

ADVANCED SCHOOL DIVISION

- * Are allowed to perform level 1, 2, 3, 4 or 5 skills in stunts, pyramid, standing tumbling, running tumbling, and tosses (that are legal by NFHS/AACCA.)
(See level appropriate document for a breakdown of level specific skills.)
- * The highest raw score an advanced school team may receive is a 95.
 - > The highest score a team may achieve in stunts, pyramids, standing tumbling, running tumbling and toss difficulty is a 5.0.
- * All raw scores will be converted to a percentage.
- * Elementary, Middle School, and Jr. High Advanced school teams are not allowed to toss.
 - > Their highest raw score will be an 85 (which excludes tosses.)

INTERMEDIATE SCHOOL DIVISION

- * Are allowed to perform level 1, 2 or 3 skills in stunts, pyramid, standing tumbling, running tumbling, and tosses (that are legal by NFHS/AACCA.)
(See level appropriate document for a breakdown of level specific skills.)
- * The highest raw score an intermediate school team may receive is a 90.
 - > The highest score a team may achieve in stunts, pyramids, standing tumbling, running tumbling and toss difficulty is a 4.0
- * All raw scores will be converted to a percentage.
- * Elementary, Middle School, and Jr. High Intermediate school teams are not allowed to toss.
 - > Their highest raw score will be an 81 (which excludes tosses, and includes the max 4.0 difficulty range.)

CATEGORY DIFFICULTY

TUMBLING

- * Standing Tumbling is cumulative
- * Running Tumbling is cumulative.

Example: 1. A team of 20 kids perform 10 Jump-Back Handsprings and 5 Back Handspring series
= 15 Level 3 Skills = A team will receive a score in the 3.5-4.0 range.

Team will receive credit for **Most of team performs a level 3 pass.**

+ Higher level passes will accumulate and make a team eligible for a higher range.

Example: 2. A team of 20 kids perform 11 Standing Handsprings and 6 Jump-Handsprings
= 11-Level 2 skills + 6-Level 3 skills = A team will receive a score in the 3.0-3.5 range.

Team will receive credit for **Most of team performs a level 2+ pass.**

BUILDING

- * Building skills are cumulative.

Example: 1. Most of a team performs a switch up to extended level stretch, full down from extended 1 leg, Static inversion at prep level-release to upright arabesque at prep level, downward inversion from prep level
= 4-level 4 skills. A team will receive a score in the 4.0-4.5 range.

Team will receive credit for **Most of team performs 4 - level 4 skills**

- * Teams will be placed in the highest range that matches their skill set.

Example: 2. Most of a team performs straight up to extended level stretch, Straight cradle, invert on ground up to upright at prep level, extended 2 foot show-n-go
= 2-Level 3 skills AND 2 Level 2 skills = A team will receive a score in the 3.0-3.5 range.

Team will receive credit for **Most of team performs 2-3 - level 3 skills**

TOSSES

+ A variety of different level tosses performed in one sequence will accumulate and make a team eligible for a higher range.

Example: 1. A team of 15 kids perform 3 tosses in one sequence.
1 toss is a switch-kick-full twist, 1 toss is a kick-full twist, and 1 toss is a full-twist.
= 1-level 5 toss, 1-level 4 toss, AND 1-level 3 toss = A team will receive a score of 4.2.

Team will receive credit for **Majority of team performs a level 4+ toss.**

JUMPS

* A team can demonstrate *variety* by having most perform at least two different types of jumps within their sequence. Variety is only required in order to achieve the 5.0 score.

RULES

- * All school teams are expected to follow NFHS/AACCA school rules.
- * Schools entering the Intermediate division will have additional restrictions. (Download the rules document to view Intermediate restrictions.)