

- Level 4 Compulsory Acro Count Sheet:

LEVEL 4: COMPULSORY ACRO COUNT SHEET											
5											
6											
7											
8											
1	1		1	Top places right foot on base's right thigh		1	Transition to third segment				
	2		2			2					
	3		3	Dip to press up to assisted front support		3					
	4		4			4					
	5	Set for assisted toe pitch	6	5	Top hits front support position	11	5				
	6		6			6					
	7		7			7	Set for extended lib				
	8		8			8					
2	1	Dip for assisted toe pitch	1	Top lifts knees to prep for straddle hold		1	Dip for extended lib				
	2		2			2					
	3	Throw toe pitch	3	Top lifts knees to prep for straddle hold		3	Extended lib hits the top				
	4		4			4					
	5	Land in toe pitch (back assisting base assists main base to catch top's feet)	7	5	Top hits straddle hold	12	5				
	6		6			6					
	7		7			7					
	8		8			8					
3	1	Front assisting base moves to the side to prepare for dismount	1	Second Base Steps in		1	Top - Left leg extends down				
	2		2			2					
	3		3	Second Base's arms up		3	Top hits arabesque				
	4		8	4		13	4				
	5	Dip for pop-off dismount	5	Dip For Inversion		5	Catch Cradle				
	6		6			6					
	7	Throw dismount	7	Tops Shoulders connect wih 2nd base's hands		7					
	8		8			8					
4	1	Land dismount	1	Top hits inversion not handstand		1	Dip for cradle				
	2		2			2					
	3		3			3	throw for cradle				
	4		9	4		14	4				
	5	Clean	5			5	Catch Cradle				
	6		6			6					
	7	Transition to second segment	7	Clean		7					
	8		8			8					
5	1		1	Top Begins to tuck		1	Set out				
	2		2			2					
	3		3			3	Clean				
	4		4			4					
	5		10	5	Top lands between bases	15	5				
	6		6			6					
	7	Top and base connect hands (base facing left side of floor)	7	Clean		7					
	8		8			8					

TUMBLING EVENT

FHS RO BHS BLO - 8.2 (To allow Level 3 to max out on all tumbling passes)

- Pg 88:

Repetition Rule	<ul style="list-style-type: none">• Repetition of a tumbling pass may not occur in a synchronized heat (heats 1, 2, 3) and repetition of a tumbling pass may not occur in an individual heat (heats 4, 5, 6). To change a pass, you must EITHER:<ul style="list-style-type: none">○ Change an individual salto within the pass, OR○ Change the first element in the pass; OR○ Change the skill and/or connection of saltos<ul style="list-style-type: none">▪ Direct connecting salto, or salto through to ending salto
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New Pass Repetition Rule: You may not compete the EXACT SAME PASS in heats 1,2,3 or heats 4,5,6

SAFETY

- A heat is **VOID** if skill difficulty for that level is exceeded. (ex: a 9.7 tumbling pass is competed in level 4)

LEVEL 4 COMPULSORY PYRMAID

- Number of Competitors: ~~7~~ 6 Athletes (1 thighstand group; 1 mid-base, 1 top, 2 tossers/catchers ~~(one catcher different than toss group)~~)
- For 2026 season only, you may compete this pyramid with 6 or 7 athletes (athlete added as catcher only).

LEVEL 5 COMPULSORY PYRMAID

- Number of Competitors: ~~7~~ 6 Athletes (1 thighstand group; 1 mid-base, 1 top, 2 tossers/catchers)
- For 2026 season only, you may compete this pyramid with 6 or 7 athletes (athlete added as catcher only).