

Most of the team (75%) must perform the skill set below to ensure credit is earned in desired range. (Additional skills performed can increase the teams score in the range.) Skills performed by less than most of the team will earn a score in a lower range.

STUNT DIFFICULTY	PYRAMID DIFFICULTY	STANDING TUMBLING DIFFICULTY	RUNNING TUMBLING DIFFICULTY
<b>1 - 2</b>	<b>1 - 2</b>	<b>1 - 2</b>	<b>1 - 2</b>
Prep level 2 leg stunts or 1 Leg variations below prep level	Braced extended 2 leg stunts or Braced 1 leg stunts at prep level	Cartwheel or Forward/Backward Roll	Cartwheel or Round-off
<b>2 - 3</b>	<b>2 - 3</b>	<b>2 - 3</b>	<b>2 - 3</b>
Extended 2 leg stunts or 1 Leg variations at prep level	Braced Extended 1 leg stunts	Back Handspring	Round-off Back Handspring
<b>3 - 4</b>	<b>3 - 4</b>	<b>3 - 4</b>	<b>3 - 4</b>
Extended 1 leg stunts & Single Twist from 2 leg stunts	Extended 1 leg stunts with multiple transitional sequences, at least 1 of which is a release pyramid transition and multiple extended structures	Back Handspring Series or Jump-Handspring combinations	Round-off Back Handspring Back Tuck or Round-off Tucks
<b>4 - 5</b>	<b>4 - 5</b>	<b>4 - 5</b>	<b>4 - 5</b>
Elite Skills*, Single Twist from 1 leg stunts, or extended stunt sequences performed by an unassisted single base	Extended 1 leg stunts with multiple transitional sequences, at least 1 of which is a braced flip transition/arm braced tic tock and multiple extended structures	Back Tucks or Back Handspring Back Tuck	Round-off Back Handspring Layout or Round-off Layout

**STUNT QUANTITY CHART**

# of Athletes	Most (75%)
5 - 10	1
11 - 15	2
16 - 21	3
22 - 26	4
27 - 31	5
32 - 36	6

**STUNT DIFFICULTY**

\*Elite Stunt Skills include (but are not limited to):

- \* Full up to extended stunt
- \* Release moves that land in an extended stunt
- \* Tick Tock variations that land extended
- \* Coed Style Toss extended stunt
- \* See building document for other skills of similar difficulty

**TOSSES**

Tosses are not required, but may be rewarded in the "Pyramid" category.

**JUMP DIFFICULTY (3.5 - 5.0)**

- 3.5 - Skills performed do not meet the 4.0 requirement
- 4.0 - Most of team performs 1 advanced jump
- 4.5 - Most of team performs 2 advanced jumps  
Most of team performs 3 connected advanced jumps, or 2 connected advanced jumps
- 5.0 - plus 1 additional advanced jump. All jumps must be synchronized and include two types of variety.

\* All jump combinations must be connected with a whip approach by most  
Advanced jumps include toe touch, side and front hurdler, pike, double nine

**TECHNIQUE (20.0 - 25.0)**

Execution of Stunts, Pyramids, Standing Tumbling, Running Tumbling, and Jumps will each receive a score out of 5.0

- 4.0 - 4.3: Most skills performed with below average execution
- 4.3 - 4.6: Most skills performed with average execution
- 4.6 - 5.0: Most skills performed with above average execution

**TIMING (9.0 - 10.0)**

Synchronization & Uniformity

4.5 - 5.0: Building and Tumbling timing will be scored separately

**TUMBLING/JUMP QUANTITY CHART**

# of athletes	Most (75%)	# of athletes	Most (75%)
5	3	21	15
6	4	22	16
7	5	23	17
8	6	24	18
9	6	25	18
10	7	26	19
11	8	27	20
12	9	28	21
13	9	29	21
14	10	30	22
15	11	31	23
16	12	32	24
17	12	33	24
18	13	34	25
19	14	35	26
20	15	36	27

**ROUTINE COMPOSITION (9.0 - 10.0)**

Spacing, seamless movement patterns, and execution of formations

**PERFORMANCE/SHOWMANSHIP (9.0 - 10.0)**

Genuine enthusiasm and energy level throughout routine

**MOTIONS/DANCE (9.0 - 10.0)**

Team's ability to incorporate transitions, level changes, footwork and floor work, with a variety of visual movement with a high level of perfection in all dance movement as well as motion sequences throughout the routine.

**VOICE/INFLECTION (9.0 - 10.0)**

Pace, flow, and pronunciation of words

**TIMING (9.0 - 10.0)**

Synchronization & Uniformity

4.5 - 5.0: Building and Tumbling timing will be scored separately