

| A skills 1 pt | B Skills 2 pts | C skills 3 pts | D Skills 4 pts | E Skills 5 pts | F Skills 6 pts | G Skills 7 pts | H Skills 8 pts |
|-----------------------|----------------------------------|--------------------------------|---------------------------|---|--|--------------------------------|-----------------------------------|
| Sitting Starts | 180 toe turn | toe deep swan | 360 hand to hand | extended flip rollover between the leg | wrap in/wrap out to extended flip | 720 overhead leg out | 1080 overhead (any style) |
| Standing Start | toe hold at knee | 180 handle on knee turn | 360 flip, extend | 180/360 overhead press | 1 arm wrap in/wrap out | 720 overhead to knee | 540 overhead to press (ant style) |
| leg ballet | 180 flip turn | 180 extended flip | 360 extended hand to hand | right 1 arm overhead | 1 arm overhead to wrap in/wrap out | 1 arm 720 overhead | reverse 540 overhead to press |
| toe hold/arm ballet | 180 flip extend | 180 extended hand to hand | 360 extended flip | reverse hand to hand | rope between leg/wrap in/wrap out | reverse 720 overhead | 540 overhead to meltdown |
| rope between leg/arms | 180 hand to hand | 180 rope between the legs | 360 rope between the legs | reverse overhead | overhead press/rope v/between leg (or wrap) | 1 arm reverse 720 overhead | press to overhead 540 |
| | 180 hand to hand extend | 180 flip press(fake press) | 360 overhead (any style) | reverse extension | extended flip to overhead press | 900 overhead to flip or extend | 900 overhead press (any style) |
| | 180/360 extension to split catch | 180 leg around flip | 108/360 split catch | reverse press | back bend to toe swan | | press to press |
| | 180 flip/hand to hand extend | 180 leg around hand to hand | 360 step over | reverse melt down | 360 toe wrap | | 1440 overhead and beyond |
| | | 180 hand to hand back toe turn | wrap in | wrap in/wrap out | reverse wrap in/wrap out | | |
| | | 180 hand to hand/split catch | left 1 arm overhead | 180 wrap in/wrap out | 1 arm overhead press | | |
| | | 180 flip leg around | 1 arm reverse overhead | special starts and landings | 1 arm reverse overhead press | | |
| | | roll over split catch | wrap out | opposite toe turn | wrap in/wrap out to reverse wrap in/wrap out | | |
| | | | | 1 or 2 arm 540 overhead to flip or extension | reverse split catch | | |
| | | | | reverse 540 overhead(flip recover cont. reverse overhead) | press to split catch | | |
| | | | | reverse 1 arm overhead shove ski around(back/ front) | wrap out/split catch | | |
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