



AASCF - ALL STAR SCORING SYSTEMS – PYRAMIDS

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AASCF.COM.AU

LEVEL 1

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
<ul style="list-style-type: none"> BRACED STUNT SKILLS 	<ul style="list-style-type: none"> BRACED STUNT SKILLS BRACED SWITCH UP TO PREP LEVEL BRACED PREP LEVEL TIC TOC 	<ul style="list-style-type: none"> BRACED STUNT SKILLS BRACED ¼ TWIST TO/FROM PREP LEVEL SINGLE LEG BRACED ¼ TWIST TO/FROM EXTENDED DOUBLE LEG 	<ul style="list-style-type: none"> STUNT SKILLS CRADLE FROM PREP LEVEL SINGLE LEG 	<ul style="list-style-type: none"> BRACED STUNT SKILLS BRACED COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

LEVEL 2

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
<ul style="list-style-type: none"> BRACED STUNT SKILLS BRACED INVERSION FROM GROUND LEVEL TO EXTENDED SINGLE LEG 	<ul style="list-style-type: none"> BRACED STUNT SKILLS BRACED SWITCH UP TO EXTENDED SINGLE LEG BRACED PREP LEVEL TO EXTENDED SINGLE LEG TIC TOC 	<ul style="list-style-type: none"> BRACED STUNT SKILLS BRACED ½ TWISTING TRANSITION TO/FROM EXTENDED SINGLE LEG 	<ul style="list-style-type: none"> STUNT SKILLS STRAIGHT CRADLE FROM EXTENDED SINGLE LEG POSITION ¼ CRADLE FROM EXTENDED SINGLE LEG POSITION 	<ul style="list-style-type: none"> BRACED STUNT SKILLS BRACED COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

LEVEL 3

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
<ul style="list-style-type: none"> BRACED STUNT SKILLS 	<ul style="list-style-type: none"> BRACED STUNT SKILLS BRACED RELEASE TO EXTENDED 2 LEG, ARM BRACED ON 2 SIDES BRACED RELEASE TO EXTENDED SINGLE LEG, ARM BRACED ON 2 SIDES 	<ul style="list-style-type: none"> BRACED STUNT SKILLS BRACED FULL UP TO EXTENDED 2 LEG 	<ul style="list-style-type: none"> STUNT SKILLS 	<ul style="list-style-type: none"> BRACED STUNT SKILLS BRACED COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

LEVEL 4

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
<ul style="list-style-type: none"> BRACED STUNT SKILLS RELEASED BRACED INVERSIONS, BRACED ON 2 SIDES 	<ul style="list-style-type: none"> BRACED STUNT SKILLS BRACED RELEASE TO EXTENDED POSITION, BRACE ON 1 SIDE BRACE RELEASES THAT INVOLVE CHANGING BASES 	<ul style="list-style-type: none"> BRACED STUNT SKILLS BRACED FULL UP TO EXTENDED SINGLE LEG BRACED 1 ½ TWIST TO EXTENDED DOUBLE LEG 	<ul style="list-style-type: none"> STUNT SKILLS 	<ul style="list-style-type: none"> BRACED STUNT SKILLS BRACED COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY



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LEVEL 5 JUNIOR & SENIOR RESTRICTED

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
<ul style="list-style-type: none"> BRACED STUNT SKILLS RELEASED BRACED INVERSIONS, BRACED ON 1 SIDE 	<ul style="list-style-type: none"> BRACED STUNT SKILLS RELEASED BRACED INVERSION THAT INVOLVE CHANGING BASES 		<ul style="list-style-type: none"> STUNT SKILLS 	<ul style="list-style-type: none"> BRACED STUNT SKILLS BRACED COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

LEVEL 5

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
<ul style="list-style-type: none"> BRACED STUNT SKILLS RELEASED BRACED INVERSIONS, BRACED ON 1 SIDE RELEASED BRACED 1 ¼ FLIPPING INVERSIONS WITH ½ TWIST RELEASED BRACE ¾ FLIPPING INVERSIONS WITH MORE THAN ½ TWIST 	<ul style="list-style-type: none"> BRACED STUNT SKILLS RELEASED BRACED INVERSION THAT INVOLVE CHANGING BASES RELEASED BRACED TWISTING INVERSIONS THAT INVOLVE CHANGING BASES 		<ul style="list-style-type: none"> STUNT SKILLS 	<ul style="list-style-type: none"> BRACED STUNT SKILLS BRACED COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

LEVEL 6

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
<ul style="list-style-type: none"> BRACED FLIPPING MOUNTS TO 2.5 HIGH STRUCTURES FLIPPING FREE-FLYING MOUNTS TO 2.5 HIGH STRUCTURES 	<ul style="list-style-type: none"> NON-TWISTING RELEASE MOVES ABOVE 2.5 HIGH FREE-FLYING MOUNTS (NON-FLIPPING) TO 2.5 HIGH STRUCTURES 	<ul style="list-style-type: none"> TWISTING RELEASE MOVES ABOVE 2.5 HIGH 	<ul style="list-style-type: none"> CRADLES AND POP OFFS FROM 2.5 HIGH STRUCTURES (NON-TWISTING) ¾ FRONT FLIP DISMOUNT FROM 2.5 HIGH STRUCTURES TWISTING CRADLES AND POP OFFS FROM 2.5 HIGH STRUCTURES 	

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