWHEEL</li> <li>• 1 HANDED CARTWHEEL</li> <li>• BACKWARD ROLL</li> <li>• BACK EXTENSION ROLL</li> <li>• PUSH UP TO BACKBEND</li> <li>• STANDING TO BRIDGE</li> <li>• BACKBEND KICK OVER</li> <li>• BACK WALKOVER</li> <li>• FRONT WALKOVER</li> </ul>	<ul style="list-style-type: none"> <li>• ROUND OFF</li> <li>• FRONT WALKOVER TO CARTWHEEL/ROUND OFF</li> <li>• CARTWHEEL BACK WALKOVER</li> <li>• CARTWHEEL 1/2 TURN FRONT WALKOVER</li> <li>• CONNECTED SKILLS -CARTWHEEL/BACK WALKOVER</li> </ul>

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INTERMEDIATE - TUMBLING	
STANDING TUMBLING	RUNNING TUMBLING
<ul style="list-style-type: none"> <li>STANDING BACK HANDSPRING</li> <li>BACK HANDSPRING STEP OUT</li> <li>BACK EXTENSION ROLL BACK HANDSPRING</li> <li>BACK WALKOVER BACK HANDSPRING</li> </ul>	<ul style="list-style-type: none"> <li>CARTWHEEL BACK HANDSPRING (SERIES)</li> <li>ROUND OFF BACK HANDSPRING (SERIES)</li> <li>ROUND OFF BACK HANDSPRING STEP OUT</li> <li>FRONT WALKOVER TO ROUND OFF BACK HANDSPRING (SERIES)</li> <li>FRONT HANDSPRING</li> <li>FRONT FLYSPRING</li> <li>FRONT WALKOVER FRONT HANDSPRING</li> <li>FRONT HANDSPRING ROUND OFF BACK HANDSPRING (SERIES)</li> </ul>
<p><b>NOTE:</b> These skills will not be considered level appropriate in rubric style scoring: skills out of a round off that are illegal in Novice and dive rolls.</p>	

MEDIAN - TUMBLING	
STANDING TUMBLING	RUNNING TUMBLING
<ul style="list-style-type: none"> <li>STANDING BACK HANDSPRING SERIES</li> <li>JUMP TO BACK HANDSPRING (SERIES)</li> <li>BACK HANDSPRING (SERIES) JUMP BACK HANDSPRING (SERIES)</li> <li>BACK HANDSPRING STEP OUT BACK HANDSPRING COMBO</li> </ul>	<ul style="list-style-type: none"> <li>AERIAL CARTWHEEL</li> <li>PUNCH FRONT</li> <li>ROUND OFF TUCK</li> <li>ROUND OFF BACK HANDSPRING (SERIES) BACK TUCK</li> <li>FRONT WALKOVER TO ROUND OFF BACK HANDSPRING (SERIES) BACK TUCK</li> </ul>
<p><b>NOTE:</b> These skills will not be considered level appropriate in rubric style scoring: <math>\frac{3}{4}</math> front flips</p>	

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ADVANCED - TUMBLING	
STANDING TUMBLING	RUNNING TUMBLING
<ul style="list-style-type: none"> <li>STANDING BACK TUCK OR FULL</li> <li>BACK HANDSPRING (SERIES) BACK TUCK, LAYOUT OR FULL</li> <li>JUMP BACK HANDSPRING (SERIES) THROUGH TO WHIPS, BACK TUCK, LAYOUT OR FULL</li> <li>JUMP TO TUCK OR FULL</li> <li>ONODI</li> </ul>	<ul style="list-style-type: none"> <li>ARABIAN</li> <li>CARTWHEEL BACK TUCK OR FULL</li> <li>FRONT FULL</li> <li>FRONT HANDSPRING FRONT FULL</li> <li>ROUND OFF LAYOUT OR FULL</li> <li>ROUND OFF BACK HANDSPRING (SERIES) WHIP, LAYOUT OR FULL</li> <li>FRONT WALKOVER THROUGH TO LAYOUT OR FULL</li> <li>PUNCH FRONT STEP OUT THROUGH TO LAYOUT OR FULL</li> <li>FRONT HANDSPRING PUNCH FRONT</li> <li>FLIP FLIP COMBO</li> <li>FRONT AERIAL</li> </ul>
<p><b>NOTE:</b> Dive rolls and front <math>\frac{3}{4}</math> flip to seat/knees are prohibited in this level.</p> <p><b>NOTE:</b> All layouts may be a layout, layout stepout or X-out.</p> <p><b>NOTE:</b> These skills will not be considered level appropriate in rubric style scoring: aerial or flip with no step when continuing the tumbling pass</p>	

PREMIER - TUMBLING	
STANDING TUMBLING	RUNNING TUMBLING
<ul style="list-style-type: none"> <li>STANDING FULL</li> <li>JUMP TO TUCK/ FULL</li> <li>BACK HANDSPRING (SERIES) THROUGH TO FULL</li> <li>BACK HANDSPRING (SERIES) WHIP BACK HANDSPRING (SERIES) THROUGH TO FULL</li> </ul>	<ul style="list-style-type: none"> <li>ROUND OFF FULL</li> <li>FRONT WALKOVER THROUGH TO FULL</li> <li>PUNCH FRONT STEP OUT THROUGH TO FULL</li> <li>FRONT HANDSPRING PUNCH FRONT THROUGH TO FULL</li> <li>FLIP FLIP COMBO</li> </ul>

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JUMPS - ALL LEVELS	
BASIC JUMPS	ADVANCED JUMPS
<ul style="list-style-type: none"><li>• SPREAD EAGLE</li><li>• STAR</li><li>• TUCK</li></ul>	<ul style="list-style-type: none"><li>• PIKE</li><li>• TOE TOUCH</li><li>• HURDLER (RIGHT/LEFT; FRONT/SIDE)</li><li>• HERKIE</li><li>• DOUBLE NINE</li></ul> <p>NOTE: Tuck and Star jumps will receive credit as advanced jumps in Beginner divisions.</p>

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