

2018-2019 COLLEGE CHEER SCORING - ALL GIRL

Majority of team 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 a majority will earn a score in a lower range.)

| STUNT Difficulty | PYRAMID Difficulty | TOSS Difficulty | STANDING TUMBLING Difficulty | RUNNING TUMBLING Difficulty |
|---|--|---|--|--|
| 2.0 - 3.0 | 2.0 - 3.0 | 2.0 - 3.0 | 2.0 - 3.0 | 2.0 - 3.0 |
| Advanced Stunt Skills * Non-released rewinds or * Full up to Extended position <i>Note: Sequence should incorporate non-released inverting/twisting/transitional skills, and dismounts.</i> | Advanced Pyramid Skills 2 high pyramid incorporating multiple 2 1/2 high transitions that consist of inverting/twisting/unique mounts and dismounts | Non-Flipping Tosses with Single Full Twisting Skills: * Single Full Twists * Kick Single Full Twists <i>Note: a 1/4 positioning move is allowed in twisting skills.</i> | Intermediate Tumbling Skills * Standing Tumbling passes that include a Handspring | Intermediate Tumbling Skills * Running Tumbling passes that include a Handspring |
| 3.0 - 4.0 | 3.0 - 4.0 | 3.0 - 4.0 | 3.0 - 4.0 | 3.0 - 4.0 |
| * 1 1/2 up or double up to extended stunt or * Released inversions to below extended level. Required Dismount: Flipping or Double Twisting | Elite Pyramid Skills A pyramid sequence that contains single or multiple structures incorporating a top person at the 2 1/2 high level or multiple 2 1/2 high people with minimal transitions/dismounting by the top person(s). | Non-Flipping Tosses with Double Full Twisting Skills: * Double Full twists * Kick Double Full Twists <i>Note: a 1/4 positioning move is allowed in twisting skills.</i> | Advanced Tumbling Skills * Standing Tumbling passes that include a Tuck | Advanced Tumbling Skills * Running Tumbling passes that include a Tuck |
| 4.0 - 5.0 | 4.0 - 4.5 | 4.0 - 4.5 | 4.0 - 4.5 | 4.0 - 5.0 |
| * Group stunt inversions into extended one leg stunts. Required Dismount: Flipping or Double Twisting * Single based toss stunts that press to extended stunt or are caught at extended level. * Released rewinds to liberty variations/awesome, * Released inversions to liberty variations/awesome or * Released toss full up to liberty variations/awesome. Required dismount: Flipping or Double Twisting | A pyramid sequence that contains multiple structures and multiple transitions. Each structure in the sequence should contain two or more people at the 2 and 1/2 high level. The top people should use numerous connected inverting/twisting/unique entries to the top of the pyramids OR released toss entries that do not twist or invert. Should also include numerous inverting/twisting/unique dismounts. | Flipping Tosses: * Back Tuck * Layouts * Pike Open | Elite Tumbling Skills * Standing Tumbling passes that include a Layout or Full | Elite Tumbling Skills * Running Tumbling passes that include a Layout or Full |
| | 4.5 - 5.0 | 4.5 - 5.0 | 4.5 - 5.0 | |
| | A pyramid sequence that contains multiple structure and multiple transitions. Each structure in the sequence should contain two or more people at the 2 and 1/2 high level. The top people should use numerous released inverting/twisting/unique entries to the top of the pyramids and numerous inverting/twisting/unique dismounts. | Two position Flipping Tosses: * Tuck X-Out * Tuck Split * Layout Split/Kick * Layout Straddle * Pike Open Straddle * Pike Open Split | Synchronized Elite Tumbling Skills * Standing Tumbling passes that include a Layout or Full and are synchronized by a majority of the team | |

BUILDING QUANTITY CHART

| # of Athletes | # of Groups (Majority) |
|---------------|------------------------|
| 5 - 11 | 1 |
| 12 - 19 | 2 |
| 20 - 27 | 3 |
| 28 - 35 | 4 |
| 36 | 5 |

JUMP DIFFICULTY

4.0 - Single Jump

4.5 - Double Jump

5.0 - Triple Jump Combinations or Double Jump combinations plus a Single Jump. Sequence must include 2 types of variety

* All jump combinations must be connected with a whip approach.

* Jump variety may include toe touch, side and front hurdler (left and right), pike, and double nine.

TECHNIQUE (30 points)

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

CHOREOGRAPHY (10 points)

Spacing, seamless movement patterns, and execution of formations

OVERALL EFFECT (10 points)

Performance level determined by mastery of routine, genuine enthusiasm and energy throughout routine.

COLLEGIATE IMAGE (10 points)

Performance Integrity and School Representation.

How well the institution has been represented by it's cheerleading team's presentation and appearance. All aspects of the performance (music, choreography, skills, language, props, etc.) should represent the highest standards as expected by athletes and elite student body representatives at the collegiate level.

TUMBLING/JUMP QUANTITY CHART

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

2018-2019 COLLEGE CHEER SCORING - SMALL COED

Majority of team 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 a majority will earn a score in a lower range.)

| STUNT Difficulty | PYRAMID Difficulty | TOSS Difficulty | STANDING TUMBLING Difficulty | RUNNING TUMBLING Difficulty |
|---|--|---|--|--|
| 2.0 - 3.0 | 2.0 - 3.0 | 2.0 - 3.0 | 2.0 - 3.0 | 2.0 - 3.0 |
| Advanced Stunt Skills * Multi-based non-released rewinds or * Multi-based Full up to Extended position <i>Note: Sequence should incorporate non-released inverting/twisting/transitional skills, and dismounts.</i> | Advanced Pyramid Skills 2 high pyramid incorporating multiple 2 1/2 high transitions that consist of inverting/twisting/unique mounts and dismounts | Non-flipping Tosses with Single Full Twisting Skills: * Single Full Twists * Kick Single Full Twists <i>Note: a 1/4 positioning move is allowed in twisting skills.</i> | Intermediate Tumbling Skills * Standing Tumbling passes that include a Handspring | Intermediate Tumbling Skills * Running Tumbling passes that include a Handspring |
| 3.0 - 3.5 | 3.0 - 4.0 | 3.0 - 4.0 | 3.0 - 4.0 | 3.0 - 4.0 |
| * Multi-based 1 1/2 or double up to extended stunt or * Unassisted Single-based toss to hands to extended | Elite Pyramid Skills A pyramid sequence that contains single or multiple structures incorporating a top person at the 2 1/2 high level or multiple 2 1/2 high people with minimal transitions/dismounting by the top person(s). | Non-flipping Tosses with Double Full Twisting Skills: * Double Full twists * Kick Double Full Twists <i>Note: a 1/4 positioning move is allowed in twisting skills.</i> | Advanced Tumbling Skills * Standing Tumbling passes that include a Tuck | Advanced Tumbling Skills * Running Tumbling passes that include a Tuck |
| 3.5 - 4.0 | | | | |
| * Multi-based stunt inversions into extended one leg stunts or * Single based toss to extended stunt. | | | | |
| 4.0 - 4.5 | 4.0 - 4.5 | 4.0 - 4.5 | 4.0 - 4.5 | 4.0 - 5.0 |
| One skill below should be performed by an Unassisted Single Base. The number of groups that need to perform the skill is determined by a <u>majority of the males</u> that are on the team. * Released rewinds to liberty variations/awesome, * Released inversions to liberty variations/awesome or * Released toss full up to liberty variations/awesome. <u>Required dismount:</u> Flipping or Double Twisting | A pyramid sequence that contains multiple structures and multiple transitions. Each structure in the sequence should contain two or more people at the 2 and 1/2 high level. The top people should use numerous connected inverting/twisting/unique entries to the top of the pyramids OR released toss entries that do not twist or invert. Should also include numerous inverting/twisting/unique dismounts. | Flipping Tosses: * Back Tuck * Layouts * Pike Open | Elite Tumbling Skills * Standing Tumbling passes that include a Layout or Full | Elite Tumbling Skills * Running Tumbling passes that include a Layout or Full |
| 4.5 - 5.0 | 4.5 - 5.0 | 4.5 - 5.0 | 4.5 - 5.0 | |
| One skill below should be performed by an Unassisted Single Base. The number of groups that need to perform the skill is determined by the number of <u>all males</u> that are on the team. * Released rewinds to liberty variations/awesome, * Released inversions to liberty variations/awesome or * Released toss full up to liberty variations/awesome. <u>Required dismount:</u> Flipping or Double Twisting | A pyramid sequence that contains multiple structure and multiple transitions. Each structure in the sequence should contain two or more people at the 2 and 1/2 high level. The top people should use numerous released inverting/twisting/unique entries to the top of the pyramids and numerous inverting/twisting/unique dismounts. | Two position flipping Tosses by majority: * Tuck X-Out * Tuck Split * Layout Split/Kick * Layout Straddle * Pike Open Straddle * Pike Open Split PLUS One coed group performs one of the following: * Full Twisting layout * Layout Straddle Full * Layout Split/Kick Full * Tuck X-out Full * Tuck Split/Kick Full | Synchronized Elite Tumbling Skills * Standing Tumbling passes that include a Layout or Full and are synchronized by a majority of the team | |

MULTI-BASED QUANTITY CHART

| # of Total Athletes | # of Groups (Majority) |
|---------------------|------------------------|
| 5 - 11 | 1 |
| 12 - 19 | 2 |
| 20 - 27 | 3 |
| 28 - 35 | 4 |
| 36 | 5 |

SINGLE-BASED QUANTITY CHART

| # of Male Athletes | # of Groups (Majority of Males) |
|--------------------|---------------------------------|
| 1 - 2 - 3 | 1 |
| 4 | 2 |

TUMBLING/JUMP QUANTITY CHART

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

JUMP DIFFICULTY

- 4.0 - Single Jump
- 4.5 - Double Jump
- 5.0 - Triple Jump combinations or Double Jump combinations plus a Single Jump. Sequence must include 2 types of variety

* All jump combinations must be connected with a whip approach.

* Jump variety may include toe touch, side and front hurdler (left and right), pike. and double nine.

TECHNIQUE (30 points)

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

CHOREOGRAPHY (10 points)

Spacing, seamless movement patterns, and execution of formations

OVERALL EFFECT (10 points)

Performance level determined by mastery of routine, genuine enthusiasm and energy throughout routine.

COLLEGIATE IMAGE (10 points)

Performance Integrity and School Representation.

How well the institution has been represented by it's cheerleading team's presentation and appearance. All aspects of the performance (music, choreography, skills, language, props, etc.) should represent the highest standards as expected by athletes and elite student body representatives at the collegiate level.

2018-2019 COLLEGE CHEER SCORING - LARGE COED

Majority of team 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 a majority will earn a score in a lower range.)

| STUNT Difficulty | PYRAMID Difficulty | TOSS Difficulty | STANDING TUMBLING Difficulty | RUNNING TUMBLING Difficulty |
|--|--|---|--|--|
| 2.0 - 3.0 | 2.0 - 3.0 | 2.0 - 3.0 | 2.0 - 3.0 | 2.0 - 3.0 |
| Advanced Stunt Skills * Multi-based non-released rewinds or * Multi-based Full up to Extended position <i>Note: Sequence should incorporate non-released inverting/twisting/transitional skills, and dismounts.</i> | Advanced Pyramid Skills 2 high pyramid incorporating multiple 2 1/2 high transitions that consist of inverting/twisting/unique mounts and dismounts | Non-Flipping Tosses with Double Full Twisting Skills: * Double Full twists * Kick Double Full Twists <i>Note: a 1/4 positioning move is allowed in twisting skills.</i> | Intermediate Tumbling Skills * Standing Tumbling passes that include a Handspring | Intermediate Tumbling Skills * Running Tumbling passes that include a Handspring |
| 3.0 - 3.5 | 3.0 - 4.0 | 3.0 - 4.0 | 3.0 - 4.0 | 3.0 - 4.0 |
| * Multi-based 1 1/2 or double up to extended stunt or * Unassisted Single-based toss to hands to extended | Elite Pyramid Skills A pyramid sequence that contains single or multiple structures incorporating a top person at the 2 1/2 high level or multiple 2 1/2 high people with minimal transitions/dismounting by the top person(s). | Flipping Tosses: * Back Tuck * Layouts * Pike Open | Advanced Tumbling Skills * Standing Tumbling passes that include a Tuck | Advanced Tumbling Skills * Running Tumbling passes that include a Tuck |
| 3.5 - 4.0 | | | | |
| * Multi-based stunt inversions into extended one leg stunts or * Single based toss to extended stunt. | 4.0 - 4.5 | 4.0 - 4.5 | 4.0 - 4.5 | 4.0 - 5.0 |
| One skill below should be performed by an Unassisted Single Base. The number of groups that need to perform the skill is determined by a <u>majority of the males</u> that are on the team. * Released rewinds to liberty variations/awesome, * Released inversions to liberty variations/awesome or * Released toss full up to liberty variations/awesome. <u>Required dismount:</u> Flipping or Double Twisting | A pyramid sequence that contains multiple structures and multiple transitions. Each structure in the sequence should contain two or more people at the 2 and 1/2 high level. The top people should use numerous connected inverting/twisting/unique entries to the top of the pyramids OR released toss entries that do not twist or invert. Should also include numerous inverting/twisting/unique dismounts. | Two position Flipping Tosses: * Tuck X-Out * Tuck Split * Layout Split/Kick * Layout Straddle * Pike Open Straddle * Pike Open Split | Elite Tumbling Skills * Standing Tumbling passes that include a Layout or Full | Elite Tumbling Skills * Running Tumbling passes that include a Layout or Full |
| 4.5 - 5.0 | 4.5 - 5.0 | 4.5 - 5.0 | 4.5 - 5.0 | |
| One skill below should be performed by an Unassisted Single Base. The number of groups that need to perform the skill is determined by the number of <u>all males</u> that are on the team. * Released rewinds to liberty variations/awesome, * Released inversions to liberty variations/awesome or * Released toss full up to liberty variations/awesome. <u>Required dismount:</u> Flipping or Double Twisting All other stunts in routine must be unassisted by a majority of the Single-Based Stunt Groups. | A pyramid sequence that contains multiple structure and multiple transitions. Each structure in the sequence should contain two or more people at the 2 and 1/2 high level. The top people should use numerous released inverting/twisting/unique entries to the top of the pyramids and numerous inverting/twisting/unique dismounts. | Flipping tosses with a Single Twist: * Full Twisting Layout * Layout Straddle Full * Layout Split/Kick Full * Tuck X-out Full * Tuck Split/Kick Full | Synchronized Elite Tumbling Skills * Standing Tumbling passes that include a Layout or Full and are synchronized by a majority of the team | |

MULTI-BASED QUANTITY CHART

| # of Total Athletes | # of Groups (Majority) |
|---------------------|------------------------|
| 5 - 11 | 1 |
| 12 - 19 | 2 |
| 20 - 27 | 3 |
| 28 - 35 | 4 |
| 36 | 5 |

SINGLE-BASED QUANTITY CHART

| # of Male Athletes | # of Groups (Majority of Males) |
|--------------------|---------------------------------|
| 5 | 2 |
| 6 - 7 | 3 |
| 8 - 9 | 4 |
| 10 - 11 | 5 |

TUMBLING/JUMP QUANTITY CHART

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

JUMP DIFFICULTY

- 4.0 - Single Jump
- 4.5 - Double Jump
- 5.0 - Triple Jump combinations or Double Jump combinations plus a Single Jump. Sequence must include 2 types of variety

* All jump combinations must be connected with a whip approach.

* Jump variety may include toe touch, side and front hurdler (left and right), pike, and double nine.

TECHNIQUE (30 points)

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

CHOREOGRAPHY (10 points)

Spacing, seamless movement patterns, and execution of formations

OVERALL EFFECT (10 points)

Performance level determined by mastery of routine, genuine enthusiasm and energy throughout routine.

COLLEGIATE IMAGE (10 points)

Performance Integrity and School Representation.

How well the institution has been represented by it's cheerleading team's presentation and appearance. All aspects of the performance (music, choreography, skills, language, props, etc.) should represent the highest standards as expected by athletes and elite student body representatives at the collegiate level.

2018-2019 COLLEGE CHEER SCORING - INTERMEDIATE

Majority of team 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 a majority will earn a score in a lower range.)

Teams competing in the Intermediate Division must follow AACCA rules as well as additional Intermediate Restrictions.

| STUNT Difficulty | PYRAMID Difficulty | TOSS Difficulty | STANDING TUMBLING Difficulty | RUNNING TUMBLING Difficulty |
|---|--|---|---|--|
| 2.0 - 3.0 | 2.0 - 3.0 | 2.0 - 3.0 | 2.0 - 3.0 | 2.0 - 3.0 |
| Beginning Stunt Skills * Shoulder Stands * Extension * Chair Sit | Beginning Pyramid Skills 2 high non-transitional | Non-Flipping Tosses: * Toe Touch * Tuck Arch * Pike Open | Beginning Tumbling Skills: * Standing Tumbling passes that include a roll or walkover | Beginning Tumbling Skills: * Running Tumbling passes that include a Round-off or Cartwheel |
| 3.0 - 4.0 | 3.0 - 4.0 | 3.0 - 4.0 | 3.0 - 4.0 | 3.0 - 4.0 |
| Intermediate Stunt Skills Extended stunts performed with minimal incorporation of non-released transitions, including inverting/twisting/unique mounts, and dismounts. | Intermediate Pyramid Skills 2 high pyramids incorporating minimal 2 1/2 high transitions that consist of braced inverting/twisting/unique mounts and dismounts | Non-Flipping Tosses with Single Full Twisting Skills: * Single Full Twists * Kick Single Full Twists <i>Note: a 1/4 positioning move is allowed in twisting skills.</i> | Intermediate Tumbling Skills * Standing Tumbling passes that include a Handspring | Intermediate Tumbling Skills * Running Tumbling passes that include a Handspring |
| 4.0 - 5.0 | 4.0 - 5.0 | 4.0 - 5.0 | 4.0 - 5.0 | 4.0 - 5.0 |
| Advanced Stunt Skills * Non-released rewinds or * Full up to Extended position <i>Note: Sequence should incorporate non-released inverting/twisting/transitional skills, and dismounts.</i> | Advanced Pyramid Skills 2 high pyramid incorporating multiple 2 1/2 high transitions that consist of inverting/twisting/unique mounts and dismounts | Non-Flipping Tosses with Double Full Twisting Skills: * Double Full twists * Kick Double Full Twists <i>Note: a 1/4 positioning move is allowed in twisting skills.</i> | Synchronized Intermediate Tumbling Skills * Standing Tumbling passes that include a handspring and are synchronized by a majority of the team | Advanced Tumbling Skills * Running Tumbling passes that include a Tuck or Layout |

BUILDING QUANTITY CHART

| # of Athletes | # of Groups (Majority) |
|---------------|------------------------|
| 5 - 11 | 1 |
| 12 - 19 | 2 |
| 20 - 27 | 3 |
| 28 - 35 | 4 |
| 36 | 5 |

TECHNIQUE (30 points)

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

CHOREOGRAPHY (10 points)

Spacing, seamless movement patterns, and execution of formations

OVERALL EFFECT (10 points)

Performance level determined by mastery of routine, genuine enthusiasm and energy throughout routine.

COLLEGIATE IMAGE (10 points)

Performance Integrity and School Representation.

How well the institution has been represented by it's cheerleading team's presentation and appearance. All aspects of the performance (music, choreography, skills, language, props, etc.) should represent the highest standards as expected by athletes and elite student body representatives at the collegiate level.

TUMBLING/JUMP QUANTITY CHART

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

JUMP DIFFICULTY

4.0 - Single Jump

4.5 - Double Jump

5.0 - Triple Jump Combinations or Double Jump combinations plus a Single Jump. Sequence must include 2 types of variety

* All jump combinations must be connected with a whip approach.

* Jump variety may include toe touch, side and front hurdler (left and right), pike, and double nine.

INTERMEDIATE COLLEGE DIVISION SKILL RESTRICTIONS

STUNTS & PYRAMIDS:

- Released inversions into or from stunts are prohibited.
- Released full twists to an extended position are prohibited.
- Double twisting dismounts are prohibited.
- Pyramids sustained over 2 persons high are prohibited.
- Twisting stunts (i.e. full ups) are limited to ONE and a quarter (1 ¼) twisting rotation.
Clarification: One and a half (1 ½) up and double ups are prohibited.

TOSSES:

- Released flips from basket/sponge tosses are prohibited.
Clarification: Inverted Tosses are not allowed.
- Twisting dismounts from basket/sponge tosses may not exceed 2 rotations.
Clarification: 1/4 turn is allowed to set for the twist and will not be counted as part of the 2 rotations.
- In non-flipping tosses, the top person is limited to 2 ¼ twisting rotations and three (3) total tricks (i.e. Kick double)

TUMBLING:

- Standing back tucks or other standing flips, as well as standing tumbling passes that include back tucks or other flips are not permitted.
- Running Tumbling passes that include Airborne flips are permitted (i.e.. Tucks, layouts, whips, etc.)
- Twisting flips are not permitted in Standing or Running Tumbling.