



# ALL STAR SCORING SYSTEM - PYRAMIDS

## LEVEL 1

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
<ul style="list-style-type: none"> <li>Braced stunt SKILLS</li> </ul>	<ul style="list-style-type: none"> <li>Braced stunt SKILLS</li> <li>Braced switch up to prep level</li> <li>Braced prep level tick tocks</li> </ul>	<ul style="list-style-type: none"> <li>Braced stunt SKILLS</li> <li>Braced <math>\frac{1}{4}</math> twist to/from prep level single leg</li> <li>Braced <math>\frac{1}{4}</math> twist to/from extended double leg</li> </ul>	<ul style="list-style-type: none"> <li>Stunt SKILLS</li> <li>Cradle from prep level single leg</li> </ul>	<ul style="list-style-type: none"> <li>Braced stunt SKILLS</li> <li>Braced combination of two or more level appropriate skills performed simultaneously</li> </ul>

## LEVEL 2

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
<ul style="list-style-type: none"> <li>Braced stunt SKILLS</li> <li>Braced inversion from ground level to extended single leg</li> </ul>	<ul style="list-style-type: none"> <li>Braced stunt SKILLS</li> <li>Braced switch up to extended single leg</li> <li>Braced prep level to extended single leg tick tock</li> </ul>	<ul style="list-style-type: none"> <li>Braced stunt SKILLS</li> <li>Braced <math>\frac{1}{2}</math> twisting transition to/from extended single leg</li> </ul>	<ul style="list-style-type: none"> <li>Stunt SKILLS</li> <li>Straight cradle from extended single leg position</li> <li><math>\frac{1}{4}</math> cradle from extended single leg position</li> </ul>	<ul style="list-style-type: none"> <li>Braced stunt SKILLS</li> <li>Braced combination of two or more level appropriate skills performed simultaneously</li> </ul>

## LEVEL 3

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
<ul style="list-style-type: none"> <li>Braced stunt SKILLS</li> </ul>	<ul style="list-style-type: none"> <li>Braced stunt SKILLS</li> <li>Braced release to extended 2 leg, arm braced on 2 sides</li> <li>Braced release to extended single leg, arm braced on 2 sides</li> </ul>	<ul style="list-style-type: none"> <li>Braced stunt SKILLS</li> <li>Braced full up to extended 2 leg</li> </ul>	<ul style="list-style-type: none"> <li>Stunt SKILLS</li> </ul>	<ul style="list-style-type: none"> <li>Braced stunt SKILLS</li> <li>Braced combination of two or more level appropriate skills performed simultaneously</li> </ul>

## LEVEL 4

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
<ul style="list-style-type: none"> <li>Braced stunt SKILLS</li> <li>Released braced inversions, braced on 2 sides</li> </ul>	<ul style="list-style-type: none"> <li>Braced stunt SKILLS</li> <li>Braced release to extended position, brace on 1 side</li> <li>Braced releases that involve changing bases</li> </ul>	<ul style="list-style-type: none"> <li>Braced stunt SKILLS</li> <li>Braced full up to extended single leg</li> <li>Braced <math>1\frac{1}{2}</math> twist to extended double leg</li> </ul>	<ul style="list-style-type: none"> <li>Stunt SKILLS</li> </ul>	<ul style="list-style-type: none"> <li>Braced stunt SKILLS</li> <li>Braced combination of two or more level appropriate skills performed simultaneously</li> </ul>

## LEVEL 5 YOUTH, JUNIOR RESTRICTED & SENIOR RESTRICTED

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
<ul style="list-style-type: none"> <li>Braced stunt SKILLS</li> <li>Released braced inversions, braced on 1 side</li> </ul>	<ul style="list-style-type: none"> <li>Braced stunt SKILLS</li> <li>Released braced inversion that involve changing bases</li> </ul>		<ul style="list-style-type: none"> <li>Stunt SKILLS</li> </ul>	<ul style="list-style-type: none"> <li>Braced stunt SKILLS</li> <li>Braced combination of two or more level appropriate skills performed simultaneously</li> </ul>

## LEVEL 5

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
<ul style="list-style-type: none"> <li>Braced stunt SKILLS</li> <li>Released braced inversions, braced on 1 side</li> <li>Released braced <math>1\frac{1}{4}</math> flipping inversions with <math>\frac{1}{2}</math> twist</li> <li>Released brace <math>\frac{3}{4}</math> flipping inversions with more than <math>\frac{1}{2}</math> twist</li> </ul>	<ul style="list-style-type: none"> <li>Braced stunt SKILLS</li> <li>Released braced inversion that involve changing bases</li> <li>Released braced twisting inversions that involve changing bases</li> </ul>		<ul style="list-style-type: none"> <li>Stunt SKILLS</li> </ul>	<ul style="list-style-type: none"> <li>Braced stunt SKILLS</li> <li>Braced combination of two or more level appropriate skills performed simultaneously</li> </ul>

## LEVEL 6

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
<ul style="list-style-type: none"> <li>Braced flipping mounts to 2.5 high structures</li> <li>Flipping free-flying mounts to 2.5 high structures</li> </ul>	<ul style="list-style-type: none"> <li>Non-Twisting Release Moves above 2.5 high</li> <li>Free flying mounts (non-flipping) to 2.5 high structures</li> </ul>	<ul style="list-style-type: none"> <li>Twisting Release Moves above 2.5 high</li> </ul>	<ul style="list-style-type: none"> <li>Cradles and Pop Offs from 2.5 high structures (non-twisting)</li> <li><math>\frac{3}{4}</math> front flip dismount from 2.5 high structures</li> <li>Twisting Cradles and Pop Offs from 2.5 high structures</li> </ul>	