

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 Basic pyramids	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 Retakes 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 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	High Pace Creative Poorly executed Level 8-10 dance/motion skills
8-10	Full Squad Combination Jumps Great Variety	Majority/All Handsprings Advanced Passes Great Variety	Extended advanced single leg stunts Variety of stunts No front spots on extended single leg stunts Transitional Stunts Double twist cradles	Creative transitional pyramids Advanced pyramid dismounts Creative / multiple tosses	Fast Pace Elite Level Changes Variety of Movements