Tosses: Level 1/Mini 2 is only required to execute 1 toss instead of Majority of groups. Timing/Synch and Height technique drivers for Level 1/Mini 2 are replaced with 2 categories for flyer and 2 categories for bases since only 1 show-and-go is required. (5-28-24)

Pyramid Baseline Score: Maximum score increased and participation driver/booster removed.

Running Tumbling: Pathway to Maximum Baseline score is easier to attain. (Fewer passes are needed to get the top baseline score.)

Tumbling - Innovation/Variety: This driver was split into 2 different areas. Each worth 0.1. Variety is an objective score on the 2024-2025 scoresheet, while Innovation is a subjective score.

Verbiage Change: On the difficulty portion of the rubric, the word driver has been changed to booster to help eliminate confusion. (Technique Drivers are used for deducting from the starting score, while Baseline Boosters are used to increase the score after the baseline is determined. Additional words were changed to be more clear on the expectations.

Layout of Information: The objective areas of the rubric are separate from the subjective areas. The Baseline Boosters are subjective scoring areas. The list of skills has been redesigned to make it easier for a coach to see all of the specific skills of a level on one page. (All level 1 is on a page, all of level 2 is on a page, etc.) All additional information is on a separate page.

Elite Skills: List has been adjusted for both building and tumbling. (5-28-24)

BUILDING QUANTITY CHART

# of Athletes	Majority	Most	Max
5-11	1	1	2
12-15	1	2	3
16-19	2	3	4
20-23	3	4	5
24-27	4	5	6
28-31	5	6	7
32-38	6	7	8

STUNT DIFFICULTY - MAX BASELINE POINTS: 3.6

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

1.0	Stunts performed do not meet the requirements listed below
2.0	Two (2) level appropriate skills performed by Most
2.6	One (1) elite skill performed by Most and Two (2) level appropriate skills by Most
2.8	One (1) elite skill performed by Most and Three (3) level appropriate skills by Most.
3.0	Two (2) elite skills performed by Most and Two (2) level appropriate skills performed by Most
3.2	Three (3) elite skills performed by Most and One (1) level appropriate skills performed by Most
3.4	One (1) elite skill performed by Max and Three (3) elite skills performed by Most
3.4	Five (5) elite skills performed by Most
3.6	Two (2) elite skills performed by Max and Two (2) elite skills performed by Most
3.6	One (1) elite skill performed by Max and Four (4) elite skills performed by Most

*All Skills performed must be different - Repeated skills will not count toward Stunt Difficulty Score.
Skills must be synchronized or rippled in order to earn credit for Stunt Difficulty.

STUNT BASELINE BOOSTERS - MAX POINTS: 0.4

Points in addition to baseline score.

Degree of Difficulty

0.0 - 0.2	Stunts will be assessed according to their variety of elements and the complexity and combinations of the skills used throughout the routine. *Refer to Degree of Difficulty Chart for further breakdown of this driver.

Pace & Flow

0.0	Skills did not show continuous movement, fluid connections or acceptable pace
0.1	Skills executed at a moderate pace with continuous transitions in and out
0.2	Skill executed at a quick pace while showing seamless transitions in and out

BUILDING CHOREOGRAPHY/PRESENTATION - MAX POINTS: 2

Not Shown	Low	Moderate	High	Specific Drivers
0.0	0.5-0.6	0.7-0.8	0.9-1.0	Use of visual and creative elements in building skills/transitions
0.0	0.5-0.6	0.7-0.8	0.9-1.0	Confident performance/entertainment value during building skills and transitions

BUILDING QUANTITY CHART

# of Athletes	Majority	Most	Max	Max+
5-11	1	1	2	3
12-15	1	2	3	4
16-19	2	3	4	5
20-23	3	4	5	6
24-27	4	5	6	7
28-31	5	6	7	8
32-38	6	7	8	9

COED QUANTITY CHART**

# of Males on Team	# of Stunts
1-3	1
4-5	2
6-7	3
8-9	4
10-11	5
12-13	6
14-19	7

STUNT DIFFICULTY - MAX BASELINE POINTS: 3.6

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

1.0	Stunts performed do not meet the requirements listed below
2.0	Two (2) level appropriate skills performed by Most
2.4	One (1) elite skill performed by Most and Two (2) level appropriate skills by Most
2.6	One (1) elite skill performed by Most and Three (3) level appropriate skills by Most.
2.8	Two (2) elite skills performed by Most and Two (2) level appropriate skills performed by Most
3.0	Three (3) elite skills performed by Most and One (1) level appropriate skills performed by Most
3.2	One (1) elite skill performed by Max and Three (3) elite skills performed by Most
3.2	Five (5) elite skills performed by Most
3.4	Two (2) elite skills performed by Max and Two (2) elite skills performed by Most
3.4	One (1) elite skill performed by Max and Four (4) elite skills performed by Most

COED STYLE STUNT

0.1	Level Appropriate Coed Style Stunt
0.2	Elite Level Appropriate Coed Style Stunt

*All Skills performed must be different - Repeated skills will not count toward Stunt Difficulty Score.
Skills must be synchronized or rippled in order to earn credit for Stunt Difficulty.

STUNT BASELINE BOOSTERS - MAX POINTS: 0.4

Points in addition to baseline score.

Degree of Difficulty

0.0 - 0.2	Skills will be assessed according to their variety of elements and the complexity and combinations of the skills used throughout the routine. *Refer to Degree of Difficulty Chart for further breakdown of this booster.

Pace & Flow

0.0	Skills did not show continuous movement, fluid connections or acceptable pace of skills
0.1	Skills executed at a moderate pace with continuous transitions in and out of skills
0.2	Skill executed at a quick pace while showing a seamless transitions in and out of skills

BUILDING CHOREOGRAPHY/PRESENTATION - MAX POINTS: 2

Not Shown	Low	Moderate	High	Specific Drivers
0.0	0.5-0.6	0.7-0.8	0.9-1.0	Use of visual and creative elements in building skills/transitions
0.0	0.5-0.6	0.7-0.8	0.9-1.0	Confident performance/entertainment value during building skills and transitions

BUILDING QUANTITY CHART

# of Athletes	Majority	Most	Max	Max+
5-11	1	1	2	3
12-15	1	2	3	4
16-19	2	3	4	5
20-23	3	4	5	6
24-27	4	5	6	7
28-31	5	6	7	8
32-38	6	7	8	9

PYRAMID DIFFICULTY - MAX BASELINE POINTS: 3.6

0.0	Pyramid skills and/or structures performed did not meet criteria for scores listed below.
1.0	Did not meet the requirement of pyramid difficulty
2.0	Two (2) different level appropriate skills. One (1) structure performed by Most
2.5	Two (2) different level appropriate skills. Two (2) structures performed by Most
3.0	Three (3) different level appropriate skills. Two (2) structures performed by Most
3.2	Four (4) different level appropriate skills performed. Two (2) structures performed by Most
3.4	Four (4) different level appropriate skills. Two (2) structures performed by Max
3.6	Four (4) different level appropriate skills. One (1) structure performed by Max and One (1) Structure performed by Max+

PYRAMID BASELINE BOOSTER - MAX POINTS: 0.4

Points in addition to baseline score

Not Shown	Low	Moderate	High	Specific Drivers
0.0	0.1	0.15	0.2	Incorporation of elite stunt skills and level appropriate pyramid skills by multiple groups
0.0	0.1	0.15	0.2	Pace/Flow of skills

Low - Little to no use of specific driver throughout and/or in parts of pyramid

Moderate - Average use of specific driver throughout and/or in parts of pyramid

High - Exceptional use of specific driver throughout the entirety of pyramid

TOSS DIFFICULTY - MAX POINTS: 2

Level 1 and Mini Level 2 must execute a Show & Go that passes to/above prep level with a traditional basket or extension grip while maintaining contact with the flyer.
Credit will be given for Tiny and Mini teams if a prep level Show & Go is executed.

1.0	Majority of the team performed a non level appropriate toss rippled or synchronized in the same section
1.5	Less than Majority of the team performed a level appropriate toss rippled or synchronized in the same section.
1.75	Majority of the team performed a level appropriate toss not rippled or synchronized, but cumulative throughout the routine.
2.0	Majority of the team performed a level appropriate toss rippled or synchronized in the same section. (Level 1/Mini 2 teams are only required to execute a one (1) show and go for this score. Majority is not required for these teams)

Same section - single portion of the routine where skills form a skill set (Primary Stunts, Pyramids, Secondary Stunts, Standing Tumbling, Running Tumbling, Jumps) are performed.
Level 1 - Show & Go must not twist or travel. They must start and end in the same load/sponge position.

JUMP/TUMBLING QUANTITY CHART

# of Athletes	Majority	Most	Max
5-11	5	6	7
12-15	6	7	9
16-19	8	10	12
20-23	10	13	16
24-27	12	15	19
28-31	14	18	22

Teams with less than 7 members, 100% of team must perform skill to reach Max quantity

JUMP DIFFICULTY - MAX POINTS: 1

0.0	Less than Majority of the team performs an advanced jump
0.25	Majority of the team performs one (1) advanced jump
0.5	Most of the team performs one (1) advanced jump
0.75	Most of the team performs two (2) synchronized advanced jumps that show variety
1.0	Most of the team performs total of three (3) synchronized advanced jumps that show variety, two (2) of which need to be connected

Tiny/Mini: Most of the team performs three (3) advanced jumps must be synchronized, but do not need to be connected or include a variety. Jumps must use a whip approach to be considered connected. Whip approach: continuous movement through swing connecting 2 or more jumps.

TUMBLING CHOREOGRAPHY/PRESENTATION - MAX POINTS 2

Not Shown	Low	Moderate	High	Specific Drivers
0.0	0.5-0.6	0.7-0.8	0.9-1.0	Innovative formations and use of the floor throughout routine
0.0	0.5-0.6	0.7-0.8	0.9-1.0	Confident performance during tumbling sections throughout routine

STANDING TUMBLING DIFFICULTY - MAX BASELINE POINTS: 3.7

2.0	Less than Majority of the team performs a level appropriate pass
2.5	Majority of the team performs a level appropriate pass
2.6	Most of the team performs a level appropriate pass
2.7	Max of the team performs a level appropriate pass
2.8	Majority of the team performs an elite level appropriate pass
2.9	Most of the team performs an elite level appropriate pass
3.0	Max of the team performs an elite level appropriate pass
3.2	Majority of the team performs the same elite level appropriate pass which must be synchronized from initiation of the pass
3.4	Most of the team performs the same elite level appropriate pass which must be synchronized from initiation of the pass
3.6	Max of the team performs the same elite level appropriate pass which must be synchronized from initiation of the pass

VARIETY OF PASSES

0.1	Majority of team performs a different pass - does not have to be level appropriate or synchronized

STANDING TUMBLING BASELINE BOOSTERS - MAX POINTS: 0.3

Standing Tumbling Innovation

0.0-0.1	Passes executed with innovative elements

Degree of Difficulty

0.0-0.2	Complexity of the level specific skills utilized. The number of skills used in the pass as well as the use of different skills will be taken into consideration for this driver.

RUNNING TUMBLING DIFFICULTY - MAX BASELINE POINTS: 3.7

2.0	Less than the majority of the team performs a level apppropropriate pass
2.2	Majority of the team performs a level appropriate pass
2.4	Most of the team performs a level appropriate pass
2.6	Max of the team performs a level appropriate pass
2.8	Majority of the team performs an elite level appropriate pass
3.0	Most of the team performs an elite level appropriate pass
3.2	Majority of the team performs an elite level appropriate pass and Most of the team performs a level appropriate pass
3.4	Most of the team performs an elite level appropriate pass and Majority of the team performs a level appropriate pass
3.6	Most of the team performs an elite level appropriate pass and Most of the team performs an additional level appropriate pass
	Max of the team performs an elite level appropriate pass

VARIETY OF PASSES

0.1	Different passes are shown in the routine. Does not have to be level appropriate.

RUNNING TUMBLING BASELINE BOOSTERS - MAX POINTS: 0.3

Running Tumbling Innovation

0.0-0.1	Passes executed with innovative elements

Degree of Difficulty

0.0-0.2	Complexity of the level appropriate skills utilized. The number of skills used within the pass, as well as the use of different skills will be taken into consideration for this booster.

JUMP/TUMBLING QUANTITY CHART

# of Athletes	Majority	Most	Max
5-11	5	6	7
12-15	6	7	9
16-19	8	10	12
20-23	10	13	16
24-27	12	15	19
28-31	14	18	22

Teams with less than 7 members, 100% of team must perform skill to reach Max quantity

JUMP DIFFICULTY - MAX POINTS: 1

0.0	Less than Majority of the team performs an advanced jump
0.25	Majority of the team performs one (1) advanced jump
0.5	Most of the team performs one (1) advanced jump
0.75	Most of the team performs two (2) synchronized advanced jumps that show variety
1.0	Most of the team performs total of three (3) synchronized advanced jumps that show variety, two (2) of which need to be connected

Tiny/Mini: Most of the team performs three (3) advanced jumps must be synchronized, but do not need to be connected or include a variety. Jumps must use a whip approach to be considered connected. Whip approach: continuous movement through swing connecting 2 or more jumps.

TUMBLING CHOREOGRAPHY/PRESENTATION - MAX POINTS 2

Not Shown	Low	Moderate	High	Specific Drivers
0.0	0.5-0.6	0.7-0.8	0.9-1.0	Innovative formations and use of the floor throughout routine
0.0	0.5-0.6	0.7-0.8	0.9-1.0	Confident performance during tumbling sections throughout routine

STANDING TUMBLING DIFFICULTY - MAX BASELINE POINTS: 3.7

2.0	Less than Majority of the team performs a level appropriate pass
2.8	Majority of the team performs a level appropriate pass which must be in the same section.
3.0	*Most* of the team performs a *level appropriate pass* which must be in the same section.
3.2	Max of the team performs a level appropriate pass which must be in the same section
3.2	Majority of the team performs an elite level appropriate pass which must be in the same section.
3.4	Most of the team performs an elite level appropriate pass which must be in the same section.
3.6	Max of the team performs an elite level appropriate pass which must be in the same section.

VARIETY OF PASSES

0.1	Different passes are shown in the routine. Does not have to be level appropriate.

STANDING TUMBLING BASELINE BOOSTERS - MAX POINTS: 0.3

Standing Tumbling Innovation

0.0-0.1	Passes executed with innovative elements

Degree of Difficulty

0.0-0.2	Complexity of the level specific skills utilized. The number of skills used in the pass as well as the use of different skills will be taken into consideration for this driver.

RUNNING TUMBLING DIFFICULTY - MAX BASELINE POINTS: 3.7

2.0	Less than the majority of the team performs a level apppropropriate pass
2.8	Majority of the team performs a level appropriate pass
3.0	Most of the team performs a level appropriate pass
3.2	Majority of the team performs an elite level appropriate pass and Most of the team performs a level appropriate pass
3.4	Most of the team performs an elite level appropriate pass and Majority of the team performs a level appropriate pass
3.6	Most of the team performs an elite level appropriate pass and Most of the team performs an additional level appropriate pass.
	Max of the team performs an elite level appropriate pass

VARIETY OF PASSES

0.1	Different passes are shown in the routine. Does not have to be level appropriate.

RUNNING TUMBLING BASELINE BOOSTERS - MAX POINTS: 0.3

Running Tumbling Innovation

0.0-0.1	Passes executed with innovative elements

Degree of Difficulty

0.0-0.2	Complexity of the level appropriate skills utilized. The number of skills used within the pass, as well as the use of different skills will be taken into consideration for this booster.

ROUTINE COMPOSITION/PRESENTATION - MAX POINTS: 1

Not Shown	Low	Average	High	Exceptional	Specific Drivers
0.0	0.1	0.15	0.2	0.25	Continuous flow in transitions
0.0	0.1	0.15	0.2	0.25	Visual, engaging and entertaining
0.0	0.1	0.15	0.2	0.25	Confidence in execution of routine
0.0	0.1	0.15	0.2	0.25	Precise spacing and formations

Points combined to reach maximum score.

DANCE - MAX POINTS: 1

Not Shown	Low	Average	High	Exceptional	Specific Drivers
0.0	0.1	0.15	0.2	0.25	Pace, flow and transitions
0.0	0.1	0.15	0.2	0.25	Performance and engagement
0.0	0.1	0.15	0.2	0.25	Level changes and intricate movements
0.0	0.1	0.15	0.2	0.25	Precise motions and synchronization

Points combined to reach maximum score.

ADDITIONAL STUNT/PYRAMID INFORMATION

- Body Positions: Stretch, Bow and Arrow, Arabesque, Scale and Scorpion.
- Lib, torch, hitch, and platform are not considered body positions.
- Release style stunts must be free of contact from the bottom of the foot to count towards difficulty credit as a release style skill
- Elite Skills that are synchronized or rippled must be the same skill in order to count towards your Majority, Most, or Max quantity
- Pyramid structures consist of two or more stunts connected to one another
- When Most/Max is used in the pyramid difficulty chart, it is only referring to the structures.
- Building Skills will get Stunt or Pyramid difficulty credit. They will not count in both categories at the same time. If the stunt is going to connect to another stunt, it will count as a pyramid skill.
- Refer to Rules Glossary for additional definition of skills - (Inversion, Tic Tok, Twist, Release Move, Release Style, Bracer, Etc)
- Must be fully released from all athletes on the performing surface to be considered a dismount.

STUNT DIFFICULTY COED CREDIT

Only skills listed under Coed Style Level Appropriate Skills list will count

Rippled or synchronized in the same sections without recycling athletes

Stunts must be held for 4 counts. Counts begin once the stunt hits the intended level

Coed stunts must dismount to the performance floor to receive full credit

Coed stunts that become part of a pyramid will not receive Coed credit

COED STYLE

Based on a group of 3 (Base, Flyer & Support Person)

Entry must be a Toss or Walk-in

Base must be directly under the stunt

Base and Support Person cannot be chest to chest

Only 1 Coed Style Stunt is required for Levels 3-5

Coed Style Stunt counts towards the requirement regardless of the gender of the athletes performing the stunt.

ADDITIONAL TUMBLING INFORMATION

L1 - Cartwheel does not get standing tumbling credit.

Pauses, Steps, or Cleans between skills will not count as connected skills

Tumbling passes must land on feet **ONLY** to receive level appropriate 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.

Skills that are illegal for a lower level do not automatically make them a Level Appropriate Skill for a higher level.
L2 - No L1 skills out of a round-off that are illegal in L1 will count for level appropriate credit.
L3 - No L2 skills out of BHS-stepout 1/2-turn that are illegal in L2 will count for level appropriate credit
L4 - Punch front forward roll will not count for level appropriate credit.
L5 - Not all L4 skills out of a standing tuck that are illegal in L4 will count for level appropriate credit (ex: BHS - Tuck - BHS or Tuck - BHS)

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

ADDITIONAL JUMP INFORMATION

Jump skills must land on feet to be receive difficulty credit (ex: jumps that land on knee(s) or seat would not count)

Advanced Jumps: Pike, Right/Left Hurdler (Front or Side), Toe Touch

Jumps must use a whip approach to be considered connected. Whip approach: continuous movement through swing connecting 2 or more jumps.

OBJECTIVE VS. SUBJECTIVE SCORES

Subjective scores are assessments made by judges or officials based on their personal interpretation rather than objective, quantifiable measurements. Unlike objective scores that are determined by clear, measurable criteria, subjective scoring relies on the judges' observation and evaluation of the performance. The subjective areas of the scoresheet add an element of artistry and interpretation from the judge that is scoring the team.

The baseline score areas are objective areas of this scoresheet. The baseline boosters, choreography/presentation, and Routine & Dance portions of the scoresheet are subjective. Additional objective areas: Jump Difficulty and Toss Difficulty

STUNT / PYRAMID TECHNIQUE DRIVERS - MAX POINTS: 5

**Stunt & Pyramid Technique are two separate scoring categories. Each category has a max of 5 points.

Impeccable	Good	Average	Needs Work	Specific Drivers
0.0	0.2	0.4	0.6	Flyer
0.0	0.2	0.4	0.6	Bases / Support Persons
0.0	0.2	0.4	0.6	Transitions
0.0	0.2	0.4	0.6	Timing & Synchronization

Points are based on occurrence and removed from the maximum possible score.

STUNT/PYRAMID TECHNIQUE DRIVER DEFINITIONS
Including but not limited to

Flyer	• Body control • Flexibility of body positions • Motion placement/accuracy • Uniformity among flyers	Bases/Support Persons	• Body control • Stability of the stunt • Technique in lifts and catches • Uniformity among groups
Transitions	• Entry • Dismount • Control throughout	Timing & Synchronization	• Timing of skills performed in groups or by the team at the same time

TOSS TECHNIQUE DRIVERS - MAX POINTS: 3

Great	Good	Average	Needs Work	Specific Drivers
0.0	0.2	0.4	0.6	Flyer (L1/M2 - Body Control/Arm Placement)
0.0	0.2	0.4	0.6	Bases / Support Persons (L1/M2 - Stance/Control)
0.0	0.2	0.4	0.6	Height (L1/M2 - Bases - Power and Speed)
0.0	0.2	0.4	0.6	Timing & Synch (L1/M2 - Flyer Load/Ending Position)

Points are based on occurrence and removed from the baseline score.

Teams that perform one (1) toss will have 0.6 automatically subtracted from any driver category regardless of severity IF any driver should be deducted. A team can get a perfect score with 1 toss if the toss is impeccable.

TOSS TECHNIQUE DRIVER DEFINITIONS
Including but not limited to

Flyer	• Body control • Consistent execution of skill • Legs straight / toes pointed • Arm placement	Bases/Support Persons	• Use of arms/legs to throw together • Solid stance • Controlled • Cradle
Timing	• Timing of skills performed in groups or by the team at the same time	Height	• Distance between flyers feet and support persons hands

TUMBLING TECHNIQUE DRIVERS - MAX POINTS: 5

**Standing & Running Tumbling Technique are two separate scoring categories. Each category has a max of 5 points.

Impeccable	Good	Average	Needs Work	Specific Drivers
0.0	0.2	0.4	0.6	Approach
0.0	0.2	0.4	0.6	Body Control
0.0	0.2	0.4	0.6	Landings
0.0	0.2	0.4	0.6	Timing & Synchronization

Points are based on occurrence and removed from the baseline score.

TUMBLING TECHNIQUE DRIVER DEFINITIONS
Including but not limited to

Approach	• Arm placement into a pass/skill • Body positioning at initiation of skill • Chest placement • Connection of pass/skills	Landings	• Controlled • Legs/feet together • Chest placement • Completion of skills
Body Control	• Head placement • Arm/shoulder placement in skills • Hips • Leg placement in skills • Absorbing appropriately between skills	Timing & Synchronization	• Timing of skills performed in groups or by the team at the same time

JUMP TECHNIQUE DRIVERS - MAX POINTS: 2

Impeccable	Good	Average	Needs Work	Specific Drivers
0.0	0.1	0.2	0.3	Body Control
0.0	0.1	0.2	0.3	Approach (Swing)
0.0	0.1	0.2	0.3	Landings
0.0	0.1	0.2	0.3	Timing & Synchronization

Points are based on occurrence and removed from the baseline score.

JUMP TECHNIQUE DRIVER DEFINITIONS
Including but not limited to

Approach	• Arm placement into a jump • Swing/prep • Chest placement • Flow of connected jumps	Landings	• Controlled • Legs/feet together • Chest placement • Jump completion • Landing on feet
Body Control	• Head placement • Arm/shoulder placement • Hips/Height • Leg placement/positioning/height • Pointed toes	Timing & Synchronization	• Timing of skills performed in groups or by the team at the same time

Tumbling combinations listed below are EXAMPLES but are not limited to this document. Elite Stunt Skills ARE limited to this document

Standing Tumbling Level Appropriate	Standing Tumbling Elite Level Appropriate	Running Tumbling Level Appropriate	Running Tumbling Elite Level Appropriate	Toss Non-Twisting
• Forward Roll • Straddle Roll • Backward Roll • Handstand • Handstand - Forward Roll • Backbend Kickover • Front Limber/Back Limber • Back Walkover • 1 Arm Back Walkover • Back Extension Roll	• **Elite Level Skills include two (2) or more connected level appropriate skills.** • **A pause, clean, or step between skills will not count as connected skills.** • Forward Roll - Forward Roll • Backward Roll - Backward Roll • Back Walkover - Back Walkover • Valdez - Back Walkover • Back Extension Roll - Back Walkover ***THE FOLLOWING SINGLE SKILL ELEMENTS ARE ALSO ELITE SKILLS*** • Back Walkover Switch Leg • Valdez	• Cartwheel • Round Off • Front Walkover • Cartwheel - Back Walkover • Front Walkover - Cartwheel • Front Walkover - Round Off	• **Elite Level Skills include three (3) or more connected level appropriate skills.** • **A pause, clean, or step between the skills will not count as connected skills.** • Cartwheel - Cartwheel - Cartwheel • Cartwheel - Cartwheel - Round Off • Front Walkover - Cartwheel - Back Walkover (Variations)	• Non-Release Show & Go above prep level • Tiny & Mini teams can execute this skill at prep level to receive toss credit • They must start and end in the same load/sponge position. **Toss Twisting** • Not allowed • (Show & Go requirement is not allowed to twist)

Level Appropriate Stunt Skills include all skills that are first legal at that level.
If a Stunt Skill is Legal at a lower level, it is not considered a Level Appropriate Skill for a higher level

Stunt - Inversion Elite Level Appropriate Stunts	Stunt - Release Style Elite Level Appropriate Stunts	Stunt- Twisting Elite Level Appropriate Stunts	Stunt - Dismount Elite Level Appropriate Stunts	Stunt - Other Elite Level Appropriate Stunts
• No inversions are allowed in level 1 stunts	• Tic Toc Below Prep level (Body Position to Body Position) • Prep Level Tic Tock (Lib to Body Position or Body Position to Lib) • Prep Level Tic Toc (Body Position to Body Position) • Switch Up from ground level to prep level body position • Tic Toc from 1 leg stunt at waist level to prep level body position ***All prep level single leg stunts require a hand/arm connection that is NOT the spotter.** *** Stunts can not be released from all bases and spotter unless going to a cradle**	• ¼ Twisting transition to prep from below prep level. (Prep = Flyer in an upright 2 foot stunt with feet under the hips. Straddle sits, shoulder sits, flat body positions, etc. do not count as a Prep) • ¼ Twisting transition from below prep level to prep level 1 leg stunt ***All prep level single leg stunts require a hand/arm connection that is NOT the spotter.**	• Straight cradle from prep level stunt.	• 1/4 Twisting Tic Toc at Prep Level • 1/4 Twisting Switch Up (Release from ground level to prep level) 1 leg stunt. • 1/4 Twisting Tic Toc at waist level - body position to body position. • 1/4 Twisting release from Waist Level to Prep Level 1 leg stunt. ***All prep level single leg stunts require a hand/arm connection that is NOT the spotter.**

Tumbling combinations listed below are EXAMPLES but are not limited to this document. Elite Stunt Skills ARE limited to this document

Standing Tumbling Level Appropriate	Standing Tumbling Elite Level Appropriate	Running Tumbling Level Appropriate	Running Tumbling Elite Level Appropriate	Toss Non-Twisting
• Back Handspring Variation • Back Handspring Step Out	• **Elite Level skills include two (2) or more connected skills, including at least one (1) level appropriate skill.** • BWO Switch Leg - BHS • BHS Step Out - BWO - BHS • Valdez - BHS • Valdez - BHS Step Out • Back Extension Roll - Back Handspring • Back Walkover - Back Handspring • Back Walkover - Back Handspring Step Out	• Cartwheel - BHS • RO - BHS • RO - BHS Step Out • Front Handspring	• **Elite level skills include three (3) or more connected skills, including at least one (1) level appropriate skill.** • CW - RO - BHS • RO - BHS Series • FWO - RO - BHS/BHS Series • RO - BHS - Rebound - RO - BHS ***THE FOLLOWING ELEMENTS ARE ALSO ELITE SKILLS*** • Flyspring/Bounder	• Straight ride toss **Toss Twisting** • Not allowed

Level Appropriate Stunt Skills include all skills that are first legal at that level.
If a Stunt Skill is Legal at a lower level, it is not considered a Level Appropriate Skill for a higher level

Stunt - Inversion Elite Level Appropriate Stunts	Stunt - Release Style Elite Level Appropriate Stunts	Stunt- Twisting Elite Level Appropriate Stunts	Stunt - Dismount Elite Level Appropriate Stunts	Stunt - Other Elite Level Appropriate Stunts
• Inversion from ground level to extended stunt • Inversion from ground level to prep level body position.	• Tic toc at prep level (body position to body position) • Release style from ground level to to prep level body position (switch up) • Release style from waist level to prep level body position *** Stunts can not be released from all bases and spotter unless going to a cradle**	• ½ Twisting transition to extended stunt • ½ Twisting transition to prep level body position	• ¼ Twisting dismount from prep level or higher to cradle	• ½ twisting inversion to extended stunt • ½ twisting tic toc to prep level 1 leg stunt • ½ twisting inversion to prep level 1 leg stunt

Tumbling combinations listed below are EXAMPLES but are not limited to this document. Elite Stunt Skills ARE limited to this document

Standing Tumbling Level Appropriate	Standing Tumbling Elite Level Appropriate	Running Tumbling Level Appropriate	Running Tumbling Elite Level Appropriate	Toss Non-Twisting
• BHS Series (Only 2) • Jump - BHS • BWO - BHS Series • BHS Step out - BWO - BHS Series	• **Elite level skills include three (3) or more connected skills, including at least two (2) level appropriate skill connections.** • BHS Series (3 or more) • Jump - BHS Series • Jump - BHS - Jump - BHS • BHS Series (3 or more) including a Step Out as one of the skills • BWO - BHS - Jump - BHS/BHS Series • Jump - BHS Series • BHS - Jump - BHS ****Must be an advanced jump****	• Punch Front • RO - Tuck • Aerial	• **Elite level skills include any two connected level appropriate skills OR any level appropriate skill connected by a lower level running tumbling skill.** • • Front Handspring - Punch Front • FWO - Aerial • RO - BHS Step Out - 1/2 Turn - RO - BHS - Tuck • FWO - RO - BHS - Tuck • Bounder/Flyspring - RO - BHS - Tuck • Aerial/Punch Front connected to another Level Appropriate skill within 4 counts. *__THE FOLLOWING PASSES ARE ALSO ELITE SKILLS__* • RO - BHS/Series - Tuck	• Ball Open • Pretty girl • Pike Open • Kick Arch • Ball-x • Toe touch ***An Arch is not an additional skill, and can be included with any of the above skills for this level.** **Toss Twisting** • Full twist

Level Appropriate Stunt Skills include all skills that are first legal at that level.
If a Stunt Skill is Legal at a lower level, it is not considered a Level Appropriate Skill for a higher level

Stunt - Inversion Elite Level Appropriate Stunts	Stunt - Release Elite Level Appropriate Stunts	Stunt- Twisting Elite Level Appropriate Stunts	Stunt - Dismount Elite Level Appropriate Stunts	Stunt - Other Elite Level Appropriate Stunts
• Inversion to extended 1 leg stunt	• Tic toc prep level single leg to extended body position • Ball up or straddle up to prep level body position • Switch up from ground level to prep level body position • Release to prep level body position	• Full up to prep level body position • Full up to extended two leg stunt • ½ twisting transition to extended 1 leg stunt • Prep level full twisting transition to prep level body position	• Full twisting dismount to cradle from prep. • Full twisting dismount to cradle form extended level **Stunt - Coed Elite Level Appropriate Stunts** Unassisted: • Walk in hands press extended single leg stunt • Toss hands press extended single leg stunt • Walk-in extended single leg stunt/ single arm stunt • Walk-in full twist to extended two leg stunt.	• ½ twisting inversion to extended 1 leg stunt • Full twisting inversion to prep level lib or body position • Full twisting from prep level lib foot position to prep level body position • Full twisting suspended forward roll

Tumbling combinations listed below are EXAMPLES but are not limited to this document. Elite Stunt Skills ARE limited to this document

Standing Tumbling
Level Appropriate

- BHS Series - Back Tuck

Standing Tumbling
Elite Level Appropriate

- Jump - BHS Series - Back Tuck
- Jump - BHS - Back Tuck
- BWO - Back Tuck
- Standing Back Tuck
- Jump - Back Handspring step out - Back Tuck
- Back Extension Roll - Back Tuck
- Back Handspring step out - Back Tuck
- Back Handspring - Back Tuck
- Valdez - Back Tuck

Must be an advanced jump

Running Tumbling
Level Appropriate

- Cartwheel - Back Tuck
- RO - Layout
- RO - BHS - Layout/Layout step out/X-Out/Switch Leg
- PF step out - RO - BHS - Tuck
- Aerial - Back Tuck
- Front Handspring - Punch Front
- RO - Onodi - through to Tuck

Running Tumbling
Elite Level Appropriate

- **Elite level skills include two (2) level appropriate skills executed within one (1) pass.**

- Punch Front step out - RO - BHS - Layout
- RO - Whip - Tuck OR BHS - Layout
- RO - BHS - Whip - Layout/BHS - Layout
- PF step out – RO - BHS - Whip – Layout OR BHS - Layout
- Front Handspring - PF step out – RO - BHS - Layout
- Front Handspring - PF step out – RO - BHS - Whip - Layout OR BHS - Layout
- RO - Onodi - through to Layout
- Front Walkover - Round Off - BHS - Layout

Toss
Non-Twisting

- Ball kick
- Pike-x
- Hitch kick
- Switch kick
- Double toe touch

Toss Twisting

- Ball full
- Pike full
- Kick full
- Toe touch full
- Full up toe touch
- Double full

Level Appropriate Stunt Skills include all skills that are first legal at that level.
If a Stunt Skill is Legal at a lower level, it is not considered a Level Appropriate Skill for a higher level

Stunt - Inversion
Elite Level Appropriate Stunts

- Released inversion from prep level to extended stunt
- Released inversion from ground level to extended stunt

Stunt - Release Style
Elite Level Appropriate Stunts

- 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 ups)

Stunt- Twisting
Elite Level Appropriate Stunts

- Full up to extended 1 leg stunt
- 1 ½ twisting transition at/to prep level body position
- 1 ½ twisting transition to extended 2 leg stunt
- Extended full twisting transition to extended stunt
- Full twisting transition at extended level.

Stunt - Dismount
Elite Level Appropriate Stunts

- Double down from extended stunt
- Kick full twisting dismount from prep level or above stunt.

Stunt - Coed
Elite Level Appropriate Stunts

Unassisted:
- Walk in hands press extended single leg stunt
- Toss hands press extended single leg stunt
- Walk-in extended single leg stunt/single arm stunt
- Toss extended single leg stunt/single arm stunt

Stunt - Other
Elite Level Appropriate Stunts

- Full twisting inversion to extended stunt
- Full twisting tic toc release to prep level 1 leg stunt
- Full twisting ball up, straddle up to prep level body position
- Full twisting switch up to prep level body position
- 1 ½ twisting ball up, straddle up to prep level 1 leg stunt
- 1 ½ twisting switch up to prep level 1 leg stunt

Tumbling combinations listed below are EXAMPLES but are not limited to this document. Elite Stunt Skills ARE limited to this document

Standing Tumbling — Level Appropriate

- BHS - Tuck - BHS - Tuck
- BHS - Whip - BHS - Tuck
- BHS Series - Whip - BHS - Tuck
- Jump - BHS Series - Whip - BHS - Tuck
- BHS Series - Layout

Standing Tumbling — Elite Level Appropriate

- Jump - BHS - Whip - Tuck
- BHS - Whip - BHS Series - Layout/Layout Step Out/X-Out
- BHS - Whip - BHS - Layout • BHS Series - Whip - Layout
- BHS - Whip - Layout
- Jump - BHS Series - Whip - Layout OR BHS - Layout
- Jump - Back Tuck
- Jump - BHS - Whip - Layout OR BHS - Layout
- BHS - Layout
- Jump - BHS Series - Layout
- BHS Series - Whip - Tuck

Must be an advanced jump

Running Tumbling — Level Appropriate

- RO - Full
- RO - Arabian
- Barani
- Front Handspring - Barani

Running Tumbling — Elite Level Appropriate

- Front Full
- PF step out - RO - BHS - Full
- Front Handspring - PF step out - RO - BHS - Full
- RO - Whip - BHS Series - Full
- RO - Whip - BHS - Full
- Front Handspring - Front Full
- PF step out - RO - Whip - BHS - Full
- Front Handspring - PF step out - RO - Whip - BHS - Full
- RO - Arabian - RO - BHS - Full
- Front Walkover - Round Off -BHS - Full
- RO - BHS/Series - Full

Toss — Non-Twisting

- Pike hitch kick
- Pike kick pretty girl
- Pike switch kick
- Hitch kick kick

Toss Twisting

- Hitch kick full
- Switch kick full
- Kick kick full
- Pike kick full
- Kick full kick

Level Appropriate Stunt Skills include all skills that are first legal at that level.
If a Stunt Skill is Legal at a lower level, it is not considered a Level Appropriate Skill for a higher level

Stunt - Inversion — Elite Level Appropriate Stunts

- Released inversion from prep level or above to extended 1 leg stunt
- Back handspring up to extended body position

Stunt - Release — Elite Level Appropriate Stunts

- 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

Stunt- Twisting — Elite Level Appropriate Stunts

- Full up to extended body position
- 1 ½ up to extended single leg stunt
- Double up to extended stunt

Stunt - Dismount — Elite Level Appropriate Stunts

- Double down from 1 leg stunt

Stunt - Coed — Elite Level Appropriate Stunts

Unassisted:
- Walk in hands press extended single leg stunt
- Toss hands press extended single leg stunt
- Walk-in extended single leg stunt/single arm stunt
- Toss extended single leg stunt/single arm stunt

Stunt - Other — Elite Level Appropriate Stunts

- 1/4 - 3/4 twisting tic toc extended 1 leg stunt to extended 1 leg stunt (high to high)
- Full twisting tic toc to extended 1 leg stunt (low to high)
- Unassisted coed style toss extended 1 arm stunt

Tumbling combinations listed below are EXAMPLES but are not limited to this document. Elite Stunt Skills ARE limited to this document

Standing Tumbling — Level Appropriate

- Jump Back Tuck
- BHS Series - Full
- Jump - BHS Series - Full
- BHS Series - Full - BHS Series - Full
- BHS - Whip - BHS Series - Full

Standing Tumbling — Elite Level Appropriate

- Jump - BHS - Full
- BHS - Full
- BHS Series - Whip - Full
- Standing Full
- Jump - Full
- BHS Series - Double Full
- Jump - BHS Series - Double Full
- BHS - Whip - BHS Series - Double Full
- BHS Series - Whip - Double Full
- BHS - Whip - Double Full
- Jump - BHS - BHS - Whip - Double Full
- Jump - BHS - Whip - Double Full
- BHS Series - Full - Whip - Full/Double Full
- BHS Series - Double Full - Whip - Double Full

Must be an advanced jump

Running Tumbling — Level Appropriate

- Cartwheel - Full
- Front Handspring - Punch Front - RO - BHS - Full
- Front Aerial/Onodi - through to Full
- Front Full
- Front Handspring - Full
- Punch Front Step out - through to Full
- RO - BHS - Whip - through to Full

Running Tumbling — Elite Level Appropriate

- RO - Half Full Step out - through to Full
- RO - Whip - Full
- RO - Arabian - RO - BHS - Full
- RO - Double Full
- RO - BHS - Double Full
- Front Walkover - through to Double Full
- Punch Front Step out - through to Double Full
- RO - BHS - 1.5 Full Step out - through to Full
- RO - BHS - Whip - through to Double Full
- RO - Whip - Double Full
- RO - Arabian - through to Double Full
- RO - BHS - Full through to Double Full
- RO - BHS - 1.5 Step out - through to Double Full
- RO - BHS - Double - BHS series to Double Full
- RO - BHS - Full - Whip - Double Full
- PF Step out - RO - BHS - Whip - BHS - Double Full
- RO - BHS - Double Full - Whip - Double Full
- PF Step out - RO - Arabian - RO - BHS - Whip - Double Full

Toss — Non-Twisting

- Pike hitch kick
- Pike kick pretty girl
- Pike switch kick
- Hitch kick kick

Toss Twisting

- 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

Level Appropriate Stunt Skills include all skills that are first legal at that level.
If a Stunt Skill is Legal at a lower level, it is not considered a Level Appropriate Skill for a higher level

Stunt - Inversion — Elite Level Appropriate Stunts

- Released inversion from prep level or above to extended body position
- 1/4 twisting back handspring up to extended body position
- Rewind to prep (Int 6 and Senior level 6 teams only)

Stunt - Release — Elite Level Appropriate Stunts

- 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

Stunt- Twisting — Elite Level Appropriate Stunts

- 1 ½ up to extended body position
- 1 ¾ up to extended body position
- Double up to extended 1 leg stunt

Stunt - Dismount — Elite Level Appropriate Stunts

- Kick double twisting dismount
- Full kick full dismount

Stunt - Coed — Elite Level Appropriate Stunts

Unassisted:
- Toss extended single leg stunt
- Toss extended single arm stunt
- Toss full up to extended stunt
- Toss front handspring 1/2 up to extended stunt
- Rewind to extended stunt (Int 6 only)
- Rewind to prep (Int 6 only)

Stunt - Other — Elite Level Appropriate Stunts

- 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 1⁄2 up release to extended stunt
- ½ twisting released inversion to extended stunt
- Full twisting tic toc to extended 1 leg stunt (low to high)

Tumbling combinations listed below are EXAMPLES but are not limited to this document. Elite Stunt Skills ARE limited to this document

Standing Tumbling — Level Appropriate

- Jump Back Tuck
- BHS Series - Full
- Jump - BHS Series - Full
- BHS - Whip - BHS Series - Full

Standing Tumbling — Elite Level Appropriate

- BHS - Full
- BHS Series - Whip - Full
- Standing Full
- Jump - Full
- Jump - BHS - Full
- BHS Series - Double Full
- Jump - BHS Series - Double Full
- BHS - Whip - BHS Series - Double Full
- BHS Series - Whip - Double Full
- BHS - Whip - Double Full
- Jump - BHS - BHS - Whip - Double Full
- Jump - BHS - Whip - Double Full
- BHS Series - Full - Whip - Full/Double Full
- BHS Series - Double Full - Whip - Double Full

Must be an advanced jump

Running Tumbling — Level Appropriate

- Cartwheel - Full
- Front Aerial/Onodi - through to Full
- Front Full
- Front Handspring - Full
- Punch Front Step out - through to Full
- RO - BHS - Whip - through to Full
- Front Handspring - Punch Front - RO - BHS - Full

Running Tumbling — Elite Level Appropriate

- RO - Whip - Full
- RO - Half Full Step out - through to Full
- RO - Arabian - RO - BHS - Full
- RO - Double Full
- RO - BHS - Double Full • Front Walkover - through to Double Full
- Punch Front Step out - through to Double Full
- RO - BHS - 1.5 Full Step out - through to Full
- RO - BHS - Whip - through to Double Full
- RO - Whip - Double Full
- RO - Arabian - through to Double Full
- RO - BHS - Full to Double Full
- RO - BHS - 1.5 Step out - through to Double Full
- RO - BHS - Double - BHS series to Double Full
- RO - BHS - Full - Whip - Double Full
- PF Step out - RO - BHS - Whip - BHS - Double Full
- RO - BHS - Double Full - Whip - Double Full
- PF Step out - RO - Arabian - RO - BHS - Whip - Double Full

Toss — Non-Twisting

- Tuck
- X-out
- Layout

Toss Non-Twisiting

- Layout full
- Layout double full
- X-out full
- Split full
- Arabian 1 1/2
- Pike open double full

Level Appropriate Stunt Skills include all skills that are first legal at that level.
If a Stunt Skill is Legal at a lower level, it is not considered a Level Appropriate Skill for a higher level

Stunt - Inversion — Elite Level Appropriate Stunts

- Flipping from ground level to extended single leg and/or single arm stunt
- Released inversion from prep level or above to extended stunt

Stunt - Release — Elite Level Appropriate Stunts

- Rewind to extended stunt
- Round off rewind to extended stunt

Stunt- Twisting — Elite Level Appropriate Stunts

- Flipping with twisting from ground level to extended single leg
- 1 ½ twisting transition to extended body position
- 1 ¾ twisting transition to extended body position
- Double twisting transition to extended lib or body position

Stunt - Dismount — Elite Level Appropriate Stunts

- Free flipping with 1/2 twist from prep level to cradle

Stunt - Coed — Elite Level Appropriate Stunts

Unassisted:
- Toss extended single leg stunt
- Toss extended single arm stunt
- Toss full up to extended stunt
- Toss front handspring 1/2 up to extended stunt
- Rewind to extended stunt

Stunt - Other — Elite Level Appropriate Stunts

- Back handspring full up to extended stunt
- Full twisting tic toc to extended body position (low to high)
- Full twisting release from ground level (switch up) to extended body position
- Full twisting tic toc to extended lib (high to high)
- Front handspring ½ up to extended stunt
- 1 1/2 twisting release from ground level (switch up) to extended body position
- Full twisting release from waist level (ball up) to extended body position

Quantity of skills: Tumbling performed demonstrates a high percentage of the squad.

Utilization of connected skills: Skills performed demonstrate immediate transition from the completion of one skill to the initiation of the next skill.

Variety of skills: Utilization of different elements and/or skills. Tumbling performed includes a variety of skills within the skill set being shown. (Is a Jump included for standing tumbling? Is it 3 of the same skills connected? Is it 3 different skills connected?)

Value of Skills: Increased complexity of level specific skills demonstrated.

Utilization of minimal bases: Stunts performed demonstrate skills involving the least necessary number of athletes. (Additional athletes may be added to the traditional stunt group (4 athletes) in order to safely create and demonstrate skills.

Utilization of combined skills: Stunt elements demonstrate two or more skills performed as one. (Examples: a spinning tic toc, a spinning inversion, a multi trick toss, etc.)

Utilization of connected skills: Skills performed demonstrate immediate transition from the completion of one skill to the initiation of the next skill.

Movement and usage of floor: How the stunts performed change position, evolve, transition, and maneuver in reference to each other and the floor.

Variety of skills: Utilization of different elements and/or skills.

Quantity of skills: Display of a cumulative number of skills throughout the routine, performed by one or more groups.

Value of Skills: Increased complexity of level specific skills demonstrated.