

### LEVEL 1

- \* Tosses are not allowed.
- \* The highest raw score a level 1 team can obtain is 90 points.
- \* All raw scores will be converted to a percentage.

### TRADITIONAL RECREATION TEAMS & SPECIAL ATHLETES

- \* Tosses are not allowed.
- \* The highest raw score a traditional recreation team or special athlete team may receive is a 80.8
  - > The highest score a team may achieve in stunts, pyramids, standing tumbling and running tumbling difficulty is a 4.0
  - > The highest score a team may achieve in jumps is a 4.8.
- \* Stunt Quantity is not a requirement for these divisions.
- \* All raw scores will be converted to a percentage.
- \* Jump sequences do not require variety.

### PERFORMANCE RECREATION TEAMS

- \* All teams (levels 1-4) have a stunt quantity requirement.

#### **STUNT QUANTITY**

- \* An all girl or coed team must perform 1 elite level appropriate skill.  
*(The elite level appropriate skill list can be found on the level appropriate building document.)*
- \* Full Team is equivalent to the maximum number of groups a team can create using the traditional group of 4 people.
- \* A lib or platform position are not considered to be body positions. Upright Body positions include: stretch, bow and arrow, scale, arabesque, scorpion, chin-chin, and similar variations.

#### **JUMPS**

- \* A team can demonstrate variety by having most perform at least two different types of jumps within their sequence. Variety is only required for the High range.
- \* The highest raw score a performance recreation level 2-4 team may receive is a 100. The highest raw score a performance recreation level 1 team may receive is a 90.
- \* All raw scores will be converted to a percentage.

### ALL RECREATION TEAMS

- \* Recreation teams do not have one official rules governing body. Therefore, recreation teams will be following the USASF Safety Rules. Please refer to that document to determine if your routine is legal. If you have a question about a specific skill, please contact the EP directly.

#### **DIFFICULTY DRIVERS**

- \* Percent of team participation
- \* Complexity of skill/sequence
- \* Pace of sequence and speed of skill

#### **STUNT & PYRAMID TECHNIQUE DRIVERS**

- \* Stability/Control
- \* Timing/Synchronization
- \* Flyer Position/Flexibility/Technique
- \* Base Position/Technique
- \* Uniformity of Technique

#### **STANDING & RUNNING TUMBLING TECHNIQUE DRIVERS**

- \* Fluidity/Power/Speed
- \* Timing/Sync/Uniformity
- \* Control
- \* Body Position (Core/Arms/Head/Legs/Chest/Toes)

#### **JUMP TECHNIQUE DRIVERS**

- \* Height
- \* Timing/Synchronization/Uniformity
- \* Control
- \* Flexibility/Leg & Hip Placement
- \* Position/Arm & Chest Placement

#### **TOSS TECHNIQUE DRIVERS**

- \* Height
- \* Timing/Sync
- \* Flyer Position/Control/Tech
- \* Base Position/Tech
- \* Uniformity of Technique

#### **DANCE TECHNIQUE DRIVERS**

- \* Body Placement/Position/Alignment
- \* Sharpness
- \* Timing/Synchronization
- \* Uniformity
- \* Quality & Strength of Movement