

	Level 1 (Classic)	Level 1 (Elite)	Level 2	Level 3	Level 4	Level 5	Level 6
Low	Standing: No Experience Necessary	Standing: Forward Roll, Backward Roll, Cartwheel, Back Walkover, Front walkover	Standing: Back Handspring AND Pencil Jump BHS	Standing: Jump Back Handspring Series	Standing: Standing Tuck AND Toe Handspring 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, front handspring stepout	Running: Power Hurdle Round-off Back Handspring Tuck	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	Standing: Switch Kick Back Walkover, Double Back Walkover	Standing: Backwalkover BHS AND Back handspring pencil backhandspring	Standing: BHS Toe Touch BHS BHS	Standing: Backwalkover Back Tuck or other similar creative entry (ie. Ariel, Back Extension Roll)	Standing: Handspring, Whip/Tuck, BHS BHS Lay, AND BHS 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 Round-off Three BHS	Running: Front handspring stepout to BHS Tuck AND Punch Front Land	Running: Specialty through to RO BHS Layout	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: Back Handspring Backwalkover Backhandspring, Series handspring	Standing: Standing Series to tuck	Standing: BHS BHS BHS Layout	Standing: BHS BHS BHS Full	Standing: Back Handsprings to Double Full, Jump Combo Standing Full
		Running: front walkover cartwheel backwalkover series: Roundoff Backhandspring	Running: Front handspring stepout RO three BHS, Roundoff Handspring Tuck	Running: Punch Front Land Stand Power Hurdle Round-off BHS Series To Tuck, Running Roundoff Backhandspring Layout	Running: Roundoff Whip Layout and 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.