**TEAM AND ADDITIONAL JUMP DIFFICULTY**

**All Ages**

The point value awarded will be dependent upon:

• Majority of team performing jumps.

• Execution, technique. Synchronization

• Variety, combination of jumps.

***Note: Consecutive jumps without a set/pause is a Jump Combination***

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| **LEVEL** | **JUMPS: SUCH AS - BUT NOT LIMITED TO…** |
| **Beginner** | • T- Jump  • Spread Eagle  • Tuck |
| **Intermediate** | • Toe Touch  • Herkie  • Hurdlers  • Jump connect to Back walk over |
| **Advanced** | • Combination Jump  • Jump connection to Back handspring |
| **Elite** | • Jump connection to Back Tuck |
|  |  |

**GROUP TUMBLING RUBRIC** **All Ages**

You will need to incorporate into each routine two elements of tumbling

• Include one tumbling skill where 50% or more of your team performs the skill

simultaneously (it does NOT have to be the same tumbling skill).

You may include additional tumbling (less than 50% of your team). This can be done sporadically throughout your  music section of your routine.

The point value awarded will be dependent upon:

• Number of skills performed at each point value and percent of team member

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| **Skill Level** | **Skills** |
| Beginner | • Forward Rolls  • Cartwheels  • Round offs  • Mix of Beginner Skills |
| Intermediate | • Front Walk Over  • Back Walk Overs  • Back extension Rolls  • Mix of Intermediate Skills  • Creative/combo of beginner and intermediate skills |
| Intermediate + | • Front Hand Spring  • Standing BHS  • Back walk over BHS  • Mix of Intermediate and Intermediate + skills  • Running RO Back Hand Spring |
| Advanced | • Running RO BHS multiple  • Creative use of Advanced and Intermediate skills   • Round off Back tuck |
| Elite | • ROBHS Back Tuck  • Cartwheel tuck  • Standing Back Tuck  • Punch Front  • Standing BHS multiple to back Tuck  • Round -Off BHS Pike/Layout  • Round Off Full  • Creative mix of Advance and Elite Skills |

**PYRAMID DIFFICULTY**

**Ages 5-8**

**To maximize the score within the rubric category, include:**

• Transitional entry into the structure

• Creative choreography

• Variety of dismounts

**\*\*\*Cross reference the SCYCA Age Rules as to whether a stunt is legal at the age performed\*\*\***

|  |  |
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| **LEVEL** | **STUNTS SUCH AS - BUT NOT LIMITED TO…** |
| **Beginner** | • Basic connecting tap on pyramid performed at below prep level-  (turtle or table top,)  • Basic connecting tap on pyramid performed at below prep level  (thigh stand)  (Tap on pyramid is defined as connected with no transitions or  movement) |
| **Intermediate** | • Basic connecting tap on pyramid performed at prep level- single structure • Multiple connecting structures in a tap on pyramid performed at prep level • Multiple connecting structures in a tap on pyramid with different level  connections. |
| **Intermediate +** | • Braced non-release single structure connecting pyramid at prep level  performing 1-leg skills (i.e., liberty, hitch, heel stretch)  • Braced non-released multiple connecting structures in a pyramid performing  1-leg skills (see above examples) |
| **Advanced** | • Braced transitions performed within the pyramid (i.e., tick-tock, ball back, split  etc.) |
| **Elite** | • Braced transitions performed with multiple transitions (i.e., Tick tock, ball back, split)  • Use of Multiple pyramids performed with multiple structures, in a creative use of  mixed skills. |

**PYRAMID DIFFICULTY**

**Ages 9 & Up**

**To maximize the score within the rubric category, include:**

• Transitional entry into the structure

• Creative choreography

• Variety of dismounts

• The number of bases and number of flyers

**\*\*\*Cross reference the SCYCA Age Rules as to whether a stunt is legal at the age performed\*\*\***

|  |  |
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| **LEVEL** | **PYRAMIDS SUCH AS -BUT NOT LIMITED TO…** |
| **Beginner** | • Basic connecting tap on pyramid performed at prep level  • Basic connecting tap on pyramids at prep level with single leg variations |
| **Intermediate** | • Basic connecting tap on pyramid at extended level  • Basic connecting tap on pyramid at extended level with single leg variations |
| **Intermediate+** | • Extended pyramid with single leg variations (i.e., hitches and libs) • Braced both sides non-released **transitions** performed within a pyramid (i.e. Tick- toc, ball back etc.) performed at prep level. |
| **Advanced** | • Extended pyramid (s) with multiple transitions  • Braced both sides **non-release inversion** from prep level to below prep level • Braced both sides **release inversion** stunts at prep level to below prep |
| **Elite** | • Multiple pyramid sequences performed at the extended level  • Braced both sides **non-release inversions** from prep level to prep level   • Multiple extended advanced and elite skills performed in the pyramid (i.e., releases and/or body positions)  • Braced both sides **released inversion** from a prep level to prep level.  • Braced both sides full-up (360)  • Creative use of structures, performers, entrances, and dismounts.  • Single braced inversion release performed with 1 bracer |

**STUNTING DIFFICULTY Ages 5-8**

The point value awarded will be dependent upon the following: The average of the level, number of stunts performed, number of bases used, will be compared to number of athletes on the mat

**\*\*\*Cross reference the SCYCA Age Rules as to whether a stunt is legal at the age performed\*\*\***

|  |  |
| --- | --- |
| **LEVEL** | **STUNTS SUCH AS - BUT NOT LIMITED TO…** |
| **Beginner** | ● Tap on turtle  ● Tap on table  ● Turtle  ● Table  ● Knee stand  ● Thigh stand  ● Single leg stunt below prep level- (turtle, table top, knee stand, thigh stand) |
| **Intermediate** | ● Forward roll dismount from prone position  ● All variations of multi based stunts at prep level  ● ¼ up or down  ● Triple based stunts at shoulder height  ● Single based stunt single leg below prep level – all body positions |
| **Intermediate +** | ● Triple based extended stunts such as teddy bear, flatbacks  ● Rotating/movement of stunt at prep or below  ● Variations of 2-legged stunt transitions (i.e., re-take/re-load) ● Variations of floor-to-floor inversions  ● Ground up 2-legged stunts to prep level |
| **Advanced** | ● Cradle from a 2-legged stunt prep level  ● ½ up or down transitions to prep level  ● Back walkover out of cradle  ● Single leg stunt at prep level  ● Inversion from floor to a stunt below prep level  ● Assisted cartwheel and/or dismount from a cradle |
| **Elite** | ● Cradle from a single leg stunt  ● Show-n-Go  ● Variations of body positions for 1-legged stunts at prep level ● Non-release tick-tock at prep level  ● Single based stunt to 2 legs at prep level  ● Single based stunt single leg at prep level – all body positions |

**STUNTING DIFFICULTY Ages 9 and Up**

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|  | **Straight up Stunts ( Other)** | **Inversions** | **Release** | **Twisting/ Rotating** |
| Beginner | Show-n-Go,  Retakes/Reloads,  Single based stunt at prep level (2 feet) Single base stunt at prep level  Variations of body positions | Forward roll out of stunt  Non-Release inversion limited to  below prep to below prep | N/A | ¼ up or down to prep  Rotating/movement of a stunt 2 legs |
| Intermediate | Full extension- 2 legs  Twist down dismount from  prep level- 2 legs | BWO/FWO out of stunt  Non-release inversion  below prep to extension-2 legs  Release inversion or prep level  ending at below prep- 2 legs | Tick-tock prep to prep,  Quick toss from ground to prep-2 legs | 180 up or down at prep level- 2 legs, |
| Advanced | Extended single leg stunt  Twist down dismount from prep level - one leg | Forward suspended roll  Non-release inversion prep to extension- 2 legs | Switch up to prep-2 legs  Superman from prep  Multi-based toss (chuck) **no skill** Quick toss from ground to prep – 1 leg | 360 down (rewind)  180 up/down at prep 1- leg  360 up to prep-2 legs |
| Elite | Extended single leg-body  position  Extended single leg-multiple  Body positions  Twisting dismount from  extended level- 1 or 2 leg | Non-Release inversion to single leg extension  Full Release from ground inversion (BHS/RO/HS-up)  ending at prep- 2 leg  Full Release from ground inversion (BHS/RO/HS-up) ending  at prep-single leg | Multi-based toss **with skill** (chuck)  Quick toss from ground to extension  1 or 2 legs  Switch up from ground to extension  Release move at prep to extended single  Leg ( low to high tick tick) | 360 to extended level- 2 legs  360 to extended level-single leg |