

Failure to comply will result in a 5 point deduction

SKILL / VARIATION	STARZ OF TOMORROW	RISING STARZ	ELITE STARZ
Stands – Balances and controlled inversions supported by the head, hands, or shoulders			
Chin / chest / shoulder / elbow stand	✓	✓	✓
Headstand, handstand & walking handstand	✓	✓	✓
Headstand roll & handstand roll	✓	✓	✓
Cartwheels, Walkovers & Limbers – Sideways or backbend-based rotational skills that pass through an inverted position			
Front & back chest roll Single	✓	✓	✓
All variations of cartwheels & round-offs	✓	✓	✓
Front & back limber One leg at a time	✓	✓	✓
Front & back walkovers All variations of front and/or back walkovers	✓	✓	✓
Front & back Arabian limber From 2 feet / 2 knees	✗	✓	✓
Valdez & tinsica / helicopter	✗	✓	✓
Headsprings, Handsprings & Aerials – Airborne Skills that leave the ground with momentum			
Front & back headspring / handspring	✗	✓	✓
Round-off back handspring	✗	✓	✓
Side aerial	✗	✓	✓
Advanced Tumbling – The highest-difficulty tumbling skills, reserved for Intermediate and Elite competitors			
Front aerial & Barani (aerial round-off)	✗	✓	✓
Front toss / flip to sit	✗	✓	✓
Front & back tuck	✗	✓	✓
Layout, layout step out & X-out	✗	✗	✓
Half twist & full twist	✗	✗	✓
Whip back	✗	✗	✓

GENERAL RULES & DEFINITIONS

- Transitional movements — forward & backward roll, shoulder roll, dive roll, fish flop, floor jeté, inversion, floor chassé, floor tuck/pike, candlestick, bridge, butterfly, kip up, and attitude tap (a one-leg kick up to handstand and down with no suspension) — are not acrobatic elements and are not restricted by level.
- An acro/gymnastic element is defined as movements that pass through or stop at a fully inverted (upside down) position with both feet off the floor (the torso and or hips passing or stopping directly over the top of one's head/shoulders.)
- Acro/gymnastic elements performed within a lift involving multiple dancers are not counted as acro skills, provided the dancer performing the acrobatic movement is fully supported by one or more partners from the beginning to the end of the movement. If the dancer is not fully supported throughout the entire lift, the movement will be considered 1 acro trick and will be counted toward the category and level limitations and may result in a 5 point deduction.
- Contortionist elements involving extreme flexibility by twisting and manipulating the body into an unnatural position may result in level promotion.
- Consecutive acrobatic elements are permitted only when each individual element is designated as permissible for that level.
- When multiple dancers execute acro skills in a canon, or perform different skills/passes on the same count, it is counted as one tumbling pass.
- Performances that execute skills beyond their registered level may be subject to point deductions or level promotion.