

Frisbee Fling



Beginning					
Proficient					
Mastery					

Beginning-5 points
 Proficient-7 points
 Mastery-8 points or more

Dance, Dance, Dance



Beginning					
Proficient					
Mastery					

Beginning-full dance with 2 mistakes
 Proficient-full dance with 1 mistake
 Mastery-full dance without mistakes + "flava"

Slap Shot



Beginning					
Proficient					
Mastery					

Beginning-5 points
 Proficient-7 points
 Mastery-8 points or more

Carry the Puck



Beginning					
Proficient					
Mastery					

Beginning-12.1-15.0 seconds
 Proficient-10.1-12.0 seconds
 Mastery-10 seconds or less

Forehand Fiend



Beginning					
Proficient					
Mastery					

Beginning-5 points
 Proficient-7 points
 Mastery-8 points or more