



# BONUS SHEET

	JR. HIGH	JR. VARSITY		VARSITY		
	REGIONALS			FINALS		COED
	1	2	3	4	5	

SQUAD NAME \_\_\_\_\_

SMALL

LARGE

## GYMNASTICS

### ALL SQUAD EXECUTES:

BACK HANDSPRINGS \_\_\_\_\_

ROUND OFF BACK HANDSPRINGS \_\_\_\_\_

### HALF OF THE SQUAD:

STANDING BACKTUCKS \_\_\_\_\_

ROUND OFF LAYOUTS \_\_\_\_\_

ROUND OFF X-OUTS \_\_\_\_\_

ROUND OFF FULL TWIST \_\_\_\_\_

## STUNTS

FULL TWIST BASKET TOSS \_\_\_\_\_

BASKET TOSS WITH A HALF TWIST INTO A JUMP (TOE TOUCH) \_\_\_\_\_

ONE TOUCH RETAKE FROM EXTENDED STUNT TO AN EXTENDED STUNT \_\_\_\_\_

ALL GIRL SINGLE BASE EXTENSION WITH PROPER BRACE OR SPOT \_\_\_\_\_

DIAMOND HEAD \_\_\_\_\_

DOUBLE-FULL DOWN FROM AN EXTENDED STUNT \_\_\_\_\_

## JUMPS

### ALL SQUAD EXECUTES:

MULTIPLE TOE TOUCHES  
WITHOUT PREP \_\_\_\_\_

180 JUMP TURN TO TOE TOUCH \_\_\_\_\_

AROUND THE WORLDS \_\_\_\_\_

### PARTNER STUNTS (MUST BE PERFORMED WITH 1 BASE AND 1 FLYER)

WALK-IN TO AN EXTENDED STUNT \_\_\_\_\_

ANY ONE ARM STUNT \_\_\_\_\_

TOSS TO AN EXTENDED STUNT \_\_\_\_\_

FULL DOWN FROM SINGLE BASED EXTENSION \_\_\_\_\_

**A SQUAD CAN SCORE ONE POINT FOR EACH SKILL PERFORMED, UP TO 5 POINTS FROM ANY ONE CATEGORY. A MAXIMUM TOTAL OF 10 BONUS POINTS CAN BE ATTAINED.**

**TOTAL BONUS POINTS** \_\_\_\_\_

**TOTAL LOD POINTS** \_\_\_\_\_

**TOTAL POINTS FROM BOTH CATEGORIES** \_\_\_\_\_