XTREME CHEER XPERIENCE

2021 - 2022

XTREME CHEER XPERIENCE

SCORING RUBRIC

L1: TINY, MINI, YOUTH, JUNIOR & SENIOR INTERNATIONAL: U17 & U19

L2: MINI, YOUTH, JUNIOR & SENIOR INTERNATIONAL: U17 & U19

L3: YOUTH, JUNIOR & SENIOR INTERNATIONAL: U17 & U19

L4: YOUTH, JUNIOR, SENIOR & SENIOR OPEN INTERNATIONAL: U17, U17 COED, U19 & OPEN

L4.2: SENIOR

L5: YOUTH, JUNIOR, SENIOR & SENIOR OPEN

L6: JUNIOR & JUNIOR COED

2021 - 2022 ALL STAR SCORING SYSTEM - BUILDING

STUNT DIFFICULTY

Stunt skills will only receive full credit if they show control through the pop or transition to another skill.

2.0 - 2.5	BELOW	Skills performed do not meet low range requirement
2.5 - 3.0	LOW	Four (4) different level appropriate skills performance by most of the team
3.0 - 3.5	MID	Four (4) different level appropriate skills performance by most of the team, One (1) of which is elite level appropriate
3.5 - 4.0	HIGH	Four (4) different level appropriate skills performance by most of the team, Two (2) of which is elite level appropriate

DIFFICULTY DRIVERS

- Degree of difficulty
- Percent of team participation (maximizing stunt groups based on the number of athletes)
- Combination of skills (level & non-Level appropriate)
- Pace of skills performed

STUNT QUANTITY

Based on a transitional group of four (4) or more, rippled or synchronized in the same section without recycling athletes.

1.0	Less than a majority of the team performs a level appropriate building skill
1.2	Majority of the team performs a level appropriate building skill
1.4	Most of the team performs a level appropriate building skill
1.6	Less than a majority of the team performs the same elite level appropriate building skill
1.8	Majority of the team performs the same elite level appropriate building skill
2.0	Most of the team performs the same elite level appropriate building skill

PYRAMID DIFFICULTY

2.0-2.5	BELOW	Skills performed do not meet low range requirement
2.5-3.0	LOW	Two (2) different level appropriate skills and two (2) structures performed by most of the team
3.0-3.5	MID	Three (3) different level appropriate skills and two (2) structures performed by most of the team
3.5-4.0	HIGH	Four (4) different level appropriate skills and two (2) structures performed by most of the team

Toss Difficulty

1.0	Less than majority of the team performs a toss
1.5	Majority of the team performs a level appropriate toss
2.0	Majority of the team performs a level appropriate toss rippled or synchronized in the same section

Same section - single portion of the routine where skills from a skill set (Stunts, Pyramids, Tosses, Standing Tumbling, Running Tumbling, Jumps) are performed.

BUILDING QUANTITY CHART

# of Athletes	# of Groups	
	Majority	Most
5-11	1	1
12-15	1	2
16-19	2	3
20-23	3	4
24-30	4	5
31-38	5	6

Additional Information

Skills that are not required to be synchronized may be cumulative to meet a difficulty requirement.

Stunt skills will only receive full credit if they show control through the pop or transition to another skill.

Body Positions

- Lib and platform are not considered body positions
- Body positions include: Stretch, bow & arrow, arabesque, scale, and scorpion.

2021 - 2022 ALL STAR SCORING SYSTEM - TUMBLING

XTREME CHEER XPERIENCE

JUMP DIFFICULTY

Jumps must use a whip approach to be considered connected.
Whip approach - Continuous movement through swing, connecting two (2) or more jumps.

0.5	Skills performed do not meet 1.0 requirement
1.0	Most of the team performs one (1) advanced jump
1.5	Most of the team performs two (2) connected advanced jumps. Must be synchronized and include a variety Tiny/Mini: Most of the team performs two (2) advanced jumps must be synchronized, but **do not** need to be connected or include a variety
2.0	Most of the team performs three (3) connected advanced jumps or two (2) connect advanced jumps, plus one (1) additional advanced jump. Must be synchronized and include a variety. Tin/Mini: Most of the team performs three (3) advanced jumps must be synchronized, but **do not** need to be connected or include a variety

TUMBLING/JUMP QUANTITY CHART

# of Athletes	Majority	Most
5-7	2	4
8-9	4	5
10-15	6	7
16-19	8	9
20-25	10	13
26-30	14	16
31-38	15	18

DIFFICULTY DRIVERS

- Degree of Difficulty
- Percent of participant
- Combination of skills
- Synchronization of passes
- Variety of passes

JUMPS

- Variety - at least two (2) different jumps. Performing the same jump with different legs doesn't constitute as variety. (EX: right/left hurdler)
- Jump Skills must land on feet to be considered level appropriate and receive difficulty credit (ex: jumps that land on knee(s) or seat would not count)
- Basic Jumps: Spread Eagle, Tuck Jump
- Advanced Jumps: Pike, Right/Left Hurdlers (Front or Side), Toe Touch

STANDING TUMBLING DIFFICULTY

2.0-2.5	BELOW	Skills performed do not meet low range requirement
2.5-3.0	LOW	Most of the team performs a level appropriate pass
3.0-3.5	MID	Majority of the team performs the same level appropriate pass which must be synchronized from initiation of the pass
3.5-4.0	HIGH	Most of the team performs the same level appropriate pass which must be synchronized from initiation of the pass, plus Majority of the team performs an additional level appropriate pass.

STANDING TUMBLING DIFFICULTY

In an effort to reduce the number of Standing Tumbling passes performed in L1-L5 & Jr. 6, the following criteria will be used when awarding higher scores within a range:

- Degree of Difficulty of the passes
- Variety of Passes
- Satisfies or exceeds the quantity requirement utilizing grouped or synchronized passes

RUNNING TUMBLING DIFFICULTY

2.0-2.5	BELOW	Skills performed do not meet low range requirement
2.5-3.0	LOW	Less than a majority of the team performs a level appropriate pass
3.0-3.5	MID	Majority of the team performs a level appropriate pass
3.5-4.0	HIGH	Most of the team performs a level appropriate pass

ADDITIONAL INFORMATION

- L1-L5 & Jr. 6 Standing Tumbling - Same level appropriate synchronized pass cannot be used to fulfill Majority pass requirement
- Tumbling passes must land on feet to be considered level appropriate and receive difficulty credit (ex: Jump 3/4 front flip to seat, back handsprings which lands in a prone position would not count)
- Jumps within a pass will not break up the pass (ex: Toe Touch - BHS - Toe Touch - BHS is 1 pass in L3
- T-Jumps are not considered a jump and will break up a pass into two separate passes.
- L2 - No skills out of a round off that are **illegal** in L1 will count for level appropriate credit.
- L4 - Punch front forward roll will not count for level appropriate credit
- L5 - No skills out of a Tuck, in Standing Tumbling, that are **illegal** in L4 will count for level appropriate credit (es: BHS - Tuck - BHS or Tuck - BHS)

2021 - 2022 ALL STAR SCORING SYSTEM - OVERALL

STUNT CREATIVITY	
0.5 - 1.0	Stunt skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills. This may include: Entries • Transitions • Dismounts

PYRAMID CREATIVITY	
0.5 - 1.0	Pyramid skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills. This may include: Entries • Transitions • Dismounts

ROUTINE COMPOSITION	
1.0 - 2.0	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.

DANCE		
1.0 - 2.0	A team's ability to demonstrate a high level of energy and entertainment value which may incorporate:	**DIFFICULTY:** Visual elements • Variety of levels • Formation changes • Footwork • Floorwork • Partner work • Pace
		EXECUTION: Technique • Perfection • Motion Strength/Placement • Synchronization

PERFORMANCE	
1.0 - 2.0	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.

2021 - 2022 ALL STAR SCORING SYSTEM - EXECUTION

XTREME CHEER XPERIENCE

EXECUTION - STUNT PYRAMID & STANDING/RUNNING TUMBLING

4.0	Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill. • Scores will start at a 4.0 and may be reduced by .1, .2 or .3 based on the lack of technical execution of each driver • 0.1 - Minor technique issues by the team, not just 1 athlete in Tumbling or 1 athlete in Stunts/Pyramid • 0.2 – Multiple technique issues by the team • 0.3 – Widespread technique issues by the team • No more than .3 will be taken off for a single driver. • Stylistic differences will not factor into a teams' Execution score.

EXECUTION - TOSS & JUMPS

2.0	Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill. • Scores will start at a 2.0 and may be reduced by .1, .2 or .3 based on the lack of technical execution of each driver • 0.1 - Minor technique issues by the team, not just 1 athlete in Jumps or 1 athlete in Tosses • 0.2 – Multiple technique issues by the team • 0.3 – Widespread technique issues by the team • No more than .3 will be taken off for a single driver. • Stylistic differences will not factor into a teams' Execution score.

STUNT/PYRAMID DRIVERS

Each driver may include, but is not limited to, the below examples:

Top Person	• Body control • Uniform flexibility • Motion placement • Legs straight/locked and toes pointed
Bases/Spotters	• Stability of the stunt • Solid stance • Positioned shoulder width apart • Feet stationary
Transitions	• Entries • Dismounts • Speed/control/flow from skill to skill
Synchronization*	• Timing

**Teams that do not perform at least 1 level appropriate skill/transition by 2 or more groups in Stunts and Pyramids will automatically receive .3 off for Synchronization.*

TOSS DRIVERS

Each driver may include, but is not limited to, the below examples:

Top Person	• Body control • Consistent execution of skill/trick • Legs straight/toes pointed • Arm placement
Bases/Spotters	• Using arms/legs to throw together • Solid stance • Positioned shoulder width apart • Timing • Arms up to catch high • Legs used to absorb catch • Group positioned no more than shoulder width apart • Controlled • Cradle
Height	• Relative to the size of the athletes performing the toss

Teams that do not perform at least 1 level appropriate toss by 2 or more groups will automatically receive .3 off for any driver that constitutes a reduction, regardless of the severity of the issue.

STANDING/RUNNING TUMBLING DRIVERS

Each driver may include, but is not limited to, the below examples:

Approach	• Arm placement into a pass/skill • Swing/prep • Chest placement • Flow from skill to skill in a pass • Consistent or increases through pass/skills • Connection of pass/skills
Body Control	• Head placement • Arm/shoulder placement in skills • Hips • Leg placement in skills • Pointed toes
Landings	• Controlled • Legs/feet together • Chest placement • Finished pass/skill • Incomplete twisting skills
Synchronization*	• Timing

**Teams that do not perform 2 or more level appropriate passes synchronized in a group will automatically receive .3 off for Synchronization.*

JUMP DRIVERS

Each driver may include, but is not limited to, the below examples:

Arm Placement	• Approach • Consistent entry • Swing/prep • Arm position within jump(s)
Leg Placement	• Straight legs • Pointed toes • Hip placement/rotation • Hyperextension • Height • Legs/feet together • Chest placement • Landings
Synchronization	• Timing

2021 - 2022 ALL STAR SCORING SYSTEM - STUNTS

XTREME CHEER XPERIENCE

LEVEL 1

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	• INVERSION TO GROUND LEVEL	• SWITCH UP TO LIB BELOW PREP LEVEL • SWITCH UP TO BODY POSITION BELOW PREP LEVEL • TIC TOC BELOW PREP LEVEL (LIB TO LIB) • TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION)	• 1/4 TWISTING TRANSITION TO BELOW PREP LEVEL • 1/4 DOWN TO GROUND LEVEL • 1/4 TWISTING TRANSITION FROM PREP LEVEL	• STEP DOWN • STRAIGHT CRADLE	• BACK STAND • PREP LEVEL SHOW & GO • STRADDLE SIT • FLAT BACK • EXTENDED STRADDLE SIT • BELOW PREP LEVEL 1 LEG STUNT • EXTENDED FLAT BACK • PREP LEVEL 1 LEG STUNT WITH BRACER • PREP LEVEL TO PRONE • 1 LEG STUNT BELOW PREP LEVEL • SHOULDER SIT • CHAIR • SHOULDER STAND • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY • TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER
ELITE LEVEL APPROPRIATE		• TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION) • PREP LEVEL TIC TOC (BODY POSITION TO BODY POSITION) WITH BRACER	• 1/4 TWISTING TRANSITION TO PREP		• 1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH BRACER

LEVEL 2

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	• INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL • INVERSION FROM GROUND LEVEL TO PREP LEVEL	• SWITCH UP TO LIB PREP LEVEL • TIC TOC PREP LEVEL (LIB TO LIB) • TIC TOC PREP LEVEL (LIB TO BODY POSITION)	•1/2 TWISTING TRANSITION TO BELOW PREP LEVEL •1/2 TWISTING TRANSITION TO PREP LEVEL •1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT •1/2 TWISTING TRANSITION TO PREP LEVEL BODY POSITION •1/4 TWISTING TRANSITION TO EXTENDED STUNT	• STRAIGHT CRADLE FROM EXTENSION • STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION • 1/4 TWISTING DISMOUNT FROM PREP OR EXTENSION	• PREP LEVEL 1 LEG STUNT • EXTENSION • BARREL ROLL • LEAP FROG VARIATIONS • 1/2 TWIST TO PRONE • WALK IN PREP LEVEL PRESS EXTENSION • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	• INVERSION FROM GROUND LEVEL TO EXTENDED STUNT	• TIC TOC PREP LEVEL (BODY POSITION TO BODY POSITION)	• 1/2 TWISTING TRANSITION TO EXTENDED STUNT		• 1/2 TWISTING INVERSION TO EXTENDED STUNT • 1/2 TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT • 1/2 TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT

LEVEL 3

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	• INVERTED BELOW PREP LEVEL • INVERTED AT PREP LEVEL • DOWNWARD INVERSION FROM BELOW PREP LEVEL	• RELEASE TO PREP LEVEL OR BELOW • SWITCH UP TO PREP LEVEL LIB • BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL LIB • TIC TOC BELOW PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB) • TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB)	• FULL UP BELOW PREP LEVEL • FULL UP PREP LEVEL STUNT • 1/4 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT • FULL UP TO PREP LEVEL 1 LEG STUNT • PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT	•STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT •FULL DOWN FROM PREP •1/4 TWISTING DISMOUNT FROM EXTENDED 1 LEG •FULL DOWN FROM EXTENSION •SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING)	• FULL TWIST TO PRONE FROM PREP LEVEL • EXTENDED 1 LEG STUNT • SUSPENDED FRONT FLIP • SPECIALTY SUSPENDED FRONT FLIP (NON-TWISTING) • SUSPENDED TWISTING FRONT FLIP • TOSS HANDS • SINGLE BASED 1 LEG EXTENDED STUNTS • TOSS HANDS PAUSE PRESS EXTENSION • WALK IN EXTENSION • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	• INVERSION TO EXTENDED 1 LEG STUNT	• TIC TOC PREP LEVEL LIB TO EXTENDED BODY POSITION • BALL UP OR STRADDLE UP TO PREP LEVEL BODY POSITION • SWITCH UP TO PREP LEVEL BODY POSITION • RELEASE TO PREP LEVEL BODY POSITION	• FULL UP TO PREP LEVEL BODY POSITION • 1/2 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT • PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION		• 1/2 TWISTING INVERSION TO EXTENDED 1 LEG STUNT • FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION)

LEVEL 4

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	• RELEASED INVERSION TO PREP LEVEL OR BELOW • RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL • DOWNWARD INVERSION FROM PREP LEVEL • EXTENDED INVERTED STUNT	• SWITCH UP TO EXTENDED 1 LEG STUNT • RELEASE TO EXTENDED STUNT • TIC TOC LIB TO LIB (HIGH TO LOW) • HELICOPTER RELEASE MOVES • RELEASE TO EXTENDED LIB • SWITCH UP TO EXTENDED BODY POSITION • FULL TWISTING RELEASE TO PREP LEVEL OR BELOW • RELEASE FROM PREP LEVEL TO PREP LEVEL	• 1 ½ TWISTING TRANSITION TO BELOW PREP LEVEL • ¾ TWISTING TRANSITION TO EXTENDED STUNT • FULL UP TO EXTENDED 2 LEG STUNT • 1 ½ TWISTING TRANSITION TO PREP LEVEL • 1 ½ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT	• FULL DOWN FROM EXTENDED 1 LEG STUNT • DOUBLE DOWN FROM PREP LEVEL • KICK FULL TWISTING DISMOUNT	• TOSS EXTENSION • TOSS 1 LEG EXTENDED STUNT • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	• RELEASED INVERSION FROM BELOW PREP LEVEL TO EXTENDED STUNT	• TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW BODY POSITION (HIGH TO LOW) • BALL UP OR STRADDLE UP TO EXTENDED BODY POSITION • RELEASE TO EXTENDED BODY POSITION (NOT INCLUDING SWITCH UP)	• FULL UP TO EXTENDED LIB (NOT BODY POSITION) • 1 ½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION • EXTENDED FULL TWISTING TRANSITION TO EXTENDED STUNT	• DOUBLE DOWN FROM EXTENDED STUNT	• FULL TWISTING INVERSION TO EXTENDED STUNT • FULL TWISTING TIC TOC RELEASE TO PREP LEVEL 1 LEG STUNT • FULL TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL BODY POSITION • 1 ½ TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL 1 LEG STUNT

LEVEL 5

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	• DOWNWARD INVERSION FROM EXTENDED STUNT • DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT • RELEASED INVERSION FROM PREP LEVEL TO EXTENSION	• ¼ TWIST SWITCH UP TO EXTENDED 1 LEG STUNT • TIC TOC LIB TO LIB (HIGH TO HIGH) • TIC TOC LIB TO LIB (LOW TO HIGH) • ½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT • TIC TOC LIB TO BODY POSITION (LOW TO HIGH) • TWISTING HELICOPTER RELEASE MOVES	• 1 ¼ UP TO EXTENDED STUNT • DOUBLE UP TO PREP LEVEL STUNT		• 1 ½ - 2 TWIST TO PRONE • TOSS ¼ - ¾ TWIST TO EXTENDED STUNT TOSS EXTENDED 1 ARM STUNT • TOSS FULL TWIST TO EXTENDED STUNT • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	• RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED 1 LEG STUNT	• TIC TOC EXTENDED 1 LEG STUNT TO BODY POSITION (HIGH TO HIGH) • SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT • ½ TWISTING BALL UP TO EXTENDED BODY POSITION • ½ TWISTING SWITCH UP TO EXTENDED BODY POSITION	• FULL UP TO EXTENDED BODY POSITION • 1 ½ UP TO EXTENDED STUNT	• DOUBLE DOWN FROM 1 LEG STUNT	• ¼ - ¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT • FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH) • UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT

JUNIOR LEVEL 6

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	• DOWNWARD INVERSION FROM EXTENDED STUNT • DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT • RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION • RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB	• TIC TOC LIB TO LIB (HIGH TO HIGH) • TIC TOC LIB TO LIB (LOW TO HIGH) • ½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT • TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) • TIC TOC LIB TO BODY POSITION (LOW TO HIGH) • TWISTING HELICOPTER RELEASE MOVES • SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT • ½ TWISTING BALL UP TO EXTENDED BODY POSITION	• FULL UP TO EXTENDED 1 LEG STUNT • 1 ¼ - 1 ¾ UP TO EXTENDED STUNT • 1 ¼ -1 ¾ UP TO EXTENDED 1 LEG STUNT • DOUBLE UP TO EXTENDED STUNT	• DOUBLE DOWN FROM 1 LEG STUNT	• 1 ½ - 2 TWIST TO PRONE • COED STYLE TOSS ¼ - ¾ TWIST TO EXTENDED STUNT • ¼ - ¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT • FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH) • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	• RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION	• SWITCH UP FULL TWIST TO EXTENDED BODY POSITION • TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) • FULL TWISTING BALL UP TO EXTENDED BODY POSITION • 1 ½ TWISTING SWITCH UP TO EXTENDED 1 LEG STUNT	• 1 ½ UP TO EXTENDED BODY POSITION • 1 ¾ UP TO EXTENDED BODY POSITION • DOUBLE UP TO EXTENDED 1 LEG STUNT	• KICK DOUBLE TWISTING DISMOUNT	• UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT • COED STYLE TOSS FRONT HAND SPRING RELEASE ½ TWIST TO EXTENDED STUNT •UNASSISTED COED STYLE TOSS FULL TWIST TO EXTENDED STUNT •FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (HIGH TO HIGH) • TOSS FRONT HANDSPRING 12'UP RELEASE TO EXTENDED STUNT • ½ TWISTING RELEASED INVERSION TO EXTENDED STUNT • FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH)

2021 - 2022 ALL STAR SCORING SYSTEM - TOSSES

LEVEL 2	
NON-TWISTING	**TWISTING**
STRAIGHT RIDE TOSS	

LEVEL 3	
NON-TWISTING	**TWISTING**
BALL ARCH • PRETTY GIRL ARCH • PIKE ARCH KICK ARCH • BALL-X • TOE TOUCH	FULL TWIST

LEVEL 4	
NON-TWISTING	**TWISTING**
BALL KICK • PIKE-X • HITCH KICK • SWITCH KICK • DOUBLE TOE TOUCH	BALL FULL • PIKE FULL • KICK FULL TOE TOUCH FULL • FULL UP TOE TOUCH • DOUBLE FULL

LEVEL 5	
NON-TWISTING	**TWISTING**
PIKE HITCH KICK • PIKE KICK PRETTY GIRL PIKE SWITCH KICK • HITCH KICK KICK	HITCH KICK FULL • SWITCH KICK FULL • KICK KICK FULL • PIKE KICK FULL KICK FULL KICK

JUNIOR LEVEL 6	
NON-TWISTING	**TWISTING**
PIKE HITCH KICK • PIKE KICK PRETTY GIRL PIKE SWITCH KICK • HITCH KICK KICK	BALL DOUBLE FULL • PIKE DOUBLE FULL • KICK DOUBLE FULL TOE TOUCH DOUBLE FULL • DOUBLE UP TOE TOUCH • HITCH KICK DOUBLE FULL SWITCH KICK DOUBLE FULL • KICK FULL KICK FULL

2021 - 2022 ALL STAR SCORING SYSTEM - TUMBLING

XTREME CHEER XPERIENCE

LEVEL 1

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
FORWARD ROLL • STRADDLE ROLL • HANDSTAND • HANDSTAND FORWARD ROLL • FRONT LIMBER FRONT WALKOVER • CARTWHEEL • BACKWARD ROLL BACK EXTENSION ROLL • PUSH UP TO BACKBEND • STANDING BACKBEND BACKBEND KICK OVER • BACK WALKOVER	CARTWHEEL • FRONT WALKOVER • ROUND OFF • CARTWHEEL BACK WALKOVER FRONT WALKOVER TO CARTWHEEL/ROUND OFF CARTWHEEL 1/2 TURN FRONT WALKOVER • CONNECTED SKILLS -CARTWHEEL/BACK WALKOVER

LEVEL 2

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
STANDING BACK HANDSPRING • BACK HANDSPRING STEP OUT BACK EXTENSION ROLL BACK HANDSPRING • BACK WALKOVER BACK HANDSPRING	CARTWHEEL BHS • ROUND OFF BHS • ROUND OFF BHS STEP OUT ROUND OFF BHS SERIES • FRONT WALKOVER TO ROUND OFF BHS SERIES

LEVEL 3

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
BHS SERIES • JUMP TO BHS • JUMP TO BHS SERIES BHS SERIES JUMP BHS SERIES • BHS STEP OUT BHS COMBO	AERIALS • PUNCH FRONT • ROUND OFF TUCK • ROUND OFF BHS BACK TUCK ROUND OFF BHS SERIES TO BACK TUCK • FRONT WALKOVER TO ROUND OFF BHS BACK TUCK FRONT WALKOVER TO ROUND OFF BHS SERIES BACK TUCK

LEVEL 4

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
STANDING BACK TUCK • BHS BACK TUCK • BHS SERIES TO BACK TUCK JUMP BHS BACK TUCK • JUMP BHS SERIES TO BACK TUCK	CARTWHEEL BACK TUCK • ROUND OFF LAYOUT ROUND OFF BHS LAYOUT/LAYOUT STEPOUT / X-OUT • ROUND OFF BHS SERIES TO LAYOUT FRONT WALKOVER THROUGH TO LAYOUT • PUNCH FRONT STEPOUT TO LAYOUT ROUND OFF BHS WHIP BHS TO LAYOUT PUNCH FRONT STEPOUT TO ROUND OFF BHS WHIP BHS TO BACK TUCK FRONT HANDSPRING PUNCH FRONT FRONT HANDSPRING PUNCH FRONT THROUGH TO ROUND OFF BHS BACK TUCK/LAYOUT

LEVEL 5

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
JUMP BACK TUCK • BHS SERIES TO WHIPS AND LAYOUTS • JUMP BHS SERIES TO WHIPS AND LAYOUTS BHS WHIP BHS SERIES TO LAYOUT/LAYOUT STEPOUT/X-OUT	ROUND OFF FULL • ROUND OFF BHS FULL • FRONT WALKOVER THROUGH TO FULL PUNCH FRONT STEPOUT TO FULL • ROUND OFF WHIP BHS TO FULL

JUNIOR LEVEL 6

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
JUMP BACK TUCK • STANDING FULL • JUMP FULL • BHS FULL • JUMP BHS FULL • BHS SERIES TO FULL JUMP BHS SERIES TO FULL • BHS WHIP TO BHS SERIES TO FULL • BHS SERIES TO DOUBLE FULL JUMP BHS SERIES TO DOUBLE FULL • BHS WHIP TO BHS SERIES TO DOUBLE FULL	CARTWHEEL FULL • ROUND OFF FULL • ROUND OFF BHS FULL • FRONT WALKOVER THROUGH TO FULL SIDE AERIAL/FRONT AERIAL/ONODI THROUGH TO FULL • FRONT FULL FRONT HANDSPRING FRONT FULL •PUNCH FRONT STEPOUT TO FULL • ROUND OFF BHS WHIP TO FULL ROUND OFF ARABIAN ROUND OFF BHS FULL • ROUND OFF BHS FULL BHS SERIES TO FULL ROUND OFF DOUBLE FULL ROUND OFF BHS DOUBLE FULL • FRONT WALKOVER THROUGH TO DOUBLE FULL PUNCH FRONT STEPOUT TO DOUBLE FULL • ROUND OFF BHS WHIP TO DOUBLE FULL ROUND OFF ARABIAN ROUND OFF BHS DOUBLE FULL • ROUND OFF BHS FULL BHS SERIES TO DOUBLE FULL ROUND OFF BHS DOUBLE FULL BHS SERIES TO DOUBLE FULL