

## 2020 - 2021 PERFORMANCE RECREATION SCORING SYSTEM - TOSSES

### LEVEL 1

**NON - TWISTING**

**TWISTING**

BASKET AND SPONGE TOSSES ARE NOT ALLOWED.

### LEVEL 2

**NON - TWISTING**

**TWISTING**

STRAIGHT RIDE TOSS

### LEVEL 3

**NON - TWISTING**

**TWISTING**

BALL ARCH • PRETTY GIRL ARCH • PIKE ARCH KICK ARCH • BALL-X • TOE TOUCH

FULL TWIST

### LEVEL 4

**NON - TWISTING**

**TWISTING**

BALL KICK • PIKE-X • HITCH KICK • SWITCH KICK • DOUBLE TOE TOUCH

BALL FULL • PIKE FULL • KICK FULL  
TOE TOUCH FULL • FULL UP TOE TOUCH • DOUBLE FULL

*on the*  
**River**