

	Level 1 (Classic)	Level 1 (Elite)	Level 2	Level 3	Level 4	Level 5	Level 6
Low	Standing: No Experience Necessary	Standing: Back Walkover, Front walkover	Standing: Back Handspring AND Backwalkover backhandspring	Standing: Jump Back Handspring Series	Standing: Standing Tuck AND BHS BHS Tuck	Standing: Jump to Tuck AND Two Back Handspring Layout	Standing: Jump Combo to Tuck AND Standing series to full
	Running: No Experience Necessary	Running: Round-off from Lunge, & Power Hurdle	Running: Power Hurdle Round-off Back Handspring series, front handspring stepout roundoff backhandspring	Running: Power Hurdle Round-off Back Handspring Tuck AND Punch Front	Running: Power Hurdle Round-off Back Handspring Layout	Running: Power Hurdle Round-off Back Handspring Full	Running: Specialty to full (non-twisting specialty)
Medium	Standing: Cartwheel, Handstand, Forward Roll, Backward Roll, Cartwheel Rebound	Standing: Switch Kick Back Walkover, Double Back Walkover, Handstand Front Limber to kickover	Standing: Back Handspring Stepout Backwalkover Back Handspring	Standing: BHS Toe Touch BHS BHS	Standing: Backwalkover Back Tuck, Backhandspring stepout backhandspring back tuck	Standing: Handspring, Whip/Tuck, BHS BHS Lay, AND BHS Layout	Standing: one handspring to full.
		Running: Round-off punch back front walkover, roundoff pause backwalkover, Front walkover roundoff	Running: Power Hurdle Roundoff Double Backhandspring punch back Roundoff Bck Handspring	Running: Front handspring stepout to BHS Tuck	Running: Front Handspring through to RO BHS Layout AND Punch front stepout to roundoff handspring tuck, Ariel to tuck	Running: Specialty to full (non twisting specialty)	Running: Arabian/Full through to Full, Running double
High	Handstand Forward Roll, Round off Rebound, Front Walk Over, Back Walkover	Standing: Back extension roll backwalkover, one handed backwalkover: Standing Backhandspring	Standing: Standing 2 Backhandsprings	Standing: Backhandspring Stepout Back handspring series AND Standing Series to tuck	Standing: BHS BHS BHS Layout	Standing: BHS BHS BHS Full	Standing: Back Handsprings to Double Full, Standing full
		Running: front walkover cartwheel backwalkover series: Roundoff Backhandspring	Running: Running Roundoff Backhandspring tuck	Running: Punch Front Land Stand Power Hurdle Round-off BHS To Tuck, AND Running Roundoff Backhandspring Layout	Running: Roundoff Whip Layout, Punch front stepout to layout, Roundoff Handspring Full	Running: Arabian step through to Full	Running: Specialty to double full



	Low	Medium	High
Technique	<ul style="list-style-type: none"> *Skills are performed with incorrect body lines. *Landing is sloppy and unclear *Overall power and precision lacking from skill 	<ul style="list-style-type: none"> *Skills are performed with acceptable body lines. *Landing is controlled. *Speed and precision demonstrates understanding on how to perform skill correctly. 	<ul style="list-style-type: none"> *Skills are performed with exceptional and correct body lines. *Landing demonstrates a stick and stand technique. *Speed and precision demonstrates mastery of the skill.

