LEVEL 1 - BEG

LEVEL 2 - INT

ACRO

Compulsory
SV = 10.0

- Knee Froggy
- Lay Down Group Plank
- Lay Down Acro Candlestick

PYRAMID

Compulsory
SV = 10.0

Group Knee Handstand

ACRO

Compulsory
SV = 10.0

- Toe Pitch Straight Ride
- Walk Up to Shoulder No Release Front or Rear Dismount
- Lay Down Group Pike
- Prep Cradle

PYRAMID

Compulsory
SV = 10.0

TOSS

Compulsory
SV = 10.0

- Straight Jump off Thighs
- Seated Basket Elevator

TUMBLING

Compulsory
SV = 10.0

- FWD Roll Stand Up
- Lay Down Bridge
- Eagle Jump
- Lunge HS
- Power Start Cartwheel

TOSS

Compulsory
SV = 10.0

- Load In (Step or Jump) - Stand Show Control - Load Out
- Load in (Step or Jump)-Elevator Load Out

TUMBLING

Compulsory
SV = 10.0

Toe Touch
Bridge Kick Over
Step or PH FWO
PH RO RB Stick

TEAM

Compulsory
SV = 40.00

Allowed to perform requirements in any order - Music Choice optional with Max length = 1.45

Requirements

10.0 **Acro** - Must Perform Both Elements - One must be Synchronized and One Performed Solo (Group Plank & Group Candlestick)

10.0 **Pyramid** - Perform One Solo Structure - Group Knee Handstand

10.0 **Toss** - Perform one Solo Toss - Seated Basket Elevator

10.0 **Tumbling** - Perform FWD Roll, Eagle Jump, Lunge Handstand, PH CW

TEAM

Compulsory
SV = 40.00

SV Pending Skills
Values Executed
A value Skills +0.2
B value Skills +0.4
C and higher not allowed
Tumbling is AVG of Pass
SV's for Standing and
Running Separately

Requirements

Acro - Must Perform 2 Elements - One must be Synchronized and One Performed Solo

Pyramid - Perform One Solo Structure

Toss - Must perform 2 elements, One Synchronized and One Solo

Tumbling - Must Perform 2 Standing and 2 Running Elements

LEVEL 3

ACRO
Compulsory SV = 10.0
Toe Pitch Catch Stand - Straight Ride Dismount
Traditional Extension To Cradle
Walk Up to Shoulder - Walk Out to Hands - pop off catch dismount
Ground up Punk Move

PYRAMID
Compulsory SV = 10.0
2-1-1 Straight Support Group Load in From Behind, No release Load out to group

&

TOSS
Compulsory SV = 10.0
- Tuck open (non-flipping)
- Toe Touch

TUMBLING
Compulsory SV = 10.0
- SBHS
- TT BHS
- CW BHS
- RUN HURDLE 2 BHS RB STK

B value = + 0.2 / C value = + 0.4 / D value = + 0.6   Tumbling SV = AVG of Pass Values

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ACRO   OPEN
Open SV = 8.8

Must Perform 4 Acro Elements

PYRAMID   OPEN
Open SV = 8.8

Must Perform 2 Pyramids

TOSS   OPEN
Open SV = 8.8

Must Perform 2 Tosses - 1 Synchronized & 1 Solo

TUMBLING   OPEN
of req. tumblers Team Size/2 -1 [.5 round down]

Must Perform 3 Running and 3 Standing Passes

TEAM
Requirements
(Max Music 2:45 min)

Acro (SV 8.8)
3 Acro Elements
2 synced for large teams + 1 Solo
3 solo small team

Pyramids (SV 8.8)
2 Pyramid Elements

Toss (SV 8.8)
3 Toss Elements
2 synced large team + 1 Solo
3 solo small team

Tumbling (SV AVG Pass Value)
3 synced Standing
3 Running
1 Synced Trio
1 Duo
1 open solo

LEVEL 4

ACRO
Compulsory SV = 10.0

Toe Pitch Catch Stand-double tempo elevator through extension - Straight Ride 1/2 Dismount Extension Lib Arabesque Cradle
Walk Up to Shoulder - Walk Out to Hands -press to extension- pop off catch or cradle dismount
Ground up Punk Move Release w/ assists on elbow and back

PYRAMID
Compulsory SV = 10.0

2-1-1 Straight Support - toe pitch from side in, top release 180 down

&

2-2-1 Shoulder sit Punk

TOSS
Compulsory SV = 10.0

- Full
- 3/4 front tuck

TUMBLING
Compulsory SV = 10.0

- SBHS, bhs
- TT BHS, bhs
- CW BHS, bhs
- fhso, ro , bhs, bhs
- ro, bhs, bt

C = + 0.2 / D = + 0.4 / E = + 0.6 / F = + 0.8 / G = + 1.0 / H = + 1.2

ACRO — OPEN
Open SV = 8.0

Must Perform 5 Acro Elements

PYRAMID — OPEN
Open SV = 8.0

Must Perform 2 Pyramids

TOSS — OPEN
Open SV = 8.0

Must Perform 2 Tosses - 1 Synchronized & 1 Solo

TUMBLING — OPEN

4/5 Element Solo
4 element Duo
4 Element Trio
3 Element Quad
Tumbling SV = AVG of Pass Values

TEAM
Requirements (Max Music 3 min)

Acro (SV 8.0)
4 Acro Elements
2 synced for large teams
+ 2 Solo
4 solo small team

Pyramids (SV 8.0)
2 Pyramid Elements

Toss (SV 8.0)
4 Toss Elements
2 synced large team + 2 Solo
4 solo small team

Tumbling (SV AVG Pass Value)
4 synced Standing
2 sync - 2 solo
4 Running
2 sync - 2 solo