



2016 - 2017 ALL STAR SCORING SYSTEM - TOSSES

LEVEL 2

NON - TWISTING	TWISTING
STRAIGHT RIDE TOSS	

LEVEL 3

NON - TWISTING	TWISTING
BALL ARCH • PRETTY GIRL ARCH • PIKE ARCH KICK ARCH • BALL-X • TOE TOUCH	FULL TWIST

LEVEL 4

NON - TWISTING	TWISTING
PIKE-X • HITCH KICK • SWITCH KICK • DOUBLE TOE TOUCH	BALL FULL • PIKE FULL • KICK FULL • TOE TOUCH FULL FULL UP TOE TOUCH • DOUBLE FULL

LEVEL 5 YOUTH

NON - TWISTING	TWISTING
PIKE HITCH KICK • PIKE KICK PRETTY GIRL PIKE SWITCH KICK • HITCH KICK KICK	KICK FULL • DOUBLE FULL • HITCH KICK FULL • SWITCH KICK FULL • KICK KICK FULL • PIKE KICK FULL KICK FULL KICK

LEVEL 5 JUNIOR RESTRICTED & SENIOR RESTRICTED

NON - TWISTING	TWISTING
PIKE HITCH KICK • PIKE KICK PRETTY GIRL PIKE SWITCH KICK • HITCH KICK KICK	HITCH KICK FULL • SWITCH KICK FULL • KICK KICK FULL PIKE KICK FULL • KICK FULL KICK • FULL KICK FULL PIKE DOUBLE FULL • KICK DOUBLE FULL TOE TOUCH DOUBLE FULL • DOUBLE UP TOE TOUCH

LEVEL 5

NON - TWISTING	TWISTING
PIKE HITCH KICK • PIKE KICK PRETTY GIRL PIKE SWITCH KICK • HITCH KICK KICK	BALL DOUBLE FULL • PIKE DOUBLE FULL KICK DOUBLE FULL • TOE TOUCH DOUBLE FULL DOUBLE UP TOE TOUCH • HITCH KICK DOUBLE FULL SWITCH KICK DOUBLE FULL • KICK FULL KICK FULL

LEVEL 6

NON - TWISTING	TWISTING
TUCK • X-OUT • PIKE • LAYOUT	LAYOUT FULL • LAYOUT DOUBLE FULL • X-OUT FULL SPLIT FULL • ARABIAN 1 1/2 • PIKE OPEN DOUBLE FULL

*This document includes examples of level appropriate skills.
Coaches are still responsible for ensuring that any skills performed in their routine are compliant with the USASF Safety Rules.
Please check back as this document may be updated throughout the season.*