

CHEERSTARS 2025



CHEER
STARS

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WHAT IS ALLSTAR CHEERLEADING?

Allstar Cheerleading is an inclusive team sport that welcomes girls and boys of all ages, body types, strengths, and abilities. It combines jumps, tumbling, stunting, pyramids, and dance into a dynamic 2 ½ minute routine.

There are four participation levels available for Cheer Gyms, Dance Studios and Schools:

CheerStars

CheerStars is designed to bridge the gap between recreational and competitive cheer. It allows teams to participate in modified Levels 1-3, focusing on skill perfection rather than difficulty. Age requirements and team size are also more flexible in this category.

Novice

Novice Cheer is a modified version of Allstar Level 1 and is open to Tiny, Mini, Youth, Junior, and Senior age divisions. It caters for beginner AllStar Cheer teams, including brand new or beginner teams within established programs. The goal of Novice Cheer is to help athletes perfect their basic skills before attempting more challenging ones.

Allstar

Allstar teams are classified into levels based on their age and ability level, ranging from Level 1 (beginner) to Level 7 (elite). These teams follow leveled rules that align with the skill progressions commonly performed in cheerleading.

CheerAbility

CheerAbility enables athletes of all abilities to compete in Allstar Cheer and Dance in Australia on a modified scoresheet. Unified and independent teams are available, allowing programs to promote and grow at their own pace.

WHAT IS CHEERSTARS?

The CheerStars program serves two main purposes:

1. It is an introductory program, bridging the gap between recreational cheerleading and the more competitive Allstar level. The program focuses on the execution and precision of movements rather than prioritizing difficulty. This approach trains athletes to perform clean and precise routines, ensuring they perfect their current skills before moving on to new ones.
2. It acts as a stepping stone for athletes progressing from Allstar Cheer levels 1-3, allowing them to progress and challenge themselves. By utilizing a unique scoring system specifically tailored for CheerStars, this program offers opportunities for gyms, coaches, and athletes to participate in competitions without the strict requirements in terms of age, team size and difficulty.

Within the CheerStars program, there are six levels available:

In simplest terms, “Restricted” levels are equivalent to the Allstar level but have some skill restrictions. This platform offers athletes the chance to progress in their cheer journey, allowing them to grow and improve at a pace that suits their age and skill level.

“Stage” levels are equivalent to the Allstar level but have some flexibility within the athlete ages and team sizes. “Stages” serve as a perfect transition for clubs that may not have enough athletes for a full team, yet still want to challenge and retain those who possess the skills within the level.

Let's break it down for you!

CheerStars Restricted 1:

Equivalent to Level 1 with some skill restrictions, which can be found in the CheerStars Skills List.

CheerStars Restricted 1 serves as an introductory program where athletes can learn the fundamental skills of Cheer while improving their strength, flexibility, balance, coordination, and overall fitness.

CheerStars Stage 1:

Equivalent to Level 1, but allows for smaller team sizes or mixed-age groups that don't meet the ACU Age Grid.

CheerStars Restricted 2:

CheerStars Restricted 2 acts as a stepping stone into Level 2.

This level is equivalent to Level 2 with some skill restrictions (no elite skills permitted).

It offers athletes the chance to further develop their skills and gradually progress to more advanced routines in their cheerleading journey.

CheerStars Stage 2:

Equivalent to Level 2, but allows for smaller team sizes or mixed-age groups that don't meet the ACU Age Grid.

CheerStars Restricted 3:

CheerStars Restricted 3 acts as a stepping stone into Level 3.

This level is equivalent to Level 3 with some skill restrictions (no elite skills permitted).

Athletes in this level will further advance their skills and prepare for higher levels of cheerleading.

CheerStars Stage 3:

Equivalent to Level 3, allowing for smaller team sizes or mixed-age groups not meeting the ACU Age Grid.

If you have any questions or need assistance in determining the right level for your team, please feel free to ask us!

BENEFITS OF OFFERING CHEERSTARS IN YOUR PROGRAM

More Affordable:

We encourage the use of low-cost, athletic-looking uniforms or training apparel. Teams will not be judged based on music mixes, so we encourage affordable music options such as recycled mixes, single songs, or 8-counts. Additionally, there are no choreography scores, eliminating the need for additional choreography expenses.

Safe Progressions = Success

Removing difficulty requirements on the scoresheet allows a safe progression for coaches and athletes in terms of knowledge and skill development. Athletes can focus on learning routines that fit their team while achieving skills without the added pressure. This allows for a more enjoyable and fulfilling experience.

Staff Training:

CheerStars provides excellent opportunities for training new coaches. The program emphasizes teaching clean execution before moving on to more difficult skills. Coaches can grow and learn together with their athletes, developing their coaching skills in the process.

Lifelong Skills:

This program aims to provide a positive and safe experience for athletes, allowing them to learn valuable life skills such as teamwork, discipline, and dedication. The program builds confidence, leadership skills, and resilience, providing long-lasting benefits beyond cheerleading.

Friendships:

Athletes will forge meaningful friendships and create unforgettable memories through the CheerStars program. The team environment cultivates camaraderie and a sense of community.

GUIDELINES

Team Size:

4+ Team Members (any gender)

Age Divisions:

The age grid for CheerStars is:

Tiny: 3 - 6 years

Mini: 3 - 9 years

Youth: 4 - 12 years

Junior: 6 - 15 years

Senior: 8 - 18 years

Open: 14 years & older

Adult: 18 years & older

****Max 2 OOA athletes permitted with no deductions; they must be within 2 years of the age group they are registered to.**

When determining ages, the cut-off is December 31st, 2025, i.e. Open Age, 13yrs & older, and the athlete must turn 13 by 31st December in the year of competition.

Routine Time Limit:

Maximum 2 minutes 30 seconds. There is no minimum music time requirement.

The recommended time limit is between 1 minute 30 seconds and 2 minutes 30 seconds.

Timing will begin with the first movement, voice or note of music, whichever comes first. Timing will end with the last movement, last voice or note of the music, whichever comes last.

Competition Performance Area:

Cheer teams will compete on a 9-run matted or sprung floor, 12.8m (length) x 16.2m (width).

Athletes must remain in the performance area for the duration of the performance. Two feet stepping outside the performance area is classified as “off the performance area” and will be issued a warning.

Choreography:

There are no choreography scores, eliminating the need for additional choreography expenses.

To help you on your way, we have put together some routine 8-count sheet templates as examples to help guide you in constructing your routines.

[Click here for the guidelines](#)

Music:

Teams will not be judged on their music mixes, allowing flexibility and cost-effective options. We encourage using low-cost music options such as recycled mixes, single songs, or 8-count.

To assist Clubs/Studios/Schools, CheerStars offers three FREE pre-mixed music options that can be used for routines at ANY event.

These options include:

- 1 minute 30 seconds
- 2 minutes
- 2 minutes 30 seconds

These tracks are provided in both 8-count and regular music versions. You are welcome to use either version of these tracks at competitions. This music resource aims to support teams in creating routines without additional expenses.

We have also created a link where programs can share recycled music they are happy to share with the community.

[Click here for music](#)

Uniform Requirements:

Teams will not be judged based on their uniform.

We encourage participation rather than costly aesthetics, suggesting teams work with what they already have (such as recycled uniforms) or choose low-cost options. Examples include:

- T-shirts or singlets
- Shorts, bike pants, skirts, or skorts.
- Cheerleading uniforms are allowed but will not be judged.

Midriffs are not permitted.

Soft-soled shoes are required, while dance shoes/boots or gymnastics slippers are not allowed. Shoes must have a full sole.

Jewellery:

Jewellery of any kind is prohibited, including navel jewellery, tongue jewellery, earrings, necklaces, and pins on uniforms.

Rhinestones cannot be adhered to the skin.

Medical bracelets are allowed if taped to the body.

Legalities and Deductions:

All legalities and deductions will apply.

It is our aim to assist coaches to learn & grow from their experiences. The Safety Judge will provide feedback if skills are performed in a way deemed illegal or unsafe in an Allstar division.

Coaches will have the opportunity to contest deductions as per the Event Provider's handbook.

Awards:

Awards will be given as per the relevant Event Providers' handbook.

At a minimum, awards will be presented to 1st, 2nd & 3rd placed teams.

SCORING

BUILDING		
STUNT / TOSS GROUP QUANTITY		
Must be performed by groups of 3-5 athletes. Must be in the same section, rippled or synchronised. Athletes may not be recycled.		
# of Athletes in Team	Majority	Most
5-11	1	1
12-15	1	2
16-19	2	3
20-23	3	4
24-27	4	5
28-31	4	6
32-38	5	7

STUNTS (15 Points)	
STUNT QUANTITY (1-5)	
This category evaluates the number of level-appropriate skills performed by the team.	
Elite skills are allowed but not required as they are not rewarded on this scoresheet.	
Please refer to the table above for the number of stunt groups (3-5 athletes) required for "Most" & "Majority"	
No legal or controlled stunt performed	0
No level appropriate skills performed	1
Less than Majority perform 1 level appropriate skill	2
Majority perform 1 level appropriate skill	2.5
Most perform 1 level appropriate skill	3
Majority perform 2 level appropriate skills	3.5
Most perform 2 level appropriate skills	4
Majority perform 3 level appropriate skills	4.5
Most perform 3 level appropriate skills	5
STUNT EXECUTION (4-10)	
This category evaluates the execution of the stunt technique.	
Bases should demonstrate a strong stance, safe distance between bases, core control, maintain eye contact with the top person and synchronisation with other bases during the entry, stunt and dismount.	
The top person should distribute their weight evenly over the bases and exhibit safe body alignment including but not limited to foot, leg, knee & arm placement.	
Synchronisation is demonstrated between groups.	
No legal or controlled stunt performed	0
Rarely	4
Some of the time	6
Most of the time	8
Always	10

PYRAMID (15 Points)	
A pyramid structure is defined as two or more connected stunts.	
PYRAMID QUANTITY (3 - 5)	
This category evaluates the number of level-appropriate skills & structures performed by the team.	
Elite skills are allowed but not required as they are not rewarded on this scoresheet.	
No legal or controlled stunt performed	0
1 structure performed	3
1 level appropriate skill, 1 structure performed	4
1 level appropriate skill, 2 structures performed	5
PYRAMID EXECUTION (4 - 10)	
This category evaluates the execution of the pyramid technique.	
Bases should demonstrate a strong stance, safe distance between bases, core control, maintain eye contact with the top person and synchronisation with other bases during the entry, stunt and dismount.	
The top person should distribute their weight evenly over the bases and exhibit safe body alignment including but not limited to foot, leg, knee & arm placement.	
The pyramid should be braced evenly without leaning or pulling on bracers.	
Synchronisation is demonstrated between groups.	
No legal or controlled stunt performed	0
Rarely	4
Some of the time	6
Most of the time	8
Always	10

TOSESSES - 10 Points (R2/S2/R3/S3 ONLY)	
TOSS QUANTITY (3-5)	
This category rates the number of legal tosses performed by the team.	
No legal toss performed	0
Less than a Majority of the team performs a level appropriate toss	3
Majority of the team performs a level appropriate toss	5
TOSS EXECUTION (1-5)	
This category evaluates the execution of the toss technique.	
Bases should demonstrate a strong stance, safe distance between bases, core control, maintain eye contact with the top person and synchronisation with other bases during the entry, toss and catch.	
The top person should distribute their weight evenly over the bases and exhibit safe body alignment including but not limited to foot, leg, knee & arm placement.	
Synchronisation is demonstrated between groups.	
No legal or controlled stunt performed	0
Rarely	1
Some of the time	3
Most of the time	4
Always	5

JUMPS (15 Points)	
JUMP QUANTITY (3-5)	
This category evaluates the number of synchronised jumps performed by the team.	
Jumps include: Basic Jumps: Spread Eagle/Star Jump, Tuck Jump Advanced Jumps: Pike, Right/Left Hurdler (Front Or Side), Toe Touch Tiny and Mini: Star and Tuck jumps will be credited as advanced <i>** T/straight jumps are not considered a jump as there is no change in body position**</i>	
No legal or controlled jump performed	0
Majority perform 1 basic synchronised jump	2
Majority perform 1 advanced synchronised jump	3
Most perform 1 basic synchronised jump	4
Most perform 1 advanced synchronised jump	5
JUMP EXECUTION (4-10)	
This category evaluates the execution of the jump technique.	
Skills are performed with a consistent approach across all team members, with clear counts, uniform arm and leg placement, extended feet and controlled landings.	
Synchronisation between athletes is demonstrated.	
No legal or controlled jump performed	0
Rarely	4
Some of the time	6
Most of the time	8
Always	10

TUMBLING (15 Points)	
TUMBLING QUANTITY (2-5)	
This category evaluates the number of level-appropriate tumbling skills performed by the team.	
No legal or controlled skill performed	0
No level appropriate skills performed	1
Less than Majority perform 1 level appropriate skill	2.5
Less than Majority perform 1 level appropriate skill synchronised	3
Majority perform 1 level appropriate skill	3.5
Majority perform 1 level appropriate skill synchronised	4
Most perform 1 level appropriate skill	4.5
Most perform 1 level appropriate skill synchronised	5
TUMBLING EXECUTION (4-10)	
This category evaluates the execution of the tumbling technique.	
Skills are performed with a consistent approach across all team members, with strong body control/shapes throughout the skill, extended legs, pointed feet and completed landings.	
Synchronisation between athletes is demonstrated.	
No legal or controlled jump performed	0
Rarely	4
Some of the time	6
Most of the time	8
Always	10

OVERALL (30 Points)	
DANCE (8.5 - 10) This category evaluates the execution of dance technique, perfection and synchronisation of dance moves performed.	
Rarely	8.5
Some of the time	9
Most of the time	9.5
Always	10
PERFORMANCE (8.5 - 10) This category evaluates the team's energy, excitement, enthusiasm, and showmanship throughout the routine. This will include an appropriate athletic impression throughout the routine.	
Rarely	8.5
Some of the time	9
Most of the time	9.5
Always	10
ROUTINE EXECUTION (8.5 - 10) This category evaluates the team's accuracy in spacing, transitions, formations and clean movement throughout the routine.	
Rarely	8.5
Some of the time	9
Most of the time	9.5
Always	10

SKILLS LIST

BUILDING

RESTRICTED 1					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE STUNT SKILLS		<ul style="list-style-type: none"> Switch up to lib at waist level Switch up to body position at waist level Tic toc at or below waist level (lib to lib) Tic toc at waist level (lib to body position) 	<ul style="list-style-type: none"> ¼ twisting transition to/ from waist level 	<ul style="list-style-type: none"> Step down 	<ul style="list-style-type: none"> Back stand V-sit Flat back Waist level 1 leg stunt Combination of two or more level appropriate skills performed simultaneously
ELITE LEVEL APPROPRIATE	No elite level appropriate skills				
LEVEL APPROPRIATE PYRAMID SKILLS		<ul style="list-style-type: none"> As per level appropriate stunt skills 	<ul style="list-style-type: none"> As per level appropriate stunt skills 	<ul style="list-style-type: none"> As per level appropriate stunt skills 	<ul style="list-style-type: none"> Prep level show and go Extended straddle sit Extended flat back Prep level 2 foot stunt

The following skills are not permitted in Restricted 1:

- Shoulder sit
- Prep level two foot stunt (elevator, cupie, prep level show & go etc)...exception: these skills are allowed in pyramids
- Transitions/dismounts to prone position
- Dismounts to cradle
- Extended two foot stunts (pyramids)
- Prep level one leg stunts (pyramids)

STAGE 1					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE STUNT SKILLS	<ul style="list-style-type: none"> Inversion to ground level 	<ul style="list-style-type: none"> Switch up to lib at waist level Switch up to body position at waist level Tic toc at waist level (lib to lib) Tic toc at waist level (lib to body position) 	<ul style="list-style-type: none"> ¼ twisting transition to/ from prep level or below 	<ul style="list-style-type: none"> Step down Straight cradle 	<ul style="list-style-type: none"> Back stand Prep level show and go V-sit Flat back Extended v-sit Waist level 1 leg stunt Extended flat back Prep level 2 leg stunt Prep level to prone Shoulder sit Combination of two or more level appropriate skills performed simultaneously Shoulder stand Prep level 1 leg stunt with required hand/arm connection with a base Transition from waist level to prep level body position with required hand/arm connection with a base
ELITE LEVEL APPROPRIATE		<ul style="list-style-type: none"> Tic toc at waist level (body position to body position) Tic toc at prep level (body position to body position with bracer) 	<ul style="list-style-type: none"> ¼ twisting transition to prep 		<ul style="list-style-type: none"> ¼ twisting transition to prep level 1 leg stunt with required hand/arm connection with a base
PYRAMID SKILLS	Please refer to the ACU Level 1 appropriate & elite skills and IASF Level 1 rules				

RESTRICTED 2

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE STUNT SKILLS	<ul style="list-style-type: none"> Inversion from ground level to below prep level Inversion from ground level to prep level 	<ul style="list-style-type: none"> Switch up to prep level 1 leg Tic toc prep level (lib to lib) Tic toc prep level (lib to body position) 	<ul style="list-style-type: none"> ½ twisting transition to prep level or below ¼ twisting transition to prep level 1 leg stunt ¼ twisting transition to prep level body position ¼ twisting transition to extended stunt Log roll 	<ul style="list-style-type: none"> Straight cradle from extension Straight cradle from prep level body position ¼ twisting dismount from prep or extension 	<ul style="list-style-type: none"> Prep level 1 leg stunt Extension Leap frog variations ½ twist to prone Walk in prep level press extension Combination of two or more level appropriate skills performed simultaneously
ELITE LEVEL APPROPRIATE STUNT SKILLS	No elite level appropriate skills				
PYRAMID SKILLS	No elite level appropriate skills. Please refer to the ACU Level 2 appropriate skills and IASF Level 2 rules				

STAGE 2

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE STUNT SKILLS	<ul style="list-style-type: none"> Inversion from ground level to below prep level Inversion from ground level to prep level 	<ul style="list-style-type: none"> Switch up to prep level 1 leg Tic toc prep level (lib to lib) Tic toc prep level (lib to body position) 	<ul style="list-style-type: none"> ½ twisting transition to prep level or below ¼ twisting transition to prep level 1 leg stunt ¼ twisting transition to prep level body position ¼ twisting transition to extended stunt Log roll 	<ul style="list-style-type: none"> Straight cradle from extension Straight cradle from prep level body position ¼ twisting dismount from prep or extension 	<ul style="list-style-type: none"> Prep level 1 leg stunt Extension Leap frog variations ½ twist to prone Walk in prep level press extension Combination of two or more level appropriate skills performed
ELITE LEVEL APPROPRIATE STUNT SKILLS	<ul style="list-style-type: none"> Inversion from ground level to extended stunt 	<ul style="list-style-type: none"> Tic toc prep level (body position to body position) 	<ul style="list-style-type: none"> ½ twisting transition to extended stunt 		<ul style="list-style-type: none"> ½ twisting inversion to extended stunt ½ twisting inversion to prep level 1 leg stunt ½ twisting tic toc to prep level 1 leg stunt
PYRAMID SKILLS	Please refer to the ACU Level 2 appropriate and elite skills and IASF Level 2 rules				

RESTRICTED 3

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE STUNT SKILLS	<ul style="list-style-type: none"> Inverted at prep level or below Downward inversion from below prep level 	<ul style="list-style-type: none"> 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) 	<ul style="list-style-type: none"> Full up below prep level Full up prep level stunt ¼ twisting transition to extended 1 leg stunt Full up prep level 1 leg stunt Prep level full twisting transition to prep level 1 leg stunt 	<ul style="list-style-type: none"> Straight cradle from extended 1 leg stunt Full twisting dismount from prep ¼ twisting dismount from extended 1 leg Full down from extension Single skill cradle from 2 leg stunt (non-twisting) 	<ul style="list-style-type: none"> Full twist to prone from prep level Extended 1 leg stunt Suspended front flip Specialty suspended front flip (non-twisting) Suspended twisting front flip Toss hands Single based 1 leg extended stunts Toss hands pause press extension Walk in extension Combination of two or more level appropriate skills performed
ELITE LEVEL APPROPRIATE STUNT SKILLS	No elite level appropriate skills				
PYRAMID SKILLS	No elite level appropriate skills. Please refer to the ACU Level 3 appropriate skills and IASF Level 3 rules				

STAGE 3

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE STUNT SKILLS	<ul style="list-style-type: none"> Inverted at prep level or below Downward inversion from below prep level 	<ul style="list-style-type: none"> 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) 	<ul style="list-style-type: none"> Full up below prep level Full up prep level stunt ¼ twisting transition to extended 1 leg stunt Full up prep level 1 leg stunt Prep level full twisting transition to prep level 1 leg stunt 	<ul style="list-style-type: none"> Straight cradle from extended 1 leg stunt Full twisting dismount from prep ¼ twisting dismount from extended 1 leg Full down from extension Single skill cradle from 2 leg stunt (non-twisting) 	<ul style="list-style-type: none"> Full twist to prone from prep level Extended 1 leg stunt Suspended front flip Specialty suspended front flip (non-twisting) Suspended twisting front flip Toss hands Single based 1 leg extended stunts Toss hands pause press extension Walk in extension Combination of two or more level appropriate skills performed
ELITE LEVEL APPROPRIATE STUNT SKILLS	<ul style="list-style-type: none"> Inversion to extended 1 leg stunt 	<ul style="list-style-type: none"> Tic toc prep level 1 leg stunt to extended body position Release from waist level or below to prep level body position 	<ul style="list-style-type: none"> Full up to prep level body position Full up to extended 2 leg stunt ½ twisting transition to extended 1 leg stunt Prep level full twisting transition to prep level body position Extended full twisting transition to extended 2 leg stunt 		<ul style="list-style-type: none"> Full twisting inversion to extended stunt ½ twisting inversion to extended 1 leg stunt Full twisting tic toc at prep level (1 leg stunt to body position)
PYRAMID SKILLS	Please refer to the ACU Level 3 appropriate and elite skills and IASF Level 3 rules				

TOSSES

RESTRICTED 2	
NON-TWISTING	TWISTING
Straight ride toss – must show a minimum 4 count pause in load position before initiating toss Note: tosses are illegal in mini division.	

STAGE 2	
NON-TWISTING	TWISTING
Straight ride toss Note: tosses are illegal in mini division.	

RESTRICTED 3	
NON-TWISTING	TWISTING
Ball arch; pretty girl arch; pike arch; kick arch; ball x; toe touch	No twisting tosses allowed

STAGE 3	
NON-TWISTING	TWISTING
Ball arch; pretty girl arch; pike arch; kick arch; ball x; toe touch	Full twist

JUMPS

BASIC JUMPS	ADVANCED JUMPS
Spread eagle/ star jump Tuck jump	Pike Right/left hurdler (front or side) Toe touch

TUMBLING

RESTRICTED 1	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
Forward roll; straddle roll; handstand; cartwheel; backward roll; Push up to bridge lower to back (no bridging skills for athletes aged under 5 years) <i>* the onus is on the coach to adhere to this requirement for the safety of their athletes*</i>	Cartwheel; Forward roll cartwheel

STAGE 1	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
Forward roll; straddle roll; handstand; handstand forward roll; front limber; cartwheel; backward roll; Back extension roll; push up to bridge; standing to bridge; Bridge kickover; front walkover; back walkover	Cartwheel; front walkover; round off; cartwheel backwalkover; front walkover to cartwheel/roundoff; cartwheel ½ turn front walkover; Connected skills cartwheel/backwalkover

RESTRICTED 2	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
Standing back handspring (no variations on connections to other skills)	Cartwheel backhandspring; roundoff backhandspring; round off backhandspring step out; front handspring; forward walkover front handspring; Front handspring round off (passes are limited to two connected skills)

STAGE 2	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
Standing back handspring; back handspring step out; Back extension roll back handspring; Back walkover back handspring	Cartwheel backhandspring; roundoff backhandspring; round off backhandspring step out; round off back handspring series; front walkover to round off back handspring series; front handspring; fly handspring; forward walkover front handspring; front handspring roundoff back handspring

RESTRICTED 3	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
Back handspring x 2 series; t jump to back handspring; (no variations and passes are limited to two connected skills)	Aerial cartwheel; punch front; Round off back handspring back tuck; (no variations)

STAGE 3	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
Back handspring series; jump to back handspring; Jump to back handspring series; Back handspring series jump back handspring series; Back handspring step out back handspring combo	Aerial cartwheel; punch front; round off tuck; Round off back handspring back tuck; Round off back handspring series to back tuck; Front walkover to round off back handspring back tuck; Front walkover to roundoff back handspring series back tuck