



# AASCF - ALL STAR SCORING SYSTEM – TOSSES

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AASCF.COM.AU

## LEVEL 2

NON-TWISTING	TWISTING
STRAIGHT RIDE TOSS	

## LEVEL 3

NON-TWISTING	TWISTING
BALL ARCH, PRETTY GIRL ARCH PIKE ARCH, KICK ARCH BALL-X, TOE TOUCH	FULL TWIST

## LEVEL 4

NON-TWISTING	TWISTING
PIKE-X HITCH KICK SWITCH KICK DOUBLE TOE TOUCH	BALL FULL, PIKE FULL KICK FULL, TOE TOUCH FULL FULL UP TOE TOUCH DOUBLE FULL

## LEVEL 5 JUNIOR & SENIOR RESTRICTED

NON-TWISTING	TWISTING
PIKE HITCH KICK PIKE KICK PRETTY GIRL PIKE SWITCH KICK HITCH KICK KICK	HITCH KICK FULL, SWITCH KICK FULL KICK KICK FULL, PIKE KICK FULL KICK FULL KICK, FULL KICK FULL PIKE DOUBLE FULL, KICK DOUBLE FULL TOE TOUCH DOUBLE FULL, DOUBLE UP TOE TOUCH

## LEVEL 5

NON-TWISTING	TWISTING
PIKE HITCH KICK PIKE KICK PRETTY GIRL PIKE SWITCH KICK HITCH KICK KICK	BALL DOUBLE FULL, PIKE DOUBLE FULL KICK DOUBLE FULL, TOE TOUCH DOUBLE FULL DOUBLE UP TOE TOUCH, HITCH KICK DOUBLE FULL SWITCH KICK DOUBLE FULL, KICK FULL KICK FULL

## LEVEL 6

NON-TWISTING	TWISTING
TUCK X-OUT PIKE LAYOUT	LAYOUT FULL LAYOUT DOUBLE FULL X-OUT FULL SPLIT FULL ARABIAN 1 1/2 PIKE OPEN DOUBLE FULL

*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.*