

	Level 1	Level 2	Level 3	Level 4	Level R5	Level 5			
Low	Standing: Forward Roll, Backward Roll, Cartwheel, Back Walkover, Front walkover	Standing: Back Handspring AND Pencil Jump BHS	Standing: 3 Connected Standing Handsprings AND Jump Back Handspring Series	Standing: Standing Tuck AND Series tumbling combining two flips using no hands	Standing: Jump to Tuck AND Triple Back Handspring Full	Standing: Jump Combo to Tuck AND Toe 2 to full			
	Running: Round-off from Lunge, & Power Hurdle	Running: Power Hurdle & 2-Step Round-off Back Handspring, front handspring stepout	Running: Round-off Back Handspring Tuck	Running: Round-off Back Handspring Layout	Running: Round-off Back Handspring Full	Running: Specialty to full (non-twisting specialty)			
Medium	Standing: Switch Kick Back Walkover, Double Back Walkover	Standing: Backwalkover BHS AND Back handspring pencil backhandspring	Standing: Jump(s) to series handspring connected to jump to series handspring	Standing: Series tumbling to Layout	Standing: Two to full	Standing: Standing Full, Back Handspring Whip-Series Back Handspring Full			
	Running: Round-off Half turn Forward Roll roundoff backwalkover, Front walkover roundoff	Running: Power Hurdle & 2-Step Round-off Three BHS	Running: Front handspring stepout to BHS Tuck AND Punch Front Land	Running: Whip through to Tuck or Whip Tuck	Running: Specialty to full (non twisting specialty)	Running: Arabian/Full through to Full, Running double			
High	Standing: Back extension roll backwalkover, one handed backwalkover	Standing: Back Extension Roll Back Handspring AND Back handspring punch back roundoff handspring series	Standing: Standing Series to tuck	Standing: Standing series to layout, Whips through to Layout	Standing: Back Handspring Whip Double Back Handspring Full	Standing: Back Handsprings to Double Full, Jump Combo Standing Full			
	Running: Front walkover Round-off Back Walkover, Round off double backwalkover	Running: Front handspring stepout RO three BHS	Running: Punch Front Land Stand Round-off BHS Series To Tuck	Running: Punch Front through to Round-off Back Handspring Layout, Round-off Whip, Whip through to Layout	Running: Arabian step through to Full	Running: Specialty to double full			
	Technique	Low *Skills are performed with incorrect body lines. *Landing is sloppy and unclear *Overall power and precision lacking from skill	Medium *Skills are performed with acceptable body lines. *Landing is controlled. *Speed and precision demonstrates understanding on how to perform skill correctly.	High *Skills are performed with exceptional and correct body lines. *Landing demonstrates a stick and stand technique. *Speed and precision demonstrates mastery of the skill.					