SCC 2024 Tosses PROGRESSION SHEET (no changes from GGGDL 2023)

Basket Tosses & Sponge Tosses, from waist level only, higher than 18in above bases extended arms, may catch in cradle only (~~prone, performing surface~~).

Use this progression sheet to assign a difficulty score to ONE SKILL: the highest/most difficult toss performed during the routine.

POINT RANGE	"Skill" = body position or twist				
	number of body positions	number of twists	amount of front or back flip	EXAMPLE BASKETS	SUGGESTED POINT VALUE
1-2	0	0	0	straight ride = 0 body position in a nonflipping toss	1
	0	<1 twist	0	180 degree turn on the ride to face back and land in cradle	2
	0	<1 twist	0	toss "angel" to what would be prone, but logroll half around to land in cradle	2
	1	0	0	toe touch, ball, pretty girl, pike, kick (add "+arch" or "+open" for same score, this is not an additional body position)	2
3-4	2	0	0	ball+X, kick+kick, hitch kick, pike+X, ball+kick, double toe touch	3
	1	<1	0	toss, ball, "angel" to what would be prone, but logroll half around to land in cradle	3
	1	<1	0	ball+1/2 turn, land in cradle; half-up toe touch	4
	0	1	0	full twist	4
5-6	0	0	1	back or front tuck (The "open"/"checkout" of a tuck is not an add'l body position)	5
	0	0	1	back or front flip in pike position; pikeopen and birdfront. (The "open" that exists in a pikeopen and a birdfront is not an add'i body position but could raise the score)*	6
	0	0	1	back or front flip in layout position. (Compared to a tuck, a layout is not an add'l body position but could raise the score)*	6
	1	1	0	ball full, pike full, kick full, tuck full, toe touch full, fullup toe touch, pretty girl full	6
	0	2	0	basket or sponge toss double fulldown	6
	1	0	1	tuck+X, tuck+split, tuck+pretty girl, layout stepout	6
7-8	0	<1	1	arabian in tuck position	7
	2	1	0	hitch kick full, kick+kick full, pike kick full, kick full kick, full up ball X	8
	1	2	0	ball dbl, pike dbl, kick dbl, toe touch dbl, dbl up toe touch	8
	0	<2	1	arabian + additional full twist	8
9-10	1	1	1	tuck X-out full, layout stepout full (also called split full)	9
	1	<1	1	arabian in pike position, 1/2up bird front	9
	0	1	1	back pikeopen full or front pikeopen full	9
	0	1	1	"full" (full twisting flip in a tucked or layout position, front or back)	9
	2	0	1	layout, kick, kick	9
	0	2	1	arabian followed by a 1½ twist	10
	0	2	1	"dbl full" (dbl twisting flip in a tucked or layout position, front or back)	10
	0	2	1	back pikeopen double or front pikeopen double	10
	2	2	0	hitch kick dbl twist, kick+kick dbl twist, kick full kick full (nonflipping 4 skills)	10
	1	3	0	kick triple full (max twists is 3 and can be combined with up to one body position)	10

*Remember +/- 0.25 and +/- 0.5 scoring is allowed (not just on these tricks, but on any score)

ILLEGAL:	THREE SKILLS... AND ...		A FLIP	EXAMPLE
	1	2	1	Tuck flip, X-out, Double Full Twist
	1	2	1	Kick, Double Full-twisting Layout
	2	1	1	Kick, Full-twisting Layout, Kick
	1	2	1	Pike, Split, Double Full Twisting layout
	1	2	1	Full-twisting Layout, Split, Full Twist