

POINTS	JUMPS	TUMBLING	STUNTS	PYRAMIDS / TOSSES	DANCE / MOTIONS
2-4	Tucks Spread Eagles Low Level TT	Rolls Cartwheels Back Walkovers	Thigh Stands Half Extensions/Preps Shrug Dismounts	Poorly executed basic tosses Poorly executed basic pyramids at prep level	Slow dance / motions Little change/variety Basic motion work
4-6	Hurdlers Toe Touches Little Variety Poorly executed Level 6-8 jump skills	Little/Few Handsprings Poorly executed Level 6-8 tumbling skills	Full extensions Liberties Clean Cradles Single Twist Cradles Half extended single leg stunts Poorly executed Level 6-8 stunt skills	Basic Pyramids at prep level Basic tosses Poorly executed Level 6-8 pyramids / tosses	Average Pace Some level changes Poorly executed Level 6-8 dance/motion skills
6-8	Some Members Combination Jumps Little – Med Variety Poorly executed Level 8-10 jump skills	Few Members Handsprings Tucks Variety of Passes Poorly executed Level 8-10 tumbling skills	Extended advanced single leg stunts High Clean Cradles High Clean Single twist cradles Poorly executed Level 8-10 stunt skills	Basic Transitional Pyramid with basic dismounts Multiple tosses/avg height Poorly executed Level 8-10 pyramids / tosses	Above average Pace Creative Motion Work Poorly executed Level 8-10 dance/motion skills
8-10	Full Team Combination Jumps Great Variety	Majority/All Handsprings Advanced Passes Great Variety	Extended advanced single leg stunts Variety of stunts No front spots Transitional Stunts Double twist cradles	Creative transitional pyramids Advanced pyramid dismounts Creative / multiple tosses	Fast Pace Elite Level Changes Variety of Movements Creative Choreography / Motion Work