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**FAME ALL STARS NC**

**HANDBOOK**

Welcome to the FAMEily!

We are excited that you have chosen to be a part of our program and hope that you have a long and rewarding relationship with the FAME family.

Our mission is building self-confidence, self-discipline, teambuilding, and everlasting friendship through cheerleading. We believe that nothing in life worth having comes easy, though with hard work, patience, dedication and focus your potential is limitless. We pride ourselves on setting high standards for our coaches, athletes, and parents. We are dedicated and committed to training our athletes to achieve their goals and to believe in themselves on and off the cheerleading mat.

Another amazing thing you will find about FAME All Stars is our Staff. After years of program development, we have the most loyal, talented, credentialed, and experienced coaches in North Carolina who are dedicated to seeing our athletes through to reach their fullest potential. FAME Coaches are more than just cheerleading coaches. They are mentors and positive role models for our athletes and take pride in watching our athletes grow each day in life and in cheerleading. We have found the best ways to further progress our athletes so each season they are noticing an exponential amount of growth. We have modified our handbook in order to better serve our FAME community and know that with commitment we will have our best season yet!

Although FAME is one of the biggest programs in the country, we are a FAMILY. Above all else we will maintain a wholesome, positive, and encouraging environment where the cheerleaders LOVE to be! We strongly value sportsmanship, dedication, integrity, caring, and FUN. When you come to FAME you will train inside our facility, be instructed by amazing coaches, and become part of one of the top programs in the country for a lower cost than most of our competitors. We are excited to welcome you to the FAME Family!

Viewing LOBBY

Our Lobby is an opportunity for parents to see their athlete practice. Owners hold the right to close the parent viewing room if actions become unsportsmanlike.

* During any team’s choreography session, the viewing room will be closed to all parents. This means parents are unable to sit upstairs and watch while the routine is being created.
* Our Lobby and viewing room are always under video/audio surveillance, please know inappropriate behavior by parents or family members in the lobby CAN result in parents being permanently excused from viewing room. Further actions can include athlete(s) and family being removed from the program.
* The Lobby is a privilege that will be protected when possible.

ATHLETE/TEAM RULES OF CONDUCT

* **All practices after September 1st are MANDATORY.**
* **MANDATORY** that athletes wear FAME practice wear/apparel on the correct nights of practice.
* **MANDATORY** that athletes are in full uniform at awards ceremonies during competitions.
* **MANDATORY** to stay for all awards ceremonies to support your fellow teammates.
* No profanity or abusive language. This including speaking negatively at/about other athletes.
* **NO BULLYING**. This means in or outside the gym, also in person or over any media platform.
* If an extracurricular activity or work regularly interferes with our mandatory practices or competitions, you will have to choose which activity you will continue. All practices after September 1st are **MANDATORY** unless otherwise noted by a coach of the team.
* Cold, stomachache, cramps etc. will not be included in excused practice unless parents provide a doctor’s note upon the athletes return. Athletes are asked to come watch practice. They are allowed and encouraged to wear mask during this time.
* All athletes must show good sportsmanship at all times.
* **FACEBOOK, TWITTER & SOCIAL NETWORKING WEBSITES ARE TREATED AS IF SPOKEN IN PERSON TO YOUR COACH AND YOU ARE THEREFORE RESPONSIBLE FOR ANYTHING SAID ON THESE. TRASH TALKING, BAD MOUTHING, OR DISRESPECTING TEAMMATES, COACHES, OTHER PROGRAMS OR FAME, DIRECTLY OR INDIRECTLY, WILL NOT BE TOLERATED.**
* You are required to pick up after yourself. Please don’t leave empty drink/food containers lying around the gym. This is your facility so take pride in how it looks!
* Awards ceremonies are mandatory. If you do not attend your awards ceremony, due to an emergency, please make the proper arrangements with your **Team Mom** prior to awards so they can hold your medal, jacket, etc. If arrangements are not made, we **cannot** guarantee the item will be received.
* Athletes must be in FULL uniform or warm-ups during awards ceremonies. This includes shoes, hair accessories, & makeup.
* Athletes must compete on their age-appropriate team before crossing over to additional teams, Coaches reserve the right to make team adjustments and/or placements that benefit the team rather than the individual.
* Athletes must avoid excessive rough play the week of competitions to avoid possible injuries.
* Fame Fun Gym are off limits to full year athletes the Friday prior to competition.
* Fame reserves the right to remove any cheerleader or parent temporarily or permanently from the program if we feel any behavior is unbecoming of a FAME athlete or Parent.
* **There is to be absolutely no creation of clothing that has FAME, its team names or any version of its logo. FAME is a registered trademark and will be protected. We will dismiss your athlete from the program if you are caught making, selling or distributing any clothing, or items of any kind with the FAME Logo, Brand or team names while you are at the gym. All clothing made for FAME and its teams will be done through FAME All Stars only.**

PARENT RULES OF CONDUCT

* Good sportsmanship is **MANDATORY** at all competitions, practices, and gym functions. Speaking negatively about athletes in program is prohibited
* Spectators must wear FAME attire/colors to all Fame events. Competition Routines may not be posted on social media platforms unless otherwise spoken by owners.
* No parent is allowed in the gym at any time for any reason. Please connect with your team mom if you need to reach a coach or athlete during practice/class times.
* Under **NO** circumstance should you enter the practice area at the FAME gym or any warm-up area at any competition.
* Do not try to yell or get your child’s attention on the floor during practice at the FAME gym or any warm-up area at any competition.
* Do not gossip about other children, coaching staff, other teams. If this becomes a problem, it will result in closed practices at any time.
* Please feel free to speak to your coaches, just remember to do it at the appropriate time. Do not interrupt practice or team meetings. Please ask to speak in private if the matter is sensitive or confidential.
* Please do not text a coach during practice or call/text after hours. This includes Facebook messenger.
* If you threaten to quit or pull child from the program, you may be dismissed from the program immediately.
* It is **YOUR** responsibility to know what is going on with your team. Please check Band or Facebook groups regularly.
* Please do not punish your child with practices or competitions. At that time, you are punishing the entire team/program.
* Never speak or approach a competition official such as a judge.
* Please respect the decisions the coaching staff at FAME make. We have years of experience and will make the best decisions for the entire team/program.
* There should be no aggressive conversations with coaches through text/direct message
* Conversations of concern may only take place at Fame Allstars with both Owner & Coach present.
* Please be aware that FAME is privately owned and operated, and should parents or cheerleaders engage in behavior that is unbecoming of a representative of FAME, we reserve the right to remove parents or cheerleaders from the program temporarily or permanently.
* **FACEBOOK, TWITTER & SOCIAL NETWORKING WEBSITES ARE TREATED AS IF SPOKEN IN PERSON TO A COACH AND YOU ARE THEREFORE RESPONSIBLE FOR ANYTHING SAID ON THESE. TRASH TALKING, BAD MOUTHING, OR DISRESPECTING TEAMMATES, COACHES, OTHER PROGRAMS OR FAME WILL NOT BE TOLERATED, DIRECTLY OR INDIRECTLY.**
* **There is to be absolutely no creation of clothing that has FAME, its team names or any version of its logo. FAME is a registered trademark and will be protected. We will dismiss your athlete from the program if you are caught making, selling or distributing any clothing, or items of any kind with the FAME Logo, Brand or team names while you are at the gym and a $500 Fine will be charged to your account. All clothing made for FAME and its teams will be done through FAME All Stars only.**
* Spectators may not hold phones/iPad or any electronics devices during teams’ performances. We ask our parents to be as LOUD AS POSSIBLE cheering their athletes on. FAME NC have personnel in place to get good quality videos for our families to share with whom they choose to.

ATTENDANCE, TARDINESS, & ABSENCES

**All Practices become MANDATORY After September 1st.**

Being an athlete on a team at FAME is a commitment. Parents/Athletes are required to notify their team coach if they are missing for any reason. Parents will immediately be notified regarding whether the practice will or will not be excused. Excessive tardiness and absences are both harmful and disruptive to the team and very discouraging for the coaches and the other athletes on the team. Athletes will have a 10-minute grace period for tardiness. Once an athlete has been over 30 minutes late to practice, they will receive an unexcused absence. Every single person is vital to the success of the team and attendance is very important to the success of every practice.

Summer Practices…We realize that families take vacations during the summer. Please communicate these dates directly to your Team Mom. Summer practices are a great time to work on individual skills. While practice are not mandatory at this time, missing summer practices can still greatly affect your position on the team. Coaches are prepared to spend a lot of time tumbling and stunting during these practices\*\* While every effort should be made to attend practices, all Practices **become MANDATORY after September 1st.**

PAYMENTS, FINANCIAL OBLIGATIONS, & POLICIES

* **All payments are non-refundable.**
* **Auto Draft is the FAME Method Payment.**
* **All accounts must be paid via auto debit linked on your parent portal**
* If you are UNABLE to use auto draft, you have the option to pay via check, cash, non-draft by the first of each month.
* Tuition payments are due on the 1st of each month. Payments made on or after the 11th will have a $25.00 late fee applied to their athlete’s account.
* All checks should be made payable to FAME ALLSTARS NC with your child’s full name in the memo section. There is a $35.00 return check charge. If at any time during the season you have a returned check, FAME will no longer accept personal checks from you.
* **Placing an order for an extra Fame item with an outstanding balance on your account will automatically forfeit your item and be placed towards payment of account.**
* If at any point in the season your account has a balance over $200 your child will not be able to participate in team practices until your account is paid in full. Athletes are still expected to come to practices to watch during this time if they wish to remain in their role.
* Missing practice due to payment will not be excused. Missing three consecutive practices during this time, will be an automatic removal from team and a re-choreography charge depending on when athlete was removed.
* Parent Portal accounts must not owe a balance two weeks prior to the last competition of the season.
* During all gym closings and breaks full gym fees still apply.
* Parents wishing to split payments on a single account; Must have a primary card on file and will need to make the secondary payment at the front desk using a card manually.
* **Payments for apparel must be made at the time of purchase.**
* **Please be prepared to make your payment for uniform on time.**
* We accept full season payoffs and offer additional discounts for any full year pay offs. Parents wishing to pay the entire season in full will receive 1-month tuition free. This offer opens during registration period and expires June 30th ***We only accept cash payments for this offer.***
* Team apparel is not mandatory but highly suggested to keep the team unified.

Tuition does not pay for a specific FAME team. Individuals must meet the level skill requirements to maintain placements on team. Mandatory tumbling or skills classes will be assigned as needed. Athletes can be moved to an alternate position if they do not maintain the skill requirements. We believe in perfection before progression. We will not allow athletes to learn advanced tumbling skills before perfecting their basics and team tumbling requirements. Proper technique is everything and only perfected skills will be choreographed in a Fame routine.

**Fame Payment Schedule**

**May: Tuition ($100+Registration)**

**June: Tuition / Camp & Showcase  
July: Tuition / Choreography Fee + Music  
August: Tuition / Uniform Fee + Bow   
September: Tuition / Competition Fee   
October: Tuition / Competition Fee + Show Day**

**November: Tuition / Competition Fee**

**December: Tuition / Coaches Fee + TCG  
January: Tuition / Competition Fee   
February: Tuition / Competition Fee**

**March: Tuition / Competition Fee**

**April – Tuition / Banquet**

**TUITION AND FEES**

**MONTHLY TUITION (Auto Draft Only)**

Monthly tuition includes weekly team practices and any additional Fame class

Prep $120.00 (4 Hours of Practice Time/week)

Tiny (Elite) $135.00 (4 Hours of Practice Time/week)

Mini, Youth, Juniors, Seniors $160.00 (5 Hours of Practice Time/week)

Crossover $35.00

Boys $FREE.00 (Tuition Only)

Siblings Discount $25.00 - (Mini-Senior only/Excludes Prep & Tiny Elite)

**CHOREOGRAPHY + MUSIC FEE**  Tiny (Elite)/Prep $165.00

Mini, Youth, Junior, Seniors $215.00

Crossover $95.00

Music $75.00/per team

**UNIFORMS AND PRACTICE WEAR**

Practice Wear $80.00- Practice wear includes Tank Top, Shorts, Sports Bra

Elite Uniform $375.00

BLACK Shoes $100.00 – Order directly through Rebel link.

Competition Bows $25.00 – Per athlete

**TEAM SKILLS CAMP**

1st Team $75.00 – Camp(s)

Crossover $75.00

**COMPETITION FEES** Made in $150/monthly Installments beginning in September

Prep Teams made in $115/monthly installments beginning in September

Main travel Teams $900

Prep Teams $690

Crossover $480 (Increments of $80)

Fame Greenville Showcase $45 – Per athlete / Team

FAME ALLSTARS SHOWDAY $45 – Per athlete / Team

**MICS FEES**

Fame Banquet $80 – Per athlete /includes 2 parents

Yearly Coaches Fees $75 – Per athlete / Team

USASF Yearly Membership $49 – This is to be completed by the parents at usasf.net. Must be done by August 1st.

Team Competition Gifts $75 – Per athlete/ Team (Only for 2-day Events)

REFUNDS

Under no circumstances will there be any form of refund regardless of the reason. We are under no obligation to buy back any uniforms, practice wear, or shirts purchased by any member if they decide to leave the program. If you have prepaid any expenses, they will not be refunded for any reason. If an athlete quits, any payments up until that point will not be refunded and the escrow balance will need to be paid in full. Tuition will need to be paid through the month the athlete is no longer active in the program.

ALTERNATES

While we expect all athletes to keep their skills all season, we also understand that uncontrollable circumstances, such as injury, illnesses, missing practices, could occur during the season. Athletes at the beginning of the season will be asked if they are willing to be an alternate in the event of emergency. In the event one of these athletes is needed, they will be required to attend all practices. The policy for missed practices will still apply no matter the notice of time given by the owners or coaches. These athletes are not required to pay crossover competition fee, crossover tuition, crossover choreography or music, an additional coach’s fee, or team gift unless they have become an active athlete on the floor. Coaches may substitute a team alternate for any athlete(s) in that pool of alternates list that neglects to perform in their tumbling or stunting positions. In the event of an athlete is substituted in their current routine, they will be placed on the next best team that best fits their current consistent ability.

Removal from a Team/Program

* FAME requires a **written notice** if your child will be leaving the program. This notice should be emailed to Famegreenville@gmail.com, subject lined “Removal from Program- Last name, first name”.
* There is a $200 Re-choreography Fee if you quit after team Choreography, please note your account will charged for the corresponding amount upon termination.
* **IF you do not wish to have a card on file you must write a $200 deposit for your athletes with first name, last name in the memo. This will be applied to your last month tuition/cost etc.**
* Until written notice is received your account will continue to be charged based on the pricing schedule listed above.
* **If you are removed from any team by owners at any point in the season due to handbook violation, the $200 re-choreography fee will still be applied to your account. All other cases will be at the discretion of the owners.**

SUMMER ALLSTAR SCHEDULE

May 18th-19th Tryouts (More Info to come)

May 20th-30th Levels Training

May 27th Memorial Day

June 3rd Team Practices Begin

June 26th-28th Team Skills Camps

June 29th-July 7th Gym Closed

July 29th-August 2nd Team Choreography

CLOSURE DATES

May 27th Memorial Day

June 29th-July 7th Independence Day Break

August 26th-September 3rd Start of Public-School Break / Labor Break   
November 27th - 30th Thanksgiving Break   
December 21st – January 1st Christmas/New Year’s Break

March 15th-23rd Spring Break (No Allstar Practices)

April 20th Easter Sunday

PRIVATE LESSONS

Privates are an excellent opportunity for FAME athletes to grow and excel their skills. All privates must be scheduled through our parent portal at Fameallstarsnc.com. Payments are due at the time of booking with no outstanding balance on your FAME account. Please give instructor 24-hour notice if you need to cancel your lesson. Lessons cancelled by the parent/athlete within 24 hours of the lesson will **not** be refunded. Athletes may not take lesson after 6:00pm on Fridays. Stunt Privates are only offered by the hour. You are only to pay for privates through IClassPro. You will be charged the cost of the private if caught paying coaches directly. Coaches will not be required to refund parents who pay directly.

**Hour - Privates**

Solo – $60

Duo – $50 per athlete

Trio – $40 Per athlete

**Half Hour Privates**

Solo – $30

Duo – $25 per athlete

Trio – $20 Per athlete

Private Lesson Pricing

**Max 3 athletes per lesson**

Communications

We communicate all program and team information using the BAND app. Once registered for the 2023-2024 All Star season, parents will receive the BAND invitation link via email. After team placements families will receive an additional team only page, which specifically addresses your athletes’ team.

**Keep up with all team announcements through BAND**

All teams will receive at least two practice calendars each season. The first calendar will be added to your team reveal and will include practices from June till August 31st. This calendar will include your teams practice days/times, skills camp, choreography camp, any fundraiser opportunity, and team bonding. The next calendar will be handed out by August 15th and will include practices from September 1st till the last team competition of the season. In the event teams receive a bid, they will receive an additional practice schedule to accommodate the additional practices.

Competitions

A preliminary schedule will be posted for parents to have a general idea of when their athletes’ team will perform at the beginning of the competition week. Thursday prior to competition weekend, the schedule will be final and team personnel will distribute the form with meet times, performance time and awards times to teams. Athletes that miss practices 7 days prior to competition will be charged a $100 missed practice fee.

Our competition schedule will be released on August 15th unless stated otherwise by the owners.

‘End of Season Events” determined based on bid received

Summit

All Junior/Senior elite teams will compete for a bid to the Summit at all Varsity events. The Summit is an invitation only competition at Disney’s ESPN WIDE WORLD OF SPORTS COMPLEX where teams from all over the world travel to compete for the SUMMIT CHAMPIONSHIP title. We will accept all bids being offered for this event.

* Wild Card Bids – Invitation to compete bid. The Wild Card round is Friday. Wild Card teams compete for their chance to advance to the FINAL Round on Sunday
* At-Large Bids - Invitation to compete bid. The At Large round is Saturday. At Large teams compete for their chance to advance to the FINAL Round on Sunday
* Partial Paid Bid – Invitation to compete with no cost of registration. Partial paid teams compete on Saturday for their chance to advance to the FINAL Round on Sunday
* Paid Bid - Invitation to compete with no cost of registration and athletes stay at Disney Property. Paid teams compete on Saturday for their chance to advance to the FINAL Round on Sunday

Fame Practice and Class Rules & Expectations:

* All athletes are asked to be on their best behaviors during instruction period.
* Be at least 5-10 minutes early for class. We encourage athletes to come in early and stretch themselves out.
* If your team has permission to enter the gym before the start of practice, please be at least 5-10 minutes early for class.
* Athletes may not play on the equipment inside the gym before classes/practices.
* Athletes may leave their belongings in the cubbies or on the floor. Fame is not responsible for any lost or stolen items.
* No outside food/fountain drink or gum permitted inside the gym. ONLY WATER BOTTLES.
* No child is to be left unattended in the waiting room.
* Students should remain in class unless they need to use the bathroom or there is an emergency.
* Students are never to leave the gym building without their parent and/or guardian.
* Students aren’t allowed in the parent viewing area during class time.
* Students may not have fingernails more than 1cm past the tip of finger.
* In the event an athlete is removed from practice/class by coach parent will be held responsible for re-entry fee of $25.

Fame Practice/Class Dress Code:

* Bottom: Spandex Shorts, Running shorts
* Tops: MUST wear Fame practice wear unless told otherwise by coach.
* Girls MUST wear sports bras and spandex beneath their tops (all ages).
* Shoes: all students should wear some type of all black cheer athletic shoe. Rebel/Nfinity
* Hair: High ponytail with a bow

***IMPORTANT: Please remove all jewelry (including earrings) before arriving. If you cannot remove earrings, they must be covered with band-aid****.*



**Handbook Violation**

|  |  |
| --- | --- |
| More than 5 unexcused practices | $15 per practice |
| Re-choreography Charge (Removal fee) | $200 |
| Gym Entry Charge | \*Cost of Tuition\* |
| Missing Choreography | $200 |
| Late Fee (Tuition) | $25 |
| Class Re-Entry | $25 |
| Missed Competition Warm Up | $100 |
| Non-Fame Apparel @ Practice | *\*cost of shirt\** |
| Missing practice 7 days prior to competition | $100 |
| 8 Tardy | 1 unexcused practice |
| Unauthorized Use of Fame Logo | $500 |

Once your account has a balance of $200 or higher your athlete will begin to sit out of practices. During overdraft period athletes are still required to come.

Once competition fee draft begins, account must stay up to date in order for athlete to be eligible to compete.



**HANDBOOK & FINANCIAL AGREEMENT**

Please be sure you have read through the entire handbook. When you acknowledge the new policies and procedures in the parent portal you will be acknowledging and signing these forms. This Agreement is made and entered into this \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ day of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, 2023 between

**Family and More Entertainment, LLC dba FAME Allstars NC** and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(“Responsible Party”).

I have read the Fame Allstars NC Rules and Regulations Handbook in its entirety and understand its contents.

I understand the responsibility my child is undertaking by becoming a Fame NC member. I agree to fully support my child and will encourage them to fulfill their commitment. I also understand that by signing this contract I am bound to not use my child’s participation in this program as a form of punishment as I realize that it also punishes their team and the entire Fame program. Furthermore, I understand that being a Fame NC member is a commitment on the part of the parent as well. I realize that when representing Fame, I must always conduct myself with class and responsibility. I understand that any athlete or parent that does not abide by the rules and regulations contained in this contract, that is consistently negative, or acts in a manner that jeopardizes the name and reputation of the Fame Allstars program, will be subject to removal with no refund. In addition, I agree to give Fame permission to take any actions deemed necessary to ensure the safety and wellbeing of my child and those around them. I understand all routine/choreography including music, cheers, dances, stunts, transitions, and tumbling should be highly protected and shall not be shown or discussed with others. I will not copy or teach to anyone without consent from Fame All Stars NC ownership. This also includes all portions of music selections and editing. I will not video routines, choreography or tryout material and upload to any online site such as YOUTUBE or any social media site. I understand ownership must approve all designs bearing the FAME name or logo. Anything created without our approval is unacceptable and cannot be sold or used for personal use independently.

The Responsible Party, as parent/guardian of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(Athlete”) hereby agrees as follows:

I understand and agree that if I remove my athlete from the program, I must provide a 30-day written notice to FAME by emailing [famegreenville@gmail.com](mailto:famegreenville@gmail.com). I agree to pay a re-choreography fee of $200 if I’ve removed my child from a team after choreography. In the event myself or my athlete violated the handbook and are removed from the program, I agree to pay the re-choreography fee.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Responsible Party – PRINT NAME Responsible Party – SIGNATURE DATE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



**2022-2023 Tryout Tumbling Level Requirements**

|  |  |  |
| --- | --- | --- |
| **Team** | **Running Tumbling** | **Standing Tumbling** |
| LEVEL 1 | 1: Cartwheel  2: Cartwheel backwards roll  3: Front-walkover Cartwheel  4: Cartwheel back-walkover  5: Roundoff | 1: Valdez  2: Back-walkover  3: Back-walkover switch leg  4: Forward/ Backwards Roll  5: Backbend kickover |
| LEVEL 2 | 1: Round-off double BHS  2: Front-walkover roundoff BHS  3: Cartwheel BHS-stepout BWO BHS  4: Bounder  5: Front handspring | 1: Back-walkover BHS  2: Back-walkover BHS-stepout back-walkover  3: BHS back-walkover BHS  4: BHS  5: Valdez BHS |
| LEVEL 3 | 1: Roundoff BHS tuck  2: Front-handspring front tuck  3: Front-walkover through to tuck  4: Front-walkover Aerial  5: Punch front | 1: Standing 3 BHS  2: BHS-step 2 BHS  3: BHS toetouch 2 BHS  4: Toetouch 2 BHS  5: Back walkover BHS series |
| LEVEL 4 | 1: Roundoff BHS layout  2: Front-walkover through to layout  3: Cartwheel tuck  4: Punch front Punch front  5: Round off whip to tuck/ layout | 1: Standing tuck  2: Backwalkover Tuck  3: BHS-stepout tuck  4: Jump BHS to tuck  5: BHS/ BHS series to tuck |
| LEVEL 5 | 1: Roundoff BHS to full  2: Barani  3: Roundoff arabian through to Layout/ full  4: Punchfront stepout through to full  5: Front full | 1: BHS/ BHS series to layout  2: Jump to tuck  3: BHS whip tuck  4: Jump BHS to layout  5: BHS series whip to layout/ layout stepout |
| LEVEL 6 | 1: Cartwheel full  2: Roundoff whip to full  3: roundoff BHS kick full  4: roundoff BHS double full  5: Roundoff 1.5 stepout to full | 1: BHS/ BHS series to full  2: Jump to Full  3: BHS series to double full  4: tuck tuck  5: BHS series whip layout |

Athletes must be able to perform skill three times consecutively.