

ATHLETE STAR STATUS SKILL CHECKLIST

Name _____

Age Group: Tiny Mini Youth Junior Senior

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
Forward Roll	Standing Flip-Flop	Toe Touch Flip-Flip	Standing Back Tuck	Toe Touch Back Tuck
Cartwheel	Round-Off Flip-Flop	Standing 3 Flip-Flop Series	Standing Flip-Flop Back Tuck	Standing Full
Back Walkover	Round-Off Flip-Flop Series	Round-Off Back Tuck	Toe Touch Flip-Flop Back Tuck	Standing 2 or 3 Flip-Flops to a Full
Front Walkover	Front Handspring Round-Off Flip-Flop Series	Round-Off Flip-Flop Back Tuck	Standing 2 or 3 Flip-Flops to a Layout	Standing 2 or 3 Flip-Flops to a Double Full
Running Round-Off		Front Handspring Round-Off Back Tuck or Flip-Flop Back Tuck	Round-Off Flip-Flop Layout	Round-Off Flip-Flop Full
		Punch Front	Specialty Pass through to a Layout	Round-Off Flip-Flop Double Full
				Specialty Pass to a Full or Double
Completed All Level 1 Skills	Completed All Level 2 Skills	Completed All Level 3 Skills	Completed All Level 4 Skills	Completed All Level 5 Skills

STAR STATUS: Level 1 Level 2 Level 3 Level 4 Level 5

Each athlete's Star Status is based on the highest level in which they have completed at least half of the skills in that level.