ZONE CHEER ALLSTARS

SEASON 14 PARENT PACKET

ZONE CHEER ALLSTARS

HONORED TO HAVE YOU!

Thank you for choosing to join our Zone Cheer Allstars Family - the longest running competitive cheerleading program in St Johns County. We are so excited to share Season 14 with you and your family!

Zone Cheer has assisted in building healthy, confident and highly skilled athletes throughout our county and surrounding areas. The athletes that are growing up in our cheer family are both academically and athletically strong. Many cheer for their school teams as well as all stars and have a long journey of success that helps them to continue on their successful path of life into college years and adulthood.

At Zone Cheer we utilize the sport of cheerleading as our vessel to assist individuals to grow as strong, respectful and hardworking young adults preparing for the next phase. Cheer offers an outlet for adolescents to free themselves from their daily lives and inspire one another in forming a community approach reaching their highest potential. The lifelong skills that come along with being a Zone athlete will go with them their entire journey.

Our Mission: At Zone Cheer All Stars Inc. we have built our program on a foundation of family, fun, and reaching goals together with athletes and their parents. Our program's focus is placed on each athletes individual social, emotional and athletic growth. We work together for each individual to become a stronger, more confident person each day. Each athlete will learn to work well with others, tolerate differences, overcome adversity, and celebrate success with grace and sportsmanship. We focus on proper progression at a realistic pace for the individuals to be at their highest potential both physically and mentally. Our staff is passionate and dedicates their heart and soul into coaching our classes, teams, and clinics. Since 2009, our program has been serving North Florida with a strong home for children to be apart of and excel in their sport. We vow to continue offering our community the best training facility for cheerleading and tumbling for the years to come.

Cheerfully,

Jessica Moltisanti
Owner/Founder

As of April 2022

ZONE CHEER ALLSTARS

SEASON 14 INFORMATION

EVALUATION SESSION DATES

MAY 16, 17, 18: TUMBLING/JUMPS
MAY 23, 24, 25: STUNTING
LEVEL 1, 2: 4:30-6:30pm
LEVEL 3, 4, 5, 6: 6:30-8:30pm
**Athletes should attend as many sessions as they can for their level*

Team Placement Fee: $125

If you cannot make the dates above we do have a private evaluation/team placement option available. Fee is $60 per athlete.

Throughout evaluations our goal is to place each individual athlete at their highest potential and create the strongest teams possible for the competitive season ahead. We will be available if you are interested in any communication throughout the process. We also will be in contact if your athlete needs to be moved to a different level, up or down. There is always room for advancement as we continue to evaluate all summer and throughout the season. **Athletes are confident when they are placed at the proper level to compete at their mastery level of skill as well as performance and having the ability to fully participate in every aspect of a routine.** A rubric with various stunting/ tumbling skills by level is included at end of this packet.

Evaluation/Team Placement Refund:

Although we offer quite a few novice and prep options, if our staff finds that your athlete is not quite ready for a competitive team for the season or we do not have a team for your athlete and we are unable to place them on a team we will refund 100% of your fee for evaluations and team placement.

Competition Schedule and final pricing will be included in our Season 14 Handbook/Contract. We do plan to hold 1 competition per month beginning in December, but some months may have up to 2 competitions.

ONCE YOU MAKE A TEAM

MONTHLY MEMBERSHIP FEE

- Novice $85
- Prep $125
- Elite $175

SIBLING DISCOUNT

Sibling Discount: 10% off monthly membership after first athlete at full price *(ex: child #1 pays $175 per month, each additional child pays $157.50 per month)*

IMPORTANT DATES

- Teams will be announced on May 28th
- Team Meet & Greet on May 31st
- Team practices begin week of June 13th

Routine Choreography:

- July 15-17
- July 30-August 6
- *Specific dates provided once teams are formed*

Dance Choreography:

- October 7-12th
- *Specific dates provided once teams are formed*

FAMILY TIME MATTERS!

Allstar Vacation Dates:

- No practice: June 1-12th
- No practice: July 1-5th
- No Practice: November 21-25th
- No Practice: December 19 - January 4th
- No Practice: March 10-19th

**All dates have been prorated into the season's monthly membership fees*

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TIERED COMPETITIVE TEAM LEVELS OFFERED:

- **Novice:**
  - Beginning stage of Allstars! Totally new to cheer. Learning basic entry level tumbling, how to count a routine, jump technique, motion technique, entry level stunting and stage performance.
  - Perfect level for new athletes brand new to cheerleading. This is an introduction to the incredible world of competitive all star cheer.
  - Minimum time and cost
  - Teams compete only 1 day at events
  - 4 events per season (in state only)
  - Practice 1 time a week for 1 hour
  - Birth year must be 2015-2018

- **Prep**
  - Level 1 & 2: Next step up from Novice
  - Teams compete only 1 day at events
  - Practice 2 times a week,1.5 hours each day
  - These teams will be more competitive, working towards strong competitiveness, growing in skill and preparing for the highly competitive nature of all star cheer.

- **Elite**
  - Levels 1-6
  - After Novice and Prep is mastered and you are looking for the full experience of competitive cheerleading, Elite teams are the next step to take.
  - Practice 2 days a week, 2 hours a day with many extra team practices and training time.
  - Compete 2 days at events (both in and out of state competitions)

Cost/Tuition:

Competitive cheer can be extremely costly. While it is not as costly as some other youth sports, it is a big financial commitment to consider. There are monthly membership fees, uniforms, and competition expenses but please keep in mind the other expenses that are added like hotel/travel expenses, pro shop items, event t-shirts, backpacks, shoes, practice wear, jackets, hair pieces, etc.

Practice/Attendance:

All teams have weekly practices that are scheduled as well as extra practices that can be added throughout the season as needed during important times. It is expected for all team members to attend all practices. During summer we do understand you have family trips planned out of town, however we expect that if you are in town your athlete is at practice. All competitions are mandatory for each athlete. If an athlete does not attend an event they will not be permitted to compete the remainder of the season. (If there is an emergency we ask that you reach out to us with as much advance notice as possible).

Fundraisers:

We do understand the costly nature of competitive all star cheerleading. We offer one fundraiser per month to assist in offsetting costs. There are several fundraisers that we do each year, but we are open to additional fundraising ideas as well! You will receive your first fundraiser to offset uniform costs upon team placement.

Additional Classes:

You will receive a 50% discount on tumbling classes if you are a part of our all star program. Each additional class will be $40 per month. While it is not required, we do recommend joining one tumbling class throughout the season. Flyer must participate in a flexibility class.

School Cheerleading:

Each season we have athletes who choose to join their school cheerleading teams. In working with parents and school team coaches, we do our best to support these athletes in maintaining a balance of competitive cheer and school cheer. We are proud partners of many St Johns County school cheerleading programs, for both middle school and high school. We work closely with these school team coaches to ensure our All Star competition schedule will not conflict with the school competition schedules and there is a healthy balance between both. However, if there is a conflict, please contact us ASAP so we can work together to plan accordingly.

ZONE CHEER ALLSTARS

Let's connect!

@ZONECHEERINC

@ZONECHEERINC

ZONE CHEER ALLSTARS

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BE SURE TO TAG US! #INTHEZONE14

As of April 2022

ZONE CHEER ALLSTARS

Skills Rubric by Level - Tumbling/Stunting

LEVEL 1

Stunting	Standing Tumbling	Running Tumbling
☐ BACK STAND ☐ PREP LEVEL SHOW & GO STRADDLE SIT • FLAT BACK ☐ EXTENDED STRADDLE SIT ☐ BELOW PREP LEVEL 1 LEG STUNT ☐ EXTENDED FLAT BACK ☐ PREP LEVEL 1 LEG STUNT WITH BRACER ☐ PREP LEVEL TO PRONE ☐ 1 LEG STUNT BELOW PREP LEVEL ☐ SHOULDER SIT ☐ CHAIR ☐ SHOULDER STAND ☐ COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY ☐ TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER ☐ INVERSION TO GROUND LEVEL ☐ SWITCH UP TO LIB BELOW PREP LEVEL ☐ SWITCH UP TO BODY POSITION BELOW PREP LEVEL ☐ TIC TOC BELOW PREP LEVEL (LIB TO LIB) ☐ TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION) ☐ 1/4 TWISTING TRANSITION TO BELOW PREP LEVEL ☐ 1/4 DOWN TO GROUND LEVEL ☐ 1/4 TWISTING TRANSITION FROM PREP LEVEL ☐ STEP DOWN ☐ STRAIGHT CRADLE ☐ TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION) ☐ PREP LEVEL TIC TOC (BODY POSITION TO BODY POSITION) WITH BRACER ☐ 1/4 TWISTING TRANSITION TO PREP ☐ 1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH BRACER	☐ FORWARD ROLL ☐ STRADDLE ROLL ☐ HANDSTAND ☐ HANDSTAND FORWARD ROLL ☐ FRONT LIMBER FRONT WALK OVER ☐ CARTWHEEL ☐ BACKWARD ROLL BACK EXTENSION ROLL ☐ PUSH UP TO BACKBEND ☐ STANDING BACKBEND BACKBEND KICK OVER ☐ BACK WALKOVER	☐ CARTWHEEL ☐ FRONT WALKOVER ☐ ROUND OFF ☐ CARTWHEEL BACK WALKOVER FRONT WALKOVER TO CARTWHEEL/ROUND OFF CARTWHEEL 1/2 TURN FRONT WALKOVER ☐ CONNECTED SKILLS -CARTWHEEL/BACK WALKOVER

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ZONE CHEER ALLSTARS

LEVEL 2

STUNTING

- ☐ INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL
- ☐ INVERSION FROM GROUND LEVEL TO PREP LEVEL
- ☐ SWITCH UP TO LIB PREP LEVEL
- ☐ TIC TOC PREP LEVEL (LIB TO LIB)
- ☐ TIC TOC PREP LEVEL (LIB TO BODY POSITION)
- ☐ 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL
- ☐ 1/2 TWISTING TRANSITION TO PREP LEVEL
- ☐ 1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT
- ☐ 1/2 TWISTING TRANSITION TO PREP LEVEL BODY POSITION
- ☐ 1/4 TWISTING TRANSITION TO EXTENDED STUNT
- ☐ STRAIGHT CRADLE FROM EXTENSION
- ☐ STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION
- ☐ 1/4 TWISTING DISMOUNT FROM PREP OR EXTENSION
- ☐ PREP LEVEL 1 LEG STUNT
- ☐ EXTENSION
- ☐ BARREL ROLL
- ☐ LEAP FROG VARIATIONS
- ☐ 1/2 TWIST TO PRONE
- ☐ WALK IN PREP LEVEL PRESS EXTENSION
- ☐ COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
- ☐ TIC TOC PREP LEVEL (BODY POSITION TO BODY POSITION)
- ☐ 1/2 TWISTING TRANSITION TO EXTENDED STUNT
- ☐ 1/2 TWISTING INVERSION TO EXTENDED STUNT
- ☐ 1/2 TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT
- ☐ 1/2 TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT

STANDING TUMBLING

- ☐ STANDING BACK HANDSPRING
- ☐ BACK HANDSPRING STEP OUT BACK EXTENSION ROLL BACK HANDSPRING
- ☐ BACK WALKOVER BACK HANDSPRING

RUNNING TUMBLING

- ☐ CARTWHEEL BHS
- ☐ ROUND OFF BHS
- ☐ ROUND OFF BHS STEP OUT ROUND OFF BHS SERIES
- ☐ FRONT WALKOVER TO ROUND OFF BHS SERIES

ZONE CHEER ALLSTARS

LEVEL 3

STUNTING

- [ ] INVERTED BELOW PREP LEVEL
- [ ] INVERTED AT PREP LEVEL
- [ ] DOWNWARD INVERSION FROM BELOW PREP LEVEL
- [ ] RELEASE TO PREP LEVEL OR BELOW
- [ ] SWITCH UP TO PREP LEVEL LIB
- [ ] BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL LIB
- [ ] TIC TOC BELOW PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB)
- [ ] TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB)
- [ ] FULL UP BELOW PREP LEVEL
- [ ] FULL UP PREP LEVEL STUNT
- [ ] 1/4 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT
- [ ] FULL UP TO PREP LEVEL 1 LEG STUNT
- [ ] PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT
- [ ] STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT
- [ ] FULL DOWN FROM PREP
- [ ] 1/4 TWISTING DISMOUNT FROM EXTENDED 1 LEG
- [ ] FULL DOWN FROM EXTENSION
- [ ] SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING)
- [ ] FULL TWIST TO PRONE FROM PREP LEVEL
- [ ] EXTENDED 1 LEG STUNT
- [ ] SUSPENDED FRONT FLIP
- [ ] SPECIALTY SUSPENDED FRONT FLIP (NON-TWISTING)
- [ ] SUSPENDED TWISTING FRONT FLIP
- [ ] COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
- [ ] VERSION TO EXTENDED 1 LEG STUNT
- [ ] TIC TOC PREP LEVEL LIB TO EXTENDED BODY POSITION
- [ ] BALL UP OR STRADDLE UP TO PREP LEVEL BODY POSITION
- [ ] SWITCH UP TO PREP LEVEL BODY POSITION
- [ ] RELEASE TO PREP LEVEL BODY POSITION
- [ ] FULL UP TO PREP LEVEL BODY POSITION
- [ ] 1/2 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT
- [ ] PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION
- [ ] 1/2 TWISTING INVERSION TO EXTENDED 1 LEG STUNT
- [ ] FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION)

STANDING TUMBLING

- [ ] BHS SERIES
- [ ] JUMP TO BHS
- [ ] JUMP TO BHS SERIES BHS SERIES JUMP BHS SERIES
- [ ] BHS STEP OUT BHS COMBO

RUNNING TUMBLING

- [ ] AERIALS
- [ ] PUNCH FRONT
- [ ] ROUND OFF TUCK
- [ ] ROUND OFF BHS BACK TUCK ROUND OFF BHS SERIES TO BACK TUCK
- [ ] FRONT WALKOVER TO ROUND OFF BHS BACK TUCK
- [ ] FRONT WALKOVER TO ROUND OFF BHS SERIES BACK TUCK

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LEVEL 4

STUNTING

- [ ] RELEASED INVERSION TO PREP LEVEL OR BELOW RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL
- [ ] DOWNWARD INVERSION FROM PREP LEVEL
- [ ] EXTENDED INVERTED STUNT
- [ ] SWITCH UP TO EXTENDED 1 LEG STUNT
- [ ] RELEASE TO EXTENDED STUNT
- [ ] TIC TOC LIB TO LIB (HIGH TO LOW)
- [ ] HELICOPTER RELEASE MOVES
- [ ] RELEASE TO EXTENDED LIB
- [ ] SWITCH UP TO EXTENDED BODY POSITION
- [ ] FULL TWISTING RELEASE TO PREP LEVEL OR BELOW
- [ ] RELEASE FROM PREP LEVEL TO PREP LEVEL
- [ ] 1 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL
- [ ] 3/4 TWISTING TRANSITION TO EXTENDED STUNT
- [ ] FULL UP TO EXTENDED 2 LEG STUNT
- [ ] 1 1/2 TWISTING TRANSITION TO PREP LEVEL
- [ ] 1 1/2 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT
- [ ] FULL DOWN FROM EXTENDED 1 LEG STUNT
- [ ] DOUBLE DOWN FROM PREP LEVEL
- [ ] KICK FULL TWISTING DISMOUNT
- [ ] COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
- [ ] RELEASED INVERSION FROM BELOW PREP LEVEL TO EXTENDED STUNT
- [ ] TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW BODY POSITION (HIGH TO LOW)
- [ ] BALL UP OR STRADDLE UP TO EXTENDED BODY POSITION
- [ ] RELEASE TO EXTENDED BODY POSITION (NOT INCLUDING SWITCH UP)
- [ ] FULL UP TO EXTENDED LIB (NOT BODY POSITION)
- [ ] 1 1/2 TWISTING TRANSITION TO PREP LEVEL BODY POSITION
- [ ] EXTENDED FULL TWISTING TRANSITION TO EXTENDED STUNT
- [ ] DOUBLE DOWN FROM EXTENDED STUNT
- [ ] FULL TWISTING INVERSION TO EXTENDED STUNT
- [ ] FULL TWISTING TIC TOC RELEASE TO PREP LEVEL 1 LEG STUNT
- [ ] FULL TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL BODY POSITION
- [ ] 1 1/2 TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL 1 LEG

STANDING TUMBLING

- [ ] STANDING BACK TUCK
- [ ] BHS BACK TUCK
- [ ] BHS SERIES TO BACK TUCK JUMP BHS BACK TUCK
- [ ] JUMP BHS SERIES TO BACK TUCK

RUNNING TUMBLING

- [ ] CARTWHEEL BACK TUCK
- [ ] ROUND OFF LAYOUT ROUND OFF BHS LAYOUT/LAYOUT STEPOUT / X-OUT
- [ ] ROUND OFF BHS SERIES TO LAYOUT FRONT WALKOVER THROUGH TO LAYOUT
- [ ] PUNCH FRONT STEPOUT TO LAYOUT
- [ ] ROUND OFF BHS WHIP BHS TO LAYOUT
- [ ] PUNCH FRONT STEPOUT TO ROUND OFF BHS WHIP BHS TO BACK TUCK
- [ ] FRONT HANDSPRING PUNCH FRONT
- [ ] FRONT HANDSPRING PUNCH FRONT THROUGH TO ROUND OFF BHS BACK TUCK/LAYOUT

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LEVEL 5

STUNTING

- ☐ DOWNWARD INVERSION FROM EXTENDED STUNT
- ☐ DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT
- ☐ RELEASED INVERSION FROM PREP LEVEL TO EXTENSION
- ☐ 1/4 TWIST SWITCH UP TO EXTENDED 1 LEG STUNT
- ☐ TIC TOC LIB TO LIB (HIGH TO HIGH)
- ☐ TIC TOC LIB TO LIB (LOW TO HIGH)
- ☐ 1/2 TURN SWITCH UP TO EXTENDED 1 LEG STUNT
- ☐ TIC TOC LIB TO BODY POSITION (LOW TO HIGH)
- ☐ TWISTING HELICOPTER RELEASE MOVES
- ☐ 1 1/4 UP TO EXTENDED STUNT
- ☐ DOUBLE UP TO PREP LEVEL STUNT
- ☐ 1 1/2 - 2 TWIST TO PRONE
- ☐ COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
- ☐ RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED 1 LEG STUNT
- ☐ TIC TOC EXTENDED 1 LEG STUNT TO BODY POSITION (HIGH TO HIGH)
- ☐ SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT
- ☐ 1/2 TWISTING BALL UP TO EXTENDED BODY POSITION
- ☐ 1/2 TWISTING SWITCH UP TO EXTENDED BODY POSITION
- ☐ FULL UP TO EXTENDED BODY POSITION
- ☐ 1 1/2 UP TO EXTENDED STUNT
- ☐ DOUBLE DOWN FROM EXTENDED 1 LEG STUNT
- ☐ 1 4/- 3 4/TWISTING TIC TOC TO EXTENDED 1 LEG STUNT
- ☐ FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH)

STANDING TUMBLING

- ☐ JUMP BACK TUCK
- ☐ BHS SERIES TO WHIPS AND LAYOUTS
- ☐ JUMP BHS SERIES TO WHIPS AND LAYOUTS
- ☐ BHS WHIP BHS SERIES TO LAYOUT/LAYOUT STEPOUT/X-OUT

RUNNING TUMBLING

- ☐ ROUND OFF FULL
- ☐ ROUND OFF BHS FULL
- ☐ FRONT WALKOVER THROUGH TO FULL PUNCH FRONT STEPOUT TO FULL
- ☐ ROUND OFF WHIP BHS TO FULL

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LEVEL 6

STUNTING

- ☐ DOWNWARD INVERSION FROM EXTENDED STUNT
- ☐ DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT
- ☐ RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION
- ☐ RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB
- ☐ 1/4 TURN SWITCH UP TO EXTENDED 1 LEG STUNT
- ☐ TIC TOC LIB TO LIB (HIGH TO HIGH)
- ☐ TIC TOC LIB TO LIB (LOW TO HIGH)
- ☐ 1/2 TURN SWITCH UP TO EXTENDED 1 LEG STUNT
- ☐ TIC TOC LIB TO BODY POSITION (HIGH TO HIGH)
- ☐ TIC TOC LIB TO BODY POSITION (LOW TO HIGH)
- ☐ TWISTING HELICOPTER RELEASE MOVES
- ☐ SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT
- ☐ 1/2 TWISTING BALL UP TO EXTENDED BODY POSITION
- ☐ REWIND TO PREP LEVEL OR BELOW (INT 6 ONLY)
- ☐ FULL UP TO EXTENDED 1 LEG STUNT
- ☐ 1 1/4 - 1 3/4 UP TO EXTENDED STUNT
- ☐ 1 1/4 - 1 3/4 UP TO EXTENDED 1 LEG STUNT
- ☐ DOUBLE UP TO EXTENDED STUNT
- ☐ DOUBLE DOWN FROM 1 LEG STUNT 1 1/2 - 2 TWIST TO PRONE
- ☐ 1 4/- 3 4/TWISTING TIC TOC TO EXTENDED 1 LEG STUNT FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH)
- ☐ RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION
- ☐ SWITCH UP FULL TWIST TO EXTENDED BODY POSITION
- ☐ TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH)
- ☐ FULL TWISTING BALL UP TO EXTENDED BODY POSITION
- ☐ REWIND TO EXTENDED STUNT (INT 6 ONLY)
- ☐ UNASSISTED REWIND TO EXTENDED STUNT (INT 6 ONLY)
- ☐ 1 1/2 TWISTING SWITCH UP TO EXTENDED 1 LEG STUNT
- ☐ 1 1/2 UP TO EXTENDED BODY POSITION
- ☐ 1 3/4 UP TO EXTENDED BODY POSITION
- ☐ DOUBLE UP TO EXTENDED 1 LEG STUNT
- ☐ KICK DOUBLE TWISTING DISMOUNT
- ☐ FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (HIGH TO HIGH)
- ☐ 1/2 TWISTING RELEASED INVERSION TO EXTENDED STUNT
- ☐ FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH)

STANDING TUMBLING

- ☐ JUMP BACK TUCK
- ☐ STANDING FULL
- ☐ JUMP FULL
- ☐ BHS FULL
- ☐ JUMP BHS FULL
- ☐ BHS SERIES TO FULL JUMP BHS SERIES TO FULL
- ☐ BHS WHIP TO BHS SERIES TO FULL
- ☐ BHS SERIES TO DOUBLE FULL
- ☐ JUMP BHS SERIES TO DOUBLE FULL
- ☐ BHS WHIP TO BHS SERIES TO DOUBLE FULL
- ☐ BHS WHIP FULL
- ☐ BHS WHIP DOUBLE FULL

RUNNING TUMBLING

- ☐ FRONT HANDSPRING FRONT FULL
- ☐ PUNCH FRONT STEPOUT TO FULL
- ☐ ROUND OFF BHS WHIP TO FULL
- ☐ ROUND OFF ARABIAN ROUND OFF BHS FULL
- ☐ ROUND OFF BHS FULL BHS SERIES TO FULL
- ☐ ROUND OFF DOUBLE FULL
- ☐ ROUND OFF BHS DOUBLE FULL
- ☐ FRONT WALKOVER THROUGH TO DOUBLE FULL
- ☐ PUNCH FRONT STEPOUT TO DOUBLE FULL
- ☐ ROUND OFF BHS WHIP TO DOUBLE FULL
- ☐ ROUND OFF ARABIAN ROUND OFF BHS DOUBLE FULL
- ☐ ROUND OFF BHS FULL BHS SERIES TO DOUBLE FULL
- ☐ ROUND OFF BHS DOUBLE FULL BHS SERIES TO DOUBLE FULL
- ☐ ROUND OFF WHIP FULL
- ☐ ROUND OFF WHIP DOUBLE FULL
- ☐ ROUND OFF BHS FULL TO WHIP TO DOUBLE FULL