

THE ONE FINALS School Scoring

This is a list of possible skills based on the restrictions for each level set forth by USA Cheer. Skills must follow USA Cheer and NFHS Rules. This is NOT an exhaustive list of all possible skills allowed at each level. In addition, the way a skill is performed also determines whether or not it is legal at each level. Coaches are responsible for familiarizing themselves with the rules for each level.

Novice Stunts	Novice Tumbling	Novice Pyramids
Preps Shoulder sits Thigh stands Floor stunts Gut and Prep level single-leg stunts Inversions from ground level to non-inverted stunts only ½ twisting transitions Straight or ¼ cradles Log rolls TOSSES: Limited to straight ride only	Standing: Forward Rolls Cartwheels/Walkovers/Round offs Standing Back Handspring (NOT series) Running: Cartwheels/Walkovers/Round offs Front handspring series Back Handspring series	Gut and prep level connected skills Extended single-leg skills connected to a bracer
Intermediate Stunts	Intermediate Tumbling	Intermediate Pyramids
½ twisting transitions to extended Single twist transitions to/from prep Release from below prep to prep level Up to 1 ¼ twist from two-leg stunts Up to ¼ twist from single-leg stunts TOSSES: Limited to single twist OR single skill	Standing: Handspring series Running: Round off tucks Round off handspring tucks Aerial cartwheels	*Must follow stunt restrictions in column 1 Extended 2-leg skills can brace each other Release moves that follow NFHS Rules are allowed Braced flips are not allowed
Advanced Stunts	Advanced Tumbling	Advanced Pyramids
Release moves that follow	Standing and Running:	Extended single-leg skills can

<p>NFHS Rules are allowed Inversions that follow NFHS Rules are allowed Twisting release skills are allowed</p> <p>TOSES: Twisting tosses cannot exceed 1 ¼ twist</p>	<p>Jump/Tumble combos are allowed Flipping skills are allowed one twist</p>	<p>be braced with hand/hand or hand/arm connection only Braced flips must have at least one bracer with hand/arm connected in a prep with a spotter Release moves that follow NFHS Rules are allowed Pyramids are restricted to 2 levels</p>
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*TOSES are not permitted for Elementary, Middle or Junior High teams.