

The following will be considered when scoring - **DIFFICULTY:**

BUILDING DIFFICULTY DRIVERS	TUMBLING DIFFICULTY DRIVERS
<ul style="list-style-type: none"> - Degree of difficulty - Percent of team participation (maximizing stunt groups based on the number of athletes) - Combination of skills - (basic, intermediate, advance or elite) - Pace of skills performed 	<ul style="list-style-type: none"> - Degree of difficulty - Percent of team participation - Combination of skills - Synchronization of passes - Variety of passes

	STANDING TUMBLING	RUNNING TUMBLING	JUMPS
BASIC			
2.5 (Less than Majority) - 3.5 (Majority) -- 4.0 (100%) POINTS			
INTERMEDIATE	<ul style="list-style-type: none"> • Front-limber • Front-walkover • Back Extension-roll • Standing Back-bend • Back-bend Kick-over • Back-walkover 	<ul style="list-style-type: none"> • Cartwheel Back-walkover • Front-walkover Cartwheel • Front-walkover Round-off • Cartwheel ½-Turn Front-walkover 	A variety of 2 connected INTERMEDIATE jumps.
3.0 (Less than Majority) - 4.0 (Majority) -- 4.5 (100%) POINTS			
ADVANCE	<ul style="list-style-type: none"> • Standing Back-handspring • Back-handspring Step-out • Back Extension-roll Back-handspring • Back-walkover Back-handspring 	<ul style="list-style-type: none"> • Cartwheel BHS • Round-off 1 or 2 BHS • Round-off BHS Step-out • Front-walkover Round-off BHS 	A variety of 2 connected ADVANCE jumps.
3.5 (Less than Majority) - 4.5 (Majority) -- 5.0 (100%) POINTS			
ELITE	<ul style="list-style-type: none"> • Series Combination: - 3 connected skills, 1 of which have to be an ADVANCE skill. 	<ul style="list-style-type: none"> • Series Combination: - 4 connected skills, 2 of which have to be an ADVANCE skill. 	<ul style="list-style-type: none"> • A variety of 3 connected ADVANCE jumps OR • A variety of 2 connected ADVANCE jumps, plus 1 additional ADVANCE jump.

STUNTS	PYRAMID
3.5 POINTS (NEEDS WORK)	
BELOW PREP-LEVEL: 1 & 2 Leg-stunt	BELOW PREP LEVEL: Braced 1 & 2 Leg-pyramid
4.0 POINTS (BASIC)	
<ul style="list-style-type: none"> • PREP LEVEL: 1 & 2 Leg-stunt 	<ul style="list-style-type: none"> • PREP-LEVEL: Braced 1 & 2 Leg-pyramid
4.5 POINTS (LEVEL APPROPRIATE)	
<ul style="list-style-type: none"> • PREP-LEVEL: 1 & 2 Leg-stunt • EXTENDED LEVEL: 2 Leg-stunt <p style="text-align: center;">Level-appropriate Transitions</p>	<ul style="list-style-type: none"> • PREP-LEVEL: Braced 1 & 2 Leg pyramid • EXTENDED LEVEL: Braced 2 Leg pyramid <p style="text-align: center;">Level-appropriate Transitions</p>
4.7 POINTS (ADVANCED LEVEL APPROPRIATE)	
<ul style="list-style-type: none"> • PREP-LEVEL: 1 & 2 Leg-stunt • EXTENDED LEVEL: 2 Leg-stunt <p style="text-align: center;">Advanced Level-appropriate Transitions</p>	<ul style="list-style-type: none"> • PREP-LEVEL: Braced 1 & 2-leg-pyramid • EXTENDED LEVEL: Braced 2-leg-pyramid <p style="text-align: center;">Advanced Level-appropriate Transitions</p>
5.0 POINTS (ELITE LEVEL APPROPRIATE)	
<ul style="list-style-type: none"> • PREP-LEVEL: 1 & 2 Leg-stunt • EXTENDED LEVEL: 2 Leg-stunt <p style="text-align: center;">Elite Level-appropriate Transitions</p>	<ul style="list-style-type: none"> • PREP-LEVEL: Braced 1 & 2-leg-pyramid • EXTENDED LEVEL: Braced 2-leg-pyramid <p style="text-align: center;">Elite Level-appropriate Transitions</p>

TOSSES			
STRAIGHT RIDE TOSSES ONLY!	4.0 POINTS	4.5 POINTS	5.0 POINTS
<p>Suggested Tosses: Same Section: Synch or Rippled Plus 1 Toss: Same section or different section</p>	LESS than suggested # of Toss Groups	SUGGESTED # of Toss Groups	Suggested # of Toss Groups, PLUS 1

The following will be considered when scoring — **EXECUTION:**

- Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill.

STANDING & RUNNING TUMBLING

APPROACH	SPEED	BODY CONTROL	LANDINGS	SYNCHRONIZATION
<ul style="list-style-type: none"> • Arm placement into a pass / skill • Swing / Prep • Chest Placement • Flow from skill to skill in a pass 	<ul style="list-style-type: none"> • Consistent or increases through pass / skills • Connection of pass / skills 	<ul style="list-style-type: none"> • Head placement • Hips • Pointed toes • Leg placement in skills • Arm / shoulder placement in skills 	<ul style="list-style-type: none"> • Controlled • Legs / feet together • Chest placement • Finished pass / skill • Incomplete twisting skills 	<ul style="list-style-type: none"> • Timing

STUNTS & PYRAMID

TOP PERSON	BASES / SPOTTERS	TRANSITIONS	SYNCHRONIZATION
<ul style="list-style-type: none"> • Body control • Uniform flexibility • Motion Placement • Legs: (Straight, Locked, & Toes Pointed) 	<ul style="list-style-type: none"> • Stability of the stunt • Solid Stance • Positioned shoulder width apart • Feet Stationary 	<ul style="list-style-type: none"> • Entries • Dismounts • Speed / Control — (flow from skill to skill) 	<ul style="list-style-type: none"> • Timing

TOSSES

TOP PERSON	BASES / SPOTTERS	HEIGHT	CRADLE
<ul style="list-style-type: none"> • Body control • Consistent execution of skill / trick • Legs straight/toes pointed • Arm placement 	<ul style="list-style-type: none"> • Using arms/legs to throw together • Solid Stance • Positioned shoulder width apart • Timing 	<ul style="list-style-type: none"> • Relative to the size of the athletes performing the toss 	<ul style="list-style-type: none"> • Arms up to catch high • Legs used to absorb catch • Group positioned no more than shoulder width apart • Controlled

JUMPS

APPROACH	ARM PLACEMENT	LEG PLACEMENT	LANDINGS	SYNCHRONIZATION
<ul style="list-style-type: none"> • Consistent entry • Swing / Prep 	<ul style="list-style-type: none"> • Arm position within jump(s) 	<ul style="list-style-type: none"> • Straight legs • Pointed toes • Hip placement / rotation • Hyperextension • Height 	<ul style="list-style-type: none"> • Legs / feet together • Chest placement 	<ul style="list-style-type: none"> • Timing

STANDING TUMBLING DRIVER	RUNNING TUMBLING DRIVER	JUMP DRIVER	TOSS DRIVER	STUNT DRIVER	PYRAMID DRIVER
– 0.9 POINTS	– 0.9 POINTS	– 0.9 POINTS	– 0.9 POINTS	– 0.9 POINTS	– 0.9 POINTS
<ul style="list-style-type: none"> WIDESPREAD – issues by the team 	<ul style="list-style-type: none"> WIDESPREAD – issues by the team 	<ul style="list-style-type: none"> WIDESPREAD – issues by the team 	<ul style="list-style-type: none"> WIDESPREAD – issues by the team 	<ul style="list-style-type: none"> WIDESPREAD – issues by the team 	<ul style="list-style-type: none"> WIDESPREAD – issues by the team
– 0.6 POINTS	– 0.6 POINTS	– 0.6 POINTS	– 0.6 POINTS	– 0.6 POINTS	– 0.6 POINTS
<ul style="list-style-type: none"> MULTIPLE – issues by the team 	<ul style="list-style-type: none"> MULTIPLE – issues by the team 	<ul style="list-style-type: none"> MULTIPLE – issues by the team 	<ul style="list-style-type: none"> MULTIPLE – issues by the team 	<ul style="list-style-type: none"> MULTIPLE – issues by the team 	<ul style="list-style-type: none"> MULTIPLE – issues by the team
– 0.3 POINTS	– 0.3 POINTS	– 0.3 POINTS	– 0.3 POINTS	– 0.3 POINTS	– 0.3 POINTS
<ul style="list-style-type: none"> MINOR – issues by the team <p>Not just 1 athlete in (Tumbling/Jumps) or 1 athlete in (Stunts/Pyramid/Tosses)</p>	<ul style="list-style-type: none"> MINOR – issues by the team <p>Not just 1 athlete in (Tumbling/Jumps) or 1 athlete in (Stunts/Pyramid/Tosses)</p>	<ul style="list-style-type: none"> MINOR – issues by the team <p>Not just 1 athlete in (Tumbling/Jumps) or 1 athlete in (Stunts/Pyramid/Tosses)</p>	<ul style="list-style-type: none"> MINOR – issues by the team <p>Not just 1 athlete in (Tumbling/Jumps) or 1 athlete in (Stunts/Pyramid/Tosses)</p>	<ul style="list-style-type: none"> MINOR – issues by the team <p>Not just 1 athlete in (Tumbling/Jumps) or 1 athlete in (Stunts/Pyramid/Tosses)</p>	<ul style="list-style-type: none"> MINOR – issues by the team <p>Not just 1 athlete in (Tumbling/Jumps) or 1 athlete in (Stunts/Pyramid/Tosses)</p>
0.0 POINTS	0.0 POINTS	0.0 POINTS	0.0 POINTS	0.0 POINTS	0.0 POINTS
<ul style="list-style-type: none"> NO – issues by the team 	<ul style="list-style-type: none"> NO – issues by the team 	<ul style="list-style-type: none"> NO – issues by the team 	<ul style="list-style-type: none"> NO – issues by the team 	<ul style="list-style-type: none"> NO – issues by the team 	<ul style="list-style-type: none"> NO – issues by the team

STUNT — CREATIVITY	2.0 – 2.5 POINTS	<ul style="list-style-type: none"> Stunt skills incorporate visual, unique or innovative ideas. This includes Basic, Intermediate, Advance, & Elite level skills. This may include: Entries, Transitions, Dismounts, Clarity, & Flow.
PYRAMID — CREATIVITY	2.0 – 2.5 POINTS	<ul style="list-style-type: none"> Pyramid skills incorporate visual, unique or innovative ideas. This includes Basic, Intermediate, Advance, & Elite level skills. This may include: Entries, Transitions, Dismounts, Clarity, & Flow.
BUILDING — QUANTITY	2.5 – 5.0 POINTS	<ul style="list-style-type: none"> Based on a traditional group of 4 or more, Rippled or Synchronized in the same section without recycling athletes.
DANCE	7.1 – 10.0 POINTS	<ul style="list-style-type: none"> A team's ability to demonstrate a high level of energy and entertainment value which may incorporate: Visual elements, Variety of levels, Formation changes, Footwork, Floorwork, & Partner work. This also includes: Technique, Perfection, Synchronization, & Pace.
SHOWMANSHIP	7.1 – 10.0 POINTS	<ul style="list-style-type: none"> A team's ability to demonstrate high levels of energy and excitement while maintaining genuine enthusiasm. This will include appropriate athletic impression throughout the routine.
ROUTINE COMPOSITION	7.1 – 10.0 POINTS	<ul style="list-style-type: none"> A team's ability to demonstrate the following throughout the routine: Precise spacing, Formations, Transitions. This also includes innovative, visual and intricate ideas, as well as, any additional skills performed to enhance the overall appeal.

TUMBLING / JUMP — QUANTITY		BUILDING — QUANTITY		STUNT VARIATIONS (But are not limited to)	DISMOUNTS (But are not limited to)	TOSS VARIATIONS (But are not limited to)
MAJORITY	<ul style="list-style-type: none"> • ½ the team, Plus 1. • Same Section – Athletes may not be recycled. 	LESS THAN SUGGESTED # OF STUNTS	Less than the total number of athletes on the team divided by 5.	NOT CONSIDERED BODY POSITIONS: <ul style="list-style-type: none"> • 2 Leg-stunt • Platform/Cupie • Lib 	CONSIDERED BODY POSITIONS: <ul style="list-style-type: none"> • Stretch • Bow-n-arrow • Arabesque • Scale • Scorpion 	<ul style="list-style-type: none"> • Pop Down • Straight Cradle • ¼ Twisting Dismount
		SUGGESTED # OF STUNTS	Total number of athletes on the team divided by 5.			
		MAXIMUM # OF STUNTS	Utilizing all the athletes on the team to perform more than the suggested # of stunts, with no more than 3 athletes left over.			
						NON-TWISTING:
						<ul style="list-style-type: none"> • Straight Ride

RUBY - STUNT TRANSITIONS (But are not limited to)			JUMPS (But are not limited to)	
LEVEL APPROPRIATE:	ADVANCED LEVEL APPROPRIATE:	ELITE LEVEL APPROPRIATE:	INTERMEDIATE:	ADVANCE:
<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL • INVERSION FROM GROUND LEVEL TO PREP LEVEL • TIC TOC AT PREP LEVEL (LIB TO LIB) • 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL • 1/2 TWISTING TRANSITION TO PREP LEVEL • 1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT • 1/4 TWISTING TRANSITION TO EXTENDED STUNT • PREP LEVEL 1 LEG STUNT • EXTENSION • BARREL ROLL • LEAP FROG VARIATIONS • WALK IN PREP LEVEL PRESS EXTENSION • 1/2 TWISTING TRANSITION TO PRONE 	<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO PREP LEVEL 1 LEG STUNT • TIC TOC AT PREP LEVEL (LIB TO BODY POSITION) • RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB • RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL LIB • 1/2 TWISTING TRANSITION AT PREP LEVEL TO PREP LEVEL BODY POSITION • 1/2 TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT • 1/2 TWISTING INVERSION FROM GROUND LEVEL TO PREP LEVEL 1 LEG STUNT • 1/2 TWISTING TRANSITION FROM EXTENSION TO CRADLE POSITION 	<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO EXTENSION • INVERSION FROM GROUND LEVEL TO PREP LEVEL BODY POSITION • TIC TOC AT PREP LEVEL (BODY POSITION TO BODY POSITION) • RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION • RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL BODY POSITION • 1/2 TWISTING TRANSITION TO EXTENSION • 1/2 TWISTING TRANSITION TO PREP LEVEL BODY POSITION • 1/2 TWISTING INVERSION FROM GROUND LEVEL TO EXTENSION • 1/2 TWISTING INVERSION FROM GROUND LEVEL TO PREP LEVEL BODY POSITION • 1/2 TWISTING TIC TOC AT PREP LEVEL 1 LEG STUNT TO BODY POSITION 	<ul style="list-style-type: none"> • Spread Eagle • Tuck Jump • Herkie 	<ul style="list-style-type: none"> • Pike • Side-hurdler – (R/L) • Front-hurdler – (R/L) • Toe-touch
			<ul style="list-style-type: none"> • Jumps must use a whip approach to be considered CONNECTED. • Clarification of Variety: at least 2 of the jumps must be different. • Same jump with different legs doesn't constitute VARIETY. <p>EXAMPLE: R/L Front-hurdler</p>	