



Level 1

STUNTS

20

- Poor flexibility in heel stretches / scales / scorpions / arabesque
- Flyers need to be flexible enough to easily snap their leg into position (uniformity.)
- Flyers grab foot in same place / pull skill to the same height / level of flexibility.
- Timing off loading / building into stunts.
- Timing off in stunt transitions.
- Timing off in stunt dismount.
- Flyers need to stand tall/lock out immediately when stunting
- Flyers bending legs when landing in stunts.
- 1/4 Twisting stunts are traveling.
- Stunts are moving / do not look stable
- Spacing off in the stunt sequence.

PYRAMIDS

20

- Pyramid section appears rushed.
- Structures are not locked and held to clearly display a "picture"
- Lacks the ability to show they have mastered their pyramid skills.
- Performs transitional skills and lock out structures with perfect sync and uniformity.
- Spacing off in pyramids.
- Stunts leaning of the bracer.
- Stunts too far out - not clearly demonstrating a connection.
- Straight arms in pyramid connection.
- Bent arms or flyers leaning too far away to try to connect.
- Timing off loading into pyramid skills.
- Timing off building pyramid skills.
- Timing off in pyramid transitions.
- Timing off in pyramid dismount.

TECHNIQUE

10

TOTAL

50