

2023 – 2024 * IMPACT Scoring System – **EMERALD**
 IMPACT Scoring System will consist of a DIFFICULTY, EXECUTION & OVERALL Score

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"> • Standing BHS • BHS Step-out • Back Extension-roll BHS • Back-walkover BHS 	<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 INTERMEDIATE jumps.
	3.0 (Less than Majority) – 4.0 (Majority) – 4.5 (100%) POINTS		
ADVANCE	<ul style="list-style-type: none"> • Standing 2 BHS • Jump BHS • Jump 2 BHS 	<ul style="list-style-type: none"> • Aerials • Punch-front • RO Back-tuck • RO BHS Back-tuck 	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 has to be ADVANCE 	<ul style="list-style-type: none"> • Series Combination: – 4 connected skills, 2 of which has to be ADVANCE 	<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.
	TOSSES		
	4.0 POINTS	4.5 POINTS	5.0 POINTS
1 TRICK TOSSES ONLY! Suggested Tosses: Same Section: Synch or Rippled Plus 1 Toss: Same section or different section	LESS than suggested # of Toss Groups	SUGGESTED # of Toss Groups	Suggested # of Toss Groups, PLUS 1

STUNTS	PYRAMID
3.5 POINTS (NEED WORK)	
PREP-LEVEL: 1 & 2 Leg-stunt	PREP LEVEL: Braced 1 & 2 Leg-pyramid
4.0 POINTS (BASIC)	
• EXTENDED LEVEL: 1 & 2 Leg-stunt	• EXTENDED LEVEL: Braced 1 & 2 Leg-pyramid
4.5 POINTS (LEVEL APPROPRIATE)	
• EXTENDED LEVEL: 1 & 2 Leg-stunt Level-appropriate Transitions	• EXTENDED LEVEL: Braced 1 & 2 Leg pyramid Level-appropriate Transitions
4.7 POINTS (ADVANCED LEVEL APPROPRIATE)	
• EXTENDED LEVEL: 1 & 2 Leg-stunt Advanced Level-appropriate Transitions	• EXTENDED LEVEL: Braced 1 & 2-leg-pyramid Advanced Level-appropriate Transitions
5.0 POINTS (ELITE LEVEL APPROPRIATE)	
• EXTENDED LEVEL: 1 & 2 Leg-stunt Elite Level-appropriate Transitions	• EXTENDED LEVEL: Braced 1 & 2-leg-pyramid Elite Level-appropriate Transitions

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 	NON-TWISTING:	
		SUGGESTED # OF STUNTS	Total number of athletes on the team divided by 5.			<ul style="list-style-type: none"> • Straight-cradle from Extended 1 Leg-stunt • Full-down from Prep • ¼ Twisting-dismount from 1 Leg-stunt • Full-down from Extension • Single-skill Cradle from 2 Leg-stunt (Non-twisting) 	<ul style="list-style-type: none"> • Ball-arch • Pretty-girl Arch • Kick-arch • Ball-X • Toe-touch
		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.			TWISTING:	<ul style="list-style-type: none"> • Full-twist

EMERALD – 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"> • INVERTED BELOW PREP LEVEL • INVERTED AT PREP LEVEL • DOWNWARD INVERSION FROM BELOW PREP LEVEL • RELEASE TO PREP LEVEL OR BELOW • TIC TOC BELOW PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB) • TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB) • 3/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT • FULL TWISTING TRANSITION BELOW PREP LEVEL • FULL TWISTING TRANSITION TO PREP LEVEL • FULL TWISTING TRANSITION TO/AT PREP LEVEL LIB • 1/4 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT • SUSPENDED FORWARD ROLL • FULL TWISTING TRANSITION FROM PREP LEVEL TO PRONE • EXTENDED LIB • 1/2 TWISTING SUSPENDED FORWARD ROLL <p>ASSISTED OR UNASSISTED:</p> <ul style="list-style-type: none"> • WALK IN/TOSS HANDS • WALK IN/TOSS HANDS PRESS EXTENSION • WALK IN EXTENSION 	<ul style="list-style-type: none"> • INVERSION FROM WAIST/PREP LEVEL TO EXTENDED 1 LEG STUNT • INVERSION FROM GROUND LEVEL TO EXTENDED LIB • RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB • RELEASE FROM WAIST LEVEL (BALL UP, STRADDLE UP ETC) TO PREP LEVEL LIB • TIC TOC FROM PREP LEVEL LIB TO EXTENDED BODY POSITION • FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION • FULL TWISTING TRANSITION AT PREP LEVEL (LIB TO LIB) • 1/2 TWISTING TRANSITION TO EXTENDED LIB • FULL TWISTING TRANSITION TO/AT PREP LEVEL TO PREP LEVEL BODY POSITION • FULL TWISTING INVERSION TO PREP STUNT • 1/2 TWISTING INVERSION TO EXTENDED LIB <p>ASSISTED:</p> <ul style="list-style-type: none"> • WALK IN HANDS PRESS EXTENDED 1 LEG STUNT • TOSS HANDS PRESS EXTENDED 1 LEG STUNT • WALK-IN EXTENDED 1 LEG STUNT/1 ARM STUNT 	<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO EXTENDED BODY POSITION • RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION • RELEASE FROM WAIST LEVEL (BALL UP, STRADDLE UP ETC) TO PREP LEVEL BODY POSITION • FULL TWISTING TRANSITION AT PREP LEVEL (BODY POSITION TO BODY POSITION) • FULL TWISTING TRANSITION TO EXTENSION • 1/2 TWISTING TRANSITION TO EXTENDED BODY POSITION • FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION) • FULL TWISTING INVERSION FROM PREP LEVEL OR BELOW TO PREP LEVEL 1 LEG STUNT • 1/2 TWISTING INVERSION FROM GROUND LEVEL TO EXTENDED BODY POSITION • FULL TWISTING SUSPENDED FORWARD ROLL <p>UNASSISTED:</p> <ul style="list-style-type: none"> • WALK IN HANDS PRESS EXTENDED 1 LEG STUNT • TOSS HANDS PRESS EXTENDED 1 LEG STUNT • WALK-IN EXTENDED 1 LEG STUNT/1 ARM STUNT 	<ul style="list-style-type: none"> • Spread Eagle • Tuck Jump • Herkie <p>• Jumps must use a whip approach to be considered CONNECTED.</p> <p>• Clarification of Variety: at least 2 of the jumps must be different.</p> <p>• Same jump with different legs doesn't constitute VARIETY.</p> <p>EXAMPLE: R/L Front-hurdler</p>	<ul style="list-style-type: none"> • Pike • Side-hurdler – (R/L) • Front-hurdler – (R/L) • Toe-touch