

# **ACROBATICS & TUMBLING DEVELOPMENT PROGRAM**

## **Code of Points**



USA GYMNASTICS.

**January 2022**

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## 1. DESCRIPTION OF PROGRAM

Acrobatics & Tumbling combines skill sets currently practiced in artistic, acrobatic, trampoline and power tumbling, all internationally recognized and competed disciplines of gymnastics. Acrobatics & Tumbling meets are exciting, fast paced, and fan friendly. Each meet is held as a contest between 2-4 teams. Teams are evaluated in each heat by a panel of officials, receiving a score based on starting difficulty values and execution of declared skills. The team with the highest overall score is declared the winner. Awards will also be given for the overall combined score for Compulsory events and the overall combined score for Optional events.

### LEVELS 1 & 2

Levels 1 & 2 will compete compulsory routines, each heat starting at a 10.0, for the Acro, Pyramid, Toss, Tumbling and Team events.

### LEVELS 3 & 4

Levels 3 and 4 will follow the traditional collegiate format: Compulsory, Acro, Pyramid, Toss, Tumbling, and Team.

- **Event 1 – Compulsory:** Each team competes identical pre-determined set of skills with a pre-determined starting value of 10.0. There are four heats that include acro, pyramid, toss and tumbling. Compulsory skills are the building blocks of Acrobatics & Tumbling.
- **Event 2 – Acro:** In the Acro Event, teams compete in two different heats of 4 and 5 elements. Groups of 2-4 athletes will compete acrobatic lifts and tosses demonstrating strength, balance, and technique from both the bases and tops.
- **Event 3 – Pyramid:** In Pyramid Event, teams compete in two individual heats building pyramids of three layers. Teams combine an entry, structure and dismount to create a pyramid. Heat one is open while heat two is synchronized.
- **Halftime:** After the completion of the first three events, there is a half time.
- **Event 4 – Toss:** The Toss Event is an aerial event with a group of bases tossing one top in the air. The top completes a flipping and/or twisting skill forward or backward. There is one open toss heat and one synchronized heat
- **Event 5 – Tumbling:** The Tumbling Event features powerful synchronized and individual tumbling passes. Athletes may compete in one synchronized pass and in one solo pass. Passes feature a variety of salto and twisting elements and are valued for the difficulty of and the connection of those skills. Three synchronized and three individual heats construct the Tumbling Event.
- **Event 6 – Team:** In Team Event, teams perform individual and synchronized choreographed skills in a routine set to music. Routines are composed to showcase all skill sets that have been competed in the previous five events.

## 2. MEET FORMAT

| LEVEL 1 & 2 MEET FORMAT             |                  |
|-------------------------------------|------------------|
| <b>Compulsory Events:</b>           |                  |
| Acro                                | 10 points        |
| Pyramid                             | 10 points        |
| Toss                                | 10 points        |
| Tumbling                            | 10 points        |
| Team Event                          | 10 points        |
| <b>Total Compulsory Event Score</b> |                  |
|                                     | <b>50 points</b> |

| LEVEL 3 & 4 MEET FORMAT                                      |  |                   |                   |
|--|--|-------------------|-------------------|
| <b>Compulsory Events:</b>                                    |  | <b>Level 3</b>    | <b>Level 4</b>    |
| Acro   | 10 points  | 10 points         | 10 points         |
| Pyramid  | 10 points  | 10 points         | 10 points         |
| Toss   | 10 points  | 10 points         | 10 points         |
| Tumbling   | 10 points  | 10 points         | 10 points         |
| <b>Total Compulsory Event Score</b>                          |  | <b>40 points</b>  | <b>40 points</b>  |
| <b>Optional Events:</b>                                      |  | <b>Level 3</b>    | <b>Level 4</b>    |
| Acro   | 18.8 points  | 18.8 points       | 20 points         |
| Pyramid  | 19.4 points  | 19.4 points       | 20 points         |
| Toss   | 18.8 points  | 18.8 points       | 20 points         |
| Tumbling   | 54 points  | 54 points         | 60 points         |
| <b>Total Possible Optional Event Score</b>                   |  | <b>111 points</b> | <b>120 points</b> |
| <b>Team Event:</b>   |  | <b>Level 3</b>    | <b>Level 4</b>    |
| Acro   | 18.8 points  | 18.8 points       | 20 points         |
| Pyramid  | 19.4 points  | 19.4 points       | 20 points         |
| Toss   | 18.8 points  | 18.8 points       | 20 points         |
| Standing Tumbling  | 9 points   | 9 points          | 10 points         |
| Running Tumbling   | 9 points   | 9 points          | 10 points         |
| Dance  | 10 points  | 10 points         | 10 points         |
| <b>Total Possible Team Event Score</b>                       |  | <b>85 points</b>  | <b>90 points</b>  |
| <b>Total Possible Meet Score</b>                             |  | <b>236 points</b> | <b>250 points</b> |
| <b>Level 3 Special Requirements: Difficulty Restrictions</b> |  |                   |                   |
| Acro   | A & B value elements only (Restricted C value elements allowed receiving B value part value) |                   |                   |
| Pyramid  | Start Value of 9.7 & below   |                   |                   |
| Toss   | Start Value of 9.4 & below   |                   |                   |
| Tumbling   | Start Value of 9.0 & below   |                   |                   |

### 3. DIVISIONS

#### Levels 1 & 2

- **Minimum Age:** 5 Years Old
- **Age Spread:** No more than a 7 year spread between the youngest and oldest on the team
- Minimum Team Size: 9
- **Maximum Team Size:** 17 only 15 will be allowed on the floor for Team Event. The remaining two can be utilized as substitutes
- Substitutes are allowed
- Maximum 4 Crossover Athletes allowed: These are athletes that can participate on two teams

#### Levels 3 & 4 (Optional Levels)

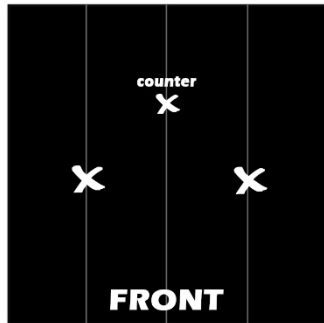
- Minimum Age: 9 years old
- **Age Spread:** No more than a 7 year spread between the youngest and oldest on the team
- Minimum Team Size: 12
- **Maximum Team Size:** 24 only 18 will be allowed on the floor for Team Event. The remaining 6 can be utilized as substitutes
- Substitutes Allowed
- Maximum 4 Crossover Athletes allowed

#### 4. COMPULSORY EVENT (Levels 1 – 4)

Video and Count sheet information for each level of the compulsory event is available on the USA Gymnastics website. To access the information utilize the following link: [Videos and Count Sheets](#)

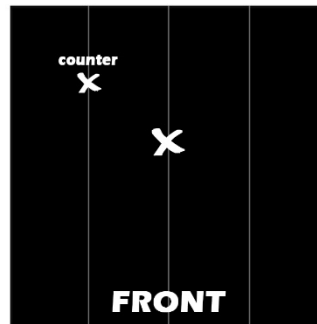
##### COMPULSORY SPACING (Levels 1-4)

###### **Compulsory Acro Formation 2 groups + 1 counter**

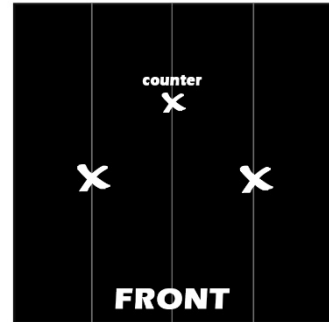


- \* First two elements will face the front of mat
- \* All other elements will face the left side of mat

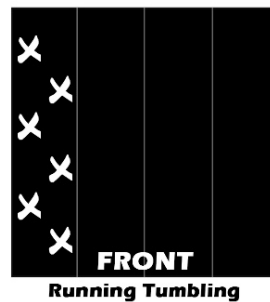
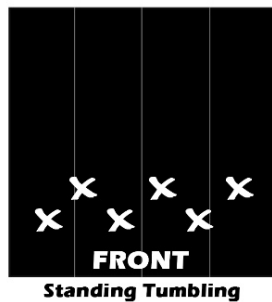
###### **Compulsory Pyramid Formation 1 group + 1 counter**



###### **Compulsory Toss Formation 2 groups + 1 counter**



###### **Compulsory Tumbling Formation 6 athletes + 1 counter**



##### DESIGNATED COUNTER

For each compulsory heat, teams will designate a “Counter” this individual may be an athlete or the coach.

## **LEVEL 1 COMPULSORY – SKILLS & COUNT SHEETS**

| <b>LEVEL 1 – COMPULSORY ACRO SKILLS</b>   |
|---|
| <p><b>Groups:</b> 2 Synchronized Groups<br/><b>Number of Competitors:</b> 4 athletes/group + 1 counter (9 total)<br/><b>Acro:</b></p> <ol style="list-style-type: none"><li>1) 2-2; FC; GRD-GRD; VER-INV NON HS<ul style="list-style-type: none"><li>• Primary Base lays on floor with knees bent and arms extended at 90 degrees.</li><li>• Top straddles base, hands on base’s thighs and leans shoulders into base’s hands. Top performs a straddle to vertical non handstand position with hands remaining on bases thighs.</li><li>• Dismount: top straddle back down to starting position.</li><li>• Assisting Athlete: Stands behind primary base and full contact assists throughout.</li></ul></li><li>2) 2-2 Prim Bases - shd sit (Shoulder sit)<ul style="list-style-type: none"><li>• Top climbs up from back to perform shoulder sit on primary base.</li></ul></li><li>3) 2-2; FC; SHD-GRD; VER-VER – backspot at all times<ul style="list-style-type: none"><li>• Assisting athlete stands behind top.</li><li>• Dismount: primary base pops top off the back with full contact assist.</li></ul></li><li>4) 3-3; FC; SHD-GRD; VER-BLW SHD<ul style="list-style-type: none"><li>• Sponge, prep, sponge</li><li>• Dismount to front</li></ul></li></ol> |
| <b>LEVEL 1 – COMPULSORY PYRAMID SKILLS</b>  |
| <p><b>Number of Competitors:</b> 5 Athletes (2 main bases, 1 back spot, 1 front assist and 1 top) + 1 counter (6 total)<br/><b>Pyramid:</b><br/>Structure: 3.2 Prim Bases-1 thighstand group; Mid Base- standing on thighs arms extended overhead. - 2 second hold</p> <ul style="list-style-type: none"><li>• Assisting athlete performs front spot to mid base and steps to side.</li><li>• Dismount in front unassisted.</li><li>• front spot will assist the load onto the thighs and then step to side</li></ul>   |
| <b>LEVEL 1 – COMPULSORY TOSS SKILLS</b>   |
| <p><b>Groups:</b> 2 Synchronized Groups<br/><b>Number of Competitors:</b> 5 Athletes/ group + 1 counter (11 total)<br/><b>Toss:</b> 3-3 FC; GRD-BLW SHD; VER-VER then transition to 3-3; FC; BLW SHD-CRDL; VER-HOZ then transition to 3-3; R; CRDL-CRDL; HOZ-HOZ, and 3-1 FC; CRDL-GRD; HOZ-VER</p> <ul style="list-style-type: none"><li>• 2 side bases-1 back base load in as a toss; top stands to balance, bends back down to brace in tuck position, side bases move arms to cradle catch position, top lays back to cradle; bases pop top to land back in cradle; dismount in front.</li></ul>  |

**LEVEL 1 – COMPULSORY TUMBLING SKILLS**

**Number of Competitors:** Two (2) rows of 3 athletes = 6 total + 1 counter (7 Total)

**Tumbling:**

- 1) Backwalkover
- 2) Straddle jump (arm position optional group must all have the same position) to straight arm backward roll to push up position
- 3) Mountain climber handstand straight arm forward roll step out to cartwheel lunge
- 4) Mountain climber cartwheel step into straight arm backward roll to push up position
- 5) 2-step hurdle roundoff rebound to stick

| LEVEL 1: ACRO |   |   |   |   |
|---------------|---|---|---|---|
| COUNT SHEET   |   |   |   |   |
| 1             | 5 | Start with base laying on ground, top with legs straddling over base, top standing up | 1 top contacts with hands on base's shoulders | 1 top's feet land on base's hands         |
|               | 6 |   | 2   | 2   |
|               | 7 | set (top leans over to set shoulders onto base's hands)                               | 3 top's right foot on base's right thigh      | 3 dip for prep                            |
|               | 8 |   | 4   | 4   |
|               | 1 | top dips for straddle inversion   | 5 dip for assisted shoulder sit               | 5 top lands in prep                       |
|               | 2 |   | 6   | 6   |
|               | 3 | top hits inversion with legs still in straddle  | 7   | 7   |
|               | 4 |   | 8   | 8   |
| 2             | 5 | top brings feet together  | 1   | 1 Tops arms extend up (by ears or high V) |
|               | 6 |   | 2   | 2   |
|               | 7 |   | 3 hit shoulder sit                            | 3   |
|               | 8 |   | 4   | 4   |
|               | 1 | top begins lowering to floor (straddle down)  | 5   | 5   |
|               | 2 |   | 6   | 6   |
|               | 3 |   | 7   | 7   |
|               | 4 |   | 8   | 8   |
| 3             | 5 | top lands on ground   | 1 base moves right arm under right leg        | 1 dip for sponge dismount                 |
|               | 6 |   | 2   | 2   |
|               | 7 |   | 3   | 3 lift up slightly before sponge          |
|               | 8 |   | 4   | 4   |
|               | 1 | top cleans  | 5 base moves left arm under left leg          | 5 top has lowered fully to sponge         |
|               | 2 |   | 6   | 6   |
|               | 3 |   | 7 pop off                                     | 7 top lands on ground                     |
|               | 4 |   | 8   | 8   |
| 4             | 5 | base rolls to knees facing front  | 1 top lands on ground                         | 1 clean                                   |
|               | 6 |   | 2   | 2   |
|               | 7 | base on knees facing front  | 3 clean                                       | 3   |
|               | 8 |   | 4   | 4   |
|               | 1 | base steps up with right foot   | 5 move to third segment                       | 5   |
|               | 2 |   | 6   | 6   |
|               | 3 | base steps left foot to stand up facing front   | 7   | 7   |
|               | 4 |   | 8   | 8   |
|               | 5 | move to second segment  | 1   |   |
|               | 6 |   | 2   |   |
|               | 7 |   | 3   |   |
|               | 8 |   | 4   |   |
|               |   |   | 5   |   |
|               |   |   | 6   |   |
|               |   |   | 7   |   |
|               |   |   | 8   |   |



| LEVEL 1: PYRAMID |   |  |   |   |                                      |
|------------------|---|--|---|---|--------------------------------------|
| COUNT SHEET      |   |  |   |   |                                      |
|                  | 5 |  |   |   |                                      |
|                  | 6 |  |   |   |                                      |
|                  | 7 |  |   |   |                                      |
|                  | 8 |  |   |   |                                      |
| 1                | 1 | Bases move outside legs outward to prepare for thigh stand position                  | 3 | 1 |                                      |
|                  | 2 |  |   | 2 |                                      |
|                  | 3 | Bases squat for thigh stand  |   | 3 |                                      |
|                  | 4 |  |   | 4 |                                      |
|                  | 5 | Mid-Level places hands on Front Assist shoulders and lifts one leg onto base's thigh |   | 5 | Mid-Level grabs bases' outside hands |
|                  | 6 |  |   | 6 |                                      |
|                  | 7 | Dip for thigh stand  |   | 7 | Dip for dismount                     |
|                  | 8 |  |   | 8 |                                      |
| 2                | 1 | Land in thigh stand; Back Spot connect with Mid-Level                                | 4 | 1 | Mid-Level lands on ground            |
|                  | 2 |  |   | 2 |                                      |
|                  | 3 |  |   | 3 | Clean                                |
|                  | 4 |  |   |   |                                      |
|                  | 5 | Mid-Level lifts arms up (Front spot moves to right side of bases)                    |   |   |                                      |
|                  | 6 |  |   |   |                                      |
|                  | 7 |  |   |   |                                      |
|                  | 8 |  |   |   |                                      |

| LEVEL 1: TOSS |   |                                 |   |   |   |
|---------------|---|---------------------------------|---|---|---|
| COUNT SHEET   |   |                                 |   |   |   |
|               | 5 |                                 |   |   |   |
|               | 6 |                                 |   |   |   |
|               | 7 |                                 |   |   |   |
|               | 8 |                                 |   |   |   |
| 1             | 1 | Bases and top set for toss      | 3 | 1 | Dip for cradle throw                            |
|               | 2 |                                 |   | 2 |   |
|               | 3 |                                 |   | 3 | throw cradle                                    |
|               | 4 |                                 |   | 4 | catch cradle                                    |
|               | 5 | Dip to jump into toss           |   | 5 |   |
|               | 6 |                                 |   | 6 |   |
|               | 7 | Top's feet land on bases' hands |   | 7 |   |
|               | 8 |                                 |   | 8 |   |
| 2             | 1 |                                 | 4 | 1 | Top lifts knees to shift to cradle              |
|               | 2 |                                 |   | 2 | Bases adjust arms into cradle-catching position |
|               | 3 |                                 |   | 3 | Top lands in cradle                             |
|               | 4 |                                 |   | 4 |   |
|               | 5 | Top stands up                   |   | 5 |   |
|               | 6 |                                 |   | 6 |   |
|               | 7 |                                 |   | 7 |   |
|               | 8 |                                 |   | 8 |   |

| LEVEL 1: TUMBLING |   |   |   |   |                                    |    |   |   |  |
|-------------------|---|---|---|---|------------------------------------|----|---|---|--|
| COUNT SHEET       |   |   |   |   |                                    |    |   |   |  |
|                   | 5 | start set in windows  |   |   |                                    |    |   |   |  |
|                   | 6 |   |   |   |                                    |    |   |   |  |
|                   | 7 | both arms up high, point dominate foot forward on the floor |   |   |                                    |    |   |   |  |
|                   | 8 |   |   |   |                                    |    |   |   |  |
| 1                 | 1 | initiate backwalkover                                       | 5 | 1 |                                    | 10 | 1 | initiate cartwheel step-in (hands on floor) |  |
|                   | 2 |   |   | 2 |                                    |    | 2 |   |  |
|                   | 3 | place hands on floor  |   | 3 | step back                          |    | 3 | finish cartwheel (land with feet together)  |  |
|                   | 4 |   |   | 4 |                                    |    | 4 |   |  |
|                   | 5 | land backwalkover in lunge                                  |   | 5 | close feet                         |    | 5 | initiate straight arm backward roll         |  |
|                   | 6 |   |   | 6 |                                    |    | 6 |   |  |
|                   | 7 | clean   |   | 7 | step forward to mountain climber   |    | 7 | hit push up position                        |  |
|                   | 8 |   |   | 8 |                                    |    | 8 |   |  |
| 2                 | 1 | step forward  | 6 | 1 | step forward to mountain climber   | 11 | 1 | tuck in from plank                          |  |
|                   | 2 |   |   | 2 |                                    |    | 2 |   |  |
|                   | 3 | clean   |   | 3 | initiate handstand                 |    | 3 | clean                                       |  |
|                   | 4 |   |   | 4 |                                    |    | 4 |   |  |
|                   | 5 |   |   | 5 | hit handstand                      |    | 5 | step backwards                              |  |
|                   | 6 |   |   | 6 | initiate straight arm forward roll |    | 6 |   |  |
|                   | 7 | shrug   |   | 7 | step out of roll with good foot    |    | 7 |   |  |
|                   | 8 |   |   | 8 |                                    |    | 8 |   |  |
| 3                 | 1 | hit high V  | 7 | 1 | initiate cartwheel                 | 12 | 1 |   |  |
|                   | 2 |   |   | 2 |                                    |    | 2 |   |  |
|                   | 3 | initiate swing cross arms in front of body                  |   | 3 | place hands on floor               |    | 3 |   |  |
|                   | 4 | hit straddle  |   | 4 |                                    |    | 4 |   |  |
|                   | 5 |   |   | 5 | finish cartwheel                   |    | 5 |   |  |
|                   | 6 | sit to initiate straight arm roll                           |   | 6 |                                    |    | 6 |   |  |
|                   | 7 |   |   | 7 | hold lunge                         |    | 7 |   |  |
|                   | 8 |   |   | 8 |                                    |    | 8 |   |  |
| 4                 | 1 | hit straight arm plank                                      | 8 | 1 | clean                              | 13 | 1 | step 1 (swing arms)                         |  |
|                   | 2 |   |   | 2 |                                    |    | 2 | step 2 (hurdle)                             |  |
|                   | 3 | jump to tuck knees in                                       |   | 3 | move to side of floor              |    | 3 |   |  |
|                   | 4 |   |   | 4 |                                    |    | 4 | place hands for roundoff                    |  |
|                   | 5 | stand up  |   | 5 |                                    |    | 5 | feet land                                   |  |
|                   | 6 |   |   | 6 |                                    |    | 6 | rebound up                                  |  |
|                   | 7 | clean   |   | 7 |                                    |    | 7 | land rebound                                |  |
|                   | 8 |   |   | 8 |                                    |    | 8 |   |  |
|                   |   |   | 9 | 1 |                                    | 14 | 1 | clean                                       |  |
|                   |   |   |   | 2 |                                    |    |   |   |  |
|                   |   |   |   | 3 |                                    |    |   |   |  |
|                   |   |   |   | 4 |                                    |    |   |   |  |
|                   |   |   |   | 5 |                                    |    |   |   |  |
|                   |   |   |   | 6 |                                    |    |   |   |  |
|                   |   |   |   | 7 | initiate mountain climber          |    |   |   |  |
|                   |   |   |   | 8 |                                    |    |   |   |  |

## LEVEL 2 COMPULSORY – SKILLS & COUNT SHEETS

### LEVEL 2 – COMPULSORY ACRO SKILLS

**Groups:** 2 Synchronized Groups

**Number of Competitors:** 4 athletes/group + 1 counter (9 total)

**Acro:**

- 1) 2-1; FC; H-H; GRD-SHD; VER-VER; TWIST 180
  - Half up to shoulder stand
- 2) 1-2; FC; SHD-EXT; VER-INV NON HS
  - From shoulder stand, inverted non-handstand dismounting through center of bases.
- 3) 2-2; FC; EXT-GRD; INV NON HS-VER
- 4) 2-1; FC; GRD-EXT; VER-VER; VER HSUP “I”
  - Front support position assisted from bottom to top
- 5) 1-2; FC; EXT-GRD; VER-VER; primary base TWIST 180
  - Dismount Top goes from extension with assisting athlete on the catch and primary base twists 180° as top dismounts.
- 6) 3-3; FC; GRD-SHD; VER-VER; 2 FT
- 7) 3-3; R; SHD-GRD; VER-CRDL
- 8) 3-3; R; CRDL-CRDL; TWIST 360
  - Prep to cradle, 360° barrel roll, cradle catch, dismount in front.

### LEVEL 2 – COMPULSORY PYRAMID SKILLS

**Number of Competitors:** 8 Athletes + 1 counter (9 total)

- Structure 1 (2 main bases, 1 mid base, 1 top, 1 front assist)
- Structure 2 (2 main bases, 1 back spot)

**Pyramid:**

Structure: 3.1.1 Prim Bases - 1 thighstand group; Mid Base- standing on thighs arms ext overhead to perform front support position in straight body position, hold for 2 seconds.

- Entry: FC; SHD-PK; VER-VER; HSUP “I”
- 2 structures -
- **Structure 1:** 2.1 Prim Bases-1 thighstand group; Mid Base- standing on thighs arms ext overhead
- **Structure 2:** 3.1 prep with 2 side bases and 1 back base set up behind structure 1.
  - Structure 2 top is lifted to structure 1 to perform a straight body front support position with a 2 second unassisted hold.
- 1-3 FC; PK-SHD; HSUP-VER 2FT
- 3-1 FC; SHD-GRD; VER-VER
- Structure 2 side bases assist top back to prep position and dismount in sponge.
- Structure 1 dismounts in front.
- 2 Tossers
- 2 Catchers

**LEVEL 2 – COMPULSORY TOSS SKILLS**

**Groups:** 2 Synchronized Groups

**Number of Competitors:** 5 Athletes/group + 1 counter (11 total)

**Toss:** Straight Ride

- 2 side bases, 1 front base, and 1 back base. The back base loads the top; top stands to balance, Straight ride toss is executed to cradle catch; dismount in front.

**LEVEL 2 – COMPULSORY TUMBLING SKILLS**

**Number of Competitors:** Two (2) rows of 3 athletes = 6 + 1 counter (7 athletes total)

**Tumbling:**

- 1) Standing back handspring rebound to stick
- 2) Straddle jump (arms optional must be the same position throughout the group) to straight arm back extension roll step out
- 3) Back walkover back walkover
- 4) 2-step hurdle front handspring step out to round off rebound to stick
- 5) 2-step hurdle round off back handspring rebound to stick

| LEVEL 2: ACRO |  |   |  |   |   |   |   |
|---------------|--|---|--|---|---|---|---|
| COUNT SHEET   |  |   |  |   |   |   |   |
| 5             | start with top and shoulder-stand base facing each other |   |  |   |   |   |   |
| 6             |  |   |  |   |   |   |   |
| 7             |  |   |  |   |   |   |   |
| 8             |  |   |  |   |   |   |   |
| 1             | top and base grab hands                                  | 1 |  | 1 |   | 1 |   |
| 2             |  | 2 |  | 2 |   | 2 |   |
| 3             | top's right foot on base's right thigh                   | 3 |  | 3 |   | 3 |   |
| 4             |  | 4 |  | 4 |   | 4 |   |
| 5             | dip to push off thigh                                    | 5 | top initiates tuck down                            | 5 |   | 5 |   |
| 6             |  | 6 |  | 6 |   | 6 |   |
| 7             | top stands to swing leg                                  | 7 |  | 7 |   | 7 | set for prep with backspot holding top's hips & top's hands on base's shoulders |
| 8             |  | 8 |  | 8 |   | 8 |   |
| 1             | top's left foot steps on base's left shoulder            | 1 | top lands between the two bases                    | 1 | dip to jump into base's hands           | 1 |   |
| 2             |  | 2 |  | 2 |   | 2 |   |
| 3             | top's right foot steps on base's right shoulder          | 3 | clean  | 3 | top's feet land on base's hands         | 3 |   |
| 4             |  | 4 |  | 4 |   | 4 |   |
| 5             | base lets go of top's left hand to grab top's left leg   | 5 | <i>transition to second segment</i>                | 5 | dip for prep                            | 5 |   |
| 6             |  | 6 |  | 6 |   | 6 |   |
| 7             | base lets go top's right hand to grab top's right leg    | 7 |  | 7 | top lands in prep                       | 7 |   |
| 8             |  | 8 |  | 8 |   | 8 |   |
| 1             | top stands up completely                                 | 1 |  | 1 |   | 1 |   |
| 2             |  | 2 |  | 2 |   | 2 |   |
| 3             |  | 3 |  | 3 | Tops arms extend up (by ears or high V) | 3 |   |
| 4             |  | 4 |  | 4 |   | 4 |   |
| 5             |  | 5 |  | 5 |   | 5 |   |
| 6             |  | 6 |  | 6 |   | 6 |   |
| 7             | second base steps in to catch shoulders                  | 7 | top and base connect hands                         | 7 |   | 7 |   |
| 8             |  | 8 |  | 8 |   | 8 |   |
| 1             | top's left hand reaches for base's left hand             | 1 | top places right foot on base's right thigh        | 1 | dip for cradle                          | 1 |   |
| 2             |  | 2 |  | 2 | throw for cradle                        | 2 |   |
| 3             | top's right hand reaches for base's right hand           | 3 | dip to press up to assisted front support position | 3 | catch cradle                            | 3 |   |
| 4             |  | 4 |  | 4 |   | 4 |   |
| 5             | top leans shoulders onto second base's hands             | 5 | top hits front support position                    | 5 |   | 5 |   |
| 6             |  | 6 |  | 6 |   | 6 |   |
| 7             |  | 7 |  | 7 |   | 7 |   |
| 8             |  | 8 |  | 8 |   | 8 |   |
| 1             | dip for inversion  | 1 |  | 1 | dip for Twist 360° barrel roll          | 1 |   |
| 2             |  | 2 |  | 2 | throw Twist 360° barrel roll            | 2 |   |
| 3             | top tucks up   | 3 |  | 3 | catch Twist 360° barrel roll in cradle  | 3 |   |
| 4             |  | 4 |  | 4 |   | 4 |   |
| 5             | top extends to full inverted non-handstand               | 5 | base dips  | 5 |   | 5 |   |
| 6             |  | 6 | base shrugs up and towards the top                 | 6 |   | 6 |   |
| 7             |  | 7 | top lands  | 7 |   | 7 |   |
| 8             |  | 8 |  | 8 |   | 8 |   |
|               |  | 1 | clean  | 1 | set out                                 | 1 |   |
|               |  | 2 |  | 2 |   | 2 |   |
|               |  | 3 | <i>transition to third segment</i>                 | 3 | clean                                   | 3 |   |
|               |  | 4 |  | 4 |   |   |   |
|               |  | 5 |  | 5 |   |   |   |
|               |  | 6 |  | 6 |   |   |   |
|               |  | 7 |  | 7 |   |   |   |
|               |  | 8 |  | 8 |   |   |   |

| <b>LEVEL 2: PYRAMID</b> |   |                   |   |
|-------------------------|---|-------------------|---|
| <b>COUNT SHEET</b>      |   |                   |   |
| <b>Front Group</b>      |   | <b>Back Group</b> |   |
| 5                       | Front group (thigh stand with mid-base)                                     | 5                 | Back group (prep with top)  |
| 6                       |   | 6                 |   |
| 7                       |   | 7                 |   |
| 8                       |   | 8                 |   |
| 1                       | 1 Bases move outside legs outward to prepare for thigh stand position       | 1                 | 1 Set for prep with backspot holding top's hips & top's hands on base's shoulders |
| 2                       |   | 2                 |   |
| 3                       | 3 Bases squat for thigh stand   | 3                 |   |
| 4                       |   | 4                 |   |
| 5                       | 5 Mid-base grabs front assist shoulders and lifts one leg onto base's thigh | 5                 | 5 Dip to jump to base's hands   |
| 6                       |   | 6                 |   |
| 7                       |   | 7                 | 7 Top's feet land on base's hands   |
| 8                       |   | 8                 |   |
| 1                       | 1 Dip for thigh stand   | 1                 |   |
| 2                       |   | 2                 |   |
| 3                       |   | 3                 |   |
| 4                       |   | 4                 |   |
| 5                       |   | 5                 | 5 Dip for prep  |
| 6                       |   | 6                 |   |
| 7                       | 7 Mid-base lands in thigh stand (Front spot moves to right side of bases)   | 7                 | 7 Top lands in prep; Front assist moves to right side of bases                    |
| 8                       |   | 8                 |   |
| 1                       | 1 Mid-base and top grab hands   | 1                 | 1 Mid-base and top grab hands   |
| 2                       |   | 2                 |   |
| 3                       |   | 3                 |   |
| 4                       |   | 4                 |   |
| 5                       |   | 5                 | 5 Top dips for front support position onto mid-level                              |
| 6                       | 6 Mid-base begins lifting top up to front support position                  | 6                 |   |
| 7                       |   | 7                 | 7 Top lifted to front support position  |
| 8                       |   | 8                 |   |
| 1                       | 1 Mid-base holding front support position (no assistance)                   | 1                 | 1 Top's prep bases let go of her feet   |
| 2                       |   | 2                 |   |
| 3                       |   | 3                 |   |
| 4                       |   | 4                 |   |
| 5                       |   | 5                 | 5 Top's prep bases grab her feet  |
| 6                       |   | 6                 |   |
| 7                       |   | 7                 | 7 Top's prep bases begin lowering back to prep position                           |
| 8                       |   | 8                 |   |
| 1                       | 1 Mid-base lowers arms (cleans)   | 1                 | 1 Top hits prep   |
| 2                       |   | 2                 |   |
| 3                       |   | 3                 |   |
| 4                       |   | 4                 |   |
| 5                       | 5 Mid-base dips to jump off   | 5                 | 5 Top dips for sponge   |
| 6                       |   | 6                 |   |
| 7                       | 7 Mid-base lands on ground  | 7                 | 7 Top hits sponge position  |
| 8                       |   | 8                 |   |
| 1                       |   | 1                 | 1 Top lands on ground   |
| 2                       |   | 2                 |   |
| 3                       | 3 Clean (all)   | 3                 | 3 Clean (all)   |

| LEVEL 2: TOSS |   |                                 |   |   |            |
|---------------|---|---------------------------------|---|---|------------|
| COUNT SHEET   |   |                                 |   |   |            |
|               | 5 |                                 |   |   |            |
|               | 6 |                                 |   |   |            |
|               | 7 |                                 |   |   |            |
|               | 8 |                                 |   |   |            |
| 1             | 1 | Bases and top set for toss      | 3 | 1 | Dip        |
|               | 2 |                                 |   | 2 |            |
|               | 3 |                                 |   | 3 | Throw toss |
|               | 4 |                                 |   | 4 |            |
|               | 5 | Dip to jump into toss           |   | 5 | Catch toss |
|               | 6 |                                 |   | 6 |            |
|               | 7 | Top's feet land on bases' hands |   | 7 |            |
|               | 8 |                                 |   | 8 |            |
| 2             | 1 |                                 | 4 | 1 |            |
|               | 2 |                                 |   | 2 |            |
|               | 3 |                                 |   | 3 | Set out    |
|               | 4 |                                 |   | 4 |            |
|               | 5 | Top stands up                   |   | 5 | Clean      |
|               | 6 |                                 |   |   |            |
|               | 7 |                                 |   |   |            |
|               | 8 |                                 |   |   |            |

| LEVEL 2: TUMBLING |  |   |    |  |
|-------------------|--|---|----|--|
| COUNT SHEET       |  |   |    |  |
| 5                 | Set in windows                                     |   |    |  |
|                   |  |   |    |  |
|                   | Action   |   |    |  |
|                   |  |   |    |  |
| 1                 | 1 Swing for backhandspring                         | 1 move forward                          | 10 | 1 2-step hurdle Fronthandspring step out, roundoff rebound |
|                   | 2  | 2                                       |    | 2  |
|                   | 3 Backhandspring                                   | 3                                       |    | 3  |
|                   | 4 Land   | 4                                       |    | 4  |
|                   | 5  | 5                                       |    | 5  |
|                   | 6  | 6                                       |    | 6  |
|                   | 7 Hold   | 7                                       |    | 7  |
|                   | 8  | 8                                       |    | 8 Land rebound, stick                                      |
| 2                 | 1 Clean  | 1 Arms Up & Prep for Backwalkover       | 11 | 1  |
|                   | 2  | 2                                       |    | 2 Clean  |
|                   | 3  | 3 Backwalkover                          |    | 3  |
|                   | 4  | 4                                       |    | 4  |
|                   | 5  | 5 Place hands on floor                  |    | 5 Step backwards   |
|                   | 6  | 6                                       |    | 6  |
|                   | 7 Action   | 7 Finish backwalkover & continue motion |    | 7  |
|                   | 8  | 8                                       |    | 8  |
| 3                 | 1 High V   | 1 Place hands on floor                  | 12 | 1 2-step hurdle Roundoff Backhandspring                    |
|                   | 2  | 2                                       |    | 2  |
|                   | 3 Initiate swing for straddle jump                 | 3 Land                                  |    | 3  |
|                   | 4 Straddle jump                                    | 4                                       |    | 4  |
|                   | 5 Land   | 5 Lunge                                 |    | 5  |
|                   | 6 Sit to initiate straight arm back extension roll | 6                                       |    | 6  |
|                   | 7  | 7 Clean                                 |    | 7  |
|                   | 8 Handstand  | 8                                       |    | 8  |
| 4                 | 1 Step down  | 1 Move                                  | 13 | 1 Land rebound, stick                                      |
|                   | 2  | 2                                       |    | 2  |
|                   | 3 Lunge  | 3                                       |    | 3 Clean  |
|                   | 4  | 4                                       |    | 4  |
|                   | 5 Clean  | 5                                       |    | 5  |
|                   | 6  | 6                                       |    | 6  |
|                   | 7  | 7                                       |    | 7  |
|                   | 8  | 8                                       |    | 8  |
|                   |  | 1                                       | 9  |  |
|                   |  | 2                                       |    |  |
|                   |  | 3                                       |    |  |
|                   |  | 4                                       |    |  |
|                   |  | 5                                       |    |  |
|                   |  | 6                                       |    |  |
|                   |  | 7                                       |    |  |
|                   |  | 8                                       |    |  |



## **LEVEL 3 COMPULSORY – SKILLS & COUNT SHEETS**

### **LEVEL 3 – COMPULSORY ACRO SKILLS**

**Groups:** 2 Synchronized Groups

**Number of Competitors:** 4 athletes/group + 1 counter (9 total)

**Acro:** This Compulsory Acro is divided into three (3) skill segments. A segment ends when the top lands back on the ground. The next segment begins when the top leaves the ground.

Segment 1:

- 1) 2-2; R; H-F; GRD-SHD; VER-VER; 2FT
  - Toe Pitch (2 bases starting-2 bases ending/catching; release; hand is holding foot; starting on the ground and ending at shoulder level; top starts and ends standing on 2 feet.)
- 2) 2-2; R; SHD-GRD; VER-VER
  - Pop off (2 bases starting-2 bases ending/catching; release; starting at shoulder level and ending on the ground)

Segment 2:

- 3) 1-1; FC; H-H; GRD-SHD; VER-VER; 2 FT; TWIST 180
  - Half up to shoulder stand (1 base starting- 1 base ending/catching; full contact; bases and tops are holding hands; starts on ground and ends shoulder level; top starts standing and ends standing; top completes a half twist on ascend)
- 4) 1-2; FC; SHD-EXT; VER-INV NON HS; INV 180
  - Shoulder stand to (1 base starting - 2 bases catch/end; full contact; starting at shoulder - ending in extension; top starts standing and ends upside down - not in handstand position - 1 base holds shoulders, other base holds hands; completes 180 degree inversion during skill)
- 5) 2-2; FC; EXT - GRD; INV NON HS-VER; NO TWIST
  - Straight down middle from invert, non-handstand (2 Bases start - 2 bases end; full contact; starting extended - ending on the ground; from inverted non handstand (bases holding shoulders) to standing; no twist on descend)

Segment 3:

- 6) 3-3; FC; GRD-SHD; VER-VER; 1 FT (PULL ARABESQUE)
  - prep level lib - pull arabesque (3 bases start - 3 bases end; full contact; starting at ground - ending at shoulder level - top starts and ends standing on 1 leg - pull arabesque)
- 7) 3-3; R; SHD-CRDL; VER-HOZ; 1 FT; NO TWIST
  - Straight cradle (3 bases start - 3 bases end; release; shoulder level to cradle position; top starts standing and lands horizontally in cradle catch; top goes off of 1 foot - no twist.)

**LEVEL 3 – COMPULSORY PYRAMID SKILLS**

**Number of Competitors:** 7 Athletes + 1 counter (8 total)

(2 thigh stand bases, mid-base, top, 2 lifters/catchers, 1 front assist)

**Pyramid:**

2-1-1 GRD-PK; VER-HSUP; NO TWIST

- Structure: (bases in thigh stand; mid-level standing with arms extended overhead)
- Tossers: 2 tossers place the top from ground to peak of pyramid - no twist up
- Dismount: 2 catchers

Descending: 2-1-1 PK-GRD; HSUP - VER; TWIST 180

- Top descends from peak of pyramid to ground from hand support with 2 catchers - ½ twist down

**LEVEL 3 – COMPULSORY TOSS SKILLS**

**Groups:** 2 Synchronized Groups

**Number of Competitors:** 5 Athletes/ group + 1 counter (11 athletes total)

**Toss:** Front Layout (270° front layout toss to catch)

- 4 bases (2 side bases, 1 front base, 1 back base) > front layout toss.

**LEVEL 3 – COMPULSORY TUMBLING SKILLS**

**Number of Competitors:** Two (2) rows of 3 athletes = 6 + 1 counter (7 athletes total)

**Tumbling:**

- 1) Standing Back tuck stick
- 2) Straddle Jump back handspring rebound stick
- 3) Back handspring back handspring rebound stick
- 4) 2-step hurdle round-off back handspring back tuck stick

| LEVEL 3: COMPULSORY ACRO |   |  |  |  |  |   |   |  |  |    |  |         |
|--------------------------|---|--|--|--|--|---|---|--|--|----|--|---------|
| COUNT SHEET              |   |  |  |  |  |   |   |  |  |    |  |         |
| 5                        |   |  |  |  |  |   |   |  |  |    |  |         |
| 6                        |   |  |  |  |  |   |   |  |  |    |  |         |
| 7                        |   |  |  |  |  |   |   |  |  |    |  |         |
| 8                        |   |  |  |  |  |   |   |  |  |    |  |         |
| 1                        | 1 |  |  |  |  | 1 | Top and base connect hands                      |  |  | 1  |  |         |
|                          | 2 |  |  |  |  | 2 |   |  |  | 2  |  |         |
|                          | 3 |  |  |  |  | 3 | Dip for half-up to shoulder stand               |  |  | 3  |  |         |
|                          | 4 |  |  |  |  | 4 |   |  |  | 4  |  |         |
|                          | 5 | Set for assisted toe pitch                               |  |  |  | 5 | Top's left foot steps on base's left shoulder   |  |  | 5  |  |         |
|                          | 6 |  |  |  |  | 6 |   |  |  | 6  |  |         |
|                          | 7 |  |  |  |  | 7 | Top's right foot steps on base's right shoulder |  |  | 7  | Set for prep-level lib (facing the side) |         |
|                          | 8 |  |  |  |  | 8 |   |  |  | 8  |  |         |
| 2                        | 1 | Dip for assisted toe pitch                               |  |  |  | 1 | Second base steps in                            |  |  | 1  | Dip for pre-level lib                    |         |
|                          | 2 |  |  |  |  | 2 |   |  |  | 2  |  |         |
|                          | 3 | Throw toe pitch  |  |  |  | 3 | Second base lifts arms to catch                 |  |  | 3  | Prep-level lib hits the top              |         |
|                          | 4 |  |  |  |  | 4 |   |  |  | 4  |  |         |
|                          | 5 | Land in toe pitch  |  |  |  | 5 | Dip for pop-over to inversion                   |  |  | 5  |  |         |
|                          | 6 |  |  |  |  | 6 |   |  |  | 6  |  |         |
|                          | 7 |  |  |  |  | 7 | Top in tucked position                          |  |  | 7  |  |         |
|                          | 8 |  |  |  |  | 8 |   |  |  | 8  |  |         |
| 3                        | 1 | Assisting base moves to the side to prepare for dismount |  |  |  | 1 | Top's legs come together for inversion          |  |  | 1  | Top - Left leg extends down              |         |
|                          | 2 |  |  |  |  | 2 |   |  |  | 2  |  |         |
|                          | 3 |  |  |  |  | 3 |   |  |  | 3  | Top hits arabesque                       |         |
|                          | 4 |  |  |  |  | 4 |   |  |  | 4  |  |         |
|                          | 5 | Dip for pop-off dismount                                 |  |  |  | 5 |   |  |  | 5  |  |         |
|                          | 6 |  |  |  |  | 6 |   |  |  | 6  |  |         |
|                          | 7 | Throw dismount   |  |  |  | 7 |   |  |  | 7  |  |         |
|                          | 8 |  |  |  |  | 8 |   |  |  | 8  |  |         |
| 4                        | 1 | Land dismount  |  |  |  | 1 | Top tucks legs for dismount                     |  |  | 1  | Dip for cradle                           |         |
|                          | 2 |  |  |  |  | 2 |   |  |  | 2  |  |         |
|                          | 3 |  |  |  |  | 3 | Top lands dismount                              |  |  | 3  | Throw for cradle                         |         |
|                          | 4 |  |  |  |  | 4 |   |  |  | 4  |  |         |
|                          | 5 | Clean  |  |  |  | 5 | Clean   |  |  | 5  | Catch cradle                             |         |
|                          | 6 |  |  |  |  | 6 |   |  |  | 6  |  |         |
|                          | 7 | Transition to second segment                             |  |  |  | 7 | Transition to third segment                     |  |  | 7  |  |         |
|                          | 8 |  |  |  |  | 8 |   |  |  | 8  |  |         |
| 5                        | 1 |  |  |  |  |   |   |  |  | 14 | 1  | Set out |
|                          | 2 |  |  |  |  |   |   |  |  | 2  |  |         |
|                          | 3 |  |  |  |  |   |   |  |  | 3  | Clean                                    |         |
|                          | 4 |  |  |  |  |   |   |  |  |    |  |         |
|                          | 5 |  |  |  |  |   |   |  |  |    |  |         |
|                          | 6 |  |  |  |  |   |   |  |  |    |  |         |
|                          | 7 |  |  |  |  |   |   |  |  |    |  |         |
|                          | 8 |  |  |  |  |   |   |  |  |    |  |         |

| LEVEL 3: COMPULSORY PYRAMID    |   |   |  |  |                          |   |   |  |  |
|--------------------------------|---|---|--|--|--------------------------|---|---|--|--|
| COUNT SHEET                    |   |   |  |  |                          |   |   |  |  |
| Mid-base and thigh stand bases |   |   |  |  | Top and tossers/catchers |   |   |  |  |
|                                | 1 |   |  |  |                          | 5 |   |  |  |
|                                | 2 |   |  |  |                          | 6 |   |  |  |
|                                | 3 |   |  |  |                          | 7 |   |  |  |
|                                | 4 |   |  |  |                          | 8 |   |  |  |
|                                | 5 |   |  |  |                          | 5 |   |  |  |
|                                | 6 |   |  |  |                          | 6 |   |  |  |
|                                | 7 | Bases squat for thigh stand                             |  |  |                          | 7 | Front assist is standing in front of the mid-base   |  |  |
|                                | 8 |   |  |  |                          | 8 |   |  |  |
| 1                              | 1 | Mid-base grabs front assist's shoulders                 |  |  |                          | 1 |   |  |  |
|                                | 2 |   |  |  |                          | 2 |   |  |  |
|                                | 3 |   |  |  |                          | 3 |   |  |  |
|                                | 4 |   |  |  |                          | 4 |   |  |  |
|                                | 5 | Mid-base lifts one leg onto base's thigh                |  |  |                          | 5 |   |  |  |
|                                | 6 |   |  |  |                          | 6 |   |  |  |
|                                | 7 |   |  |  |                          | 7 |   |  |  |
|                                | 8 |   |  |  |                          | 8 |   |  |  |
| 2                              | 1 | Mid-base hits thigh stand position                      |  |  |                          | 1 |   |  |  |
|                                | 2 |   |  |  |                          | 2 |   |  |  |
|                                | 3 | Set (mid-base grabs top's hands; Tossers set for Entry) |  |  |                          | 3 | Front assist moves to right side of primary bases; Set (top and mid-base connect hands, top puts foot into tossers (1) hands, tosser (2) grabs from the back) |  |  |
|                                | 4 |   |  |  |                          | 4 |   |  |  |
|                                | 5 |   |  |  |                          | 5 |   |  |  |
|                                | 6 |   |  |  |                          | 6 |   |  |  |
|                                | 7 |   |  |  |                          | 7 |   |  |  |
|                                | 8 |   |  |  |                          | 8 |   |  |  |
| 3                              | 1 | Mid-base lifts top to front support position            |  |  |                          | 1 | Dip to lift up to front support position  |  |  |
|                                | 2 |   |  |  |                          | 2 |   |  |  |
|                                | 3 |   |  |  |                          | 3 |   |  |  |
|                                | 4 |   |  |  |                          | 4 |   |  |  |
|                                | 5 |   |  |  |                          | 5 | Top hits front support position   |  |  |
|                                | 6 |   |  |  |                          | 6 |   |  |  |
|                                | 7 |   |  |  |                          | 7 | Tossers release top's feet; Tosser (2) stands behind pyramid structure  |  |  |
|                                | 8 |   |  |  |                          | 8 |   |  |  |
| 4                              | 1 |   |  |  |                          | 1 | Tosser (1) & Front Assist move to catching position   |  |  |
|                                | 2 |   |  |  |                          | 2 |   |  |  |
|                                | 3 |   |  |  |                          | 3 |   |  |  |
|                                | 4 | Mid-base assists top for twist dismount                 |  |  |                          | 4 | Top begins twisting dismount  |  |  |
|                                | 5 |   |  |  |                          | 5 |   |  |  |
|                                | 6 |   |  |  |                          | 6 |   |  |  |
|                                | 7 |   |  |  |                          | 7 |   |  |  |
|                                | 8 |   |  |  |                          | 8 | Top lands on the ground   |  |  |
| 5                              | 1 |   |  |  |                          | 1 |   |  |  |
|                                | 2 |   |  |  |                          | 2 |   |  |  |
|                                | 3 |   |  |  |                          | 3 |   |  |  |
|                                | 4 | Mid-base jumps to ground                                |  |  |                          | 4 |   |  |  |
|                                | 5 | Clean (all)   |  |  |                          | 5 | Clean (all)   |  |  |
|                                | 6 |   |  |  |                          | 6 |   |  |  |
|                                | 7 |   |  |  |                          | 7 |   |  |  |
|                                | 8 |   |  |  |                          | 8 |   |  |  |
| 6                              | 1 |   |  |  | 6                        | 1 |   |  |  |

| LEVEL 3: COMPULSORY TOSS |   |  |   |              |
|--------------------------|---|--|---|--------------|
| COUNT SHEET              |   |  |   |              |
|                          | 5 | Bases start set, top starts holding bases' shoulders |   |              |
|                          | 6 |  |   |              |
|                          | 7 |  |   |              |
|                          | 8 |  |   |              |
| 1                        | 1 | Dip to jump into toss                                | 3 | 1 Dip        |
|                          | 2 |  |   | 2            |
|                          | 3 |  |   | 3 Throw toss |
|                          | 4 |  |   | 4            |
|                          | 5 | Top's feet land on bases' hands                      |   | 5 Catch toss |
|                          | 6 |  |   | 6            |
|                          | 7 |  |   | 7            |
|                          | 8 |  |   | 8            |
| 2                        | 1 | Top stands up  | 4 | 1            |
|                          | 2 |  |   | 2            |
|                          | 3 |  |   | 3 Set out    |
|                          | 4 |  |   | 4            |
|                          | 5 | Top preps for toss (i.e. lift arms)                  |   | 5 Clean      |
|                          | 6 |  |   |              |
|                          | 7 |  |   |              |
|                          | 8 |  |   |              |

| LEVEL 3: COMPULSORY TUMBLING |   |  |   |    |  |
|------------------------------|---|--|---|----|--|
| COUNT SHEET                  |   |  |   |    |  |
|                              | 5 | Start set in windows                       |   |    |  |
|                              | 6 |  |   |    |  |
|                              | 7 |  |   |    |  |
|                              | 8 |  |   |    |  |
| 1                            | 1 | Dip for standing back tuck                 | 5 | 9  | 1  |
|                              | 2 |  |   |    | 2  |
|                              | 3 | Land standing back tuck                    |   |    | 3  |
|                              | 4 | Arms in stick position                     |   |    | 4  |
|                              | 5 |  |   |    | 5  |
|                              | 6 |  |   |    | 6  |
|                              | 7 | Clean                                      |   |    | 7  |
|                              | 8 |  |   |    | 8  |
| 2                            | 1 | Step forward                               | 6 | 10 | 1 Step 1 (swing arms)                    |
|                              | 2 |  |   |    | 2 Step 2 (hurdle)                        |
|                              | 3 | Clean                                      |   |    | 3  |
|                              | 4 |  |   |    | 4 Hands down for round off               |
|                              | 5 |  |   |    | 5 Land round off                         |
|                              | 6 |  |   |    | 6 Hands hit floor for back handspring    |
|                              | 7 |  |   |    | 7 Land back handspring/set for back tuck |
|                              | 8 |  |   |    | 8  |
| 3                            | 1 | Hit high V                                 | 7 | 11 | 1 Land back tuck                         |
|                              | 2 |  |   |    | 2  |
|                              | 3 | Initiate swing cross arms in front of body |   |    | 3  |
|                              | 4 | Hit straddle                               |   |    | 4  |
|                              | 5 | Dip for standing back handspring           |   |    | 5 Clean                                  |
|                              | 6 |  |   |    |  |
|                              | 7 | Begin rebound                              |   |    |  |
|                              | 8 |  |   |    |  |
| 4                            | 1 | Land rebound                               | 8 |    |  |
|                              | 2 |  |   |    |  |
|                              | 3 | Clean                                      |   |    |  |
|                              | 4 |  |   |    |  |
|                              | 5 | Step forward                               |   |    |  |
|                              | 6 |  |   |    |  |
|                              | 7 | Clean                                      |   |    |  |
|                              | 8 |  |   |    |  |

## **LEVEL 4 COMPULSORY – SKILLS & COUNT SHEETS**

### **LEVEL 4 – COMPULSORY ACRO SKILLS**

**Groups:** 2 Synchronized Groups

**Number of Competitors:** 4 athletes/group + 1 counter (9 total)

**Acro:** This Compulsory Acro is divided into three (3) skill segments. A segment ends when the top lands back on the ground. The next segment begins when the top leaves the ground.

Segment 1: (1 base for skill, 2 bases to catch): Toe pitch with 1 base, back tuck dismount

- 1) 2-2; R; H-F; GRD-SHD; VER-VER 2FT
  - Assisted Toe pitch
- 2) 2-2; R; SHD-GRD; VER-VER; flip 360
  - Back tuck off

Segment 2: (2 bases) Straddle hold pop-over to inversion, top's hands switch over to 1 base, pop dismount to land on floor with 1 base catching on the side

- 3) 1-1; FC; H-H; GRD-EXT; VER-HSUP "S"
  - Front support position, single base straddle hold
- 4) 1-2; FC; EXT-EXT; HSUP "S"-INV NON HS
  - Pop over to invert non-handstand
- 5) 2-1; FC; EXT-EXT; INV NON HS-INV NON HS
  - Release to hold invert, non-handstand (first base release hand for top to move hands to second base wrist)
- 6) 1-1; R; EXT-GRD; INV NON HS-VER
  - Pop off top to feet with base one assisting landing to floor

Segment 3: Extended liberty, arabesque, full-down cradle with group turning to land to the front

- 1) 3-3; FC; GRD-EXT; VER-VER; 1FT NO FLEX
  - Liberty extension - facing side, pull to arabesque
- 2) Left leg extends
- 3) Extended left leg
- 4) 3-3 R; EXT-CRDL; VER-HOZ; TWIST 360
  - 360° dismount with quarter turn to front cradle catch (3 bases start - 3 bases end; release; shoulder level to cradle position; top starts standing and lands horizontally in cradle catch; top goes off of 1 foot – 360 degree twist.)

**LEVEL 4 – COMPULSORY PYRAMID SKILLS**

**Number of Competitors:** 6 Athletes + 1 counter (7 total)

(2 thigh stand bases, mid-base, top, 2 lifters/catchers)

**Pyramid:** 2-1-1 GRD-PK; VER-HSUP “S”; TWIST 180

- Structure: (bases in thigh stand; mid-level standing with arms extended overhead)
- Tossers: 2 tossers place the top from ground to peak of pyramid - 180 twist up to straddle hold
- Dismount: 2 catchers

Descending 2-1-1 PK-GRD; HSUP “S” - VER; TWIST 180

Top descends from peak of pyramid to ground from straddle hold with 2 catchers - ½ twist down

**LEVEL 4 – COMPULSORY TOSS SKILLS**

**Groups:** 2 Synchronized Groups

**Number of Competitors:** 5 Athletes/group + 1 counter (11 total)

**Toss:** Back Tuck (450° back tuck salto toss to catch)

- 4 bases (2 side bases, 1 front base, 1 back base) > 450° back tuck salto.

**LEVEL 4 – COMPULSORY TUMBLING SKILLS**

**Number of Competitors:** Two (2) rows of 3 athletes = 6 + 1 counter (7 total)

**Tumbling:**

- 1) Standing Back tuck stick
- 2) Straddle Jump back tuck stick
- 3) Back handspring back tuck stick
- 4) Two-step hurdle round-off back handspring back layout stick

| LEVEL 4: COMPULSORY ACRO |   |  |   |   |  |    |   |  |  |  |  |
|--------------------------|---|--|---|---|--|----|---|--|--|--|--|
| COUNT SHEET              |   |  |   |   |  |    |   |  |  |  |  |
| 5                        |   |  |   |   |  |    |   |  |  |  |  |
| 6                        |   |  |   |   |  |    |   |  |  |  |  |
| 7                        | Set for toe pitch                             |  |   |   |  |    |   |  |  |  |  |
| 8                        |   |  |   |   |  |    |   |  |  |  |  |
| 1                        | 1 Dip for toe pitch                           |  | 1 |   |  | 1  | Top lands   |  |  |  |  |
| 2                        |   |  | 2 |   |  | 2  |   |  |  |  |  |
| 3                        | 3 Throw toe pitch                             |  | 3 | Top lifts knees to prep for straddle hold |  | 3  |   |  |  |  |  |
| 4                        |   |  | 4 |   |  | 4  |   |  |  |  |  |
| 5                        | 5 Land in toe pitch                           |  | 5 | Top hits straddle hold                    |  | 5  | Clean   |  |  |  |  |
| 6                        |   |  | 6 |   |  | 6  |   |  |  |  |  |
| 7                        |   |  | 7 |   |  | 7  | Transition to third segment                                 |  |  |  |  |
| 8                        |   |  | 8 |   |  | 8  |   |  |  |  |  |
| 2                        | 1   |  | 1 |   |  | 1  |   |  |  |  |  |
| 2                        |   |  | 2 |   |  | 2  |   |  |  |  |  |
| 3                        |   |  | 3 |   |  | 3  |   |  |  |  |  |
| 4                        |   |  | 4 |   |  | 4  |   |  |  |  |  |
| 5                        | 5 Dip for tuck-off                            |  | 5 | Dip for straddle pop-over to inversion    |  | 5  |   |  |  |  |  |
| 6                        |   |  | 6 |   |  | 6  |   |  |  |  |  |
| 7                        | 7 Throw tuck-off                              |  | 7 | Top's shoulders connect with second base  |  | 7  | Set for extended lib (facing the side)                      |  |  |  |  |
| 8                        |   |  | 8 |   |  | 8  |   |  |  |  |  |
| 3                        | 1 Land tuck-off                               |  | 1 | Top's legs come together for inversion    |  | 1  | Dip for extended lib  |  |  |  |  |
| 2                        |   |  | 2 |   |  | 2  |   |  |  |  |  |
| 3                        |   |  | 3 |   |  | 3  | Extended lib hits the top                                   |  |  |  |  |
| 4                        |   |  | 4 |   |  | 4  |   |  |  |  |  |
| 5                        | 5 Clean                                       |  | 5 |   |  | 5  |   |  |  |  |  |
| 6                        |   |  | 6 |   |  | 6  |   |  |  |  |  |
| 7                        | 7 Transition to second segment                |  | 7 |   |  | 7  |   |  |  |  |  |
| 8                        |   |  | 8 |   |  | 8  |   |  |  |  |  |
| 4                        | 1   |  | 1 | Top shifts first hand over                |  | 1  | Top - Left leg extends down                                 |  |  |  |  |
| 2                        |   |  | 2 |   |  | 2  |   |  |  |  |  |
| 3                        |   |  | 3 |   |  | 3  | Top hits arabesque  |  |  |  |  |
| 4                        |   |  | 4 |   |  | 4  |   |  |  |  |  |
| 5                        |   |  | 5 | Top shifts second hand over               |  | 5  |   |  |  |  |  |
| 6                        |   |  | 6 |   |  | 6  |   |  |  |  |  |
| 7                        | 7 Top and base connect hands                  |  | 7 |   |  | 7  |   |  |  |  |  |
| 8                        |   |  | 8 |   |  | 8  |   |  |  |  |  |
| 5                        | 1 Top places right foot on base's right thigh |  | 1 |   |  | 1  | Dip for full-down cradle (group turns to land to the front) |  |  |  |  |
| 2                        |   |  | 2 |   |  | 2  |   |  |  |  |  |
| 3                        | 3 Dip to press up to assisted front support   |  | 3 |   |  | 3  | Throw for cradle  |  |  |  |  |
| 4                        |   |  | 4 |   |  | 4  |   |  |  |  |  |
| 5                        | 5 Top hits front support position             |  | 5 | Base dips for dismount                    |  | 5  | Catch cradle  |  |  |  |  |
| 6                        |   |  | 6 | Base shrugs up and towards the top        |  | 6  |   |  |  |  |  |
| 7                        |   |  | 7 | Top lands                                 |  | 7  |   |  |  |  |  |
| 8                        |   |  | 8 |   |  | 8  |   |  |  |  |  |
|                          |   |  |   |   |  | 16 | 1 Set out   |  |  |  |  |
|                          |   |  |   |   |  | 2  |   |  |  |  |  |
|                          |   |  |   |   |  | 3  | Clean   |  |  |  |  |



| <b>LEVEL 4: COMPULSORY PYRAMID</b>    |   |   |  |
|---------------------------------------|---|---|--|
| <b>COUNT SHEET</b>                    |   |   |  |
| <i>Mid-base and thigh stand bases</i> |   | <i>Top and lifters/catchers</i>                             |  |
| 1                                     | 5 |   | 5  |
|                                       | 6 |   | 6  |
|                                       | 7 |   | 7  |
|                                       | 8 |   | 8  |
| 1                                     | 1 | Bases squat for thigh stand, mid-base grabs top's shoulders | 1 (Top helps the mid-layer up to thigh stand)  |
|                                       | 2 |   | 2  |
|                                       | 3 | Mid-base lifts one leg onto base's thigh                    | 3  |
|                                       | 4 |   | 4  |
|                                       | 5 | Dip for thigh stand   | 5  |
|                                       | 6 |   | 6  |
|                                       | 7 |   | 7  |
|                                       | 8 |   | 8  |
| 2                                     | 1 | Mid-base hits thigh stand position                          | 1  |
|                                       | 2 |   | 2  |
|                                       | 3 |   | 3  |
|                                       | 4 |   | 4  |
|                                       | 5 | Set (mid-base grabs top's hands)                            | 5 Set (top and mid-base connect hands, top puts foot into primary lifter's hands, second lifter grabs from the back) |
|                                       | 6 |   | 6  |
|                                       | 7 |   | 7  |
|                                       | 8 |   | 8  |
| 3                                     | 1 |   | 1 Dip to lift/twist up to front support position   |
|                                       | 2 |   | 2  |
|                                       | 3 |   | 3  |
|                                       | 4 |   | 4  |
|                                       | 5 |   | 5 Top hits front support position  |
|                                       | 6 |   | 6  |
|                                       | 7 |   | 7  |
|                                       | 8 |   | 8  |
| 4                                     | 1 |   | 1 Top lifts knees for straddle hold  |
|                                       | 2 |   | 2  |
|                                       | 3 |   | 3  |
|                                       | 4 |   | 4  |
|                                       | 5 |   | 5 Top hits straddle hold   |
|                                       | 6 |   | 6  |
|                                       | 7 |   | 7  |
|                                       | 8 |   | 8  |
| 5                                     | 1 | Mid-base helps top spin for descent                         | 1 Top begins twisting descent  |
|                                       | 2 |   | 2  |
|                                       | 3 |   | 3  |
|                                       | 4 |   | 4  |
|                                       | 5 |   | 5 Top hits the ground  |
|                                       | 6 |   | 6  |
|                                       | 7 |   | 7  |
|                                       | 8 |   | 8  |
| 6                                     | 1 | Mid-base jumps to ground                                    | 1  |
|                                       | 2 |   | 2  |
|                                       | 3 | Clean (all)   | 3 Clean (all)  |

| LEVEL 4: COMPULSORY TOSS |   |  |                            |
|--------------------------|---|--|----------------------------|
| COUNT SHEET              |   |  |                            |
|                          | 5 | Bases start set, top starts holding bases' shoulders |                            |
|                          | 6 |  |                            |
|                          | 7 |  |                            |
|                          | 8 |  |                            |
| 1                        | 1 | Dip to jump into toss                                | 1 Toss group initiates dip |
|                          | 2 |  | 2                          |
|                          | 3 |  | 3                          |
|                          | 4 |  | 4                          |
|                          | 5 | Top's feet land on bases' hands                      | 5                          |
|                          | 6 |  | 6                          |
|                          | 7 |  | 7                          |
|                          | 8 |  | 8                          |
| 2                        | 1 | Top stands up  | 1                          |
|                          | 2 |  | 2                          |
|                          | 3 |  | 3                          |
|                          | 4 |  | 4                          |
|                          | 5 | Top preps for toss (i.e. lift arms)                  | 5                          |
|                          | 6 |  |                            |
|                          | 7 |  |                            |
|                          | 8 |  |                            |

Remaining counts will be dependent on toss technique. Top must be held for 2 counts after catch and before setting out. Must CLEAN after top has been set out of catch.

| LEVEL 4: COMPULSORY TUMBLING |   |  |  |   |                                  |  |   |  |  |
|------------------------------|---|--|--|---|----------------------------------|--|---|--|--|
| COUNT SHEET                  |   |  |  |   |                                  |  |   |  |  |
|                              | 5 | Start set in windows                       |  |   |                                  |  |   |  |  |
|                              | 6 |  |  |   |                                  |  |   |  |  |
|                              | 7 |  |  |   |                                  |  |   |  |  |
|                              | 8 |  |  |   |                                  |  |   |  |  |
| 1                            | 1 | Dip for standing back tuck                 |  | 1 |                                  |  | 1 |  |  |
|                              | 2 |  |  | 2 |                                  |  | 2 |  |  |
|                              | 3 | Land standing back tuck                    |  | 3 |                                  |  | 3 |  |  |
|                              | 4 | Arms in stick position                     |  | 4 |                                  |  | 4 |  |  |
|                              | 5 |  |  | 5 |                                  |  | 5 |  |  |
|                              | 6 |  |  | 6 |                                  |  | 6 |  |  |
|                              | 7 | Clean                                      |  | 7 |                                  |  | 7 |  |  |
|                              | 8 |  |  | 8 |                                  |  | 8 |  |  |
| 2                            | 1 | Step forward                               |  | 1 | Dip for standing back handspring |  | 1 | Step 1 (swing arms)                      |  |
|                              | 2 |  |  | 2 |                                  |  | 2 | Step 2 (hurdle)                          |  |
|                              | 3 | Clean                                      |  | 3 | Set for back tuck                |  | 3 |  |  |
|                              | 4 |  |  | 4 |                                  |  | 4 | Hands down for round off                 |  |
|                              | 5 |  |  | 5 | Land back tuck                   |  | 5 | Land round off                           |  |
|                              | 6 |  |  | 6 | Arms in stick position           |  | 6 | Hands hit floor for back handspring      |  |
|                              | 7 |  |  | 7 |                                  |  | 7 | Land back handspring/set for back layout |  |
|                              | 8 |  |  | 8 |                                  |  | 8 |  |  |
| 3                            | 1 | Hit high V                                 |  | 1 | Clean                            |  | 1 | Land back layout                         |  |
|                              | 2 |  |  | 2 |                                  |  | 2 |  |  |
|                              | 3 | Initiate swing cross arms in front of body |  | 3 | Turn to walk to side of mat      |  | 3 |  |  |
|                              | 4 | Hit straddle                               |  | 4 |                                  |  | 4 |  |  |
|                              | 5 | Dip for standing back tuck                 |  | 5 |                                  |  | 5 | Clean                                    |  |
|                              | 6 |  |  | 6 |                                  |  |   |  |  |
|                              | 7 | Land standing back tuck                    |  | 7 |                                  |  |   |  |  |
|                              | 8 | Arms in stick position                     |  | 8 |                                  |  |   |  |  |
| 4                            | 1 |  |  | 1 |                                  |  |   |  |  |
|                              | 2 |  |  | 2 |                                  |  |   |  |  |
|                              | 3 | Clean                                      |  | 3 |                                  |  |   |  |  |
|                              | 4 |  |  | 4 |                                  |  |   |  |  |
|                              | 5 | Step forward                               |  | 5 |                                  |  |   |  |  |
|                              | 6 |  |  | 6 |                                  |  |   |  |  |
|                              | 7 | Clean                                      |  | 7 |                                  |  |   |  |  |
|                              | 8 |  |  | 8 |                                  |  |   |  |  |

## 5. ACRO EVENT (Levels 3 & 4 Only)

Teams will be allowed to choose from the list of available options in order to create a combination totaling their desired start value.

- Acronym definitions can be found in the abbreviation table in the [appendix](#).

### EVENT REQUIREMENTS

| ACRO EVENT – LEVEL 3   |   |
|------------------------|---|
| Number of Heats        | 2 Optional Heats <ul style="list-style-type: none"> <li>• <b>Heat 1:</b> 4 Element</li> <li>• <b>Heat 2:</b> 5 Element</li> </ul>   |
| Difficulty Restriction | Allowed Elements valued up to “B”<br>Restricted C Elements: “C” Elements may be competed but will receive “B” value.  |
| Hold Requirement       | <ul style="list-style-type: none"> <li>• Each skill must be held for 2 seconds once a static position has been reached.</li> </ul>  |
| Element Values         | A = 0.2    B = 0.4    Restricted C = 0.4 (Valued as a “B”)  |
| Start Value Equation   | <p>Core Value + Elements Competed = Start Value (SV)</p> <p>4 Element Acro:</p> <ul style="list-style-type: none"> <li>• 4 Element Acro has a core base value of 7.8.</li> <li>• The value of each element is added to 7.8 to obtain the start value.</li> <li>• The start value may not exceed a 9.4.</li> </ul> <p>5 Element Acro:</p> <ul style="list-style-type: none"> <li>• 5 Element Acro has a core base value of 7.4.</li> <li>• The value of each element is added to 7.4 to obtain the start value.</li> <li>• The start value may not exceed a 9.4.</li> </ul> <p>Example: 4 Element &gt; Core Value 7.8 + A (0.2) + B (0.4) + C (0.4) + A (0.2) = 9.0 SV</p> |

| ACRO EVENT – LEVEL 4   |   |
|------------------------|---|
| Number of Heats        | 2 Optional Heats <ul style="list-style-type: none"> <li>• <b>Heat 1:</b> 4 Element</li> <li>• <b>Heat 2:</b> 5 Element</li> </ul>   |
| Difficulty Restriction | <ul style="list-style-type: none"> <li>• No difficulty restrictions.</li> </ul>   |
| Hold Requirement       | <ul style="list-style-type: none"> <li>• Each skill must be held for 2 seconds once a static position has been reached.</li> </ul>  |
| Element Values         | A = 0.2    B = 0.4    C = 0.6    D = 0.8    E = 1.0   |
| Start Value Equation   | <p>Core Value + Elements Completed = Start Value (SV)</p> <p>4 Element Acro:</p> <ul style="list-style-type: none"> <li>• 4 Element Acro has a core base value of 8.2.</li> <li>• The value of each element is added to 8.20 to obtain the start value.</li> <li>• The start value may not exceed a 10.0.</li> </ul> <p>5 Element Acro</p> <ul style="list-style-type: none"> <li>• 5 Element Acro has a core base value of 7.8.</li> <li>• The value of each element is added to 7.80 to obtain the start value.</li> <li>• The start value may not exceed a 10.0.</li> </ul> <p>Example: 4 Element &gt; Core Value 8.2 + A (0.2) + B (0.4) + B (0.4) + C (0.6) = 9.8 SV</p> |

### TABLE OF ELEMENTS



| ASCENDING ELEMENTS                                      |   |         |
|---|---|---------|
| A ELEMENTS [#1-99] (Value: Event - 0.20/Team - 9.2)     |   |         |
| FULL CONTACT  |   | RELEASE |
| ASCENDING TO HSUP "I"                                   | ASCENDING TO HSUP "S"                         |         |
| 1) 2-2; FC; GRD-EXT; VER-VER; HSUP "I"                  | 4) 2-2; FC; GRD-EXT; VER-VER; VER HSUP "S"    |         |
| ASCENDING TO HSUP "L"                                   | 5) 1-2; FC; SHD-EXT; VER-VER; VER HSUP "S"    |         |
| 2) 2-2; FC; GRD-EXT; VER-VER; VER HSUP "L"              | ASCENDING TO SHD VER                          |         |
| 3) 2-2; FC; EXT-EXT; VER-VER; VER HSUP "I"-VER HSUP "L" | 6) 2-1; FC; GRD-SHD; VER-VER; 2FT             |         |
|   | 7) 1-1; FC; H-H; GRD-SHD; VER-VER; 2FT        |         |
|   | 8) 2-1; FC; GRD-SHD; VER-VER; 2 FT; TWIST 180 |         |
|   | 9) 3-3; FC; GRD-SHD; VER-VER; 1 FT            |         |

| ASCENDING ELEMENTS                                      |  |  |
|---|--|--|
| B ELEMENTS [#100-199] (Value: Event - 0.40/Team - 9.4)  |  |  |
| FULL CONTACT  |  | RELEASE                                  |
| <b>ASCENDING TO HSUP "L"</b>                            | <b>ASCENDING TO EXT VER</b>                    | <b>OTHER SKILLS (HOZ)</b>                |
| 100) 2-1; FC; GRD-EXT; VER-VER; VER HSUP "L"            | 108) 2-2; FC; GRD-EXT; VER-VER; 2 FT           | 151) 2-2; R; BLW SHD-EXT; HOZ-HOZ        |
| 101) 1-1; FC; SHD-EXT; VER-VER; VER HSUP "L"            | 109) 3-3; FC; GRD-EXT; VER-VER; 1 FT           | 152) 3-2; R; EXT-EXT; HOZ-HOZ; TWIST 180 |
| 102) 2-1; FC; GRD-EXT; VER-VER; VER HSUP "L"; TWIST 180 | 110) 2-3; FC; GRD-EXT; VER-VER; 1 FT           |  |
| <b>ASCENDING TO HSUP "S"</b>                            | 111) 2-2; FC; SHD-EXT; VER-VER; 2 FT           |  |
| 103) 2-1; FC; GRD-EXT; VER-VER; VER HSUP "S"            | <b>ASCENDING TO EXT INV NON HS</b>             |  |
| 104) 1-1; FC; SHD-EXT; VER-VER; VER HSUP "S"            | 112) 2-2; FC; GRD-EXT; VER-INV NON HS; INV 180 |  |
| 105) 2-1; FC; SHD-EXT; VER-VER; VER HSUP "S"; TWIST 180 | 113) 1-2; FC; SHD-EXT; VER-INV NON HS; INV 180 |  |
| <b>ASCENDING TO SHD VER</b>                             |  |  |
| 106) 2-2; FC; H-H; GRD-SHD; VER-VER; 2FT; TWIST 360     |  |  |
| 107) 3-3; FC; H-F; GRD-SHD; VER-VER; 2FT; TWIST 360     |  |  |

| ASCENDING ELEMENTS                                      |  |  |
|---|--|--|
| C ELEMENTS [#200-299] (Value: Event - 0.60/Team - 9.6)  |  |  |
| FULL CONTACT  |  |  |
| <b>ASCENDING TO L HSUP</b>                              | <b>ASCENDING TO SHD VER</b>                          | <b>ASCENDING TO EXT INV NON HS</b>             |
| 200) 1-1; FC; GRD-EXT; VER-VER; VER HSUP "L"            | 206) 1-1; FC; H-H; GRD-SHD; VER-VER; 2 FT; TWIST 180 | 213) 1-2; FC; GRD-EXT; VER-INV NON HS; INV 180 |
| 201) 2-1; FC; GRD-EXT; VER-VER; VER HSUP "L"; TWIST 180 | 207) 1-1; FC; H-H; GRD-SHD; VER-VER; 2 FT; TWIST 360 | 214) 2-2; FC; EXT-EXT; HOZ-INV NON HS; INV 90  |
| 202) 2-1; FC; GRD-EXT; VER-VER; VER HSUP "L"; TWIST 270 | 208) 1-2; FC; H-F; GRD-SHD; VER-VER; 2 FT; TWIST 180 | <b>EXT-EXT INVERSIONS</b>                      |
| <b>ASCENDING TO S HSUP</b>                              | <b>ASCENDING TO EXT VER</b>                          | 215) 2-1; FC; EXT-EXT; INV NON HS-INV NON HS   |
| 203) 1-1; FC; GRD-EXT; VER-VER; VER HSUP "S"            | 209) 3-2; FC; GRD-EXT; VER-VER; 1 FT                 | <b>RELEASE</b>                                 |
| 204) 2-1; FC; GRD-EXT; VER-VER; VER HSUP "S"; TWIST 180 | 210) 3-3; FC; GRD-EXT; VER-VER; 1 FT                 |  |
| 205) 2-1; FC; GRD-EXT; VER-VER; VER HSUP "S"; TWIST 270 | 211) 3-3; FC; GRD-EXT; VER-VER; 1 FT; TWIST 180      |  |
|   | 212) 2-2; FC; SHD-EXT; VER-VER; 2FT                  |  |

| ASCENDING ELEMENTS                                      |   |  |
|---|---|--|
| D ELEMENTS [#300-399] (Value: Event - 0.80/Team - 9.8)  |   |  |
| FULL CONTACT  |   | RELEASE  |
| <b>ASCENDING TO L HSUP</b>                              | <b>ASCENDING TO SHD HS</b>                                | <b>ASCENDING TO BLW SHD</b>                                |
| 300) 1-1; FC; GRD-EXT; VER-VER; VER HSUP "L"; TWIST 180 | 317) 1-1; FC; SHD-SHD; VER-INV 2H HS; INV 180             | 351) 3-3; R; GRD-BLW SHD; INV-VER 2 FT; INV 180            |
| 301) 1-1; FC; GRD-EXT; VER-VER; VER HSUP "L"; TWIST 270 | 318) 1-2; FC; SHD-SHD; VER-INV 2H HS; INV 180             | 352) 3-3; R; GRD-BLW SHD; INV-VER 2 FT; INV 180; TWIST 180 |
| 302) 2-1; FC; GRD-EXT; VER-VER; VER HSUP "L"; TWIST 270 | 319) 2-1; FC; SHD-SHD; VER-INV 2H HS; INV 180             | <b>ASCENDING TO SHD VER</b>                                |
| <b>ASCENDING TO S HSUP</b>                              | <b>ASCENDING TO EXT HS</b>                                | 353) 1-1; R; H-F; GRD-SHD; VER-VER; 2 FT                   |
| 303) 1-1; FC; GRD-EXT; VER-VER; VER HSUP "S"; TWIST 180 | 320) 2-2; FC; SHD-EXT; VER-INV 2H HS; INV 180             | 354) 2-1; R; GRD-SHD; VER-VER; 2 FT                        |
| 304) 1-1; FC; GRD-EXT; VER-VER; VER HSUP "S"; TWIST 270 | <b>ASCENDING TO EXT INV NON HS</b>                        | 355) 2-1; R; H-W; GRD-SHD; VER-VER; 2 FT                   |
| 305) 2-1; FC; GRD-EXT; VER-VER; VER HSUP "S"; TWIST 270 | 321) 1-2; FC; GRD-EXT; VER-INV NON HS; INV 180; TWIST 180 | 356) 1-2; R; H-W; GRD-SHD; VER-VER; 2 FT                   |
| <b>ASCENDING TO SHD VER</b>                             | 322) 2-2; FC; EXT-EXT; VER-INV NON HS; INV 180            | 357) 2-2; R; BLW SHD-SHD; INV-VER 2 FT; INV 180            |
| 306) 2-3; FC; H-F; GRD-SHD; VER-VER; 2 FT; TWIST 360    | <b>EXT-EXT INVERSIONS</b>                                 | 358) 2-2; R; SHD-SHD; VER-VER; 2 FT; TWIST 180             |
| 307) 3-2; FC; H-F; GRD-SHD; VER-VER; 2 FT; TWIST 360    | 323) 1-2; FC; EXT-EXT; VER HSUP "S"-INV NON HS; INV 180   | <b>ASCENDING TO EXT VER</b>                                |
| 308) 2-1; FC; H-F; GRD-SHD; VER-VER; 2 FT; TWIST 180    | 324) 1-2; FC; EXT-EXT; VER HSUP "L"-INV NON HS; INV 180   | 359) 3-3; R; EXT-EXT; VER-VER; 1 FT                        |
| 309) 1-1; FC; H-F; GRD-SHD; VER-VER; 2 FT; TWIST 180    |   | 360) 2-2; R; SHD-EXT; VER-VER; 2 FT                        |
| <b>ASCENDING TO EXT VER</b>                             |   | 361) 1-2; R; SHD-EXT; VER-VER; 2 FT                        |
| 310) 2-2; FC; GRD-EXT; VER-VER; 1 FT                    |   | <b>RELEASE INV-SHD</b>                                     |
| 311) 2-3; FC; GRD-EXT; VER-VER; 1 FT FLEX               |   | 362) 2-2; R; BLW SHD-SHD; INV-VER 2 FT; INV 180            |
| 312) 3-2; FC; GRD-EXT; VER-VER; 1 FT FLEX               |   | <b>OTHER SKILLS (HOZ)</b>                                  |
| 313) 1-2; FC; SHD-EXT; VER-VER; 2 FT                    |   | 363) 2-3; R; EXT-EXT; VER 2 FT FD HOZ                      |
| 314) 2-2; FC; SHD-EXT; VER-VER; 2 FT-1 FT               |   |  |
| 315) 2-2; FC; EXT-EXT; VER-VER; 1 FT-2 FT               |   |  |
| 316) 2-2; FC; EXT-EXT; VER-VER; 2 FT-1 FT               |   |  |

| ASCENDING ELEMENTS                                      |  |   |
|---|--|---|
| E ELEMENTS [#400-499] (Value: Event - 1.0/Team - 10.0)  |  |   |
| FULL CONTACT  |  | RELEASE   |
| <b>ASCENDING TO EXT VER</b>                             | <b>ASCENDING TO EXT INV NON HS</b>                       | <b>ASCENDING TO SHD VER</b>                     |
| 400) 2-3; FC; GRD-EXT; VER-VER; 1 FT; TWIST 180         | 414) 1-2; FC; SHD-EXT; INV 2H HS-INV NON HS              | 451) 1-1; R; H-W; GRD-SHD; VER-VER; 2 FT        |
| 401) 3-2; FC; GRD-EXT; VER-VER; 1 FT; TWIST 180         | <b>INLOCATE TO HAND IN HAND AT SHD</b>                   | 452) 2-1; R; GRD-SHD; VER-VER; 2 FT; TWIST 180  |
| 402) 2-2; FC; GRD-EXT; VER-VER; 2 FT; TWIST 180         | 415) 1-2; FC; GRD-SHD; VER-INV 2H HS; INV 180 (INLOCATE) | 453) 1-2; R; GRD-SHD; VER-VER; 2 FT; TWIST 180  |
| 403) 2-1; FC; SHD-EXT; VER-VER; 2 FT                    | 416) 2-1; FC; SHD-SHD; VER-INV 2H HS; INV 180 (INLOCATE) | 454) 2-2; R; SHD-SHD; INV-VER 2 FT; INV 180     |
| 404) 1-2; FC; GRD-EXT; VER-VER; 1 FT                    |  | 455) 1-2; R; SHD-SHD; VER-VER; 2 FT; TWIST 180  |
| 405) 1-1; FC; SHD-EXT; VER-VER; 2 FT                    |  | 456) 2-1; R; SHD-SHD; VER-VER; 2 FT; TWIST 180  |
| 406) 1-2; FC; GRD-EXT; VER-VER; 2 FT; TWIST 180         |  | <b>ASCENDING TO EXT VER</b>                     |
| 407) 1-2; FC; SHD-EXT; VER-VER; 2 FT-1 FT               |  | 457) 3-3; R; GRD-EXT; VER-VER; 1 FT OR 1FT FLEX |
| 408) 1-2; FC; SHD-EXT; VER-VER; 1 FT                    |  | 458) 1-2; R; SHD-EXT; VER-VER; 2 FT             |
| <b>ASCENDING TO SHD HS</b>                              |  | 459) 2-2; R; SHD-EXT; VER-VER; 2 FT; TWIST 180  |
| 409) 1-2; FC; GRD-SHD; VER-INV 2H HS; INV 180           |  | 460) 2-2; R; EXT-EXT; VER-VER; 2 FT; TWIST 180  |
| 410) 1-2; FC; GRD-SHD; VER-INV 2H HS; INV 180; TWIST 90 |  | 461) 2-2; R; GRD-EXT; VER-VER; 2 FT             |
| 411) 2-1; FC; GRD-SHD; VER-INV 2H HS; INV 180           |  | 462) 2-2; R; SHD-EXT; VER-VER; 1 FT             |
| 412) 2-1; FC; GRD-SHD; VER-INV 2H HS; INV 180; TWIST 90 |  | <b>SHD-EXT 2 FEET PRESSES/RELEASES</b>          |
| <b>ASCENDING TO EXT HS</b>                              |  | 463) 1-2; R; SHD-EXT; VER-VER; 2 FT             |
| 413) 2-2; FC; SHD-EXT; INV 2H HS-INV 2H HS              |  | <b>EXT-EXT POP AROUNDS</b>                      |
|   |  | 464) 3-3; R; EXT-EXT; VER-VER; 2 FT; TWIST 180  |

| DESCENDING ELEMENTS                                      |  |   |
|--|--|---|
| A ELEMENTS [#500-599] (Value: Event - 0.20/Team - 9.2)   |  |   |
| FULL CONTACT   |  | RELEASE   |
| <b>DISMOUNTS FROM I SUP</b>                              | <b>DISMOUNTS FROM EXT HS</b>                             | <b>DISMOUNTS FROM HSUP "L"</b>                          |
| 565) 1-1; FC; EXT-GRD; VER-VER; HSUP "I"-2 FT; NO TWIST  | 513) 2-2; FC; EXT-GRD; INV 2H HS-VER; INV 180            | 551) 1-1; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; NO TWIST  |
| 566) 1-1; FC; EXT-GRD; VER-VER; HSUP "I"-2 FT; TWIST 180 | <b>DISMOUNTS FROM EXT NON HS</b>                         | 552) 1-2; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; NO TWIST  |
| <b>DISMOUNTS FROM L SUP</b>                              | 514) 2-2; FC; EXT-GRD; INV NON HS-VER; INV 180; NO TWIST | 553) 2-1; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; NO TWIST  |
| 500) 1-1; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; NO TWIST  | 515) 2-2; FC; EXT-GRD; INV NON HS-VER; INV 180; TWIST 90 | <b>DISMOUNTS FROM HSUP "S"</b>                          |
| 501) 2-1; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; NO TWIST  |  | 554) 1-1; R; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 180 |
| 502) 1-2; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; NO TWIST  |  | 555) 1-2; R; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 180 |
| <b>DISMOUNTS FROM S SUP</b>                              |  | 556) 2-1; R; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 180 |
| 503) 1-1; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; NO TWIST  |  | <b>DISMOUNTS FROM SHD VER</b>                           |
| 504) 1-2; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; NO TWIST  |  | 557) 1-1; R; SHD-GRD; VER-VER; 2 FT                     |
| 505) 2-1; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; NO TWIST  |  | 558) 1-2 R; SHD-GRD; VER-VER; 2 FT                      |
| 506) 2-2; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; NO TWIST  |  | 559) 2-2; R; SHD-GRD; VER-VER; 2FT                      |
| <b>DISMOUNTS FROM EXT VER</b>                            |  | 560) 2-1; R; SHD-GRD; VER-VER; 2 FT                     |
| 507) 3-3; FC; EXT-BLW SHD; VER-VER; VER 2 FT             |  | 565) 3-3; R; SHD-CRDL; VER-HOZ; 1 FT; NO TWIST          |
| 508) 2-2; FC; EXT-BLW SHD; VER-VER; VER 2 FT             |  | <b>DISMOUNTS FROM EXT VER</b>                           |
| 509) 2-2; FC; EXT-SHD; VER-VER; 2 FT                     |  | 561) 3-1; R; EXT-GRD; VER-VER; VER 2 FT                 |
| 510) 2-1; FC; EXT-SHD; VER-VER; 2 FT                     |  | 562) 2-2; R; EXT-GRD; VER-VER; 2FT                      |
| 511) 2-2; FC; EXT-SHD; VER-VER; 1 FT-2 FT                |  | <b>DISMOUNTS FROM EXT NON HS</b>                        |
| 512) 2-1; FC; EXT-SHD; VER-VER; 1 FT -2 FT               |  | 563) 2-2; R; EXT-GRD; INV NON HS-VER; INV 180; NO TWIST |
|  |  | 564) 2-2; R; EXT-GRD; INV NON HS-VER; INV 180; TWIST 90 |

| DESCENDING ELEMENTS                                      |   |  |
|--|---|--|
| B ELEMENTS [#600-699] (Value: Event - 0.40/Team - 9.4)   |   |  |
| FULL CONTACT   | RELEASE   |  |
| <b>DISMOUNTS FROM HSUP "L"</b>                           | <b>DISMOUNTS FROM L SUP</b>                             | <b>DISMOUNTS FROM EXT VER</b>                            |
| 600) 1-1; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 180 | 651) 1-1; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 180 | 663) 1-1; R; EXT-GRD; VER-VER; 2 FT                      |
| 601) 2-1; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 180 | 652) 1-2; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 180 | 664) 2-1; R; EXT-GRD; VER-VER; 2 FT                      |
| 602) 1-2; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 180 | 653) 2-1; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 180 | 665) 1-2; R; EXT-GRD; VER-VER; 2 FT                      |
| <b>DISMOUNTS FROM HSUP "S"</b>                           | <b>DISMOUNTS FROM S SUP</b>                             | 666) 1-2; R; EXT-GRD; VER-VER; 1 FT                      |
| 603) 1-1; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 180 | 654) 1-1; R; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 180 | 667) 2-2; R; EXT-GRD; VER-VER; 1 FT                      |
| 604) 1-2; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 180 | 655) 1-2; R; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 180 | <b>DISMOUNTS FROM SHD HS</b>                             |
| 605) 2-1; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 180 | 656) 2-1; R; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 180 | 668) 1-1; R; SHD-GRD; INV 2H HS-VER; INV 180; TWIST 180  |
| 606) 1-1; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 270 | 657) 1-1; R; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 270 | 669) 1-2; R; SHD-GRD; INV 2H HS-VER; INV 180; TWIST 180  |
| 607) 1-2; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 270 | 658) 1-2; R; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 270 | 670) 2-2; R; SHD-GRD; INV 2H HS-VER; INV 180; TWIST 180  |
| 608) 2-1; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 270 | 659) 2-1; R; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 270 | <b>DISMOUNTS FROM EXT NON HS</b>                         |
| <b>DISMOUNTS FROM EXT HS</b>                             | <b>DISMOUNTS FROM SHD VER</b>                           | 671) 1-1; R; EXT-GRD; INV NON HS-VER; INV 180; NO TWIST  |
| 609) 2-2; FC; EXT-GRD; INV 2H HS-VER; INV 180; TWIST 180 | 660) 1-1; R; SHD-GRD; VER-VER; 2 FT; TWIST 180          | 672) 2-1; R; EXT-GRD; INV NON HS-VER; INV 180; NO TWIST  |
| <b>DISMOUNTS FROM SHD HS</b>                             | 661) 1-2; R; SHD-GRD; VER-VER; 2 FT; TWIST 180          | 673) 1-1; R; EXT-GRD; INV NON HS-VER; INV 180; TWIST 180 |
| 610) 1-1; FC; SHD-GRD; INV 2H HS-VER; INV 180 (INLOCATE) | 662) 2-1; R; SHD-GRD; VER-VER; 2 FT; TWIST 180          | 674) 2-1; R; EXT-GRD; INV NON HS-VER; INV 180; TWIST 180 |
| 611) 1-1; FC; SHD-GRD; INV 2H HS-VER; INV 180; TWIST 180 |   |  |
| <b>DISMOUNTS FROM EXT NON HS</b>                         |   |  |
| 612) 1-1; FC; EXT-GRD; INV NON HS-VER; INV 180; TWIST 90 |   |  |
| 613) 2-1; FC; EXT-GRD; INV NON HS-VER; INV 180; TWIST 90 |   |  |

| DESCENDING ELEMENTS                                      |  |  |
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| C ELEMENTS [#700-799] (Value: Event - 0.60/Team - 9.6)   |  |  |
| FULL CONTACT   | RELEASE  |  |
| <b>DISMOUNTS FROM HSUP "L"</b>                           | <b>DISMOUNTS FROM EXT HS</b>                             | <b>DISMOUNTS FROM EXT VER</b>                                  |
| 700) 1-1; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 270 | 710) 2-1; FC; EXT-GRD; INV 2H HS-VER; INV 180; TWIST 180 | 751) 1-1; R; EXT-GRD; VER-VER; 1 FT                            |
| 701) 1-2; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 270 | 711) 1-2; FC; EXT-GRD; INV 2H HS-VER; INV 180; TWIST 180 | 752) 2-1; R; EXT-GRD; VER-VER; 1 FT                            |
| 702) 2-1; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 270 | 712) 2-2; FC; EXT-SHD; INV 2H HS-INV 2H HS               | 753) 3-3; R; EXT-BLW; VER-CRDL; 1 FT; TWIST 360                |
| <b>DISMOUNTS FROM HSUP "S"</b>                           | 713) 2-1; FC; EXT-SHD; INV 2H HS-INV 2H HS               | <b>DISMOUNTS FROM EXT NON HS</b>                               |
| 703) 1-2; FC; EXT-GRD; VER-VER; VER-HSUP "S"; FLIP 360   | 714) 1-2; FC; EXT-SHD; INV 2H HS-INV 2H HS               | 754) 2-1; R; EXT-GRD; INV NON HS-VER; FLIP 180                 |
| 704) 1-1; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 360 |  | 755) 1-1; R; EXT-GRD; INV NON HS-VER; INV 180; TWIST 180       |
| 705) 1-2; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 360 |  | 756) 2-1; R; EXT-GRD; INV NON HS-VER; INV 180; TWIST 180       |
| 706) 2-1; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 360 |  | 757) 2-2; R; EXT-GRD; INV NON HS-VER; INV 180; TWIST 180       |
| <b>DISMOUNTS FROM SHD HS</b>                             |  | <b>DISMOUNTS FROM EXT HS</b>                                   |
| 707) 1-1; FC; SHD-BLW; INV 2H HS-CRDL; INV 90; TWIST 360 |  | 758) 1-1; R; EXT-GRD; INV 2H HS-VER; INV 180; TWIST 180        |
| 708) 1-2; FC; SHD-BLW; INV 2H HS-CRDL; INV 90; TWIST 360 |  | 759) 2-1; R; EXT-GRD; INV 2H HS-VER; INV 180; TWIST 180        |
| 709) 2-2; FC; SHD-BLW; INV 2H HS-CRDL; INV 90; TWIST 360 |  | 760) 1-2; R; EXT-GRD; INV 2H HS-VER; INV 180; TWIST 180        |
|  |  | <b>DISMOUNTS OTHER SKILLS (HOZ)</b>                            |
|  |  | 761) 1-1; R; EXT-GRD; HOR-VER; HOZ-FD or UP FT APART; FLIP 270 |

| DESCENDING ELEMENTS   |  |  |
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| D ELEMENTS [#800-899] (Value: Event - 0.80/Team - 9.8)          |  |  |
| FULL CONTACT  | RELEASE  |  |
| <b>DISMOUNTS FROM L SUP</b>                                     | <b>DISMOUNTS FROM L SUP</b>                              | <b>DISMOUNTS FROM EXT VER</b>                            |
| 800) 1-1; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 360        | 851) 1-1; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 270  | 865) 2-2; R; EXT-GRD; VER-VER; 2 FT; TWIST 180           |
| 801) 1-2; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 360        | 852) 1-2; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 270  | 866) 1-2; R; EXT-GRD; VER-VER; 2 FT; TWIST 180           |
| 802) 2-1; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 360        | 853) 2-1; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 270  | 867) 2-3; R; EXT-BLW; VER-CRDL; 1 FT; TWIST 360          |
| 803) 2-2; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 360        | 854) 1-1; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 360  | 868) 3-3; R; EXT-BLW; VER-CRDL; 1 FT; TWIST 360          |
| 804) 1-2; FC; EXT-GRD; VER-VER; VER-HSUP "L" FLIP 360           | 855) 1-2; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 360  | <b>DISMOUNTS FROM SHD HS</b>                             |
| <b>DISMOUNTS FROM EXT VER</b>                                   | 856) 2-1; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 360  | 869) 1-1; R; SHD-GRD; INV 2H HS-VER; INV 180 (INLOCATE)  |
| 805) 1-2; FC; EXT-BLW SHD; VER-VER; VER 2 FT                    | <b>DISMOUNTS FROM S SUP</b>                              | <b>DISMOUNTS FROM EXT HS</b>                             |
| 806) 1-2; FC; EXT-SHD; VER-VER; 2 FT                            | 857) 1-1; R; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 360  | 870) 1-2; R; EXT-BLW; INV 2H HS-CRDL; INV 90; TWIST 360  |
| 807) 1-1; FC; EXT-SHD; VER-VER; 2 FT                            | 858) 1-2; R; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 360  | 871) 2-2; R; EXT-BLW; INV 2H HS-CRDL; INV 90; TWIST 360  |
| 808) 1-2; FC; EXT-SHD; VER-VER; 1 FT-2 FT                       | 859) 2-1; R; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 360  | <b>DISMOUNTS FROM EXT NON HS</b>                         |
| <b>DISMOUNTS FROM EXT NON HS</b>                                | <b>DISMOUNTS FROM SHD VER</b>                            | 872) 1-1; R; EXT-GRD; INV NON HS-VER; INV 180; TWIST 360 |
| 809) 2-1; FC; EXT-GRD; INV NON HS-VER; INV 180; TWIST 180       | 860) 1-1; R; SHD-GRD; VER-VER; 2 FT; TWIST 360           | 873) 2-1; R; EXT-GRD; INV NON HS-VER; INV 180; TWIST 360 |
| 810) 2-1; FC; EXT-GRD; INV NON HS-VER; INV 180; TWIST 270       | 861) 1-2; R; SHD-GRD; VER-VER; 2 FT; TWIST 360           | 874) 2-2; R; EXT-GRD; INV NON HS-VER; INV 180; TWIST 360 |
| <b>DISMOUNTS OTHER SKILLS (HOZ)</b>                             | 862) 2-1; R; SHD-GRD; VER-VER; 2 FT; TWIST 360           |  |
| 811) 1-1; FC; EXT-GRD; HOR-VER; HOZ-FD or UP FT APART; FLIP 270 | 863) 2-2; R; SHD-GRD; VER-VER; 2 FT; FLIP 360 F/B (Tuck) |  |
|   | 864) 1-2; R; SHD-GRD; VER-VER; 2 FT; FLIP 360 F/B (Tuck) |  |



**DESCENDING ELEMENTS**

**E ELEMENTS [#900-999] (Value: Event - 1.0/Team - 10.0)**

**FULL CONTACT**

**RELEASE**

| <b>DISMOUNTS FROM SHD VER</b>                              | <b>DISMOUNTS FROM EXT VER</b>                        |
|--|--|
| 951) 2-2; R; SHD-GRD; VER-VER; 2 FT; FLIP 360 F/B (Layout) | 953) 2-2; R; EXT-GRD; VER-VER; 2 FT; TWIST 360       |
| 952) 1-2; R; SHD-GRD; VER-VER; 2 FT; FLIP 360 F/B (Layout) | 954) 1-2; R; EXT-GRD; VER-VER; 2 FT; TWIST 360       |
|  | 955) 2-2; R; EXT-GRD; VER-VER; 1 FT; TWIST 360       |
|  | 956) 1-2; R; EXT-GRD; VER-VER; 1 FT; TWIST 360       |
|  | 957) 3-3; R; EXT-BLW; VER-CRDL; 1 FT; TWIST 720      |
|  | 958) 3-3; R; EXT-BLW; VER-CRDL; 1 FT FLEX; TWIST 720 |

## 6. PYRAMID EVENT (Levels 3 & 4 Only)

### EVENT REQUIREMENTS

| PYRAMID EVENT – LEVEL 3 & 4 |   |
|-----------------------------|---|
| Number of Heats             | 2 Optional Heats <ul style="list-style-type: none"> <li>• <b>Heat 1:</b> Open</li> <li>• <b>Heat 2:</b> Synchronized Identical Pyramids (2 Pyramid Groups)</li> </ul> |
| Difficulty Restriction      | <ul style="list-style-type: none"> <li>• Level 3: Start Value of 9.7 &amp; below</li> <li>• Level 4: No difficulty restrictions</li> </ul>                            |
| Hold Requirement            | <ul style="list-style-type: none"> <li>• 2 second hold for peak and modifier elements (count starts once top is static)</li> </ul>                                    |

### TABLE OF ELEMENTS

| Pyramid Sequences - Levels 3 & 4 |  |       |
|----------------------------------|--|-------|
| Hand Support                     |  |       |
| Pyramid Number                   |  | Value |
| PHS1                             | Structure: 2.1.1 Prim Bases-1 thighstand; Mid Base-stand on thighs arms ext overhead                     | 9.40  |
|                                  | Entry: FC; GRD-PK; VER HSUP I - VER; NO TWIST  |       |
|                                  | Tossers: 2   |       |
|                                  | Dismount: FC; PK-GRD; VER HSUP I - VER; TWIST 180  |       |
|                                  | Catchers: 2  |       |
| PHS2                             | Structure: 3.1.1 Prim Bases-1 thighstand & 1 support in back; Mid Base-stand on thighs arms ext overhead | 9.65  |
|                                  | Entry: FC; GRD-PK; VER HSUP S-VER; TWIST 180   |       |
|                                  | Tossers: 2   |       |
|                                  | Dismount: FC; PK-GRD; VER HSUP S-VER; TWIST 180  |       |
|                                  | Catchers: 2  |       |
| PHS3                             | Structure: 2.1.1 Prim Bases -1 thighstand group; Mid Base - standing on thighs, arms ext overhead        | 9.70  |
|                                  | Entry: FC; SHD-PK; VER-VER HSUP S  |       |
|                                  | Tossers: 1   |       |
|                                  | Dismount: FC; PK-GRD; VER HSUP S- VER; TWIST 180   |       |
|                                  | Catchers: 2  |       |
| PHS4                             | Structure: 1.1.1 Prim Base – standing; Mid Base – shd sit arms ext overhead                              | 9.70  |
|                                  | Entry: FC; SHD-PK; VER-VER HSUP S  |       |
|                                  | Tossers: 1   |       |
|                                  | Dismount: FC; PK-GRD; VER HSUP “S”-VER; TWIST 180  |       |
|                                  | Catchers: 1  |       |
| PHS5                             | Structure: 2.1.1 Prim Bases-1 thighstand group; Mid Base-standing on thighs arms ext overhead            | 10.0  |
|                                  | Entry: FC; GRD-PK; VER-VER HSUP S; TWIST 180   |       |
|                                  | Tossers: 1   |       |
|                                  | Dismount: FC; PK-GRD; VER HSUP S-VER; TWIST 360  |       |
|                                  | Catchers: 2  |       |
| PHS6                             | Structure: 1.1.1 Prim Base-crab; Mid Base-stand arms ext overhead  | 10.0  |
|                                  | Entry: FC; GRD-PK; VER-VER HSUP S; TWIST 180   |       |
|                                  | Tossers: 2   |       |
|                                  | Dismount: FC; PK-GRD; VER HSUP S-VER; TWIST 180  |       |
|                                  | Catchers: 2  |       |
| PHS7                             | Structure: 3.1.1 Prim Bases-1 thighstand & 1 support in back; Mid Base-stand on thighs arms at shd       | 10.0  |
|                                  | Entry: FC; GRD-PK; VER-VER 2FT; TWIST 180  |       |
|                                  | Modifier: H-H; VER 2FT-INV 2H HS; INV 180 (non-press)  |       |
|                                  | Tossers: 1   |       |
|                                  | Dismount: FC; H-H; PK-CRDL; INV 2HS-HOZ; FLIP 90   |       |
| Catchers: 2                      |  |       |

| Pyramid Sequences - Levels 3 & 4 |   |       |
|----------------------------------|---|-------|
| Vertical                         |   |       |
| Pyramid Number                   |   | Value |
| PV1                              | Structure: 2.1.1 Prim Bases – 1 thighstand group; Mid Base – standing on thighs, arms at shd level                                      | 9.50  |
|                                  | Entry: FC; SHD-PK; VER-VER 2FT  |       |
|                                  | Tossers: 1  |       |
|                                  | Dismount: FC; PK-CRDL; VER 2FT-HOZ; FLIP 270 (Front Flip off to Cradle)   |       |
| PV3                              | Structure: 1.1.1 Prim Base – back bend; Mid Base – free standing arms shd level   | 9.80  |
|                                  | Entry: FC; SHD-PK; VER-VER 2FT  |       |
|                                  | Tossers: 1  |       |
|                                  | Dismount: R; PK-CRDL; VER 2FT-HOZ; FLIP 270 (Front Flip off to Cradle)  |       |
| Catchers: 2                      |   |       |
|                                  |   |       |
|                                  |   |       |
|                                  |   |       |
| Pyramid Sequences - Levels 3 & 4 |   |       |
| Inverted                         |   |       |
| Pyramid Number                   |   | Value |
| PI1                              | Structure: 3.1.1 Prim Bases - stand holding feet at shd level 2 under half ext 1 supporting rear seat; Mid Base-squat arms ext overhead | 9.50  |
|                                  | Entry: FC; BLWSHD-PK; VER-INV NON HS; INV 180   |       |
|                                  | Tossers: 2  |       |
|                                  | Dismount: R; PK-CRDL; INV NON HS-HOZ; INV 90; TWIST 180   |       |
| PI2                              | Structure: 2.2.1 Prim Bases standing; Mid Bases- shd sits, arms ext overhead  | 9.60  |
|                                  | Entry: FC; SHD-PK; VER-INV NON HS; INV 180  |       |
|                                  | Tossers: 2  |       |
|                                  | Dismount: FC; PK-GRD; INV NON HS-VER; INV 180   |       |
| PI3                              | Structure: 2.2.1 Prim Bases - back bend; Mid Bases - standing on thighs, arms ext overhead  | 9.80  |
|                                  | Entry: FC; GRD-PK; VER-INV NON HS; INV 180  |       |
|                                  | Tossers: 1  |       |
|                                  | Dismount: R; PK-GRD; INV NON HS-VER; INV 180; TWIST 90  |       |
| PI4                              | Structure: 1.2.1 Prim Base - crab; Mid Bases - free standing on thighs & shoulders arms ext overhead                                    | 10.0  |
|                                  | Entry: FC; GRD-PK; VER-INV NON HS; INV 180  |       |
|                                  | Tossers: 1  |       |
|                                  | Dismount: R; PK-CRDL; INV NON HS-HOZ; FLIP 90   |       |
| Catchers: 2                      |   |       |
|                                  |   |       |
|                                  |   |       |
|                                  |   |       |

## 7. TOSS EVENT (Level 3 & 4 Only)

### EVENT REQUIREMENTS

| TOSS EVENT – LEVEL 3 & 4 |   |
|--------------------------|---|
| Number of Heats          | 2 Optional Heats <ul style="list-style-type: none"> <li>• <b>Heat 1:</b> Open</li> <li>• <b>Heat 2:</b> Synchronized Identical Tosses (2 groups with 5 athletes/group (4 bases, 1 top)</li> </ul> |
| Difficulty Restriction   | <ul style="list-style-type: none"> <li>• Level 3: Start Value of 9.4 &amp; below</li> <li>• Level 4: No difficulty restrictions</li> </ul>  |

### TABLE OF ELEMENTS

| TOSS TABLE OF ELEMENTS     |              |                            |              |                            |              |
|----------------------------|--------------|----------------------------|--------------|----------------------------|--------------|
| FORWARD ELEMENTS           |              | BACKWARD ELEMENTS          |              | ARABIAN ELEMENTS           |              |
| <i>Element</i>             | <i>Value</i> | <i>Element</i>             | <i>Value</i> | <i>Element</i>             | <i>Value</i> |
| Front Flip Pike Open       | 9.3          | Back Salto Tuck            | 9.5          | Arabian Flip Tuck Open     | 9.4          |
| Front Flip Layout          | 9.4          | Back Salto Layout          | 9.65         | Arabian Flip Pike Open     | 9.45         |
| Kick Front Flip Layout     | 9.5          | Kick Back Salto Layout     | 9.75         | Arabian Flip Layout        | 9.5          |
| Front Flip Pike Open 360   | 9.65         | Back Salto Layout 360      | 9.9          | Arabian Flip Tuck Open 360 | 9.7          |
| Front Flip Layout 360      | 9.75         | Kick Back Salto Layout 360 | 10           | Arabian Flip Pike Open 360 | 9.8          |
| Kick Front Flip Layout 360 | 9.85         |                            |              | Arabian Flip Layout 360    | 9.9          |

## 8. TUMBLING EVENT (Levels 3 & 4 Only)

### EVENT REQUIREMENTS

| TUMBLING EVENT – LEVEL 3 & 4 |   |
|------------------------------|---|
| Number of Heats              | <p>6 Optional Heats</p> <ul style="list-style-type: none"> <li>• <b>Heat 1:</b> Duo Pass (2 Athletes) – Identical Tumbling Pass</li> <li>• <b>Heat 2:</b> Trio Pass (3 Athletes) – Identical Tumbling Pass</li> <li>• <b>Heat 3:</b> Quad Pass (4 Athletes) – Identical Tumbling Pass</li> <li>• <b>Heat 4:</b> Open Pass (1 Athlete)</li> <li>• <b>Heat 5:</b> Open Pass (1 Athlete)</li> <li>• <b>Heat 6:</b> Open Pass (1 Athlete)</li> </ul>    |
| Difficulty Restriction       | <ul style="list-style-type: none"> <li>• Level 3: Start Value of 9.0 &amp; below</li> <li>• Level 4: No difficulty restrictions</li> <li>• <b>Repetition Rule</b> – Repetition of a tumbling pass may not occur in a synchronized heat (heats 1, 2, 3) and repetition of a tumbling pass may not occur in an open heat (heats 4, 5, 6).</li> </ul>  |
| Athlete Restrictions         | <ul style="list-style-type: none"> <li>• An athlete may compete a maximum of two (2) heats               <ul style="list-style-type: none"> <li>○ An athlete may only compete in one (1) synchronized heat (heats 1, 2, 3)</li> <li>○ An athlete may only compete in one (1) individual heat (heats 4, 5, 6)</li> </ul> </li> </ul> <p>Example/Clarification: Athlete A may compete in Heat 1 and Heat 5. She may not compete in Heats 2 and 3.</p> |

**TABLE OF ELEMENTS**

| <b>Running Tumbling Passes</b>      |              |                                  |              |                                    |              |
|-------------------------------------|--------------|----------------------------------|--------------|------------------------------------|--------------|
| <b>7.00-7.95 Start Value Passes</b> |              |                                  |              |                                    |              |
|                                     | <b>Value</b> |                                  |              |                                    |              |
| Pass: FHS RO BHS BHS BHS BL         | 7.85         |                                  |              |                                    |              |
| <b>8.00-8.45 Start Value Passes</b> |              |                                  |              |                                    |              |
|                                     | <b>Value</b> |                                  | <b>Value</b> |                                    | <b>Value</b> |
| Pass: RO BHS BT                     | 8.00         | Pass: FHS RO BT                  | 8.05         | Pass: RO BHS WH BHS BT             | 8.30         |
| Pass: RO BHS BL (S/O)               | 8.00         | Pass: RO BHS BL                  | 8.20         | Pass: FT RO BHS BT                 | 8.30         |
| Pass: RO BT                         | 8.00         | Pass: RO BHS WH BHS BHS BT       | 8.30         | Pass: FHS RO WH BHS BL (S/O)       | 8.35         |
| Pass: FHS RO BHS BT                 | 8.05         | Pass: RO WH BHS BHS BT           | 8.30         | Pass: FHS FT RO BHS BT             | 8.40         |
| Pass: FHS RO BHS BL                 | 8.05         | Pass: RO WH BHS BT               | 8.30         | Pass: FHS FT RO BHS BHS BT         | 8.40         |
| <b>8.50-8.95 Start Value Passes</b> |              |                                  |              |                                    |              |
|                                     | <b>Value</b> |                                  | <b>Value</b> |                                    | <b>Value</b> |
| Pass: RO WH BHS BHS BL              | 8.50         | Pass: FHS RO WH BHS BHS BL (S/O) | 8.55         | Pass: FHS FT RO BHS BL             | 8.60         |
| Pass: FT RO BHS BL                  | 8.50         | Pass: FHS RO WH BHS BL           | 8.55         | Pass: RO WH BT                     | 8.70         |
| Pass: RO BHS BL180                  | 8.50         | Pass: FHS RO WH BHS BHS BL       | 8.55         | Pass: RO BHS WH BT                 | 8.70         |
| Pass: RO BL180                      | 8.50         | Pass: FHS RO BHS WH BHS BT       | 8.55         | Pass: RO WH WH BHS BHS BT          | 8.90         |
|                                     |              |                                  |              | Pass: RO WH WH BHS BHS BL (S/O)    | 8.90         |
| <b>9.00-9.45 Start Value Passes</b> |              |                                  |              |                                    |              |
|                                     | <b>Value</b> |                                  | <b>Value</b> |                                    | <b>Value</b> |
| Pass: RO AT RO BHS BT               | 9.00         | Pass: RO AL RO BT                | 9.00         | Pass: RO WH BHS BHS BL360          | 9.30         |
| Pass: RO AT RO BT                   | 9.00         | Pass: RO AL RO BHS BL (S/O)      | 9.00         | Pass: AFW RO BHS BL360             | 9.30         |
| Pass: FHS FL180 BHS BHS BT          | 9.00         | Pass: RO AL RO BL (S/O)          | 9.00         | Pass: RO WH AT RO BHS BT           | 9.30         |
| Pass: FT RO WH WH BHS BL            | 9.00         | Pass: RO AT RO AT RO BHS BT      | 9.05         | Pass: FHS RO WH BHS BHS BL360      | 9.35         |
| Pass: RO WH BHS WH BHS BL           | 9.00         | Pass: FHS RO BHS BL360           | 9.05         | Pass: RO AT RO BHS BHS BL360       | 9.40         |
| Pass: RO WH WH BHS BHS BL           | 9.00         | Pass: FHS RO BHS BHS BHS BL360   | 9.05         | Pass: RO WH AT RO BHS BL           | 9.40         |
| Pass: RO WH BHS BHS WH BL           | 9.00         | Pass: RO WH WH BHS BHS BL180     | 9.10         | Pass: RO BT180 RO BHS BL360        | 9.40         |
| Pass: RO BHS BL360                  | 9.00         | Pass: FHS FL180 BHS BHS BL       | 9.20         | Pass: FHS RO AT RO BHS BL360       | 9.45         |
| Pass: RO BL360                      | 9.00         | Pass: RO AT RO BHS BL            | 9.20         | Pass: RO AT RO BHS BL360           | 9.45         |
| Pass: RO AL RO BHS BHS BT           | 9.00         | Pass: RO AL RO BHS BHS BL        | 9.20         | Pass: RO AL RO BHS BHS BL360       | 9.45         |
| Pass: RO AL RO BHS BHS BL (S/O)     | 9.00         | Pass: RO AL RO BHS BL            | 9.20         | Pass: RO AT RO BL360               | 9.45         |
| Pass: RO AL RO BHS BT               | 9.00         | Pass: RO AT RO AT RO BHS BL      | 9.25         |                                    |              |
| <b>9.50-9.90 Start Value Passes</b> |              |                                  |              |                                    |              |
|                                     | <b>Value</b> |                                  | <b>Value</b> |                                    | <b>Value</b> |
| Pass: FT RO BHS 360                 | 9.50         | Pass: RO WH WH BHS BL360         | 9.70         | Pass: RO AT RO HS BL540            | 9.85         |
| Pass: FHS RO AL RO BHS BL360        | 9.50         | Pass: FHS FT RO WH BHS BL360     | 9.70         | Pass: RO AT RO BHS BHS BL540       | 9.85         |
| Pass: FHS FT RO BHS BHS BL360       | 9.50         | Pass: RO AT RO AT RO BL360       | 9.70         | Pass: RO BHS AT RO BHS BL540       | 9.85         |
| Pass: FHS FT RO BHS BL360           | 9.55         | Pass: FHS FT RO AT RO BL360      | 9.70         | Pass: RO BHS BL540 RO BL (S/O)     | 9.85         |
| Pass: FHS FL180 BHS BHS BL360       | 9.55         | Pass: FT FT RO BHS BL360         | 9.75         | Pass: RO BL540 RO BT               | 9.85         |
| Pass: RO AT RO WH BHS BL360         | 9.65         | Pass: FHS RO BHS BL540           | 9.75         | Pass: RO BHS BL540 RO BT           | 9.85         |
| Pass: RO BHS BL540                  | 9.70         | Pass: FHS FL360                  | 9.75         | Pass: RO BHS BL540 RO BHS BL (S/O) | 9.90         |
| Pass: RO BL540                      | 9.70         | Pass: RO WH BHS BHS BL540        | 9.80         | Pass: RO AT RO BHS BL540           | 9.90         |
| Pass: FHS RO BHS BHS BL540          | 9.70         | Pass: FHS RO WH BHS BHS BL540    | 9.80         | Pass: RO WH W360 BHS BHS BL360     | 9.90         |
| Pass: RO BHS WH BL360               | 9.70         | Pass: RO WH BHS BL540            | 9.80         | Pass: RO WH WH BL360               | 9.90         |
| Pass: RO WH BL360                   | 9.70         | Pass: RO WH AT RO BHS BL360      | 9.80         | Pass: RO AL RO BHS BHS BL540       | 9.90         |
| Pass: FT RO WH BHS BHS BL360        | 9.70         | Pass: RO AT RO BHS WH BL360      | 9.80         | Pass: RO BHS BL540 RO BHS BL360    | 9.90         |
| Pass: RO BHS W360 BT                | 9.70         | Pass: RO AT RO WH BL360          | 9.80         | Pass: FHS FL360 RO BHS BL          | 9.90         |
| Pass: RO WH WH BHS BHS BL360        | 9.70         | Pass: RO BHS BL540 RO BHS BT     | 9.80         | Pass: FHS FL360 RO BL (S/O)        | 9.90         |
| <b>9.95-10.0 Start Value Passes</b> |              |                                  |              |                                    |              |
|                                     | <b>Value</b> |                                  | <b>Value</b> |                                    | <b>Value</b> |
| Pass: RO AL RO BHS BL540            | 9.95         | Pass: RO WH WH WH BHS BL360      | 10.00        | Pass: RO BHS WH BL540              | 10.00        |
| Pass: FHS FT RO BHS BHS BL540       | 9.95         | Pass: RO BHS BL540 RO BL360      | 10.00        | Pass: RO WH BL540                  | 10.00        |
| Pass: FHS FT RO BHS BL540           | 9.95         | Pass: RO BL540 RO BHS BL360      | 10.00        | Pass: FHS FLO360 FLO               | 10.00        |
| Pass: FHS FL180 BHS BHS BL540       | 9.95         | Pass: FHS FT RO WH WH BHS BL360  | 10.00        | Pass: FLO360 FLO                   | 10.00        |
| Pass: FT RO BHS BL540               | 9.95         | Pass: FT RO WH WH BHS BL360      | 10.00        | Pass: RO WH W360 BHS BL (S/O)      | 10.00        |
| Pass: RO W360 BHS BHS BL540         | 10.00        | Pass: RO BL540 RO BL360          | 10.00        | Pass: FT FT RO BHS BL540           | 10.00        |
| Pass: RO W360 BHS BL540             | 10.00        | Pass: RO BHS BL540 FHS FT        | 10.00        |                                    |              |
| Pass: RO BHS W360 BHS BL540         | 10.00        | Pass: RO BHS BL540 FT            | 10.00        |                                    |              |

## 9. TEAM EVENT (Levels 1-4)

### MUSIC REQUIREMENTS

- Time maximum is 2:30 (2 minutes, 30 seconds) for every level.
- Music with lyrics is not allowed.
- A brief voice over introduction is allowed but not required. It can be no longer than 10 seconds.
- A voice may be used as an instrument.
- Lyrics will VOID the routine.
- A “beep” may be used to que the athletes.
- Time starts with the first movement of an athlete in the team.
- Up to one eight count allowed prior to the first movement.
- Time will end when the music ends.
- Athletes will continue to be evaluated if overtime occurs.

### LEVEL 1 & 2 REQUIREMENTS

Failure to meet a special requirement results in the application of a special requirement neutral penalty for omission or partial completion of special requirement.

#### **Points Possible: Level 1 & 2 – 10.0**

#### **Special Requirement 1: Acro**

1. All segments from compulsory acro must be performed in the acro section.
2. Segments must be synchronized sequences of skills in 2 groups synchronize the required elements in the exact order required for compulsory.
  - a. If your team exceeds the required acro elements or 2 synchronized groups, the remaining elements/groups competed will be eligible for execution deductions.
3. The synchronized athletes/groups must be placed next to each other. An individual or a group of athletes performing a different skill/sequence may not be placed between or on the same panels of the synchronized groups.
  - b. All athletes/groups must face the same direction on the mat when performing their skills.

#### **Special Requirement 2: Pyramid**

1. Pyramid segment must be performed as required from the compulsory pyramid heat.
  - a) If your team exceeds the requirement, the remaining elements/groups competed will be eligible for execution deductions.

#### **Special Requirement 3: Toss**

1. Toss must be 2 groups synchronized performing required toss for compulsory.
  - a) If your team exceeds the required 2 synchronized groups, the remaining elements/groups competed will be eligible for execution deductions.
  - b) The synchronized athletes/groups must be placed next to each other.
  - c) All athletes/groups must face the same direction on the mat when performing their skills.

#### **Special Requirement 4: Tumbling**

1. Tumbling must be 6 athletes synchronized performing required tumbling for compulsory. Each segment of tumbling elements may be performed by different groups of 6 athletes.
  - a) If your team exceeds the required 6 synchronized athletes, the remaining elements competed will be eligible for execution deductions.
  - b) All athletes must face the same direction on the mat when performing their skills.

## LEVEL 3 & 4 REQUIREMENTS

| TEAM EVENT – LEVEL 3 & 4 |  |
|--------------------------|--|
| Event Requirements       | The following provides specific requirements by skill area. Levels 3 & 4 have the same special requirements. However, the total maximum points are different per level.                    |
| Difficulty Restriction   | Difficulty restrictions for the Team Event are the same as those of the individual Skill Events (Acro, Pyramid, Toss, Tumbling). Please refer to those events for difficulty restrictions. |

| Special Requirement 1: Acro  |  |                         |
|--|--|-------------------------|
| Points Possible: Level 4 – 20.0 / Level 3 – 18.8   |  | Neutral Penalty Applied |
| 1.   | <p><b>Repetition Rule</b> - An Acro element may not be repeated in the Team Event. The same element may be performed simultaneously if synchronized. Once an element has been performed it may not be competed for the remainder of the team event.</p> <ul style="list-style-type: none"> <li>For example, if a team performs a 1-1, GRD-EXT, VER-HSUP “S” in a synchronized Acro segment, that skill cannot be performed again in another Acro segment.</li> </ul> | Repetition Violation    |
| Special Requirements   |  |                         |
| <ol style="list-style-type: none"> <li>20 Acro Elements</li> <li>A minimum of one Acro segment must include a synchronized sequence of skills in which at least 3 groups synchronize an identical 2 element sequence.               <ol style="list-style-type: none"> <li>If your team exceeds the required 20 acro element, count the highest scoring elements on the Tariff form. The remaining elements competed will be eligible for execution deductions.</li> </ol> </li> <li>In synchronized Acro segments – the synchronized athletes/groups must be placed next to each other. An individual or a group of athletes performing a different skill/sequence may not be placed between or on the same panels of the synchronized groups.               <ol style="list-style-type: none"> <li>During a synchronized Acro segment, all athletes/groups must face the same direction on the mat when performing their skills. All sequences must be visible from entry to dismount for officials.</li> </ol> </li> <li>In non-synchronized Acro segments - athletes/groups are NOT required all to be facing the same direction.</li> </ol> |  |                         |



| <b>Special Requirement 2: Pyramid</b>  |  |                         |
|--|--|-------------------------|
| <b>Points Possible:</b> Level 4 – 20.0 / Level 3 – 19.4  |  | Neutral Penalty Applied |
| 1.   | <b>Repetition Rule</b> - Each pyramid performed in Team Event must be different from the other(s), unless the pyramids are synchronized. | Repetition Violation    |
| Special Requirements   |  |                         |
| <ol style="list-style-type: none"> <li>1. 4 Pyramids</li> <li>2. A minimum of one Pyramid segment must include a synchronized sequence in which at least 2 groups are synchronized and identical.               <ol style="list-style-type: none"> <li>a. To be identical, synchronized pyramids must have the same structure, entry, and dismount.</li> </ol> </li> <li>2. In synchronized Pyramid segments – the synchronized athletes/groups must be placed next to each other. An individual or a group of athletes performing a different skill/sequence may not be placed between or on the same panels of the synchronized groups.               <ol style="list-style-type: none"> <li>a. During a synchronized Pyramid segment, all athletes/groups must face the same direction on the mat when performing their skills. All sequences must be visible from entry to dismount for officials.</li> <li>b. Teams are permitted to perform 4 pyramids in the same segment; however, synchronized pyramids must be placed next to each other (a different pyramid may not be placed in between synchronized pyramids).</li> </ol> </li> <li>3. In non-synchronized Pyramid segments - athletes/groups are NOT required to be facing the same direction.</li> </ol> |  |                         |
| <b>Special Requirement 3: Toss</b>   |  |                         |
| <b>Points Possible:</b> Level 4 – 20.0/Level 3 - 18.8  |  | Neutral Penalty Applied |
| 1.   | <b>Repetition Rule</b> - Each toss performed in Team Event must be different, unless the tosses are synchronized.                        | Repetition Violation    |
| Special Requirements   |  |                         |
| <ol style="list-style-type: none"> <li>1. 4 Tosses</li> <li>2. A minimum of one Toss segment must include a synchronized sequence in which 2 groups are synchronized and identical.               <ol style="list-style-type: none"> <li>a. All toss groups must be comprised of 4 bases.</li> </ol> </li> <li>3. In synchronized Toss segment – the synchronized athletes/groups must be placed next to each other. An individual or a group of athletes performing a different skill may not be placed between or on the same panels of the synchronized groups.               <ol style="list-style-type: none"> <li>a. During a synchronized Toss segment, all athletes/groups must face the same direction on the mat when performing their skills. All sequences must be visible from entry to dismount for officials.</li> <li>b. Teams are permitted to perform 5 tosses in the same segment; however, synchronized tosses must be placed next to each other (a different toss may not be placed in between synchronized tosses).</li> </ol> </li> </ol>   |  |                         |

4. In non-synchronized Toss segments - athletes/groups are NOT required all to be facing the same direction.
5. Angling of a kick, Tuck Open or Pike Open must allow for clear sightline from officials' location at officials table using the following guidelines:
  - a. If a kick is declared the toss group must be angled corner to corner or sideline to sideline. The group(s) may not face the front or back of the mat.
  - b. If a Tuck or Pike Open is declared the toss group must face sideline to sideline. The group(s) may not face corner to corner or the front or back of the mat.

**Special Requirement 4: Standing Tumbling**

|  |   |                         |
|--|---|-------------------------|
| <b>Points Possible:</b> Level 4 – 10.0/Level 3 – 9.0 |   | Neutral Penalty Applied |
| 1.   | Repetition Rule: <ul style="list-style-type: none"> <li>• No repetition rule applies in Standing Tumbling.</li> <li>• Athletes may perform more than one (1) pass.</li> </ul> | Not Applicable          |

**Special Requirements**

1. 10 total passes.
2. 4 passes must be synchronized.
  - a. Standing Tumbling passes may be synchronized in groups of two or more athletes.
3. Standing Tumbling encompasses a single tumbling skill, or series of tumbling skills, being performed from a standing position without previous forward or backward momentum (no steps or hops).
  - a. In Standing Tumbling, athletes are allowed a controlled step for all twisting end skills. No controlled step will be allowed for non-twisting end skills. Athletes must stick landings (consistent with training for Compulsory Tumbling passes).
4. In synchronized Standing Tumbling segments - passes must originate from the same side of the mat, must travel parallel to each other and in reasonable proximity (defined 6-12 feet).
  - a. During a synchronized Standing Tumbling segment, up to 2 synchronized standing tumbling groups may perform passes (the same or different) simultaneously, provided that each group originates from distinctly different areas of the mat.
  - b. A third individual and/or group may not begin their pass until one of the two previous passes is completed.
5. In non-synchronized Standing Tumbling segments - up to 2 passes may be performed simultaneously provided that the individual/groups originate from distinctly different areas of the mat.
  - a. A third individual and/or group may not begin their pass until one of the two previous passes is completed.

| <b>Special Requirement 5: Running Tumbling</b>  |  |                         |
|---|--|-------------------------|
| <b>Points Possible:</b> Level 4 – 10.0 / Level 3 – 9.0  |  | Neutral Penalty Applied |
| 1.  | Repetition Rule: <ul style="list-style-type: none"> <li>• No repetition rule applies in running tumbling.</li> <li>• Athletes may perform more than one (1) pass.</li> </ul> | Not Applicable          |
| <b>Special Requirements</b>   |  |                         |
| <ol style="list-style-type: none"> <li>1. 10 total passes.</li> <li>2. 4 passes must be synchronized.               <ol style="list-style-type: none"> <li>a. Running tumbling passes may be synchronized in groups of two or more.</li> <li>b. Passes must be identical.</li> </ol> </li> <li>3. Running Tumbling encompasses passes being performed front to back (vertical), side to side (horizontal), or corner to corner (back to front only).</li> <li>4. Synchronized or non-synchronized Running Tumbling passes must alternate corners/sides and start 4 counts apart from one another (i.e. 1 and 5).</li> <li>5. In synchronized Running Tumbling segments - passes must originate from the same side or corner of the mat, must travel parallel to each other and in reasonable proximity (defined as 6-12 feet).               <ol style="list-style-type: none"> <li>a. During a synchronized Running Tumbling segment, up to 2 synchronized running tumbling individuals or groups may perform the skills simultaneously, provided that each individual or group originates from distinctly different areas of the mat.</li> </ol> </li> <li>6. In a non-synchronized Running Tumbling segment - up to 2 passes (the same or different) may be performed simultaneously provided that the individual/groups originate from distinctly different areas of the mat.               <ol style="list-style-type: none"> <li>a. Back to back passes performed within a running tumbling segment MAY NOT originate from the same area of the mat.</li> </ol> </li> </ol> |  |                         |
| <b>Special Requirement 6: Dance</b>   |  |                         |
| <b>Points Possible:</b> 10  |  |                         |
| <b>Special Requirements</b>   |  |                         |
| <ol style="list-style-type: none"> <li>1. Dance Composition &amp; Artistry – Fifty percent (50%) of the team must perform a minimum of two (2) 8-counts of dance.</li> </ol>  |  |                         |

## START VALUE CALCULATION (Level 3 & 4)

| Additional Event Clarifications (Level 3 & 4)   |   |
|---|---|
| Start Value Equations   |   |
| <ul style="list-style-type: none"> <li>• Use the Table of Elements section for each segment to determine the sequences/passes that will be used to satisfy the special requirements.</li> <li>• If a segment total results in a value to the thousandths place, round the number to the nearest hundredth – ie. 19.125 &gt; 19.13.</li> <li>• Acro: Add the 20 Acro elements with the highest start value. Divide the sum by 10 for the Acro segment start value.</li> <li>• Pyramid: Add the 4 Pyramids with the highest start value. Divide the sum by 2 for the Pyramid segment start value.</li> <li>• Toss: Add the 4 Tosses with the highest start value. Divide the sum by 2 for the Toss segment start value.</li> <li>• Running Tumbling: Add the 10 Running Tumbling passes with the highest start value. Divide the sum by 10 for the Running Tumbling segment start value.</li> <li>• Standing Tumbling: Add the 10 Standing Tumbling passes with the highest start value. Divide the sum by 10 for the Standing Tumbling segment start value.</li> <li>• Dance: If the team is performing at least two 8-counts of dance, add 10 points to the equation for the Team Event start value.</li> </ul> |   |
| Examples  |   |
| Acro  | $A1 (9.2) + A2 (9.2) + A3 (9.2) + A4 (9.2) + B101 (9.4) + B102 (9.4) + B103 (9.4) + B104 (9.4) + C201 (9.6) + C202 (9.6) + C203 (9.6) + C204 (9.6) + D301 (9.8) + D302 (9.8) + D303 (9.8) + D304 (9.8) + E401 (10.0) + E402 (10.0) + E403 (10.0) + E404 (10.0) = 192/10 = 19.2$ |
| Pyramid   | $PHS1 (9.65) + PV1 (9.5) + PV1 (9.5) + PI2 (9.6) = 38.25/2 = 19.125$  |
| Toss  | $Front Flip Layout (9.4) + Front Flip Layout (9.4) + Back Tuck (9.5) + Back Tuck (9.5) = 37.8/2 = 18.9$   |
| Running Tumbling  | $RO BHS BT (8.0) + RO BHS BT (8.0) + RO BHS BT (8.0) + RO BHS BT (8.0) + RO BHS BL (8.2) + RO BHS BL (8.2) + RO BHS BL (8.2) + RO BHS BL (8.2) + RO BHS BL360 (9.0) + RO BHS BL360 (9.0) = 82.8/10 = 8.28$  |
| Standing Tumbling   | $BT (8.4) + BT (8.4) + BT (8.4) + BT (8.4) + BT (8.4) + SJ BT (8.45) + SJ BT (8.45) + SJ BT (8.45) + SJ BT (8.45) + SJ BT (8.45) = 84.25/10 = 8.425$  |
| Total Team Event Start Value  | $Acro (19.2) + Pyramid (19.13) + Toss (18.9) + Running Tumbling (8.28) + Standing Tumbling (8.43) + Dance (10) = 83.94$   |

**STANDING TUMBLING TABLE OF ELEMENTS (Level 3 & 4)**

| <b>Standing Tumbling Passes</b>     |              |                            |              |                               |              |
|-------------------------------------|--------------|----------------------------|--------------|-------------------------------|--------------|
| <b>8.00-8.95 Start Value Passes</b> |              |                            |              |                               |              |
|                                     | <i>Value</i> |                            | <i>Value</i> |                               | <i>Value</i> |
| Pass: BHS BHS BHS BT                | 8.35         | Pass: BHS BT               | 8.50         | Pass: BT BHS BHS BT           | 8.75         |
| Pass: BHS BHS BHS BL                | 8.35         | Pass: BHS BL               | 8.50         | Pass: BT BHS BHS BL           | 8.75         |
| Pass: BT                            | 8.40         | Pass: CW BT                | 8.50         | Pass: CW BT BHS BT            | 8.75         |
| Pass: BHS BHS BT                    | 8.40         | Pass: CW BL                | 8.50         | Pass: SJ BHS BT BHS BT        | 8.80         |
| Pass: BHS BHS BL                    | 8.40         | Pass: SJ SJ BT             | 8.50         | Pass: SJ BT BHS BHS BT        | 8.80         |
| Pass: SJ BT                         | 8.45         | Pass: SJ SJ BHS BHS BT     | 8.50         | Pass: SJ BT BHS BHS BL        | 8.80         |
| Pass: SJ BHS BHS BT                 | 8.45         | Pass: SJ SJ BHS BHS BL     | 8.50         | Pass: SJ SJ BT BHS BHS BT     | 8.85         |
| Pass: SJ BHS BHS BL                 | 8.45         | Pass: SJ BHS BT            | 8.55         | Pass: SJ SJ BT BHS BHS BL     | 8.85         |
|                                     |              | Pass: SJ BHS BL            | 8.55         | Pass: CW BT BT                | 8.85         |
|                                     |              | Pass: BT BHS BHS BHS BT    | 8.70         | Pass: SJ SJ BT BHS BHS BL     | 8.90         |
|                                     |              | Pass: BT BHS BHS BHS BL    | 8.70         | Pass: SJ SJ BT BHS BT         | 8.95         |
|                                     |              |                            |              | Pass: SJ SJ BT BHS BL         | 8.95         |
| <b>9.00-9.95 Start Value Passes</b> |              |                            |              |                               |              |
|                                     | <i>Value</i> |                            | <i>Value</i> |                               | <i>Value</i> |
| Pass: ACW BT BHS BHS BT             | 9.05         | Pass: SJ SJ BT BT          | 9.35         | Pass: BT360                   | 9.80         |
| Pass: ACW BT BHS BHS BL             | 9.05         | Pass: CW BHS BHS BL360     | 9.50         | Pass: SJ BHS BHS BL360        | 9.80         |
| Pass: CW BT BT BT                   | 9.10         | Pass: BHS BHS BHS BL360    | 9.55         | Pass: CW BT BHS BHS BHS BL360 | 9.85         |
| Pass: ACW BT BHS BT                 | 9.15         | Pass: BT BT BT             | 9.55         | Pass: BHS BL360               | 9.90         |
| Pass: BT BT                         | 9.25         | Pass: ACW BT BT            | 9.60         | Pass: SJ SJ BHS BHS BL360     | 9.90         |
| Pass: SJ BT BT                      | 9.30         | Pass: BHS BHS BL360        | 9.70         |                               |              |
| Pass: ACW BT                        | 9.30         | Pass: CW BL360             | 9.70         |                               |              |
| Pass: ACW BL                        | 9.30         |                            |              |                               |              |
| <b>10.0 Start Value Passes</b>      |              |                            |              |                               |              |
|                                     | <i>Value</i> |                            | <i>Value</i> |                               | <i>Value</i> |
| Pass: SJ BHS BL360                  | 10.00        | Pass: ACW BT360            | 10.00        | Pass: BT360 BT                | 10.00        |
| Pass: CW BT BHS BHS BL360           | 10.00        | Pass: ACW BT BHS BHS BL360 | 10.00        | Pass: BT BT360                | 10.00        |
| Pass: BT BHS BHS BHS BL360          | 10.00        | Pass: CW BT BHS BL360      | 10.00        |                               |              |

## 10. DEDUCTIONS

| NEUTRAL DEDUCTIONS  |                              |
|---|------------------------------|
| <b>Omission of Special Requirements</b><br>- Complete omission of special requirements within a heat  | -2.0/each occurrence         |
| <b>Incomplete Special Requirements</b><br>- Partial completion of special requirements within a heat  | -1.0/each occurrence         |
| <b>Event Violation</b><br>- Failure to compete as stated on Tariff Sheet<br>- Element exceeds allowable difficulty<br>- Failure to perform in mandatory spacing or direction for a specific heat<br>- Obstructing an officials view                       | -0.50/each occurrence        |
| <b>Boundary Violation</b><br>- Any athlete steps out of bounds of the competitive floor   | -0.10/per occurrence         |
| <b>Athlete Restriction/Repetition Violation</b><br>- Athletes violate specific event rules by competing in more than the allowable heats<br>- Elements are repeated and violate specific event rules  | -1.0/each occurrence         |
| <b>Crossover Violation</b><br>- Team competes utilizing an excess number of crossover athletes  | VOID/per occurrence          |
| <b>Spotting Assistance</b><br>- Any contact, intentional or unintentional, by a student-athlete/coach that is on or off the competitive mat during an active heat/event; additional contact that is not required for the execution of the declared skill. | -0.50/each occurrence        |
| <b>Unsportsmanlike Conduct</b><br>- Inappropriate behavior by a coach<br>- Inappropriate behavior by an athlete   | -1.0/each occurrence         |
| <b>Safety Violation</b><br>- Failure to comply with safety guidelines after initial warning   | -0.20/each occurrence        |
| <b>Incorrect Number of Athletes</b><br>- Number of active athletes per pass is less than required minimum<br>- Number of active athletes exceeds maximum allowable  | -0.20/per occurrence<br>VOID |
| <b>Music Deductions (TEAM EVENT ONLY)</b><br>- Time Violation (flat deduction for any amount of overtime)<br>- Absence of Music<br>- Music with Lyrics  | -0.30<br>-2.0<br>VOID        |
| EXECUTION DEDUCTIONS  |                              |
| <b>Flexed feet</b>  | -0.1/per occurrence          |
| <b>Bent Legs or Arms</b>  | Up to -0.3/per occurrence    |
| <b>Leg/Feet separation</b>  | Up to -0.2/per occurrence    |
| <b>Under/Over Rotation</b>  | Up to -0.3/per occurrence    |
| <b>Insufficient Amplitude</b>   | Up to -0.3/per occurrence    |
| <b>Incorrect Body Position</b> ( <i>during skill &amp;/or landing</i> )   | Up to -0.2/per occurrence    |
| <b>Insufficient Stretch/Extension</b>   | Up to -0.2/per occurrence    |
| <b>Failure to Maintain Hold Position (2 seconds)</b>  | Up to -0.2/per occurrence    |
| <b>Incorrect Body Posture on Landing/Catch</b>  | Up to -0.2/per occurrence    |
| <b>Improper Catch for Bases</b>   | Up to -0.3/per occurrence    |
| <b>Deviation</b> ( <i>deviation from square/straight</i> )  | Up to -0.3/per occurrence    |
| <b>Base Structure Proximity</b>   | -0.1/per occurrence          |
| <b>Lack of Continuity</b>   | Up to -0.2/per occurrence    |
| <b>Lack of Synchronization per Heat</b>   | Up to -0.3/per occurrence    |
| <b>Step(s)</b>  | -0.1/each occurrence         |
| <b>Fall(s)</b>  | -0.5/each occurrence         |

## APPENDIX

### RESOURCE LINKS

[Compulsory Videos and Count Sheets](#)

### ABBREVIATIONS

| Acro and Pyramid Abbreviation Key |  |                   |              |                     |              |
|-----------------------------------|--|-------------------|--------------|---------------------|--------------|
| Abbreviation                      | Abbreviated Term   |                   |              | Refers to           |              |
| GRD                               | Ground   |                   |              | Level               |              |
| BLW SHD                           | Below Shoulder   |                   |              | Level               |              |
| SHD                               | Shoulder   |                   |              | Level               |              |
| EXT                               | Extended   |                   |              | Level               |              |
| CRDL                              | Craddle  |                   |              | Level               |              |
| PK                                | Peak (Pyramid)   |                   |              | Level               |              |
| FC                                | Full Contact   |                   |              | Support             |              |
| R                                 | Release  |                   |              | Support             |              |
| HOZ                               | Horizontal   |                   |              | Body Position       |              |
| INV                               | Inversion  |                   |              | Body Position       |              |
| VER                               | Vertical   |                   |              | Body Position       |              |
| NON HS                            | Non Handstand  |                   |              | Body Position       |              |
| 1H HS                             | 1 Hand Handstand   |                   |              | Body Position       |              |
| 2H HS                             | 2 Hand Handstand   |                   |              | Body Position       |              |
| HSUP "I"                          | Hand Support Front Support   |                   |              | Body Position       |              |
| HSUP "L"                          | Hand Support Pike  |                   |              | Body Position       |              |
| HSUP "S"                          | Hand Support Straddle  |                   |              | Body Position       |              |
| 2 FT                              | 2 Feet   |                   |              | Body Position       |              |
| 1 FT                              | 1 Foot   |                   |              | Body Position       |              |
| 1 FT FLEX                         | 1 Foot with the other foot elevated to a flexible position.  |                   |              | Body Position       |              |
| TWIST                             | Degree of Twist followed by the degree amount. Example - TWIST 360 = 360 Degrees of Twist  |                   |              | Action of the Top   |              |
| FLIP                              | Degree of Flip followed by the degree amount. Example - FLIP 360 = 360 Degrees of FLIP. F/B following degree indicates flip direction. FLIP 360 B = A Flip 360 degrees |                   |              | Action of the Top   |              |
| H-H                               | Hand - Hand (Acro/Pyramid)   |                   |              | Point of Connection |              |
| H-F                               | Hand - Foot (Acro/Pyramid)   |                   |              | Point of Connection |              |
| H-W                               | Hand-Waist (Acro)  |                   |              | Point of Connection |              |
| H-T                               | Hand-Thigh (Pyramid)   |                   |              | Point of Connection |              |
| Tumbling Abbreviation Key         |  |                   |              |                     |              |
| Back Elements                     | Abbreviation   | Front Elements    | Abbreviation | Arabian Elements    | Abbreviation |
| Back Handspring                   | BHS  | Front Handspring  | FHS          | Arabian Tuck        | AT           |
| Whip Back                         | WH   | Front Bounder     | FFS          | Arabian Pike        | AP           |
| Whip Back 360°                    | W360   | Front Tuck        | FT           | Arabian Layout      | AL           |
| Back Tuck                         | BT   | Front Pike        | FP           | Other Elements      | Abbreviation |
| Back Pike                         | BP   | Front Layout      | FL           | Straddle Jump       | SJ           |
| Back Tuck 180°                    | BT180  | Front Tuck 180°   | FT180        | Cartwheel           | CW           |
| Back Layout                       | BL   | Front Layout 180° | FL180        | Roundoff            | RO           |
| Back Layout 180°                  | BL180  | Front Tuck 360°   | FT360        | Aerial Cartwheel    | ACW          |
| Back Tuck 360°                    | BT360  | Front Layout 360° | FL360        | Aerial Walkover     | AFW          |
| Back Layout 360°                  | BL360  |                   |              | Step Out            | (S/O)        |
| Back Layout 540°                  | BL540  |                   |              |                     |              |

## DEFINITIONS

- **1 Foot Flex** – An Acro body position in which the top is standing on one leg and holding the other leg with her hand. There needs to be 120 degrees of split or greater between the top's legs.
- **1 Foot** – An acro body position in which the top extends a leg straight out or behind, parallel or above with the ground and chest is up; or a liberty (see definition).
- **Acro** – A skill where top is supported above the performance surface by one or more athletes. An Acro skill is determined to be "Single" or "Double" leg, by the number of hands or feet that the top athlete is being supported by the base(s).
- **Acro-Group** – Group of athletes executing a Acro skill; a minimum of one (1) top and one (1) base. Maximum of four (4) active athletes per acro group. If an athlete is designated as a counter on the Tariff Sheet, then they must remain in that position during that heat.
- **Aerial** – A skill performed without the hands touching the floor or another athlete. Most commonly used to refer to an aerial cartwheel or aerial (front) walkover.
- **Arabian** – A salto that starts with a backward takeoff, lifts into the air, and initiates a (180 degree) longitudinal turn and performs a horizontal axis front salto. Performed in a tuck, pike or stretched position. May also have a step through at the end to connect with other tumbling skills.
- **Ascending Skill** – In Acro skills, any landing position involving a height equal to or greater than the starting position.
- **Assisted Dismount** – A controlled dismount, where the base(s) and/or the back spot (following a pop or a step down from a Acro skill) grabs the flyers waist to control the landing onto the mat.
- **Back Base** – Athlete in a Acro, pyramid, or toss group positioned in the back of the group.
- **Back Bend** – Entry level skill performed with feet slightly apart with arms overhead where athlete arches backwards and lands in a bridge position.
- **(Straight Arm) Back Extension to Handstand** – May be executed in a tuck or pike, back roll with straight arm push to vertical handstand with legs together. Lands on one foot/presses down after static handstand hold.
- **Back walkover** – A controlled tumbling skill initiated from one weight bearing leg with arms stretched overhead, athlete moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time. The legs are in a split position throughout the skill.
- **(Straight Arm) Backward Roll to Push-up Position** – A non-aerial beginning tumbling skill where the athlete rotates backward through an inverted position by lifting the hips over the head and shoulders (horizontal axis rotation) finishing in a hollow body push-up position.
- **Balk** – Running without initiating the tumbling pass. If a hurdle has not been initiated or hands do not touch the mat; in individual tumbling, if an athlete initiates a tumbling pass and balks, they will receive a 0.00 for their attempt; in sync tumbling, if one athlete initiates the pass, pass is considered competed, and deductions will be taken for the athlete who does not complete the pass for special requirements.
- **Barrel Roll** – A release move, where the top's body rotates laterally, while remaining parallel to the performing surface.
- **Base** – Athletes who remain in contact with the ground, or another set of bases providing primary support for the top during an Acro or a pyramid.
- **Block** – A term referring to the action used to increase height by using the arms and shoulders to forcibly push-off the tumbling surface during a tumbling skill.
- **Braced** – In a Acro or Pyramid; when contact is made with the top by a secondary base at or between the elbow and shoulder, at or between the knee and hip, or any place on the trunk or hips.
- **Cartwheel** – A non-aerial gymnastics skill where athlete supports the body weight with the arm(s) while rotating sideways through an inverted position landing one foot at a time.



- **Compulsory** – A required set of identical skills performed in a rotation by each competing team all with a Start Value of 10.00.
- **Counter** - Coaches or athlete may count for heats from designated coaching areas.
- **Cradle Catch/Cradle Position (Bases)** –Bases arms are extended overhead leading into the catch of the top. The catch should occur between the height of the bases’ shoulders and waist.
- **Cradle Catch/Cradle Position (Top)** - The top position may range from hollow body position (between 180 and 170 degrees of open hip angle) to 120 degrees of pike. Arm placement by the top is optional. Tilting of the body position angle (i.e. the chest is higher than the feet) is acceptable, as the top’s chest may be higher due to the catch of the back base behind the top. See example images of the 120-degree minimum and minimum with tilt.
- **Crossover Athlete** – Athletes may crossover one level (up or down). You may have up to 4 crossover athletes on your roster. Age requirements apply.
- **Dismount** – Movement from an Acro or Pyramid to the bases or the performing surface. Can be forward or backward.
- **Element** – In the Acro Event, it is defined as a starting position, a core skill, and a landing position. In the Tumbling Event, it is defined as any individual skill performed.
- **Entry Skill** – Beginning or ascending phase of a pyramid skill.
- **Event** – A subset of the meet, with a unique score set. Events may include compulsory, acro, pyramid, toss, tumbling and team.
- **Execution** – The method and/or process of completion of the skill being attempted also refers to the area in which form deductions are taken.
- **Extended Position** – A top whose entire body is supported by a base whose arms are fully extended. Can also refer to a body position in toss or tumbling.
- **Fall** – An athlete may receive a fall deduction if she makes any additional contact with the floor (hands, knees, etc.) other than what is originally required to complete the declared skills; If an athlete falls during an element, the team will receive full start value credit for the skill if the element was completed/fully performed. They may not repeat the element for a score. Execution errors prior to the fall are taken. A deduction for the fall is taken.
- **Flip** – Half a handspring – Acro and pyramid are the same – 90-180-270 degree backwards motion from feet to hands or 90-180-270 degree forward motions from the hands to your feet; anything greater than 360 degrees is a salto.
- **Front Tuck** – A salto tumbling element performed in the forward direction requiring horizontal axis rotation by punching off the floor with both feet. As the body rises, hips lift up while the torso inverts, rounding the back and bending at the hips and knees into tucked position. Extend the body to land.
- **Full Twist** – A 360° twisting rotation performed
- **Handspring** – A skill requiring hips overhead rotation, and hand contact with the performing surface during which an athlete, upon hitting a handstand body position utilizes a block initiated from the shoulders to propel the body back to an upright and vertical position.
- **Handstand** –A static inverted body position where the arms are extended straight by the head and ears and the athlete’s weight is entirely self-supported through her arms.
- **Heat** – A subset of the event, with a unique Start Value. This is a predetermined skill category or skill combination which is performed in rotation between the competing teams.
- **Identical** - Similar in every detail; exactly alike.
- **Inlocate** - Top stands in front of main base, facing the same way and holding base's hands low behind her. Top jumps as base lifts top hips first to hand to hand OR inv-non-hs if a second base is involved. (tuck or pike).
- **Inversion** – Half a handspring – pyramid and Acro are the same – kicking into or out of a

handstand mimics the motion of a back handspring first 180 degrees of back handspring is a flip; second 180 degrees of back handspring is an inversion. An inversion is defined 90-180-270 degree forward motion from feet to hands or 90-180-270 degrees backward motion from hands to feet; all 360 degree plus are saltos.

- **Inverted** – Top is either in a static handstand or non-handstand body position (INV).
- **Jump** – An airborne position not involving rotation created by using one’s own power to push off the performance surface.
- **Layout (Body Position)** – A stretched body position, straight, hollow, or slightly arched.
- **Layout (Flip or Salto)** - a flip or salto performed in a stretched body position, straight, hollow or slightly arched that should have hip rise. Can be performed forward or backward.
- **Layout Step Out** – Salto performed in the layout position that requires a tumbler to split their legs while inverted (twelve o’clock) and lands on one foot before the other.
- **Liberty** – A vertical one foot no flex hold with one straight/supporting leg and other foot positioned on the inside of the supporting leg (passé). Arm placement is optional but may not be used to hold the leg up.
- **Load In** – When an athlete steps onto the platform of the base and supports themselves with the base(s) shoulder (usually) before an Acro skill, pyramid, or toss.
- **Mat** – The safety surface, 42 x 42 feet of carpet-bonded foam, on which Acro and Tumbling is performed.
- **Meet** – another term for the competition.
- **Mid-level Base** – Athlete(s) serving as a base who is/are weight bearing in support of the top/top level of an Acro or pyramid while not in contact with the ground who is/are being supported by base(s) who are in contact with the ground.
- **Pike** – Body at (90° angle) while legs are kept straight.
- **Pike Open** – athlete performs pike body posture and then opens the body to a layout position.
- **Pop** – controlled upward pushing motion by a base(s) to increase the height of a top to initiate a dismount or a transitional Acro skill.
- **Pop Cradle** – Base initiate squat simultaneously and upon full extension of the legs, release top’s feet and catch in cradle position.
- **Power Press** – A skill beginning at extended level, lowering to shoulder level, and returning to extended level in one continuous motion.
- **Press Down** – Top athlete begins in a handstand position and slowly rolls the body down into a vertical position, legs must be straddled, piked, or straight down.
- **Press Handstand** – Top athlete begins in a seated position or hand grip pike or straddle, and slowly rolls the body up into a handstand position. It must be done with the legs straddled or piked.
- **Primary Base** – In an Acro or pyramid, the base that has the majority of the top’s weight and maintains contact with the ground.
- **Prone Position** – A face down position which requires no break in the body line.