



Scoring System

Traditional Rec and Allstar Prep

Stunts		
DIFFICULTY	EXECUTION	CREATIVITY
<p>BELOW 3.0-3.5 – Skills performed do not meet low range requirement</p> <p>LOW 3.5-4.0 – 2 different level appropriate skills performed by most of team</p> <p>MEDIUM 4.0-4.5 – 3 different level appropriate skills performed by most of team</p> <p>HIGH 4.5-5.0 – 4 different level appropriate skills performed by most of team</p>	<p>3.0-3.5 Less than 50% of the athletes execute excellent precision and form</p> <p>3.5-4.5 50% of the athletes execute excellent precision and form</p> <p>4.5-5.0 75% of the athletes execute excellent precision and form</p>	<p>2.0 – 2.3 Less than 50% of the Stunt skills incorporate visual, unique or innovative ideas.</p> <p>2.3-2.5 50% of the Stunt skills incorporate visual, unique or innovative ideas.</p>
Pyramids		
DIFFICULTY	EXECUTION	CREATIVITY
<p>BELOW 3.0-3.5 – Skills performed do not meet low range requirement</p> <p>LOW 3.5-4.0 – 2 different level appropriate skills, 2 structures performed by most of team</p> <p>MEDIUM 4.0-4.5 – 3 different level appropriate skills, 2 structures performed by most of team</p> <p>HIGH 4.5-5.0 – 4 different level appropriate skills, 2 structures performed by most of team</p>	<p>3.0-3.5 Less than 50% of the athletes execute excellent precision and form</p> <p>3.5-4.5 50% of the athletes execute excellent precision and form</p> <p>4.5-5.0 75% of the athletes execute excellent precision and form</p>	<p>2.0 – 2.3 Less than 50% of the pyramid skills incorporate visual, unique or innovative ideas.</p> <p>2.3-2.5 50% of the pyramid skills incorporate visual, unique or innovative ideas.</p>
Standing Tumbling		
DIFFICULTY	EXECUTION	CREATIVITY
<p>BELOW 3.0-3.5– Skills performed do not meet low range requirement</p> <p>LOW 3.5-4.0 –Majority of team performs a level appropriate pass</p> <p>MEDIUM 4.0-4.5 – Most of team performs a level appropriate pass</p> <p>HIGH 4.5-5.0 – Majority of team performs a level appropriate pass which must be synchronized from the initiation of the pass</p>	<p>3.0-3.5 Less than 50% of the athletes execute excellent precision and form</p> <p>3.5-4.5 50% of the athletes execute excellent precision and form</p> <p>4.5-5.0 75% of the athletes execute excellent precision and form</p>	<p>2.0 – 2.3 Less than 50% of the tumbling skills incorporate visual, unique or innovative ideas.</p> <p>2.3-2.5 50% of the tumbling skills incorporate visual, unique or innovative ideas</p>
Running Tumbling		
DIFFICULTY	EXECUTION	CREATIVITY
<p>BELOW 3.0-3.5 – Skills performed do not meet low range requirement</p> <p>LOW 3.5-4.0 –Less than Majority of team performs a level appropriate pass</p> <p>MEDIUM 4.0-4.5 – Majority of team performs a level appropriate pass</p> <p>HIGH 4.5-5.0 – Majority of team performs a level appropriate pass which must be synchronized from initiation of the pass</p>	<p>3.0-3.5 Less than 50% of the athletes execute excellent precision and form</p> <p>3.5-4.5 50% of the athletes execute excellent precision and form</p> <p>4.5-5.0 75% of the athletes execute excellent precision and form</p>	<p>2.0 – 2.3 Less than 50% of the pyramid skills incorporate visual, unique or innovative ideas.</p> <p>2.3-2.5 50% of the pyramid skills incorporate visual, unique or innovative ideas.</p>



Scoring System

Traditional Rec and Allstar Prep

Jumps		
DIFFICULTY	EXECUTION	CREATIVITY
<p>3.5 Skills do not meet 4.0 Requirement</p> <p>4.0 Most of the team performs 1 jump</p> <p>4.5 Most of the team performs 2 jumps</p> <p>5.0 Most of the team performs 3 jumps</p>	<p>3.0-3.5 Less than 50% of the athletes execute excellent precision and form</p> <p>3.5-4.5 50% of the athletes execute excellent precision and form</p> <p>4.5-5.0 75% of the athletes execute excellent precision and form</p>	<p>2.0 – 2.3 Less than 50% of the jump skills incorporate visual, unique or innovative ideas.</p> <p>2.3-2.5 50% of the jump skills incorporate visual, unique or innovative ideas.</p>
Dismounts		
DIFFICULTY	EXECUTION	CREATIVITY
<p>4.0 Less than a Majority of the team performs a dismount</p> <p>4.5 Majority of team performs a level appropriate dismount</p> <p>5.0 Majority of the team performs a level appropriate dismount ripple or synchronized in the same section</p>	<p>3.0-3.5 Less than 50% of the athletes execute excellent precision and form</p> <p>3.5-4.5 50% of the athletes execute excellent precision and form</p> <p>4.5-5.0 75% of the athletes execute excellent precision and form</p>	<p>2.0 – 2.3 Less than 50% of the dismount skills incorporate visual, unique or innovative ideas.</p> <p>2.3-2.5 50% of the dismount skills incorporate visual, unique or innovative ideas.</p>
Cheer (Traditional Rec ONLY)		
DIFFICULTY	EXECUTION	CREATIVITY
<p>BELOW 2.5-3.0 – Skills performed do not meet low range requirement</p> <p>LOW 3.0-3.5 – No formation changes or level changes</p> <p>MEDIUM 3.5-4.0 – 1-2 formation changes and level changes</p> <p>HIGH 4.0-5.0 – 2+ Formation changes and level changes</p>	<p>3.0-3.5 Low Volume, singing words, lack of energy and facials by Majority</p> <p>3.5-4.5 Mix of volume, word singing, energy and facials by majority</p> <p>4.5-5.0 Strong, loud voices, chopped words, enthusiasm and spirited facials by Most</p>	<p>2.0 – 2.3 Less than 50% of the skills incorporate visual, unique or innovative ideas.</p> <p>2.3-2.5 50% of the skills incorporate visual, unique or innovative ideas.</p>
Dance		
DIFFICULTY	EXECUTION	CREATIVITY
<p>3.5-5.0 A team's ability to demonstrate a high level of energy and entertainment value which incorporates multiple visual elements including a variety of levels, formation changes, partner work, footwork and floor work. This includes technique, perfection, synchronization, pace and intricacy of dance moves performed.</p>	<p>3.0-3.5 Less than 50% of the athletes execute excellent precision and form</p> <p>3.5-4.5 50% of the athletes execute excellent precision and form</p> <p>4.5-5.0 75% of the athletes execute excellent precision and form</p>	<p>2.0 – 2.3 Less than 50% of the skills incorporate visual, unique or innovative ideas.</p> <p>2.3-2.5 50% of the skills incorporate visual, unique or innovative ideas.</p>
ROUTINE COMPOSITION 8.5 -10	<p>A team's ability to demonstrate precise spacing and seamless patterns of movement performed throughout the routine. This includes innovative, visual, and intricate ideas; as well as any additional skills performed to enhance the overall appeal.</p>	
OVERALL PERFORMANCE 8.5 -10	<p>A team's ability to demonstrate high levels of energy and excitement while maintaining consistent uniformity, genuine enthusiasm and showmanship. This will include appropriate athletic impression throughout the routine</p>	



Scoring System

Performance Rec and Allstar Elite

Stunts		
DIFFICULTY	EXECUTION	CREATIVITY
<p>BELOW 3.0-3.5 – Skills performed do not meet low range requirement</p> <p>LOW 3.5-4.0 – 2 different level appropriate skills performed by most of team</p> <p>MEDIUM 4.0-4.5 – 3 different level appropriate skills performed by most of team, 1 of which is Elite level appropriate</p> <p>HIGH 4.5-5.0 – 4 different level appropriate skills performed by most of team, 2 of which are Elite level appropriate</p>	<p>3.0-3.5 Less than 50% of the athletes execute excellent precision and form</p> <p>3.5-4.5 50% of the athletes execute excellent precision and form</p> <p>4.5-5.0 75% of the athletes execute excellent precision and form</p>	<p style="text-align: center;">2.0 – 2.3 Less than 50% of the Stunt skills incorporate visual, unique or innovative ideas.</p> <p style="text-align: center;">2.3-2.5 50% of the Stunt skills incorporate visual, unique or innovative ideas.</p>
Pyramids		
DIFFICULTY	EXECUTION	CREATIVITY
<p>BELOW 3.0-3.5 – Skills performed do not meet low range requirement</p> <p>LOW 3.5-4.0 – 2 different level appropriate skills, 2 structures performed by most of team</p> <p>MEDIUM 4.0-4.5 – 3 different level appropriate skills, 2 structures performed by most of team</p> <p>HIGH 4.5-5.0 – 4 different level appropriate skills, 2 structures performed by most of team</p>	<p>3.0-3.5 Less than 50% of the athletes execute excellent precision and form</p> <p>3.5-4.5 50% of the athletes execute excellent precision and form</p> <p>4.5-5.0 75% of the athletes execute excellent precision and form</p>	<p style="text-align: center;">2.0 – 2.3 Less than 50% of the pyramid skills incorporate visual, unique or innovative ideas.</p> <p style="text-align: center;">2.3-2.5 50% of the pyramid skills incorporate visual, unique or innovative ideas.</p>
Standing Tumbling		
DIFFICULTY	EXECUTION	CREATIVITY
<p>BELOW 3.0-3.5– Skills performed do not meet low range requirement</p> <p>LOW 3.5-4.0 – Most of the team performs a level appropriate pass</p> <p>MEDIUM 4.0-4.5 – Majority of team performs a level appropriate pass which must be synchronized from the initiation of the pass</p> <p>HIGH 4.5-5.0 – Most of team performs a level appropriate pass which must be synchronized plus majority of the team performs an additional level appropriate pass</p>	<p>3.0-3.5 Less than 50% of the athletes execute excellent precision and form</p> <p>3.5-4.5 50% of the athletes execute excellent precision and form</p> <p>4.5-5.0 75% of the athletes execute excellent precision and form</p>	<p style="text-align: center;">2.0 – 2.3 Less than 50% of the tumbling skills incorporate visual, unique or innovative ideas.</p> <p style="text-align: center;">2.3-2.5 50% of the tumbling skills incorporate visual, unique or innovative ideas</p>
Running Tumbling		
DIFFICULTY	EXECUTION	CREATIVITY
<p>BELOW 3.0-3.5 – Skills performed do not meet low range requirement</p> <p>LOW 3.5-4.0 –Most of the team performs a level appropriate pass</p> <p>MEDIUM 4.0-4.5 – Majority of team performs an Elite level appropriate pass</p> <p>HIGH 4.5-5.0 – Most of the team performs an Elite level appropriate pass in the same section</p>	<p>3.0-3.5 Less than 50% of the athletes execute excellent precision and form</p> <p>3.5-4.5 50% of the athletes execute excellent precision and form</p> <p>4.5-5.0 75% of the athletes execute excellent precision and form</p>	<p style="text-align: center;">2.0 – 2.3 Less than 50% of the pyramid skills incorporate visual, unique or innovative ideas.</p> <p style="text-align: center;">2.3-2.5 50% of the pyramid skills incorporate visual, unique or innovative ideas.</p>



Scoring System

Performance Rec and Allstar Elite

Jumps		
DIFFICULTY	EXECUTION	CREATIVITY
<p>3.5 Skills do not meet 4.0 Requirement</p> <p>4.0 Most of the team performs 1 jump</p> <p>4.5 Most of the team performs 2 connected jumps. Must be synchronized and must include a variety</p> <p>Mini/Youth: Most of the team performs 2 jumps, must be synchronized but DO NOT need to be connected</p> <p>5.0 Most of the team performs 3 connected jumps or 2 connected jumps plus 1 jump. Must be synchronized and include a variety</p> <p>Mini/Youth: Most of the team performs 3 jumps must be synchronized but DO NOT need to be connected</p>	<p style="text-align: center;">3.0-3.5</p> <p style="text-align: center;">Less than 50% of the athletes execute excellent precision and form</p> <p style="text-align: center;">3.5-4.5</p> <p style="text-align: center;">50% of the athletes execute excellent precision and form</p> <p style="text-align: center;">4.5-5.0</p> <p style="text-align: center;">75% of the athletes execute excellent precision and form</p>	<p style="text-align: center;">2.0 – 2.3</p> <p style="text-align: center;">Less than 50% of the jump skills incorporate visual, unique or innovative ideas.</p> <p style="text-align: center;">2.3-2.5</p> <p style="text-align: center;">50% of the jump skills incorporate visual, unique or innovative ideas.</p>
Tosses		
DIFFICULTY	EXECUTION	CREATIVITY
<p>4.0 Less than a Majority of the team performs a toss</p> <p>4.5 Majority of team performs a level appropriate toss</p> <p>5.0 Majority of the team performs a level appropriate toss ripple or synchronized in the same section</p>	<p style="text-align: center;">3.0-3.5</p> <p style="text-align: center;">Less than 50% of the athletes execute excellent precision and form</p> <p style="text-align: center;">3.5-4.5</p> <p style="text-align: center;">50% of the athletes execute excellent precision and form</p> <p style="text-align: center;">4.5-5.0</p> <p style="text-align: center;">75% of the athletes execute excellent precision and form</p>	<p style="text-align: center;">2.0 – 2.3</p> <p style="text-align: center;">Less than 50% of the dismount skills incorporate visual, unique or innovative ideas.</p> <p style="text-align: center;">2.3-2.5</p> <p style="text-align: center;">50% of the dismount skills incorporate visual, unique or innovative ideas.</p>
Motions		
DIFFICULTY	EXECUTION	CREATIVITY
<p>LOW 3.0-3.5 – Less than majority of athletes execute excellent precision, form and synchronization.</p> <p>MEDIUM 3.5-4.0 – Majority to most of athletes execute excellent precision, form and synchronization.</p> <p>HIGH 4.0-5.0 – Most to all athletes execute excellent precision, form and synchronization.</p>	<p style="text-align: center;">3.0-3.5</p> <p style="text-align: center;">Less than 50% of the athletes execute excellent precision and form</p> <p style="text-align: center;">3.5-4.5</p> <p style="text-align: center;">50% of the athletes execute excellent precision and form</p> <p style="text-align: center;">4.5-5.0</p> <p style="text-align: center;">75% of the athletes execute excellent precision and form</p>	<p style="text-align: center;">2.0 – 2.3</p> <p style="text-align: center;">Less than 50% of the skills incorporate visual, unique or innovative ideas.</p> <p style="text-align: center;">2.3-2.5</p> <p style="text-align: center;">50% of the skills incorporate visual, unique or innovative ideas.</p>
Dance		
DIFFICULTY	EXECUTION	CREATIVITY
<p style="text-align: center;">3.5-5.0</p> <p>A team's ability to demonstrate a high level of energy and entertainment value which incorporates multiple visual elements including a variety of levels, formation changes, partner work, footwork and floor work. This includes technique, perfection, synchronization, pace and intricacy of dance moves performed.</p>	<p style="text-align: center;">3.0-3.5</p> <p style="text-align: center;">Less than 50% of the athletes execute excellent precision and form</p> <p style="text-align: center;">3.5-4.5</p> <p style="text-align: center;">50% of the athletes execute excellent precision and form</p> <p style="text-align: center;">4.5-5.0</p> <p style="text-align: center;">75% of the athletes execute excellent precision and form</p>	<p style="text-align: center;">2.0 – 2.3</p> <p style="text-align: center;">Less than 50% of the skills incorporate visual, unique or innovative ideas.</p> <p style="text-align: center;">2.3-2.5</p> <p style="text-align: center;">50% of the skills incorporate visual, unique or innovative ideas.</p>
ROUTINE COMPOSITION 8.5 -10	<p>A team's ability to demonstrate precise spacing and seamless patterns of movement performed throughout the routine. This includes innovative, visual, and intricate ideas; as well as any additional skills performed to enhance the overall appeal.</p>	
OVERALL PERFORMANCE 8.5 -10	<p>A team's ability to demonstrate high levels of energy and excitement while maintaining consistent uniformity, genuine enthusiasm and showmanship. This will include appropriate athletic impression throughout the routine</p>	



Quantity Charts

Tumbling/Jump Quantity Chart		
# Of Athletes	Majority	Most
5 – 7	2	3
8 – 9	4	5
10 – 11	5	6
12 – 14	6	7
15 – 16	7	9
17 – 19	8	10
20 – 22	10	12
23 – 25	11	13
26 – 27	13	15
28 – 30	14	16
31 – 38	15	18

Stunt/Toss Quantity Chart		
# Of Athletes	Majority	Most
5 – 11	1	1
12-15	1	2
16 – 19	2	3
20 – 23	3	4
24 – 27	4	5
28 – 30	4	6
31 – 38	5	7



Level Appropriate Examples

Tumbling

Level 1

Standing Tumbling Skills	Running Tumbling Skills
FORWARD ROLL • STRADDLE ROLL • HANDSTAND • HANDSTAND FORWARD ROLL • FRONT LIMBER FRONT WALK OVER • CARTWHEEL • BACKWARD ROLL BACK EXTENSION ROLL • PUSH UP TO BACKBEND • STANDING BACKBEND BACKBEND KICK OVER • BACK WALKOVER	CARTWHEEL • FRONT WALKOVER • ROUND OFF • CARTWHEEL BACK WALKOVER FRONT WALKOVER TO CARTWHEEL/ROUND OFF CARTWHEEL 1/2 TURN FRONT WALKOVER • CONNECTED SKILLS -CARTWHEEL/BACK WALKOVER

Level 2

Standing Tumbling Skills	Running Tumbling Skills
STANDING BACK HANDSPRING • BACK HANDSPRING STEP OUT BACK EXTENSION ROLL BACK HANDSPRING • BACK WALKOVER BACK HANDSPRING	CARTWHEEL BHS • ROUND OFF BHS • ROUND OFF BHS STEP OUT ROUND OFF BHS SERIES • FRONT WALKOVER TO ROUND OFF BHS SERIES

Level 3

Standing Tumbling Skills	Running Tumbling Skills
BHS SERIES • JUMP TO BHS • JUMP TO BHS SERIES BHS SERIES JUMP BHS SERIES • BHS STEP OUT BHS COMBO	AERIALS • PUNCH FRONT • ROUND OFF TUCK • ROUND OFF BHS BACK TUCK ROUND OFF BHS SERIES TO BACK TUCK • FRONT WALKOVER TO ROUND OFF BHS BACK TUCK FRONT WALKOVER TO ROUND OFF BHS SERIES BACK TUCK



Level Appropriate Examples

Stunts

Level 1

	Inversion Style	Release Style	Twisting	Dismount Style	Other Stunts
Level Appropriate	<ul style="list-style-type: none"> • INVERSION TO GROUND LEVEL 	<ul style="list-style-type: none"> • SWITCH UP TO LIB BELOW PREP LEVEL • SWITCH UP TO BODY POSITION BELOW PREP LEVEL • TIC TOC BELOW PREP LEVEL (LIB TO LIB) • TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION) 	<ul style="list-style-type: none"> • 1/4 TWISTING TRANSITION TO BELOW PREP LEVEL • 1/4 DOWN TO GROUND LEVEL • 1/4 TWISTING TRANSITION FROM PREP LEVEL 	<ul style="list-style-type: none"> • STEP DOWN • STRAIGHT CRADLE 	<ul style="list-style-type: none"> • BACK STAND • PREP LEVEL SHOW & GO • STRADDLE SIT • FLAT BACK • EXTENDED STRADDLE SIT • BELOW PREP LEVEL 1 LEG STUNT • EXTENDED FLAT BACK • PREP LEVEL 1 LEG STUNT WITH BRACER • PREP LEVEL TO PRONE • 1 LEG STUNT BELOW PREP LEVEL • SHOULDER SIT • CHAIR • COMBINATION OF TWO OR MORE APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
Elite Level Appropriate		<ul style="list-style-type: none"> • TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION) 	<ul style="list-style-type: none"> • 1/4 TWISTING TRANSITION TO PREP 		<ul style="list-style-type: none"> TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER • 1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH BRACER

Level 2

	Inversion Style	Release Style	Twisting	Dismount Style	Other Stunts
Level Appropriate	<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL • INVERSION FROM GROUND LEVEL TO PREP LEVEL 	<ul style="list-style-type: none"> SWITCH UP TO LIB PREP LEVEL • TIC TOC PREP LEVEL (LIB TO LIB) • TIC TOC PREP LEVEL (LIB TO BODY POSITION) 	<ul style="list-style-type: none"> • 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL • 1/2 TWISTING TRANSITION TO PREP LEVEL • 1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT • 1/2 TWISTING TRANSITION TO PREP LEVEL BODY POSITION • 1/4 TWISTING TRANSITION TO EXTENDED STUNT 	<ul style="list-style-type: none"> • STRAIGHT CRADLE FROM EXTENSION • STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION • 1/4 TWISTING DISMOUNT FROM PREP OR EXTENSION 	<ul style="list-style-type: none"> • PRONE • PREP LEVEL 1 LEG STUNT • EXTENSION • BARREL ROLL • LEAP FROG VARIATIONS • 1/2 TWIST TO PRONE • WALK IN PREP LEVEL PRESS EXTENSION • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
Elite Level Appropriate	<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO EXTENDED STUNT 	<ul style="list-style-type: none"> • TIC TOC PREP LEVEL (BODY POSITION TO BODY POSITION) 	<ul style="list-style-type: none"> • 1/2 TWISTING TRANSITION TO EXTENDED STUNT 		<ul style="list-style-type: none"> • 1/2 TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT • 1/2 TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT

Level 3

	Inversion Style	Release Style	Twisting	Dismount Style	Other Stunts
Level Appropriate	<ul style="list-style-type: none"> • INVERTED BELOW PREP LEVEL • INVERTED AT PREP LEVEL • DOWNWARD INVERSION FROM BELOW PREP LEVEL 	<ul style="list-style-type: none"> • RELEASE TO PREP LEVEL OR BELOW • SWITCH UP TO PREP LEVEL LIB • BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL LIB • TIC TOC BELOW PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB) • TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB) 	<ul style="list-style-type: none"> • FULL UP BELOW PREP LEVEL • FULL UP PREP LEVEL STUNT • 1/4 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT • FULL UP TO PREP LEVEL 1 LEG STUNT • PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT 	<ul style="list-style-type: none"> • STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT • FULL DOWN FROM PREP • 1/4 TWISTING DISMOUNT FROM EXTENDED 1 LEG • FULL DOWN FROM EXTENSION • SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING) 	<ul style="list-style-type: none"> • FULL TWIST TO PRONE FROM PREP LEVEL • EXTENDED 1 LEG STUNT • SUSPENDED FRONT FLIP • SPECIALTY SUSPENDED FRONT FLIP (NON-TWISTING) • SUSPENDED TWISTING FRONT FLIP • TOSS HANDS • SINGLE BASED 1 LEG EXTENDED STUNTS • TOSS HANDS PAUSE PRESS EXTENSION • WALK IN EXTENSION • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
Elite Level Appropriate	<ul style="list-style-type: none"> • INVERSION TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> • TIC TOC PREP LEVEL LIB TO EXTENDED BODY POSITION • SWITCH UP TO PREP LEVEL BODY POSITION • BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • FULL UP TO PREP LEVEL BODY POSITION • 1/2 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT • PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION 		<ul style="list-style-type: none"> • 1/2 TWISTING INVERSION TO EXTENDED 1 LEG STUNT • FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION)

