



## Difficulty:

Tuck, Straddle, Pike Jumps	0.0	Half In OR Out Tuck	1.1	Triple Pike or Layout	1.8
Half Turns [1/2]	0.1	Half In OR Out Pike or Layout	1.3	Triffis Tuck	1.5
Full Turns [1/1]	0.2	Half-Half Tuck	1.2	Triffis Pike or Layout	1.9
Front / Back Tuck	0.5	Half-Half Pike or Layout	1.4	3/4 Front or Back	0.3
Front / Back Pike	0.6	Rudi Out Tuck	1.3	3/4 Somi - Return to Feet	0.4 [0.3+0.1]
Front / Back Layout	0.6	Rudi Out Pike or Layout	1.5	3/4 Front - Ballout Tuck	0.9 [0.3+0.6]
Barani [All Positions] and Back Half	0.6	Full In OR Out Tuck	1.2	3/4 Front - Ballout Pike or Layout	1.0 [0.3+0.7]
Full	0.7	Full In OR Out Pike or Layout	1.4	3/4 Front - Barani Ballout	1.0 [0.3+0.7]
Double Full	0.9	Full-Barani Tuck	1.3	3/4 Front - Rudi Ballout	1.2 [0.3+0.9]
Triple Full	1.1	Full-Barani Pike or Layout	1.5	3/4 Back - Cody Tuck	0.9 [0.3+0.6]
Rudi	0.8	Full-Full Tuck	1.4	3/4 Back - Cody Pike or Layout	1.0 [0.3+0.7]
Randi	1.0	Full-Full Pike or Layout	1.5	1 3/4 Front Tuck	0.8
Adolph	1.2	Miller Tuck	1.6	1 3/4 Front Pike or Layout	0.9
Double Tuck	1.0	Miller Pike or Layout	1.8	1 1/4 Back Tuck	0.7
Double Pike or Layout	1.2	Triple Tuck	1.5	1 1/4 Back Tuck Pullover	1.0 [0.7+0.3]