

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		