2012 / 2013 SCORING RUBRIC **GOLDEN'STATE SPIRIT** Association TOSSES INTERN TIONAL SPIRIT C H A M P I O N S H I P S FRONT SPOT **NO FRONT SPOT** TECHNIQUE SKILLS ~ Е 4 - 6 6 - 8 LOW Average squish E< Above average squish MEDIUM 6 - 8 8 - 10 6 Average straight ride cradle Above average straight ride cradle ___ HIGH 8 - 10 10 - 12 MOTIONS + DANCE DIFFICULTY 4 TECHNIQUE 2 FRONT SPOT NO FRONT SPOT TECHNIQUE SKILLS 2 EVEL 16 - 18 18 - 20 LOW Below average straight ride Average straight ride / Average barrel roll MEDIUM 18 - 20 20 - 2212 Above average straight ride Above average barrel roll HIGH 20 - 22 22 - 24 MOTIONS + DANCE DIFFICULTY 8 TECHNIQUE 4 TECHNIQUE **FRONT SPOT NO FRONT SPOT** SKILLS e Е 28 - 30 30 - 32 LOW Average one trick toss <u>></u> MEDIUM 30 - 3232 - 3418 Above average one trick toss Excellent one trick toss with variety HIGH 34 - 36 32 - 34 MOTIONS + DANCE DIFFICULTY 12 TECHNIQUE 6 **FRONT SPOT** NO FRONT SPOT TECHNIQUE SKILLS 4 40 - 42 42 - 44 LOW Average 2 trick toss Above average 2 trick toss or average with twisting combination 2 MEDIUM 42 - 44 44 - 46 24 Above average 2 trick toss with twisting combinations HIGH 46 - 48 44 - 46 MOTIONS + DANCE DIFFICULTY 16 TECHNIQUE 8 FRONT SPOT NO FRONT SPOT TECHNIQUE SKILLS 5 R 54 - 56 Е LOW 52 - 54 3 trick toss 3 trick toss including twisting MEDIUM 54 - 56 56 - 58 30 <u>></u> Above average unique 3 trick toss including twisting HIGH 56 - 58 58 - 60 MOTIONS + DANCE DIFFICULTY 20 TECHNIQUE 10 TECHNIQUE FRONT SPOT NO FRONT SPOT SKILLS വ Ш LOW 64 - 66 66 - 68 3 trick toss Ε< MEDIUM 66 - 68 68 - 70 36 3 trick toss including twisting Unique 3 or more trick toss _ HIGH 68 - 70 70 - 72 MOTIONS + DANCE DIFFICULTY 24 TECHNIQUE 12 FRONT SPOT NO FRONT SPOT TECHNIQUE SKILLS 9 EL 76 - 78 78 - 80 LOW Basic flipping tosses E< MEDIUM 78 - 80 80 - 82 36 Average flipping & twisting tosses Above average flipping & twisting tosses with tricks HIGH 82 - 84 80 - 82

MOTIONS + DANCE

24

TECHNIQUE

12

DIFFICULTY

SCORING RUBRIC

2012 / 2013





PYRAMIDS

	FRONT SPOT	NO FRONT	2/1 PERSON	TECHNIQUE	SKILLS			
LOW	2 - 4	4 - 6	6 -8		Below prep level			
MEDIUM	4 - 6	6 -8	8 - 10	6	Two legged prep level One leg stunt at prep level			
HIGH	6-8	8 - 10	10 - 12		Extended two legged Prep level tic-tock			
	FRONT SPOT	NO FRONT	2/1 PERSON	TECHNIQUE	SKILLS			
LOW	14 - 16	16 - 18	18 - 20		Extended one leg (braced both sides)			
MEDIUM	16 - 18	18 - 20	20 - 22	12	Extended one leg (braced 1 side) Multiple structures			
HIGH	18 - 20	20 - 22	22 - 24		Unique entrance into extended one leg (braced 1 side) Multiple structures and transitions			
	FRONT SPOT	NO FRONT	2/1 PERSON	TECHNIQUE	SKILLS			
LOW	26 - 28	28 - 30	30 - 32		Extended one leg pyramid with few structures Extended one leg pyramid with minimal transitions and basic			
MEDIUM		30 - 32	32 - 34	18	release moves Unique entrance into multiple one leg with many transitions ar			
HIGH	30 - 32	32 - 34	34 - 36		release moves			
		:	: .					
	FRONT SPOT	NO FRONT	2/1 PERSON	TECHNIQUE	SKILLS			
LOW	38 - 40	40 - 42	42 - 44		Standard entrance into extended one leg pyramid with minimal transitions and basic braced flipping			
MEDIUM	40 - 42	42 - 44	44 - 46	24	Unique entrance into few extended one leg pyramids with few			
		42 44		24				
HIGH	40 - 42 42 - 44	44 - 46	46 - 48	24	Unique entrance into tew extended one teg pyramids with tew transitions and average flipping and release moves Unique entrance into multiple one leg pyramids with many transitions and unique flipping and release moves			
	42 - 44	44 - 46	46 - 48		transitions and average flipping and release moves Unique entrance into multiple one leg pyramids with many transitions and unique flipping and release moves			
		44 - 46		TECHNIQUE	transitions and average flipping and release moves Unique entrance into multiple one leg pyramids with many transitions and unique flipping and release moves SKILLS			
HIGH	42 - 44 FRONT SPOT 50 - 52	44 - 46 No Front 52 - 54	46 - 48 2/1 PERSON 54 - 56	TECHNIQUE	transitions and average flipping and release moves Unique entrance into multiple one leg pyramids with many transitions and unique flipping and release moves SKILLS Standard entrance into extended one leg pyramid with minimal transitions and basic one arm braced flipping			
HIGH LOW MEDIUM	42 - 44 FRONT SPOT 50 - 52 52- 54	44 - 46 NO FRONT 52 - 54 54 - 56	46 - 48 2/1 PERSON 54 - 56 56 - 58		transitions and average flipping and release moves Unique entrance into multiple one leg pyramids with many transitions and unique flipping and release moves SKILLS Standard entrance into extended one leg pyramid with minimal transitions and basic one arm braced flipping Unique entrance into few extended one leg pyramids with few transitions and average one arm braced flipping and release mo			
HIGH	42 - 44 FRONT SPOT 50 - 52	44 - 46 No Front 52 - 54	46 - 48 2/1 PERSON 54 - 56	TECHNIQUE	transitions and average flipping and release moves Unique entrance into multiple one leg pyramids with many transitions and unique flipping and release moves SKILLS Standard entrance into extended one leg pyramid with minimal transitions and basic one arm braced flipping Unique entrance into few extended one leg pyramids with few transitions and average one arm braced flipping and release mo Unique entrance into multiple one leg pyramids with many			
HIGH LOW MEDIUM	42 - 44 FRONT SPOT 50 - 52 52- 54	44 - 46 NO FRONT 52 - 54 54 - 56	46 - 48 2/1 PERSON 54 - 56 56 - 58	TECHNIQUE	transitions and average flipping and release moves Unique entrance into multiple one leg pyramids with many transitions and unique flipping and release moves SKILLS Standard entrance into extended one leg pyramid with minimal transitions and basic one arm braced flipping Unique entrance into few extended one leg pyramids with few transitions and average one arm braced flipping and release mo Unique entrance into multiple one leg pyramids with many			
HIGH LOW MEDIUM HIGH	42 - 44 FRONT SPOT 50 - 52 52 - 54 54 - 56 FRONT SPOT	44 - 46 NO FRONT 52 - 54 54 - 56 56 - 58 NO FRONT	46 - 48 2/1 PERSON 54 - 56 56 - 58 58 - 60 2/1 PERSON	TECHNIQUE 30	transitions and average flipping and release moves Unique entrance into multiple one leg pyramids with many transitions and unique flipping and release moves SKILLS Standard entrance into extended one leg pyramid with minimal transitions and basic one arm braced flipping Unique entrance into few extended one leg pyramids with few transitions and average one arm braced flipping and release mo Unique entrance into multiple one leg pyramids with many transitions and unique one arm braced flipping and release mov			
HIGH LOW MEDIUM HIGH	42 - 44 FRONT SPOT 50 - 52 52 - 54 54 - 56 FRONT SPOT 62 - 64	44 - 46 NO FRONT 52 - 54 54 - 56 56 - 58 NO FRONT 64 - 66	46 - 48 2/1 PERSON 54 - 56 56 - 58 58 - 60 2/1 PERSON 66 - 68	TECHNIQUE 30 TECHNIQUE	transitions and average flipping and release moves Unique entrance into multiple one leg pyramids with many transitions and unique flipping and release moves SKILLS Standard entrance into extended one leg pyramid with minimal transitions and basic one arm braced flipping Unique entrance into few extended one leg pyramids with few transitions and average one arm braced flipping and release mo Unique entrance into multiple one leg pyramids with many transitions and unique one arm braced flipping and release mov SKILLS Standard entrance into extended one leg pyramid with minimal transitions and basic one arm braced flipping and release mov			
HIGH LOW MEDIUM HIGH	42 - 44 FRONT SPOT 50 - 52 52 - 54 54 - 56 FRONT SPOT 62 - 64 64 - 66	44 - 46 NO FRONT 52 - 54 54 - 56 56 - 58 NO FRONT 64 - 66 66 - 68	46 - 48 2/1 PERSON 54 - 56 56 - 58 58 - 60 2/1 PERSON 66 - 68 68 - 70	TECHNIQUE 30	transitions and average flipping and release moves Unique entrance into multiple one leg pyramids with many transitions and unique flipping and release moves SKILLS Standard entrance into extended one leg pyramid with minimal transitions and basic one arm braced flipping Unique entrance into few extended one leg pyramids with few transitions and average one arm braced flipping and release mo Unique entrance into multiple one leg pyramids with many transitions and unique one arm braced flipping and release mov SKILLS Standard entrance into extended one leg pyramid with minimal transitions and basic one arm braced flipping SKILLS			
HIGH LOW MEDIUM HIGH	42 - 44 FRONT SPOT 50 - 52 52 - 54 54 - 56 FRONT SPOT 62 - 64	44 - 46 NO FRONT 52 - 54 54 - 56 56 - 58 NO FRONT 64 - 66	46 - 48 2/1 PERSON 54 - 56 56 - 58 58 - 60 2/1 PERSON 66 - 68	TECHNIQUE 30 TECHNIQUE	transitions and average flipping and release moves Unique entrance into multiple one leg pyramids with many transitions and unique flipping and release moves SKILLS Standard entrance into extended one leg pyramid with minimal transitions and basic one arm braced flipping Unique entrance into few extended one leg pyramids with few transitions and average one arm braced flipping and release mov Unique entrance into multiple one leg pyramids with many transitions and unique one arm braced flipping and release mov Unique entrance into multiple one leg pyramids with minimal transitions and basic one arm braced flipping and release mov Unique entrance into extended one leg pyramids with few transitions and basic one arm braced flipping Unique entrance into few extended one leg pyramids with few transitions and average one arm braced flipping Unique entrance into few extended one leg pyramids with few transitions and average one arm braced flipping Unique entrance into few extended one leg pyramids with few transitions and average one arm braced flipping and release mov Unique entrance into few extended one leg pyramids with few transitions and average one arm braced flipping and release mov			
HIGH LOW MEDIUM HIGH	42 - 44 FRONT SPOT 50 - 52 52 - 54 54 - 56 FRONT SPOT 62 - 64 64 - 66	44 - 46 NO FRONT 52 - 54 54 - 56 56 - 58 NO FRONT 64 - 66 66 - 68	46 - 48 2/1 PERSON 54 - 56 56 - 58 58 - 60 2/1 PERSON 66 - 68 68 - 70	TECHNIQUE 30 TECHNIQUE	transitions and average flipping and release moves Unique entrance into multiple one leg pyramids with many transitions and unique flipping and release moves SKILLS Standard entrance into extended one leg pyramid with minimal transitions and basic one arm braced flipping Unique entrance into few extended one leg pyramids with few transitions and average one arm braced flipping and release mo Unique entrance into multiple one leg pyramids with many transitions and unique one arm braced flipping and release mov SKILLS Standard entrance into extended one leg pyramid with minimal transitions and basic one arm braced flipping and release mov unique entrance into extended one leg pyramid with minimal transitions and basic one arm braced flipping Unique entrance into few extended one leg pyramids with few transitions and average one arm braced flipping unique entrance into multiple one leg pyramids with many transitions and unique one arm braced flipping, release moves,			
HIGH LOW MEDIUM HIGH	42 - 44 FRONT SPOT 50 - 52 52 - 54 54 - 56 FRONT SPOT 62 - 64 64 - 66 66 - 68	44 - 46 NO FRONT 52 - 54 54 - 56 56 - 58 NO FRONT 64 - 66 66 - 68 68 - 70	46 - 48 2/1 PERSON 54 - 56 56 - 58 58 - 60 2/1 PERSON 66 - 68 68 - 70 70 - 72	тесныіque 30 тесныіque 36	transitions and average flipping and release moves Unique entrance into multiple one leg pyramids with many transitions and unique flipping and release moves SKILLS Standard entrance into extended one leg pyramid with minimal transitions and basic one arm braced flipping Unique entrance into few extended one leg pyramids with few transitions and average one arm braced flipping and release mo Unique entrance into multiple one leg pyramids with many transitions and unique one arm braced flipping and release mov Unique entrance into multiple one leg pyramids with minimal transitions and unique one arm braced flipping Unique entrance into extended one leg pyramid with minimal transitions and basic one arm braced flipping Unique entrance into few extended one leg pyramids with few transitions and average one arm braced flipping Unique entrance into few extended one leg pyramids with few transitions and average one arm braced flipping Unique entrance into few extended one leg pyramids with few transitions and unique one arm braced flipping. Unique entrance into multiple one leg pyramids with few transitions and unique one arm braced flipping, release moves, flipping twisting release moves SKILLS One leg pyramids at 2 1/2 high levels with release moves			
HIGH LOW MEDIUM HIGH HIGH	42 - 44 FRONT SPOT 50 - 52 52 - 54 54 - 56 FRONT SPOT 62 - 64 64 - 66 66 - 68 FRONT SPOT 74 - 76	44 - 46 NO FRONT 52 - 54 54 - 56 56 - 58 NO FRONT 64 - 66 66 - 68 68 - 70 NO FRONT	46 - 48 2/1 PERSON 54 - 56 56 - 58 58 - 60 2/1 PERSON 66 - 68 68 - 70 70 - 72 2/1 PERSON	тесныіque 30 тесныіque 36	transitions and average flipping and release moves Unique entrance into multiple one leg pyramids with many transitions and unique flipping and release moves SKILLS Standard entrance into extended one leg pyramid with minimal transitions and basic one arm braced flipping Unique entrance into few extended one leg pyramids with few transitions and average one arm braced flipping and release mov Unique entrance into multiple one leg pyramids with many transitions and unique one arm braced flipping and release mov SKILLS Standard entrance into extended one leg pyramid with minimal transitions and basic one arm braced flipping Unique entrance into few extended one leg pyramid with minimal transitions and average one arm braced flipping Unique entrance into few extended one leg pyramid with few transitions and average one arm braced flipping Unique entrance into multiple one leg pyramids with few transitions and unique one arm braced flipping and release mov Unique entrance into multiple one leg pyramids with many transitions and unique one arm braced flipping, release moves, if flipping twisting release moves			





JUMPS

_		25-50%	50-75%	75-100%	TECHNIQUE	SKILLS				
	LOW	2 - 4	4 - 6	6 - 8		C' I '				
	MEDIUM	4 - 6	6 - 8	8 - 10	6	Single jump Connected jump com				
	HIGH	6-8	8 - 10	10 - 12		Variety connected jur	Variety connected jump combination			
-					MOTIONS + DANCE	DIFFICULTY	4	TECHNIQUE	2	
					Morrows + BANCE	BIITICOLIT		Lonnigot	-	
V		25-50%	50-75 %	75-100%	TECHNIQUE	SKILLS				
:	LOW	14 - 16	16 - 18	18 - 20		Cia ala iveza				
	MEDIUM	16 - 18	18 - 20	20 - 22	12	Single jump Connected jump com				
	HIGH	18 - 20	20 - 22	22 - 24		Variety connected jur	np combina	tion		
					MOTIONS + DANCE	DIFFICULTY	8	TECHNIQUE	4	
2		25-50%	50-75%	75-100%	TECHNIQUE	SKILLS				
	LOW	26 - 28	28 - 30	30 - 32		Single jump				
	MEDIUM	28 - 30	30 - 32	32 - 34	18	Connected jump com Multiple connected ju		ations (2 sections)		
	HIGH	30 - 32	32 - 34	34 - 36		manipus connected jt				
					MOTIONS + DANCE	DIFFICULTY	12	TECHNIQUE	6	
•		25-50%	50-75%	75-100%	TECHNIQUE	SKILLS				
	LOW	38 - 40	40 - 42	42 - 44	24					
	MEDIUM	40 - 42	42 - 44	44 - 46		Single jumps Connected jump com				
	HIGH	42 - 44	44 - 46	46 - 48		Variety connected jur	np combina [.]	tion		
					MOTIONS + DANCE	DIFFICULTY	16	TECHNIQUE	8	
<		25-50%	50-75%	75-100%	TECHNIQUE	SKILLS				
2	LOW	50 - 52	52 - 54	54 - 56						
	MEDIUM	52-54	54 - 56	56 - 58	30	Single jump Connected jump combination Variety connected jump combination				
	HIGH	54 - 56	56 - 58	58 - 60						
							20	TEOUNIOUE	10	
					MOTIONS + DANCE	DIFFICULTY	20	TECHNIQUE	IU	
>		25-50%	50-75 %	75-100%	TECHNIQUE	SKILLS				
	LOW	62 - 64	64 - 66	66 - 68		Cingle iver-				
	MEDIUM	64 - 66	66 - 68	68 - 70	36	Single jump Connected jump combination Variety connected jump combination				
	HIGH	66 - 68	68 - 70	70 - 72						
					MOTIONS + DANCE	DIFFICULTY	24	TECHNIQUE	12	
5		25-50%	50-75%	75-100%	TECHNIQUE	SKILLS				
	LOW	62 - 64	64 - 66	66 - 68						
	MEDIUM	64 - 66	66 - 68	68 - 70	36	Single jump Connected jump com	bination			
	HIGH	66 - 68	68 - 70	70 - 72		Variety connected jur		tion		
							0.4			
					MOTIONS + DANCE	DIFFICULTY	24	TECHNIQUE	12	





STUNTS

	FRONT SPOT	NO FRONT	2/1 PERSON	TECHNIQUE	SKILLS
LOW	2 - 4	4 - 6	6 - 8		Two legged stunt below prep level
LOW MEDIUM	1 4 - 6	6 - 8	8 - 10	6	Prep One leg variation below prep level and/or tic-tock below prep leve
HIGH	6-8	8 - 10	10 - 12		one teg variation betow prep tever and/or tit-tock betow prep teve
	FRONT SPOT	NO FRONT	2/1 PERSON	TECHNIQUE	SKILLS
LOW	14 - 16	16 - 18	18 - 20		Extension 1/2 up to prep level two legged stunt
LOW MEDIUM	1 16 - 18	18 - 20	20 - 22	12	Walking / Turning extensions 1/2 up to prep level one leg stunt
HIGH	18 - 20	20 - 22	22 - 24		1/2 up to extension
	FRONT SPOT	NO FRONT	2/1 PERSON	TECHNIQUE	SKILLS
LOW	26 - 28	28 - 30	30 - 32		Extended one leg stunt
MEDIUM	1 28 - 30	30 - 32	32 - 34	18	Full twist cradle from prep Release move to two legged prep level stunt
HIGH	30 - 32	32 - 34	34 - 36		Full twist cradle from extension 1/2 up to extended one leg stunt
					Full-up to prep Walking / Turning one legged stunt Release move to one legged prep level stunt
	FRONT SPOT	NO FRONT	2/1 PERSON	TECHNIQUE	SKILLS
LOW MEDIUM	38 - 40	40 - 42	42 - 44		Extended one leg stunt w/ full twist cradle, Power Presses
MEDIUM	1 40 - 42	42 - 44	44 - 46	24	Extended one leg stunt w/ multiple body positions and full twist cradle
HIGH	42 - 44	44 - 46	46 - 48		Inverted transitions at prep level or below 1/2 up to extended one leg stunt
					Walking / Turning stunts Double twist cradle from prep Full-up to extended two legged stunt Double twist cradle from extended two legged stunt Release moves that land at extended position Tic-tock variations that land at prep level
	FRONT SPOT	NO FRONT	2/1 PERSON	TECHNIQUE	SKILLS
	50 - 52	52 - 54	54 - 56		Extended one leg stunt and level 5 dismount Extended one leg stunt with multiple body positions and level 5
LOW MEDIUM HIGH	1 52-54	54 - 56	56 - 58	30	dismount Major tic-tock variations that land at extended position
HIGH	54 - 56	56 - 58	58 - 60		Rotating release that lands at extended position Ball-up release that lands at extended position
intern					Bail-up release that lands at extended position Full-up to one leg position
	FRONT SPOT	NO FRONT	2/1 PERSON	TECHNIQUE	SKILLS
· ·		64 - 66	66 - 68		Extended one leg stunt and level 5 dismount Extended one leg stunt with multiple body positions and level 5
	62 - 64				
LOW		66 - 68	68 - 70	36	dismount Major tic-tock variations that land at extended position
LOW		66 - 68 68 - 70	68 - 70 70 - 72	36	Major tic-tock variations that land at extended position Rotating release that lands at extended position
LOW MEDIUM	1 64 - 66			36	Major tic-tock variations that land at extended position
LOW MEDIUM HIGH	1 64 - 66			36 TECHNIQUE	Major tic-tock variations that land at extended position Rotating release that lands at extended position Ball-up release that lands at extended position
LOW MEDIUM HIGH	1 64 - 66 66 - 68	68 - 70	70 - 72		Major tic-tock variations that land at extended position Rotating release that lands at extended position Ball-up release that lands at extended position Full-up to one leg position SKILLS Extended one leg stunt with various body positions and released
LOW MEDIUM HIGH	1 64 - 66 66 - 68 FRONT SPOT 74 - 76	68 - 70 No Front	70 - 72 2/1 PERSON		Major tic-tock variations that land at extended position Rotating release that lands at extended position Ball-up release that lands at extended position Full-up to one leg position SKILLS Extended one leg stunt with various body positions and released twisting load-in and dismounts Rewinds and flips to one leg stunts and one arm variations with
LOW MEDIUM HIGH	1 64 - 66 66 - 68 FRONT SPOT 74 - 76	68 - 70 No Front 76 - 78	70 - 72 2/1 PERSON 78 - 80	TECHNIQUE	Major tic-tock variations that land at extended position Rotating release that lands at extended position Ball-up release that lands at extended position Full-up to one leg position SKILLS Extended one leg stunt with various body positions and released twisting load-in and dismounts

RUNNING TUMBLING





_		25-50%	50-75 %	75-100%	TECHNIQUE	SKILLS					
	LOW	2 - 4	4 - 6	6 - 8		Castubaal					
	MEDIUM	4 - 6	6 - 8	8 - 10	6	Cartwheel Round-off Cartwheel / Round-off back walkover series					
	HIGH	6-8	8 - 10	10 - 12							
					MOTIONS + DANCE	DIFFICULTY	4	TECHNIQUE	2		
		25-50%	50-75%	75-100%	TECHNIQUE	SKILLS					
	1.011		16 - 18	10 00							
	LOW	14 - 16		18 - 20	4.0	Round-off back hand					
	MEDIUM	16 - 18	18 - 20	20 - 22	12	Round-off back hand Specialty into back h		es			
	HIGH	18 - 20	20 - 22	22 - 24							
					MOTIONS + DANCE	DIFFICULTY	8	TECHNIQUE	4		
>		25-50%	50-75%	75-100%	TECHNIQUE	SKILLS					
	LOW	26 - 28	28 - 30	30 - 32							
	MEDIUM	28 - 30	30 - 32	32 - 34	18	Round-off back tuck Round-off back handspring tuck / Punch front land					
	HIGH	30 - 32	32 - 34	34 - 36		Combo pass to tuck	Combo pass to tuck				
					MOTIONS + DANCE	DIFFICULTY	12	TECHNIQUE	6		
7		25-50%	50-75 %	75-100%	TECHNIQUE	SKILLS					
	LOW	38 - 40	40 - 42	42 - 44	24	Back handspring lay	out				
	MEDIUM	40 - 42	42 - 44	44 - 46		Front walkover to lay Combo pass to layou	out				
	HIGH	42 - 44	44 - 46	46 - 48		Combo pass to tayou	l				
					MOTIONS + DANCE	DIFFICULTY	16	TECHNIQUE	8		
5		25-50%	50-75%	75-100%	TECHNIQUE	SKILLS					
	LOW	50 - 52	52 - 54	54 - 56							
	MEDIUM	52-54	54 - 56	56 - 58	30	Back handspring full Front walkover to full					
	HIGH	54 - 56	56 - 58	58 - 60		Specialty to full					
					MOTIONS + DANCE	DIFFICULTY	20	TECHNIQUE	10		
,		25-50%	50-75%	75-100%	TECHNIQUE	SKILLS					
	LOW	62 - 64	64 - 66	66 - 68							
	MEDIUM	64 - 66	66 - 68	68 - 70	36	Back handspring full Specialty to full / Double full Specialty to double full					
	HIGH	66 - 68	68 - 70	70 - 72							
					MOTIONS + DANCE	DIFFICULTY	24	TECHNIQUE	12		
		25-50%	50-75%	75-100%	TECHNIQUE	SKILLS					
				66 - 68							
	LOW	62 - 64	64 - 66			Back handspring full					
	LOW	62 - 64	64 - 66 66 - 68		36						
	LOW MEDIUM HIGH	62 - 64 64 - 66 66 - 68	64 - 66 66 - 68 68 - 70	68 - 70 70 - 72	36	Back handspring full Specialty to full / Dou Specialty to double fu	uble full				

STANDING TUMBLING





-		25-50%	50-75%	75-100%	TECHNIQUE	SKILLS			
EVEL	LOW	2 - 4	4 - 6	6 -8		Forward / Backward roll			
>	MEDIUM	4 - 6	6 - 8	8 - 10	6	Front / Back walkover			
–	HIGH	6-8	8 - 10	10 - 12		Front / Back walkover series			
2		25-50%	50-75%	75-100%	TECHNIQUE	SKILLS			
LEVEL	LOW	14 - 16	16 - 18	18 - 20					
2	MEDIUM	16 - 18	18 - 20	20 - 22	12	Front / Back walkover series Standing back handspring			
<u> </u>	HIGH	18 - 20	20 - 22	22 - 24		Level 1 standing tumbling skill to back handspring			
e		25-50%	50-75%	75-100%	TECHNIQUE	SKILLS			
Ш	LOW	26 - 28	28 - 30	30 - 32		Back walkover to back handspring			
EVEL	MEDIUM	28 - 30	30 - 32	32 - 34	18	Jump back handspring Back handspring series			
–	HIGH	30 - 32	32 - 34	34 - 36		Jump into back handspring series Jump combo into back handspring series			
4		25-50%	50-75 %	75-100%	TECHNIQUE	SKILLS			
Ш	LOW	38 - 40	40 - 42	42 - 44		Back handspring back tuck			
EVEL	MEDIUM	40 - 42	42 - 44 44 - 46 24	24	Standing tuck / Jump back handspring tuck Series back handspring to layout				
–	HIGH	42 - 44	44 - 46	46 - 48		Jump combo into back handspring tuck			
5 R		25-50%	50-75%	75-100%	TECHNIQUE	SKILLS			
	LOW	50 - 52	52 - 54	54 - 56					
Ξ	MEDIUM	52-54	54 - 56	56 - 58	30	Jump to standing tuck Series to full			
LEVEL	HIGH	54 - 56	56 - 58	58 - 60		Back handspring / specialty back handspring to full			
വ		25-50%	50-75%	75-100%	TECHNIQUE	SKILLS			
	LOW	62 - 64	64 - 66	66 - 68		Sories to full / Jump to standing tusk			
EVEL	MEDIUM	64 - 66	66 - 68	68 - 70	36	Series to full / Jump to standing tuck Back handspring full / Series specialty full			
Щ	HIGH	66 - 68	68 - 70	70 - 72		Series to double full / Specialty to double Standing full			
		25-50%	50-75%	75-100%	TECHNIQUE	SKILLS			
L 6	1.0.14	42 - 41	64 - 66	<u> </u>					
ΎΕ	LOW	62 - 64		66 - 68	2/	Series to full / Jump to standing tuck Back handspring full / Series specialty full			
LEVEL	MEDIUM	64 - 66	66 - 68	68 - 70	36	Series to double full / Specialty to double Standing full			
	HIGH	66 - 68	68 - 70	70 - 72		Standing Rut			