

	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 Three handsprings to tuck	Standing: Jump to Tuck AND Triple Back Handspring Layout	Standing: Jump Combo to Tuck AND Standing series 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: Two handsprings to tuck	Standing: Toe 2 handsprings to Layout	Standing: Standing Full, or one handspring to full.
	Running: Round-off punch back Forward Roll, roundoff pause 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: Toe Handspring Tuck	Standing: Standing tuck back handspring series to layout, Whips through to Layout	Standing: Back Handsprings to Double Full, Jump Combo Standing Full to Layout
	Running: front walkover cartwheel backwalkover series.	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

	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.